

## Frosh-soph

Sophomore Nicole Berneche was determined to give the Glenbard West girls cross country team a strong effort Thursday, Oct. 10.

The Hilltoppers' usual No. 1-2 finishers on the frosh-soph level, Abby Shaver and Kate Dorsey, were needed for the varsity race against Lyons Township.

"I just knew that it would be harder for frosh-soph to win, to do as well because they moved up," Berneche said. "(My goal was) just to run as well as possible and help the team as much as possible."

Berneche responded with her best race so far as her 18:58 won the 2.92-mile race by 23 seconds. The Lions, however, had the next five finishers and won the dual 20-39.

Berneche's winning time just missed Glenbard West's all-time list of frosh-soph times at Camera since moving there in 2008. The No. 10 time is junior Lisa Luczak's 18:54 from 2011.

"I wasn't really sure if I was going to win or not or how well I was going to do," Berneche said. "I've been trying to start faster and a lot of people on our team have improved so much over the season so I think it's just that we've all worked really hard."

Despite the dual loss, the Hilltoppers had many stellar efforts. Sophomore Caitlyn Reick returned to the lineup and was seventh (20:03), freshman Jessica Kelly (20:42) and sophomore Nicole Rogus (20:48) were ninth and 10th and freshman Annie Pasterz (21:14) was 14th. Michelle Miscinski (23rd, 21:48), Maddy Burt (26th, 22:00), Grace Zemenak (30th, 22:06) and Claire Filippelli (32nd, 22:08) and Rebekah Crail (36th, 22:30) were the team's No. 6-10 finishers.

"They all ran great (on all levels). Every kid who ran (at Camera Oct. 3) improved from the week before except one, which was incredible," Glenbard West coach Paul Hass said.

**"Nicole won the frosh-soph race against the undefeated team in conference and she ran 18:58, only four seconds off the top 10 list for frosh-soph (at Camera). I could go on and on. They all just ran amazing."**

**Berneche was 54 seconds faster than Oct. 3, when she helped the Hilltoppers defeat Downers Grove North 27-30 by taking third (19:52) to Shaver (19:08) and Dorsey (19:34). On Thursday, Dorsey (18:24) and Shaver (18:31) were the varsity's No. 4 and 5 finishers in a 25-32 victory over LT with Dorsey slashing an incredible 1:10.**

**Berneche (6:24) and Reick (6:25) went out strong Thursday before Berneche pulled ahead with a 6:42 seconds mile and finished sub-6:00 over the final .92.**

**"I'm just really excited and happy," Berneche said. "I just felt good so I was just running really fast."**

**Rogus had one of the gutsier performances. She came into the meet with hamstring problems and soreness from competing at Wheaton North's Falcon Classic Oct. 5.**

**That couldn't stop her from finishing, including being the Hilltoppers' No. 3 runner at the mile (6:43). Rogus still beat her Oct. 3 time by 13 seconds to finish right behind Kelly, who improved by 31 seconds.**

**"The girls really helped push me through it and the coaches were really nice about. (They said) if I feel I can do it, try to do it," Rogus said.**

**"I tried to keep pace with Nicole Berneche the first mile and kind of found my placing and kept pushing through it until the end. The second mile is always hard for me because I always go full throttle the first mile. I knew if I didn't finish it, I'd be upset with myself. I was able to push myself through and it was pretty good."**

**Rogus competed for the track team in the spring but this is her first season of cross country after playing tennis in 2012.**

**"I did track last year and I really liked the girls and thought I'd give it a try," Rogus said. "It's getting better (for me). I'm having a lot of fun."**

**Glenbard West competes at the Silver Meet Saturday, Oct. 19, at Proviso West. The final Silver standings are a 50-50 combination of dual-meet and Silver Meet results. The Hilltoppers finished 3-3 in duals behind LT (6-0), York (5-1) and Hinsdale Central (4-2).**

## Junior varsity

The Glenbard West junior varsity completed West Suburban Conference Silver Division dual action with a 15-50 loss to Lyons Township Thursday, Oct. 10, at Camera Park.

Junior Hannah Arduino was ninth (19:42), and senior Amanda Ortiz (20:05) and junior Colleen Luczak (21:06) were 11th and 12th. The Hilltoppers' other finishers were senior Faith Bischoff (22nd, 22:35) and Madelyn O'Gorman (35th, 23:33) and junior Emma Gambol (40th, 23:56).

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-- by Bill Stone