

## **Frosh-soph race**

**Glenbard West sophomore Kate Dorsey received a strong boost of confidence in 2012 when she ran well at Detweiller Park in Peoria Notre Dame's Richard Spring Invitational.**

**A better trained and race-savvy Dorsey left with an even better feeling in her return to the course Sept. 21.**

**Dorsey was the Hilltoppers' No. 2 finisher in the frosh-soph race by covering the annual 3.0-mile state course in 19:23 for 21st place.**

**That's 13 seconds faster than Dorsey ran at the invite last year to take 25th in the same race.**

**"This race and then (the previous invite at) Lake Park really got me motivated and encouraged that I can run with people and do well. It makes me really happy," Dorsey said.**

**"It was really nice (to return). I love the Detweiller course so much. It's just like a really nice course and I love coming to run here. I felt like it just brought me back to last year and it was fun. It felt good."**

**Sophomore Kathryn Kenwood had a strong Detweiller debut by taking a team-best eighth in 18:52.**

**Dorsey and sophomore Abby Shaver (28th, 19:30) also broke 20:00, followed by Nicole Berneche (71st, 20:23), Nicole Rogus (90th, 20:41), Jenna Kelly (132nd, 21:11), Annie Pasterz (138th, 21:19), Meredith Miscinski (143rd, 21:25), Claire Filippelli (214th, 22:38) and Macy Lemke (216th, 22:40).**

**Glenbard West (203 points) finished fifth behind fourth-place York (180) and one point ahead of sixth-place O'Fallon. Palatine won with 63 points.**

**Dorsey had another reason to evoke memories of her 2012 Detweiller race. She and Shaver improved upon their split together with Shaver cutting 21 seconds from finishing 34th.**

Dorsey and Shaver both ran 6:15 for the first mile and still were a second apart with a mile left in roughly 12:45.

"Last year, we worked together a lot in our races. It felt good to run with her again because I haven't run with her in a while," Dorsey said. "Today, I think we paced each other really well and I just felt really good. The last mile I just felt like I could go a lot faster so I started going faster."

A first-year cross country runner, Kenwood continues to make exponential improvements in her races and already seems to understand her pacing.

Kenwood first found out that sophomore Caitlin Reick would not be competing with her in the race because of illness. Reick and sophomore Christina Sedall helped convince Kenwood to try cross country.

Kenwood actually was bothered by illness herself but persevered.

"I just didn't feel good, but I'm feeling better now. It was a fun race. I liked the course," Kenwood said. "I kind of felt sick before the race, too, and then I didn't feel good afterwards, but it was fine. During the race, I was OK, which was good."

On Saturday, Kenwood was in 20th after one mile but then used a 6:12 middle mile, her fastest of the day, to jump to 10th. Kenwood finished with a 6:17 third mile.

"I kind of try not to slow down a lot during the second mile. (Glenbard West coach Paul Hass) always says a lot of people go out too fast so you're going to catch them later so that kind of happened," Kenwood said. "I started with Abby in front of me at the start because it was downhill and I wasn't exactly sure how fast I would run it. (That) helped me and then I just kind of started going."

Dorsey and Shaver continued their improvements last season all the way to the 12-person postseason lineup. Both runners say they have significantly improved over last season, mostly through more consistent training.

"I ran more over the summer and I ran my workouts a lot better this year. I definitely think I'm in better shape than I was," Dorsey said. "One of these years, I really want to run a state met and doing well here kind of encourages me that maybe one year I can do that and run on the state team."

Even with her great start, Kenwood is excited what improvements she can make with experience.

One thing she hopes to learn is to better discern Mr. Hass' voice from among the spectators. Kenwood became momentarily confused Saturday, but as it turned out, the imposter actually helped her race.

"Someone else's name was Kathryn. He screamed out, 'Kathryn, you're 20th. Move up,' and I thought it was Mr. Hass so I was like, 'OK,' and I started moving up," Kenwood said.

"Then I heard Mr. Hass like 10 seconds later. I was like, 'That wasn't Mr. Hass (before)? He was like, 'Good job,' and told me where I was.'"

## Open race

As she entered Glenbard West as a freshman in 2011, Julia Kochert had run cross country for two years at Hadley Junior High but was faced with a sports decision.

Kochert also participated in club swimming during junior high, but in high school, cross country and girls swimming both are fall sports.

"I was planning on doing swim team in the fall (for Glenbard's co-op team with Glenbard South), but then I did summer running," Kochert said. "I got to know all of the girls and it was just a great experience. I was like, 'Oh well, I know the whole team already. I might as well do cross country,' and it was just a great decision."

Now a junior for the Hilltoppers, Kochert had a different cross country experience when she competed again at Peoria Notre Dame's Richard Spring Invitational Sept. 21. She was the team's top finisher in a race for the first time,

taking 42nd on the 3.0-mile course of the state meet every November in 21:28.

"I didn't really think about my place too much during the race. I was just kind of thinking on finishing and just getting there and running my best race," Kochert said. "I think freshman year was my best year but this was my first time being the first finisher for West so it was kind of cool."

No results were kept so final places are unofficial.

Sophomore Maddy Burt (63rd, 21:56) also broke 22:00 with the team's fastest second (7:27) and third (7:12), followed by Abigail Dibadj (85th, 22:22), Morgan McEnroe (100th, 22:36), Lindsay Lifka (114th, 22:53), Rebekah Crail (121st, 22:57), Faith Bischoff (144th, 23:22), Madelyn O'Gorman (158th, 23:36), Emma Gambol (169th, 23:44), Madeleine Manas (217th, 24:31) and Jennifer Orozco (26:50).

Competing at the last two Richard Springs Invites in the frosh-soph race, Kochert was 78th last year (20:33) and 54th in 2011 (20:04), when she was the team's No. 3 finisher. Kochert opened this race with a team-best 6:46 first mile.

"I think I got a good start (this time) and did my best the whole race and it's a great course. It's just really fun to run and just be with all of the other girls. There's a lot of good competition so it was great," Kochert said. "I don't think it was my best out of all of them (in Peoria), but also in the other two, I was in a different race."

Because of swimming, Kochert only competed in track for one year at Hadley. At Glenbard West, she rolled right into track after her freshman cross country season and hasn't looked back. She said her favorite track races are 800 and 1,600 meters because "I kind of get bored" running around the track eight times for 3,200 meters.

"They're very different team dynamics and the sports are so different, even though they're both running, but I just really enjoy them both," Kochert said. "The girls are great, the coaches are great. They're two of the best decisions I've made in high school, joining cross country and track."