

## **Frosh-soph**

**Sophomore Abby Shaver was determined to rise to the occasion for the SGlenbard West girls cross country team's dual meet with Hinsdale Central and host Oak Park-River Forest Thursday, Sept. 26.**

**With usual frontrunner Kathryn Kenwood promoted to varsity, Shaver wanted to be the Hilltoppers' No. 1 finisher, if not win the race.**

**All three levels were then combined into one race.**

**"It kind of threw me off a little bit because when it's just frosh-soph, I know where I am in the race and I know, 'Oh, I need to pass this girl to help the team, something like that,' " Shaver said.**

**"Since everyone was together, I was like, 'Is she on varsity? Is she on JV?' I didn't know who I needed to pass but I thought it was fine."**

**Shaver was even more relieved when the results were separated. Shaver finished second on the frosh-soph race in a solid time of 19:46 for 3.0 miles.**

**The Hilltoppers, however, were edged by Hinsdale Central 26-29 while beating OPRF 25-34.**

**Kate Dorsey (4th, 20:13) and Nicole Berneche (8th, 20:32) also finished in the overall top 10. Nicole Rogus (21:26) and Jessica Kelly (21:29) were 12th and 13th and Annie Pasterz (22:13) and Michelle Miscinski (22:15) were 15th and 16th.**

**Shaver only was beaten by OPRF freshman all-state candidate Mary Blankmeier (19:08), who would have finished fourth in the varsity race, 13 seconds behind the Hilltoppers' Lisa Luczak.**

**Adding to the confusion for Shaver and the Hilltoppers was that all three of Hinsdale Central's levels wore white tops. Glenbard West's varsity and JV teams also wear white tops, but the frosh-soph sported their distinct green tops.**

**Hinsdale Central's top-five frosh-soph runners went 3-5-6-10-11 overall with a 13-second gap on the Hilltoppers' No. 4-5 runners.**

**Shaver continued the momentum from her fastest race Sept. 21 at Peoria's Detweiller Park (19:30 for 3.0 miles) at the Richard Spring Invitational.**

**"I felt most comfortable in that race, too. It's a good course. It's nice and flat and fast," Shaver said. "(Thursday) was a lot of pressure, but I just wanted to run my race and just do as best as I could because it's Thursday and Thursday night meets aren't always the best after a day of school."**

**Race after race, however, Shaver already is running as well as she did all of last year, when she earned a spot as an alternate for the third-place Class 3A state lineup. Shaver feels that logging 300 miles during the summer is the primary factor.**

**"Where I am right now is where I was towards the end of the season last year so I'm really pleased with how I did over the summer, training to get here," Shaver said. "I want to be in the high 18:00s. That's where I finished last year so I hope I can get there."**

## **Junior varsity**

**Glenbard West junior Hannah Arduino took all of the intangibles for her junior varsity cross country race Thursday, Sept. 26 and turned them into positives.**

**The result was being the Hilltoppers' No. 2 finisher behind senior Annika Manning in their West Suburban Conference Silver Division dual against Hinsdale Central and host Oak Park-River Forest at Schiller Woods Forest Preserve.**

**The Hilltoppers beat OPRF 19-36 but lost to Hinsdale Central 20-40. Manning (20:00 for 3.0 miles) was second overall to Hinsdale Central junior Sara Folliard (19:50).**

**Arduino (21:06) was sixth, and Amanda Ortiz took ninth (22:05). Julia Kochert (22:25) and Morgan McEnroe (23:25), who persevered through a painful race, were 13th and 20th. The Red Devils remain undefeated on the JV level.**

**"I like this course because it's different," Arduino said. "You have different ways to go and there's a lot of places where you can surge," Arduino said.**

**"The hill is challenging but also provides a really good downhill. The weather's also just gorgeous and perfect (sunny in the 70s) so I think that helped."**

**Arduino said she felt her best since the season-opening Hornet-Red Devil Invite Sept. 7. In a varsity race with unlimited entries, she ran 21:08.57 on a tough 3.0-mile Katherine Legge Memorial Park course.**

**This race had an added benefit for Arduino because the frosh-soph race was combined with the JV and varsity groups, something that rarely happens.**

**Arduino finished between sophomores Nicole Berneche (20:32) and Nicole Rogus (21:26). They both competed for the frosh-soph team and were even easier to spot wearing their different-colored green uniform tops for that level.**

**As it turned out, Arduino was only two seconds from fifth in her race.**

**"I actually liked (one combined race) a lot because when I run JV or varsity, there are not too many girls that are my pace in those races," Arduino said. "With the frosh-soph there, I could pace myself better because I knew the girls on frosh-soph who ran a similar pace to what I was running so it was easier to find my pace in that race.**