

2021 Cross County Recaps

Week Thirteen Recap (11/1-6)

State, State, State!!!!

The Eagles left for state on Friday, November 5 after a newly routed state walk outside of Lakes Community High School. On Saturday, the ladies received 5th place and the boys placed 21st, with Madison Perez and Payton Whitehead leading the Eagles Pack. Both teams also had numerous personal records with: Madison Perez (17:59), Paige-Elicia Caruth (18:27), Madison Twarling (18:40), Hannah Rojas (19:10), Brianna Gara (19:28), Lauren Rymer (20:20), Payton Whitehead (16:03), Gavin Murrie (16:21), Jordan Hornbuckle (16:57), Quin Maloney (17:03), Brady Mock (17:08), and Liam Makela (17:28).



Week Twelve Recap (10/25-30)

Week twelve was monumental. Both the boys and the girls made it to STATE!!! Congratulations goes to: Jordan Hornbuckle, Micah Lind, Liam Makela, Quin Maloney, Brady Mock, Gavin Murrie, Matthew Powley, Blake Salbilia, Jackson Summy, Payton Whitehead, Riley Beerbower, Paige Caruth, Rachel Colwell, Brianna Gara, Krista Gfesser, Madison Perez, Hannah Rojas, Becca Runyan, Lauren Rymer, and Madison Twarling.



Week Eleven Recap (10/18-22)

Week eleven was extremely busy with three meets. The first meet was hosted by Buffalo Grove High School on Tuesday at Willow Stream Park. Thirteen Frosh/Soph attended this meet and Jackson Summy led this group by racing into 39th place. He was followed by Blake Salbilla and Patrick Dortch.

The second meet was held on Thursday at a new Lakes course due to weather conditions. Both the ladies and guys took first in the new D117 showdown meet, which also resulted in nine new personal records (Ethan Carr 19:47.4; Elise Coleman 23:09.1; Rachel Colwell 21:45.1; David Migas 21:18.1; Matthew Powley 18:52.2; Ellie Lill Lauren Rymer 25:57.6; 21:43.0; Blake Salbilla 18:37.4; Hunter Savell 23:15.9). This was also the last meet for numerous seniors. The team wants to thank: Kaileen Arnholt, Mitch Cappel, Ethan Carr, Caleb Eckert, Colin Gahagan, Gretchen Good, Sarah Lucier, David Migas, Ramon Perez, Nicholas Raffone, Hunter Savell, and Jackson Sayre.



The last race of the week was the Regionals, which was hosted at Lakes Community High School. This race had nine personal records (Brianna Gara, Micah Lind, Liam Makela, Quin Maloney, Madison Perez, Hannah Rojas, Becca Runyan, Jackson Summy, and Payton Whitehead) and one season best by Madison Twarling (19:24). The record boards also changed with Micah Lind (12), Payton Whitehead (15), and Gavin Murrie (20) moving up on the All Time List. Becca Runyan (7), Madison Perez (8) moved up for juniors and Hannah Rojas and Jackson Summy moved into the top 20 for Freshmen.



[Girls Team Records](#)

[Boys Team Records](#)

[Video: Regional Meet](#)

Week Ten Recap (10/11-16)



The tenth week of the 2021 season brought colder temperatures and the Conference meet. This race saw twelve personal records (Hornbuckle, Maloney, Makela, Summy, Salbilla, Rojas, Gara, Rymer, Hauca, Crevier, Lungay, and Streicher), one season best by Heft, ten all-conference honors (Runyan, Perez, Caruth, Twarling, Rojas, Gara, Murrie, Lind, Whitehead, and Hornbuckle), and two sportsmanship award winners which were Madison Perez and Jordan Hornbuckle. Varsity boys and girls and the JV ladies all came in second place and the JV boys came in fourth.

Week Nine Recap (10/4-9)

Week nine brought two meets, one at Grayslake Central and our last home regular season meet. Both races were wildly successful for showing growth for personal best times. Twenty new personal records for week nine went to: Gavin Murrie (16:29.8/Lakes Sunset), Payton Whitehead (16:33.2/Lakes Sunset), Jordan Hornbuckle (17:31.4/Lakes Sunset), Quin Maloney (17:43.7/Lakes Sunset), Brady Mock (18:22.4/Lakes Sunset), Liam Makela (18:31.3/Lakes Sunset), Jackson Summy (18:34.9/Lakes Sunset), Blake Salbilla (18:40.8/Lakes Sunset), Matthew Powley (18:55.3/Lakes Sunset), Caleb Eckert (19:16.0/Grayslake Quad), Nicholas Raffone (20:03.0/Grayslake Quad), Cayden Webber (21:14.7/Lakes Sunset), Henry Morgan (21:14.7/Lakes Sunset), Lucas Rodway (22:14.4/Lakes Sunset), Mitch Crevier (22:51.8/Lakes Sunset), Jonathan Hauca (22:52.4/Lakes Sunset), Maddox Post (23:02.3/Lakes Sunset), Nathan Streicher (28:51.1/Lakes Sunset), Hannah Rojas (20:49.5/Lakes Sunset), Brianna Gara (21:35.3/Lakes Sunset), and Lauren Rymer (22:19.6/Lakes Sunset).

Week Eight Recap (9/27-10/2)



Homecoming week was fun and stressful with numerous activities on the docket. Athletes spent Friday, October 24 placing the finishing casino touches on not only two hallways at Lakes Community High School, but also on the trailer (decorating continued on Sunday due to weather conditions). Special shout out goes to the Lakes Cowbells and Murphy Family for helping the team organize, decorate (posters, running shoes, and hay bales), and have fun on Senior Night. I also want to thank all the seniors: Kaileen Arnholt, Mitch Cappel, Ethan Carr, Collin Gahagan, Gretchen Good, Jordan Hornbuckle, Sarah Lucier, David Migas, Gavin Murrie, Ramon Perez, Nicholas Raffone, Hunter Savell, and Jackson Sayre.

On Saturday, the team traveled north to Fox River Park for the Pat Harland Antioch Invitational. The course was hilly, but this didn't stop Becca Runyan from getting 3rd, Madison Perez from getting 5th, and Paige Caruth from getting 7th in the varsity race. The team also had: Gavin Murrie led the varsity boys with a top 20th finish, Lauren Rymer led JV girls with a 13th place finish, Bobby Weichman lead JV boys with a 23rd place finish, Hunter Savell led the open race with a 5th place finish, and Ethan Carr led the open race with a 26th place finish. Special shout out goes to the JV girls team for placing third (Lauren Rymer, Thea Lungay, Riley Beerbower, Rachel Colwell, Aine Boyd, and Allison Livermore).

Week Seven Recap (9/20-25)



On Tuesday, the team hosted their first home meet against Antioch, North Chicago, and Wauconda. The rain didn't dampen the athletes' spirits but helped push numerous athletes to earn a new season record (SR) or personal record (PR). For the ladies: Krista Gfesser (21:19.6), and Gretchen Good (23:17.8) ran new season records, while: Aine Boyd (22:13.8), Thea Lungay (22:32.9), Ellie Lill (27:15.7), and Analia Lacson (29:15.0) had both new personal records which resulted in all of them earning a new season record on their home turf. Five boys celebrated new personal records, which resulted in season records by beating the 20:00 minute mark (Patrick Dortch (19:10), Matt Powley (19:11), Caleb Eckert (19:26), Mitchell Cappel (19:27.4), Ramon Perez (19:29.1), and Jackson Sayre (19:52.3). Nicholas Raffone (20:16.9), Austin Drover (20:26.4), Zach Goosen (21:27.7), Maddox Post (23:46.7), and Braeden Kendrick (26:50.6) also set new PRs and SRs.

On Saturday the team was split with the ladies attending Palatine and the boys heading to Grant High School. Becca Runyan earned a new personal record with a time of 18:21.9, which moved her to third on the junior ranking for Lakes and also to number seven for all time rankings (see links below). Madison Perez had an impressive race by running 19:01.0, which moved her down in the rankings to seventh for juniors, and Sarah Lucier had both a personal record and season record with 22:42.6. The boys had ten personal records at Grant: Jordan Hornbuckle (17:52.0), Brady Mock (18:31.3), Liam Makela (18:31.6), Blake Salbilla (18:45.9), Jackson Summy (18:47.2), Bobby Weichmann (18:56.6), Nick Raffone (20:38.5), Matthew Shores (21:54.8), Talon Dyer (23:46.7), Nathan Streicher (30:40.3), and five season records: Micah Lind (16:37.2), Gavin Murrie (16:55.0), Payton Whitehead (17:09.6), Quin Maloney (18:07.1), and David Migas (21:44.5). Special shout out goes to: Payton Whitehead for not only earning first place, earning #16 all time sophomore, and for leading the boys to win the team title for the Frosh/Soph race; Gavin Murrie who is now #20 all time senior; Micah Lind who is #12 all time junior; and Brady Mock who is #19 all time freshman.

[Girls Team Records](#)

[Boys Team Records](#)

Week Six Recap (9/13-17)

The team traveled to three locations this week and saw numerous season bests (SB) and personal records (PR). The first race was at Central Parks on Tuesday and new personal records were set by: Jordan Hornbuckle (18:06), Quin Maloney (18:45), Jackson Summy (18:50), Caleb Eckert (20:01), Matthew Powley (20:13), Mitchell Cappel (20:32), Nicholas Raffone (21:24), Henry Morgan (21:55), Zach Goosen (22:47), Hannah Rojas (21:42), Brianna Gara (21:42), and Gretchen Good (23:23). The team was split on Saturday with new personal records being set at Warren by: Patrick Dortch (19:23), Jackson Allen (20:39),

John Coleman (20:40), Nick Raffone (20:58), Austin Drover (20:59), Cayden Webber (22:18), Lucas Rodway (22:21), Colin Gahagan (23:20), Jonathan Hauca (23:37), Maddox Post (23:51), Nathan Streicher (31:01), Rachel Colwell (22:09), Aine Boyd (22:34), and Ellie Lill (28:45) and at Woodstock with Liam Makela (19:19), Bobby Weichmann (19:47), and Jackson Sayre (21:02).

-The Lakes Eagles XC/T&F



Week Five Recap (9/6-11)



Major hardware went out to the team this week. The varsity ladies race saw Becca Runyan lead the pack with a third place finish, followed by Paige-Elicia Caruth with fifth, and Madison Perez with seventh. The varsity boys race was led by Gavin Murrie with a ninth place finish. Three freshmen stayed packed together for the frosh/soph race with Hannah Rojas leading the group (10th), Brianna Gara (11th), and Lauren Rymer (12th) following right behind. The frosh/soph boys race was won by Payton Whitehead and was followed by a freshmen pack of Brady Mock (10th), Jackson Summy (12th), Blake Salbilla (13th), and sophomore Liam Makela (15th), which helped them win the meet with a score of 51.

Congratulations goes to Riley Beerbower and Liam Makela for being athletes of the week.

-The Lakes Eagles XC/T&F



Week Four Recap (8/9-9/4 2021)

The 2021 cross country season started off hot and humid due to the unfavorable weather conditions. During the first three weeks of practice, the fieldhouse was used to help provide a safe workout option and allowed everyone a chance to test out the new 200 meter indoor track for speed workouts. During this time, the team nominated their POD leaders, which are Hunter Savell, Madison Perez, Sarah Lucier, Jordan Hornbuckly, Gavin Murrie, and Jackson Sayre. Congrats on your peer nominations!

During week four, the team started competing with the first meet being hosted at the Waukegan SportsPark (Wednesday, September 1, 2021)



The varsity ladies raced first and scored 6th place as a team (12 teams competing). Becca Runyan led the pack and placed 9th, with Paige-Elicia Caruth following closely and placing 13th (both earning all Lake County honors). The varsity boys followed and the team scored 7th out of 15 teams. Gavin Murrie led the pack and placed 11th in the field (earning Lake County honors). The open race closed out the night and the race was packed due to both boys and girls racing together. Both teams placed third, with the boys competing against 13 teams and the ladies 12. Brady Mock led the open for the Eagles by placing 8th and was followed by Jackson Summy, who placed 13th. The ladies also had two freshmen lead the open pack with Brianna Gara placing 4th and Hannah Rojas placing 5th.

Congrats also goes out to all the new Eagles for completing their first cross country meet: Caleb Eckert, Brianna Gara, Hannah Rojas, Lauren Rymer, Brady Mock, Jackson Summy, Blake Salbilla, Patrik Dortch, Bobby Weichmann, Matthew Powley, Nick Raffone, Henry Morgan, and Jonathan Hauca.

The second meet occurred at Racine Horlick Rebel Invite in Wisconsin (Saturday, September 4, 2021).



The ladies opened the race and scored 4th out of 13 teams with Hannah Rojas leading the pack with a 3rd place finish. The freshman boys followed with a 4th place out of 9 teams with Blake Salvilla leading the team with a 7th place finish. The varsity ladies were only three deep, but all three placed within the top ten (Runyan 3rd, Caruth 6th, and Perez 9th), while the varsity boys had Gavin Murrie leading for the team (team scored 10th out of 14 teams). The final race was the open, which was led by Ethan Carr (10th out of 14 teams).

Congrats goes out to all the new Eagles that completed their first cross country meet: Allison Livermore, Analei Lacson, Ellie Lill, Lucas Rodway, and Cayden Webber. A special shout out also goes to the athletes of the week Aina Boyd and Jackson Sayre.

-The Lakes Eagles XC/T&F

XC 2020 Season Recap

Week Twelve (10/26-31)

Recap

"You're Killing Me Smalls."
Sandlot

Vs.

"Believe in Yourself,"
Theme song from
Arthur



The team closed out sectional week with a morning practice on Friday and an epic end to the theme weeks. The boys slammed it home with Sandlot, while the ladies believed in themselves with Arthur. Congratulations go out to the boys for winning the 2020 themed weeks contest.



On Saturday, October 31 Brooke Stromsland won Sectionals and helped the ladies finish fifth. She was followed by Madison Twarling (14th), Alex Bryant (16th), Rebecca Runyan (33rd), Maddie Perez (39th), Paige Caruth (40th), and Kayla Dieringer (64th). Jack Engel led for the boys with 38th place. He was followed by Micah Lind (45th), Gavin Murrie (52nd), Payton Whitehead (66th), Ben Schneiderheinze (77th), Dalton Hass (82nd), and Quin Maloney (85th). The boys finished twelfth.



Six seniors also finished their last official race as an Eagle this week. A special thanks goes to: Alex Bryant, Kayla Dieringer, Jack Engel, Dalton Hass, Ben

Week Eleven (10/19-24) Recap



Two turtles in a half-shell...Turtle Power...

The boys ended regional week strong with their ninja themed costumes, while the ladies fell a little short of a first down with their sports theme. It will be exciting to see who wins this upcoming week's theme of Halloween, which will break the tie and crown the 2020 champion.



Week eleven concluded with the regional meet on Saturday, October 24, with both the boys and girls packs running well during their races. The girls won the regional meet with a score of 50 points (Stromsland (1st), Caruth (8th), Twarling (11th), Bryant (13th), Runyan (17th), Perez (19th) and Dieringer (32nd)), edging out Vernon Hills by two points. The boys placed third with a total of 76 points (Whitehead (8th), Murrie (10th), Engel (13th), Lind (18th), Schneiderheinze (27th), Maloney (44th), Wigginton (52nd)).



Cross Country Note: Paige Caruth



Week Ten (10/12-17) Recap

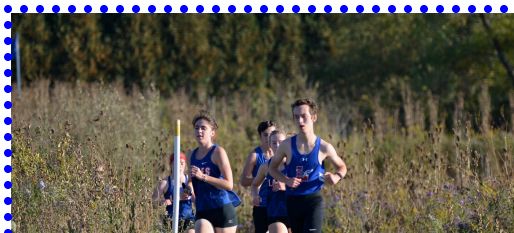
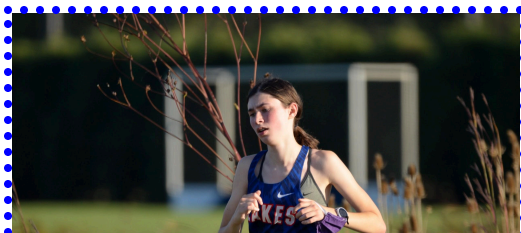
Week ten, or Conference week concluded with a fun bandit spirit day on Friday. Clearly both sides brought an unique perspective, but the small money bags were able to set the ladies up for the win. Don't worry, the challenge will continue into week eleven.



NLCC Conference meet was held on Saturday, October 17 with Varsity boys taking fifth, Varsity girls taking first, Junior Varsity boys taking fifth (Hornbuckle placed 14th and Dwyer placed 18th), and Junior Varsity girls taking second place (Savell placed 4th, Beerbower placed 8th, Good placed 10th (with SB), Lucier placed 13th (with SB), Colwell placed 16th, and Lyngay placed 19th). A special shout out goes to Kayla Dieringer and Ben Schneiderheinze for being honored the 2020 NLCC Sportsmanship award, and seven athletes that received all-conference accolades (Lind (10th), Stromsland (2nd), Caruth (6th), Twarling (7th), Runyan (9th), Perez (13th), and Bryant (14th)).

Five Seniors also finished their last race as an Eagle this week. A special thanks goes to: Ty Dwyer, Cade Empen, Daniel Gfesser, Aidan Gillespie, and Jacob Mueller.

Week Nine (10/5-10/13) Recap



This last week saw a lot of action with two meets and a senior night, which wrapped up the 2020 season for numerous athletes. The last dual meet was held on Tuesday, October 6 on the Eagle Acres versus North Chicago. Six athletes had season best times (Dortch (7 secs), Dwyer (15 secs), D. Gfesser (2 secs), Gillespie (10 secs), Seiflow (38 secs), and Migas (9 secs)) and six athletes had personal records (Colwell (14 secs), Empen (1 sec), Makela (19 secs), R. Perez (20 secs), Rodriguez (23 secs), and Savell (6 secs)). Shout outs go to Danika Dortch and Jayson Seiflow for completing in their last race as Eagles.



On Friday, October 9 the junior varsity competed in a throw down with Antioch. This last junior varsity race resulted with Aidan Gillespie and Hunter Savell taking first for the guys and ladies. One athlete had a season best under such windy circumstances (Knuettel 9 secs), and two athletes had personal records (Rodriguez 3 secs and Savell 14 secs). Special shoutout goes to all the seniors that completed in their last race: Goode, Goosen, Halterman, Knuettel, and Patel. Later that same night the varsity team competed in the last sundown runaround for the 2020 season. Two athletes walked away with personal records (Carr 3 secs and Twarling 6 secs) and results placed the boys at eighth and the ladies at fifth.



Senior night kicked off this year with a special celebration at Polley Field on Tuesday, October 13. The team cheered from the stands, while seniors were escorted by their parents to the fifty yard line. A special thanks goes to all the parents for their support and dedication that you provided over the last four years. The team will greatly miss: Alexandra Bryant, Kayla Dieringer, Danika Dortch, Ty Dwyer, Cade Empen, Jack Engel, Daniel Gfesser, Aidan Gillespie, Ethan Goode, Meghan Goosen, Ian Halterman, Dalton Hass, Drew Knuettel, Jacob Mueller, Akash Patel, Benjamin Schneiderheinze, Jayson Seiflow, and Brooke Stromsland.

Week Eight (9/28-10/2) Recap



Week eight continued to show how much work the team put in over the summer and at practices. On Tuesday (September 29) nine athletes had season best (Good, G, Goosen, Halterman, Knuettel, Lucier, Lungay, Pate, and Veres) and thirteen athletes had personal records (Allen, Beerbower, Boyd, Cappel, Colwell, Drover, Empen, Murphy, Powley, Rodriguez, Ross, Sims, and Streicher. Special shout outs go to Jessica Ross for winning the junior varsity race, Drew Knuettel for having the largest season best of the night (three minutes), and Nathan Streicher for having the largest personal best of the night (72 seconds).

The second Sunset Runaround meet of the season also occurred and everyone that participated had either a season best (Bryant, Dieringer, Dwyer, Gillespie, Perez (M.), Runyan, Stromsland, Verez, and Wigginton) or personal record (Beerbower,



Carr, Caruth, Hass, Lind, Maloney, Murrie, Twarling, Whitehead, and Veres). Special shout outs go to: flight winners Caruth (flight two), Dieringer (flight three), Stromsland (flight one), and Whitehead (flight three); flight two ladies for taking first, second, and third (Caruth, Bryant, and Perez (M)); and Stromsland for setting a new course record of 17:13.

-Molly Seidel Found A Way to Run Again
-2020 London Marathon Highlights

"I was just fighting the whole way, catching people," Hall said after the race. "Seeing the world champion [Chepngetich] in the last lap, that definitely motivated me to give it my all. I'm still kind of in shock, to be honest." Sara Hall



Week Seven (9/21-25) Recap

Multiple celebrations occurred this week to recognize all the hard work that everyone has put in for the 2020 season. This recognition started on Monday with Paige Caruth, Rachel Colwell, Julia Veres, Aiden Gillespie, Nathan Streicher, and Jacob Mueller for all the hard work and initiative that they put into practice. Wednesday the coaches placed emphasis on spirit and honored Aine Boyd, Alex Bryant, Sarah Lucier, Hunter Savell, and Ty Dwyer. Thursday numerous athletes were praised due to either PRs (personal best: Mitchell, Dalton, Madison, Paige, Hunter, Olivia, Rachel, Aine, Liam, Jackson, Jason, Dajuan, Austin, and Nick) or SRs (season best: Brooke, Aidan, Quin, Ty, Becca, Maddie, Alex, Kayla, Krista, Gretchen, Ian, Akash, and Colin) as of the Tuesday, September 22 race.

Week seven ended with the first of three Sundown Runaround Meets hosted by Lakes High School. Dalton had an extremely strong finish which allowed him to win flight two. As the sun set multiple athletes had PRs (Madison (21 secs), Quin (5 secs), Dalton (24 secs), Micah (22 secs), Gavin (10 secs) and SRs (Brooks (26 secs), Zack (4 secs), Becca (18 secs), Maddie (10 secs), Kayla (13 secs), and Julia (5 secs).





Week Six (9/14-18) Recap

Pack running continued into week six with varsity boys rolling through with first, second, and third places (Ben, Micah, and Gavin). The ladies continued by gaining places fourth through tenth (Becca, Madison T., Maddie P., Alex, Paige, Kayla, and Hunter). Special shout out goes to: Ben Schneiderheinze, Brooke Stromsland, and Jacob Mueller for their individual first place wins; Micah Lind, Gavin Murrie, Ty Dwyer, Brook Stromsland, Becca Runyan, and Kayla Dieringer for running extremely consistent; and Nick Rodriguez, Kaden Widnerweedle for having personal records at Wauconda.

-Varsity Boys Race: [Part 1/Part 2/Part 3](#), [Girls Race](#), [JV Boys Race](#) (Thanks Shepherd!!!!)

-[Iowa State ladies](#) also packed up this weekend at [Rim Rock](#) (Iowa State 16 pts, Kansas State 60 pts, Kansas 62 pts) (Shout out to Avryl Johnson (Libertyville Graduate of 2019), she runs for University of Kansas, Brenna Cohoon (Downers Grove Graduate of 2020), she runs for Iowa State)

-[Boston Marathon JH Twitter](#):

"When the run gets tough, focus on the moment that you're in and the mile that you're in. Don't think too far ahead. Just focus on the now." [@des_linden](#) 2018 Boston Marathon champion



Week Five (9/7-11) Recap

Weather caused another cancellation this week by pushing the meet from Tuesday to Thursday. The rain ultimately continued on Thursday, but it didn't seem to slow down Ben Schneiderheinze from taking his first individual win for the varsity boys. Madison Twarling took the lead for our varsity girls and finished with a twenty-eight second personal record which earned her the nineteenth spot on the Freshmen leaderboard. Ultimately, nine athletes (Beerbower, Cappel, Carr, Hornbuckle, Lind, Murrie, Perez (R.), and Sayre) had personal records, ten athletes (Bryant, Caruth, Dieringer, Dwyer, Gfesser (D.), Gfesser (K.), Maloney, Mueller, Perez (M.), and Veres) had a season best, and four athletes (Bryant, Lind, Perez (M.), and Twarling) found spots on the Lakes leaderboards.

The coaches also want to mention how Jackson Allen, Colin Gahager, and Olivia Heft showed grit and determination to locate another gear for finishing their race against Antioch. Pack running was also observed and showed promise to how the team is working together to find success.

-Lake's Leaderboards: [Boys/Girls](#)

-Positive Self-Talk: Inside the Heads of America's Top Runners

-Steve Magness's Twitter:

Observation: the people who sustain success over the long-haul are rarely shooting for success. They are focused on the path. Their goal is mastery, which knows no end.

-Under Armour: Only Way is Through Video



Week Four (8/31-9/4) Recap

It appears that weather issues have become a trend this 2020 season.. With week four races being delayed a day due to storms (could that be our fate again tomorrow?). September 2nd races brought Antioch, Grant, and Wauconda to the Eagle Acres for a double dual. Varsity ran three miles with Micah Lind (21 second personal record (PR)) and Becca Runyan (ran 3:28 faster than 2019) leading the way for the Eagles. Junior Varsity ran two miles with Aiden Gillespie (33 seconds faster from 8/25) and Hunter Savell (36 seconds faster from 8/25) finishing first for the team. All-in-all, twenty-seven athletes saw a considerable drop in time from either the last meet on August 25, or from last season. Keep up the good work, even if the weather makes it interesting.

The team closed out the week with a sweet treat from the SuperFans. Thank You's go to the Dwyer Family for organizing and supporting the team.



Week Three (8/24-28) Recap:

Week three was affected by the increased heat throughout the week, which caused an adjustment for practice and the first meet on Tuesday, August 25. All athletes were asked to run two miles and the team came out successful with Ty Dwyer, Brooke Stromsland, and Julia Veres winning their respective races. Even with the heat, athletes dropped time from the last team time trial with Jackson Allen leading the way with a drop of 219 seconds. He was followed by: Powley (196), Veres (144), Kendrick (127), Colwell (129), Lucier (102), Gahagan (85), Whitehead (67) Rodriguez (62) Hornbuckle (53), Makela (46), Savell (46), Murphy (45), Dieringer (44), Gillespie (44), Good (38), Heft (27), Twarling (26), Caruth (25), Quin (25), Mueller (24), R. Perez (24), Halterman (24), Empen (21), M. Perez (21), Runyan (19), Bryant (18), Wigginton (14), Beerbower (9), Micah (7), Gavin (2), D. Migas (2).

Looking for up-to-date information? Or the live stream from the meet? Make sure to follow the The Lakes Eagles XC/T&F on twitter. Shout out goes to Brooke Stromsland for committing to Belmont.

- [Hydrations for Running: A Beginner's Guide](#)
- [Warning Sides of Dehydration](#)
- [Remove the Background: Pictures](#)
- [The Lakes Eagles XC/T&F](#)



Week Two (8/24-28) Recap:

The season is now in full stride with the start of school, athletics, and balancing practice and e-learning. Athletes throughout the week were heard discussing the new challenges of Google Meet/Zoom requirements, locating Google Classroom materials, and taking attendance. Hunter Savell brought up a good point, that downloading the Infinite Campus app on her phone helped her to be more efficient in taking attendance throughout the day. Emphasis was also placed on identifying how much sitting everyone is doing, and how everyone should identify key times within their schedule to get more water, walk around (in your house or around the block), and/or move to a new location. Navigating all of these changes is difficult, but as a team we need to keep sharing ideas, checking-in on one another (throughout the day), and keep each other accountable.

Practice this week revolved around max speed, tempo, easy, and Vo2 workouts. Hass brought the heat during max speed, while Allen, Caruth, Colwell, Drover, Gillespie, Halterman, Knuettel, Murphy, Mueller, Perez, Stromsland, and Wigginton pushed themselves during the Vo2 800 meter workout in the District. A special shout outs goes to: Perez for pushing everyone around her during the Vo2 workout; Powley for pushing himself throughout the workout and having a strong finish with the last rep; Murphy for being Mr. Consistent; and Wigginton for keeping composure even after he lost a shoe. The cross country team also added four new athletes this week: Ross, Sims, Winderweedle, and Yount and closed out the week with team pictures.

Make sure to submit your goals online or on Monday at practice.

[-Study Breaks: How to take a Study Break that Works](#)

[-Chromebook Shortcuts](#)

[-The Art of Goal Setting with Lauren Fleshman](#)

[-Nick Willis's Twitter:](#)

My coach in high school had one goal for me (and all his runners) that we would love running and be involved in the sport for the rest of our lives.



Week One (8/10-14) Recap:

The 2020 Lakes High School cross country season is officially off and running and the season already seems different. It could be the wearing of masks, the temperature checks, or the circles in the field, but the athletes seem undeterred by these changes. The difference seems to be the perseverance to make this season the best. Throughout the week, numerous athletes like Alex Bryant and Ian Halterman were fueling engagement by checking in and providing helpful tips for the new cross country participants. Ty Dwyer brought the cheerful motivation that helped Thursday when the team participated in a time trial on the Eagle Acre. A special shout out goes to Madison Twarling because she located another gear which pushed her to have a strong finish on her first time trial as an Eagle. On Friday we closed the week out by saying congratulations to Alex Bryant, Jack Engel, Micah Lind, Quin Maloney, Gavin Murrie, Ben Schneiderheinze, Brooke Stromsland, and Zach Wigginton for logging and completing 300 miles (400 miles for Ben and Micah) this summer. Speaking of logging miles.... Did you think about keeping a running journal (aka.. log, diary... whatever you want to call it!)? Check out the links below for helpful insight.

[-5 Reasons to Keep a Training Log](#)

[-11 Impressive Bullet Journal Designs that Runners Are Using](#) (check out the powerpoint)/[Another Example](#)

- Why Olympian Molly Hurdle Still Keeps A Journal- And You Should, Too
- Lauren Fleshman: Running Mantra (do you have one?)