

September 29, 2023

### **Creek Cross Country Boys Eighteenth; Girls Fourteenth in Nightfall Classic**

Lake Mills, WI – The Johnson Creek High School Cross Country team enjoyed Friday night lights with steep competition at the Lake Mills Golf Course for the Nightfall Classic meet, boasting over 1,200 entrants, races split by sex and division. Freshman Lauren Nadboralski brought home a medal, crossing the line in twentieth place with a time of 21 minutes, 16.06 seconds.

Coach Ben Hail said, “Nightfall is a favorite event for many of the athletes. With it being such a large event and the atmosphere of a championship race, there is plenty of competition and high-level racing. Our kids raced well under the lights and many of them ran really close to lifetime best times on a challenging course. I continue to be impressed with how this group of athletes continues to improve week after week. I feel like I say this every week, but I am really excited about how the end of this season is going to play out. Look for big things from this team!”

Nine of the ten runners who raced in similar conditions last year improved their finish times, and those nine by an average of 1:20 each, for both boys and girls. The team is in their peak training load, and entered this event on purposely tired legs, making these stout times even more impressive.

The Bluejays travel to Waterloo Firemen’s Park on Tuesday for their next contest.

Scoring varsity boys: Senior Connor Gerstner (70th, 20:14), sophomore Evan Chowanec (86th, 20:46), freshman Collin Hucke (90th, 20:53) senior Ben Trudell (94th, 21:00), and sophomore Francisco Gutierrez (118th, 22:04).

Scoring varsity girls: Freshman Lauren Nadboralski (18th, 21 minutes, 16 second), junior Rylee Hucke (22nd, 21:46) and seniors Ava Sixel (99th, 25:45), Maggie Markus (113th, 26:54), and Hailey Kvalheim (120th, 27:31).