

September 7, 2023

### **Creek Cross Country Girls Podium in Poynette**

Poynette, WI – The Cross Country program continued to prove third-year Johnson Creek coach Benjamin Hail’s training programming is a recipe for success Thursday afternoon as the varsity girls team earned third place in their division at the Poynette Invitational. Returning athletes all bettered their times over last year – the girls by a collective 14:07 (average improvement 2:49 each), and the boys by a collective 20:49 (3:28 each). Almost everyone was under personal record pace through two miles of the 3.1-mile (5-kilometer) distance, but this course has an exceptionally challenging third mile in the woods that tests strength with a long ascent in loose, deep sand, before launching runners back onto grass for the final third of a mile with a clear view, making for incredible battles for the finish.

Freshman Lauren Nadboralski paced with veteran Junior Rylee Hucke the first two miles, which is the same as the middle school course Nadboralski was familiar with, and the two worked together, Lauren finishing fourth in 22:18.6 and Hucke in fifth in 22:23.3. Hucke shaved four full minutes off her time at this race in 2022.

Scoring varsity girls: Freshman Lauren Nadboralski (fourth, 22 minutes, 19 seconds), junior Rylee Hucke (fifth, 22:23) and seniors Ava Sixel (30th, 26:49), Maggie Markus (31st, 27:44) and Hailey Kvalheim (36th, 28:31).

Senior Tyler Skogman medaled for varsity boys in thirteenth place with a time of 19:20.6, bettering his 2022 performance by 1:24. The five scoring boys finished within 2:02 of each other. The team is focusing on the power of pack running this year, and it’s notable that the sixth and seventh place varsity runners sophomore Francisco Gutierrez and junior Carson Vaughn improved their times from last year by well over four minutes each. The varsity roster will hold another race as eager freshman Duncan Thomas withdrew injured at two miles.

Scoring varsity boys: Senior Tyler Skogman (13th, 19:21), sophomore Evan Chowanec (24th, 20:42), seniors Connor Gerstner (34th, 21:23) and Ben Trudell (39th, 21:33), and freshman Collin Hucke (40th, 21:34).

Eighth grader Lia Constable hit one mile of the approximately 1.94-mile middle school course right on the heels of the eventual race winner and finished in second place overall with a time of 12:50.94. Medals were awarded to the top three in this meet. Eighth grader Kiara Dach finished fifth with 13:27.60. Top-finishing middle school boy was eighth grader Max Chowanec in twelfth with 12:48.14.

Scoring middle school boys: Max Chowanec, Bradley Hail, Ethan Broich, Joey Steenbergen, and Diego Arevalo.

Scoring middle school girls: Lia Constable, Kiara Dach, Keira Bakken, Allison Malueg, Ashlynn Goulet.

The Bluejays are excited for their home meet Thursday, September 14 on the school campus, and hope for great attendance. Full concessions will be available from 3:15-6:00, served by Jammie Trapp Real Estate, and benefiting the Booster Club.