



# The Friar Runner

*A biannual newsletter about the Fenwick Girls' Running Program*

With another 60 girls dedicating their summer and fall to racing for the Friars, there was a lot of excitement leading into the season for the 2016 Conference Champions. Despite the strong start at Black and White, September for the Friars was challenging. Summer did its best extending the warmth into the racing season. A cold front the last weekend in September, however, brought the breakthrough. Nearly 60% of the runners ran personal bests that day; there were many highlights. One to mention was **Abby Schierl's** personal best performance; it was a testament to her humility and unwavering persistence over the years to beat the time she set almost two years ago. Another example of persistence that day was **Grace Vomacka**, who after 8 months of therapy after an accident was able to race the full three miles again. It was an all-around great day encouraging the Friars to finish the season positively.



In one of the more powerful moments of the season, Br. Trout leads both the Fenwick and OPRF teams in prayer as OPRF mourned the loss of one of their teammates. The Friar captains organized to give socks to the Huskies that said 'I am with you always' to honor their lost friend.

A few weeks later, the GCAC Conference Championship's Saturday was full of thunderstorms, therefore the meet was moved to the following Monday afternoon. It was a beautiful evening for a championship and the Friars ran well. All seven of the varsity runners (**Margaret O'Brien, Laura Durkin, Marie O'Brien, Katie Cahill, Mary Bridget Donahue, Arlene Amaya** and **Maria Quinn**) earned All-Conference honors by placing in the top 25. With 13 teams in the conference, having each of the varsity athletes earn All-Conference is impressive and rare. The next two runners for the Friars, **Franny Lorenzini** and **Amber Bautista**, won their JV and Frosh-Soph races respectively. They too, would have earned All-Conference given their times if 9 runners could have been in the varsity race. When looking at the results above, it is astounding that the varsity team placed second in conference, but as now retired Montini Coach Pete Connelly said right after the race, "Loyola earned that win. It was the best race I've ever seen them run." With Loyola graduating four of their top seven, the Friars are anxious to bring the championship back in 2018. Though the Friars are capable, the young Ignatius squad along with an always potent Loyola will ensure whoever wins it, earns it.

On to the post season, the Friars placed 2nd in the regional. At sectionals the Friars were only 56 points away from qualifying for state as a team, the closest it has been since qualifying 3 years prior. Margaret O'Brien exhibited great poise as she qualified individually for state with a PR. The following

week at state, she PRed again making her the 6th fastest cross country runner in Fenwick's history. Her proud running story at Fenwick, though undulating, has been marked with her fiercely competitive yet team centric orientation.

Although the team fell short of its overall goals this year, it has not been without success. With 10 runners under 20 minutes for the first time in the program's history and almost all runners in the 25 or under range, there were plenty of things to be proud of this season. A few not yet mentioned that stood out were **Cara Conniff's** commitment to therapy so that she could race all season and be a part of the top 12, **Julissa Arjon's** sheer growth from the first days of summer camp, **Liz Blum's** humble work ethic being one of the top runners for the frosh-soph team, and **Eve Montesano** surprising herself with her abilities in the longer distances.

As track begins with three returning state qualifiers and many new faces for the springtime, the Friars are excited as ever to continue to improve through the process of striving for personal bests.

Follow the girls on Twitter and Instagram: [@FHSGirlsRunning](#)

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### *Friar Commitment*

As our 8th runner, **Franny Lorenzini** had the option to travel down to Peoria for a fun overnight trip with the top 7 yet not race, or stay back to race at Niles West. Franny chose to stay back. She led the Friars not only as captain, but as the lead runner on the course. Her goal was to run sub 20 and her will to do so dictated the race for her. She got out well as she always did being around 10th place 400m in. For the next 2 miles Franny raced with drive and purpose fighting every step. Franny was in great position (16:50) with 800m to go. There is a video of her racing the last 300m on the track passing many others and leaving all she could to finish 17th place among over 350 runners with a 19:54.

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