

Sterling 2013

What a great day to run! The rain held off other than the brief Oregon sunshine at the end of the meet and temperatures were perfect for running. The course was in great shape and the Berserker was well painted. I thought we performed very well and that this will give us some momentum for Divisional on Thursday. We had 5 SBs and 8 PRs when the times were converted to 4k as you can see. Congratulations on a great effort. I thought the FS did a marvelous job adjusting to an abbreviated warm up format after the bus detour was forced upon us. The Varsity ran very well despite the intense race at Super just 2 days earlier. And the JV finished 3rd in a huge field and had most of the PRs and SBs—it is at times like this that I wish the season were a month longer as so many are showing great leaps in improvement. Now we are prepare for conference meet which we host at Ashton on Thursday—one last chance for all 66 of us to race together. Let's make the most of it!

Varsity							JV (Cont'd)						
	2013	4k conv	2012	2011	2010		2013	4k conv	2012	2011	2010		
8	Arch, Mary	18:37	15:16				87	Milefchik, Taylor	23:06	18:55	22:57		
11	Shepherd, Molly	18:57	15:31		22:06		89	Cabbage, Micah	23:12	19:00	22:29		
45	Traore, Fanta	19:46	16:11	20:33			100	McDonough, Abby	23:26	19:12*			
56	Chadwick, Celeste	20:01	16:24				121	Sadewasser, Rose	23:51	19:32			
67	Parrott, Olivia	20:20	16:39	21:17			133	Reyes, Miranda	24:05	19:44SB	24:00		
70	Thompson, Stella	20:24	16:42	19:30	20:43		137	Andersen, Anya	23:51	19:32	29:05		
74	Peterson, Olivia	20:29	16:47	21:15	22:02		140	Clemons, Ana	24:17	19:53SB	24:18		
							141	Lusala, Julia	24:19	19:55*	27:41		
							144	Goodman, Lucy	24:29	20:03	23:20		
13	Deninger, Maddie	20:34	16:51				167	Meurice, Nova	25:15	20:41			
23	Traore, Aminata	21:05	17:16	24:00			168	Durham, Sonali	24:58	20:27*	28:16		
24	Hansen, Mollie	21:07	17:18				177	Lyons-Macatee, El	25:12	20:38*			
27	Verdick, Hailey	21:12	17:22*	21:55			180	Schumm, Lexine	25:24	20:48SB	24:36		
38	McDonough, Mae	21:31	17:37				182	Juon, Seraina	25:30	20:50	28:27		
41	Bywater, Emily	21:34	17:40				186	Kelly, Mary	25:45	21:05	24:55		
67	O'Hara, Emma	22:36	18:31	24:14			187	Goss, Mackenzie	25:40	21:01*	26:48		
							189	Carey, Hannah	25:50	21:10	24:50		
							191	Noack, Claire	25:51	21:10	27:53		
8	Hazel Crew	20:35	16:51				193	Kealey, Emma	25:59	21:17SB			
11	Sammons, Morgan	20:37	16:53				196	Traore, Tabara	26:04	21:21			
23	Rethwisch, Mary	21:17	17:26	21:23	21:33	22:02	204	Benson, Ellie	26:02	21:19	23:46		
24	Appleby, Gina	21:25	17:32				202	Smith, Sara	26:18	21:32			
28	Hoelscher, Leah	21:35	17:41	21:41	23:21	24:45	214	Thomas, Charlotte	26:41	21:51			
29	Shutt, Izzy	21:35	17:41				215	Waikel, Hannah	26:43	21:53	25:44		
30	Cornell, Laura	21:36	17:41	21:34			216	Dickson, Abby	26:44	21:54	24:44		
36	Canin, Ayla	21:47	17:50*				226	Cox, Erin	27:08	23:13SB	25:37		
44	Lyons-Macatee, Em	22:05	18:05*				230	Ntihebuwayo, Dancile	27:38	22:38	25:41		
50	Langenfeld, Hannah	22:17	18:15										
51	Jennings, Michelle	22:18	18:16*										
55	Carroll, Sashay	22:24	18:21	25:06									
81	Greimann, Emma	23:03	18:53	21:40	22:09	22:09							

Bold Name = Varsity Credit

***=personal record**

SB=season's best

Varsity (103-38): Minooka 74, Schaumburg 78, Hoffman Estates 94, CHS 196, Conant 196, Kaneland 234, Bettendorf 242, and 18 others to 771 pts, 182 runners

Junior Varsity (49-15): Minooka 39, Pleasant Valley 80, **CHS 94**, Bettendorf 113, at least 12 others and 260 runners

Fresh/Soph (37-8): Oswego 19*, Minooka 74, Geneseo 115*, **CHS 119**, Joliet Catholic 133, PV 142, Conant 179, Fenwick 237, 14th Bettendorf 382, 16 teams total, 134 runners *ran varsity runners

Conversion of times used the tool at: <http://www.hillrunner.com/calculators/raceconversion.nhn>