

FIVE TAKEAWAYS: M-S BOYS', GIRLS' CROSS-COUNTRY

Squads look to carry success into postseason

By **ISAAC TROTTER**
For The Mahomet Citizen

MAHOMET — Both the Mahomet-Seymour girls' and boys' cross-country teams will compete in the Metamora Regional on Saturday. The races will be held at Black Partridge Park, with the girls beginning at 10 a.m. and the boys starting at 11 a.m.

Neal Garrison and Kristin Allen have done a great job guiding their squads to successful regular seasons. Now, it's time to unleash it all.

Here are five runners who will be big difference-makers for the Bulldogs in the regional.

Elizabeth Sims

No one is running better than Elizabeth Sims right now. The sophomore star won the Apollo Conference individual title in her



SIMS

last race. She also finished first in the Normal University High Invite the week before. Sims also runs the course at Black Partridge Park extremely well. On Oct. 12, Sims finished seventh overall in the Metamora Runnin' Red Invitational. The field was loaded with hundreds of competitors, and Sims finished the course in 18 minutes, 23 seconds. Sims finished second overall in regionals last year. She will be one of the top runners on Saturday.

Grace Lietz

In the first race of the season, Grace Lietz finished the three-mile course at the Saber Corn XC Classic in 21 minutes, 21 seconds. At the Apollo Confer-

ence championships, Lietz ran the three-mile course in 19 minutes, 25 seconds which was a personal record. That's a massive improvement.

Lietz was the No. 3 finisher for the Bulldogs last year in the regionals to help M-S win the title. If she can slice a few more seconds off her personal record, she'll be in great shape to finish near the top 10.

Kyle Nofziger

At regionals last year, Kyle Nofziger broke out with an 11th-place finish. Nofziger finished the course in 16 minutes, 16 seconds. He's taken his game to new heights this season. Nofziger ran his personal record at the Normal University High Invite with a time of 15:50. That time would've placed third in the regionals last season.

Nofziger might only be a sophomore, but he'll be in the mix for a regional title if he runs like he has all season.

Joseph Scheele

Joseph Scheele placed third at the Apollo Conference Championships. Scheele's performance was a big reason why the Bulldogs ran away with the conference crown. They'll need another big performance on Saturday. Scheele didn't compete in the regional last year, so he will be itching to get out and make a name for himself on the state level. Scheele's personal record is 15:56. That would've been good enough for third last year at the regional. But every year is different and the conditions could be very different too. But Scheele has the talent to push for an individual regional champion-

ship.

Nick Mies

The junior is competing on the cross-country team for the first time in his career, but Nick Mies is looking like a savvy veteran. His times have gotten better and better as the season progressed. He peaked at the Apollo Conference Championships when he ran a personal record time of 16:45 to place seventh overall. Garrison will tell you that sometimes it isn't the top finishers that decide whether a team moves on. It's the third-, fourth- and fifth-place finishers that can really make the difference. Mies is probably the Bulldogs' No. 3 runner this season. You'll be hard-pressed to find any other No. 3 runners that can keep up with the lanky junior. He'll factor in big-time if M-S wants to win a regional title.