

RAIDERX NEWS

Upstate Eight Conference 2022 October 15, 2022

Congratulations to Lauren Price for her outstanding run, a Season's Best 19:59.8, and her All-Conference, 11th place finish! Also turning in Season's best, and career bests is the trio of Diana Kalvelage (21:18.2), Maria Aldama (29:35.1), and Mariela Flores (27:40.8). This concludes the regular season for the Raider Girls as only the varsity advances to the Regional Meet located in Sterling, Illinois on October 22nd. The Top 6 Teams and 5 individuals (from teams who don't qualify) will advance to the Sectional Meet the following week at Kaneland High School. The challenge for our Varsity Girls will be to have a "Next week, best week!" mentality! Coach Bledsoe and I would like to personally thank all of the girls who found a way to persevere through this season, with all its ups and downs. It takes a special individual to run Cross Country! Thank you! Thank you! Thank you!

