



LISLE CROSS COUNTRY



"TO GIVE ANYTHING LESS THAN YOUR BEST IS TO SACRIFICE THE GIFT."
- STEVE PREFONTAINE

Welcome To Our Family!

Welcome to the Lisle cross country family! The family includes the runners at Lisle Senior High as well as the junior high team coached by Coach Meyer. The goal of the Lisle cross country program is to give

everyone the tools to be as successful as possible and created a fun, supportive team environment. Cross country is a unique sport in that anyone can participate and there are no cuts. While it is a team sport, individual athletes can experience

their own success by becoming better runners as the season progresses. You don't have to be a runner to join cross country, however. Coach Miller will help every one of our runners become the best they can be during our three-month season. Good luck, and welcome to the family!



Coach John Ciesielski
1967



Coach Bob Jones
1968 - 1975



Coach Michael Crouch
1976 - 1987



Coach Ken Jakalski
1988 - 2017



Coach Pat Woyna
2018 - 2022



Coach Scott Frigo
2023 - 2024



COACH DEREK MILLER
DMILLER@LISLE202.ORG

How Does Cross Country Work?

Cross country is a popular sport that involves running a course that may consist of grass, mud, trees, and water. The IHSA has stated that high school athletes, both boys and girls, run a three-mile course during their meets, although the meets we run in may vary slightly in distance. Boys and girls normally do not run in the same race.

Scoring in cross country is different from many sports since the lowest score wins. A team consists of seven runners with the top five scoring points for their team. Points are earned based on the place earned, so if

the top five runners for a team finished in 1st, 5th, 10th, 14th, and 20th the team would have scored 50 points. The 6th and 7th runners are important in case of a tie and they can also hurt another team's score by beating the other team's top five runners.

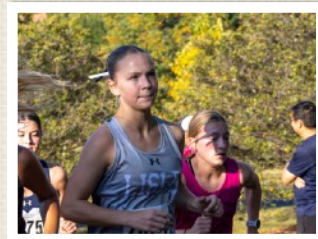
Although the top seven runners are important in cross country, most cross country meets allow any number of participants. There are no cuts in cross country so if you show up to

"YOU HAVE A FAR BETTER CHANCE OF WINNING IN LIFE AS A PART OF A TEAM THAN AS AN INDIVIDUAL."
- COACH BILL BOWERMAN

RETURNING STATE RUNNERS



DANI (2023/2025)



JEN (2025)



MADI (2025)



MOLLY (2025)



ROSE (2025)



Scoring In Cross Country

Every runner is important in cross country. While only the top five runners score points (and occasionally the 6th and 7th in the case of a tie) other runners can help the team by beating the top five runners of other teams. Every runner you pass at the end of a race could potential mean more points for your team.

"THE MIRACLE ISN'T THAT I FINISHED. THE MIRACLE IS THAT I HAD THE COURAGE TO START."

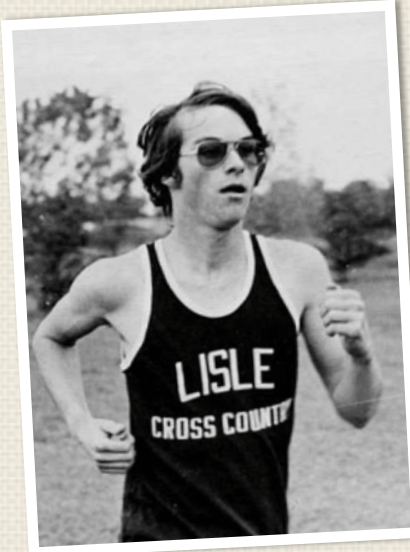
- JOHN BINGHAM

Scoring Examples

Check out the first scoring example on the right. You'll see that even though Team A had the top two runners they didn't win the meet because Team B had a lower score. Cross country is about running as a TEAM, and that scoring example really demonstrates team running by Team B.

In the second scoring example on the right, Team B only had four runners. Their 5th runner is given a score of 65, which is the number of runners running in the race. With even an average 5th runner Team B could have won the meet, which shows the importance of showing up to every competition.

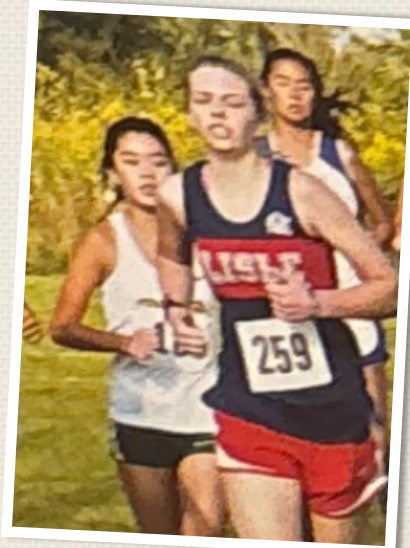
In the last scoring example, you can see that both teams ended up with the same amount of points after five runners. Since the 6th runner on Team A beat the 6th runner on Team B, Team A earned the victory.



SCORING EXAMPLE

TEAM A	TEAM B
1. 1ST	3RD
2. 2ND	4TH
3. 8TH	6TH
4. 12TH	10TH
5. 17TH	13TH
40 PTS.	36 PTS.

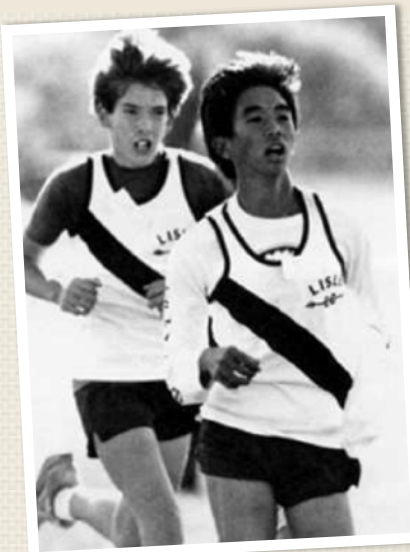
TEAM B WINS!



SCORING EXAMPLE

TEAM A	TEAM B
1. 10TH	1ST
2. 12TH	4TH
3. 15TH	6TH
4. 16TH	11TH
5. 22ND	65TH
75 PTS.	87 PTS.

TEAM A WINS!



SCORING EXAMPLE

TEAM A	TEAM B
1. 2ND	3RD
2. 6TH	8TH
3. 12TH	15TH
4. 17TH	18TH
5. 26TH	19TH
63 PTS.	63 PTS.
6. 28TH	33RD

TEAM A WINS!

Practices

Practices start a bit before school starts. The first official practice is **Monday, August 10**. Practice will be held at the blue picnic bench on the southwest side of the school from 3:30-5:30pm. We won't normally practice until 5:30 every day, but there will be longer practices on occasion where we will need the full two hours.

We will have practice at forest preserves in the area once a week. The practice exceptions are listed here, but

keep checking the website and social media as unforeseen events may cause other practice changes.

September 7: Captain's Practice

September 11: Captain's Practice

October 2: Captain's Practice

October 12: Captain's Practice

October 19 - November 7:

Practice for Post-Season Runners

"GOOD THINGS COME SLOW, ESPECIALLY IN DISTANCE RUNNING."
- COACH BILL DELLINGER



OUR TEAM



PRACTICE AT THE PARK



ALL OF OUR SATURDAY PRACTICES AS WELL AS SELECT PRACTICES DURING THE WEEK WILL BE HELD AT LOCAL FOREST PRESERVES. SATURDAY PRACTICES WILL RUN FROM 7:30AM TO 9:30AM. CHECK THE GOOGLE CALENDAR THAT WAS SHARED AFTER REGISTRATION FOR THE LOCATION OF THESE PRACTICES.



THE MEETS

CROSS COUNTRY STATE FINALIST



Girls 5000m Varsity
IHS Class 1A XC Sectional - #1 Lisle (Sr.) | Nov 1, 2025 | 10:00 AM

Results Team Scores Score Grid Entries

1	Elmhurst (Timothy Christian)	2	14	20	30	40	680	(53)
2	Manteno	1	7	15	17	68	(78)	
3	Elgin (Harvest Christian Academy)	4	21	27	28	33	(34)	(39)
4	Palos Heights (Chicago Christian)	5	32	23	38	37	(44)	(67)
5	Lisle	11	18	24	31	52	(74)	
6	Richmond (R.-Burton)	10	26	38	48	54	(64)	
7	Herscher	3	9	55	58	59	(60)	(66)
8	Paxton (P.-Buckley-Loda)	13	29	35	49	72	(82)	
9	Johnsburg	6	25	43	51	75		
10	Elgin (St. Edward)	8	16	45	70	93		
11	Beecher	19	22	42	71	73	(75)	(79)
12	Des Plaines (Willows Academy)							

Kenan D. Bond
71769
11:10 AM
11-1-25

15:45  18:45

THESE ARE THE TIMES OUR TOP RUNNERS SHOULD SHOOT FOR IN THE THREE MILE. THE BOY'S TIME OF 15:45 AND GIRL'S TIME OF 18:45 WOULD GIVE US A GOOD CHANCE TO WIN A TROPHY AT STATE IF WE HAD FIVE RUNNERS AVERAGING THOSE TIMES.

OUR MEET SCHEDULE CAN BE FOUND ON LISLEXC.COM. RUNNERS NEED TO INFORM COACH MILLER AT LEAST A WEEK AHEAD OF TIME IF THEY WILL MISS A MEET. THE IHS REGIONAL MEET IS LIMITED TO OUR TOP 7 RUNNERS OF EACH GENDER. THAT MEANS ONLY OUR TOP 7 BOYS AND TOP 7 GIRLS WILL PARTICIPATE.

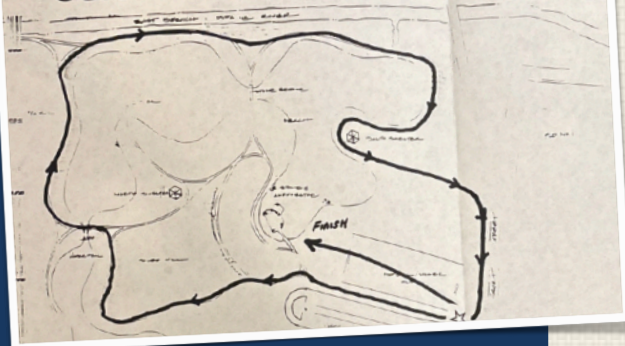
QUALIFYING FOR SECTIONALS:

- THE TOP 7 TEAMS FROM EACH REGIONAL QUALIFY FOR THE SECTIONAL
- THE FIRST 5 RUNNERS NOT ON ADVANCING TEAMS ALSO QUALIFY

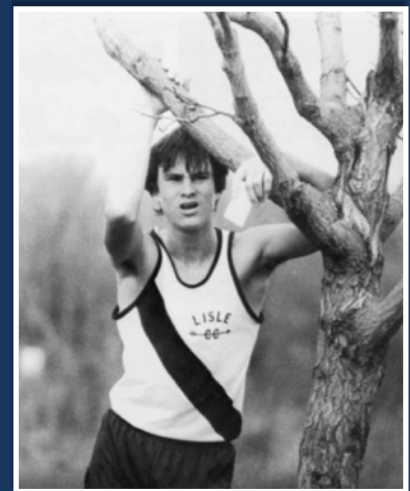
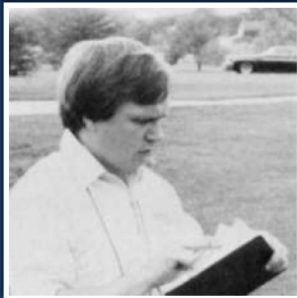
QUALIFYING FOR STATE:

- THE TOP 6 TEAMS FROM EACH SECTIONAL QUALIFY FOR STATE
- THE FIRST 10 RUNNERS NOT ON ADVANCING TEAMS ALSO QUALIFY

COMMUNITY PARK



WHAT YOU NEED



WHAT YOU NEED

1. SHOES
2. SPIKES (OPTIONAL)
3. RUNNING CLOTHES
4. WARM CLOTHES
5. WATER BOTTLE
6. FOAM ROLLER /
LACROSSE BALL /
MASSAGE STICK

Important Equipment

Shoes are the most important item runners will need. If you have never purchased a pair of running shoes try buying them from a running store such as Dick Pond Athletics or Naperville Running Company.

Spikes, while optional, can make the difference in close races. While we will encourage our top 7 runners to get spikes, anyone can get a pair to help improve their times. Spikes should not be worn during practice since we normally run on paved surfaces. Runners should still bring their normal shoes to meets as some courses may be paved.

Running clothes for practice don't have to be anything special. A pair of shorts and a t-shirt are just fine. Just wear whatever is comfortable for the weather. Warm clothes should be brought out later in the season when it gets colder and a sweatshirt should be worn after practice if you have a long drive home to prevent colds.

A water bottle is essential. Although water is normally available, a water bottle is much more convenient.

We also recommend a foam roller, lacrosse ball, and/or massage stick to massage any sore muscles or injuries.

What To Eat

A runner's diet can be an essential part of their success. While everyone reacts to food in different ways, a good diet can make a positive difference.

Your Everyday Diet

You can go to our website and view the FAQ section for more details about what to eat but an example of a good diet is listed below. It is also important to know what to eat before and after races, which you can see on the right.

The High School Diet

- Eat 4 times a day
- Diet is not meant for losing weight, but for lowering body fat
- Cut down on sugars and fats and eat healthier foods
- Bring a healthy lunch to school or eat deli food
- No pop, fried food, greasy food, or candy
- No fast food (Subway and Jimmy John's are okay)
- Cut down on cheese, cream cheese, and sour cream
- Lots of water, green tea, and sports drinks
- Good things to eat include:
 - Turkey, Chicken, Beef (99% Fat Free)
 - Vegetables and Fruit
 - Potatoes
 - Rice, noodles, pasta, bagels, bread, muffins
 - Fish and seafood
 - Soup (Not cream soups)
 - Light or Low Fat Mayo, Salad Dressing, Milk, Egg Whites, and Yogurt
 - Margarine instead of butter
 - A good breakfast would be oatmeal or a wheat muffin with 1% milk



EVERYDAY

- EAT 4 TIMES A DAY
- CUT DOWN ON SUGAR AND FAT
- BRING A HEALTHY LUNCH TO SCHOOL OR EAT FROM THE DELI
- NO POP OR FAST FOOD
- NO FRIED OR GREASY FOOD
- LOTS OF WATER, GREEN TEA, AND SPORTS DRINKS



BEFORE MEETS

- EAT A SMALL, HIGH-CARB MEAL 2 TO 4 HOURS BEFORE THE RACE
- EAT A HIGH-CARB SNACK 1 HOUR BEFORE RUNNING
- DRINK A SPORTS DRINK OR GEL 5 TO 15 MINUTES BEFORE THE RACE
- DON'T EXPERIMENT WITH NEW FOODS BEFORE A RACE



AFTER MEETS

- EAT SOMETHING WITH PROTEIN SUCH AS PROTEIN BARS OR NUTS
- TAKE IN LOTS OF LOW-FAT PROTEIN WITHIN 2 HOURS OF THE RACE
- DON'T EAT SOMETHING WITH A LOT OF FAT

Cross Country Team Rules

RULE #1: STUDENT-ATHLETES

THE WORD STUDENT IS FIRST FOR A REASON. OUR ATHLETES NEED TO BE PASSING ALL OF THEIR CLASSES TO REMAIN ELIGIBLE. ELIGIBILITY IS DETERMINED EVERY WEDNESDAY STARTING SEPTEMBER 10. AN ATHLETE WHO IS INELIGIBLE CANNOT PARTICIPATE IN AN CROSS COUNTRY MEET THE FOLLOWING MONDAY THROUGH SUNDAY. INELIGIBLE ATHLETES SHOULD BE COMMUNICATING WITH THEIR TEACHER AND COACH MILLER TO DETERMINE WHAT THEY NEED TO DO TO REGAIN THEIR ELIGIBILITY.

"THE WILL TO WIN MEANS NOTHING WITHOUT THE WILL TO PREPARE."
- JUMA IKANGAA

RULE #2: NO UNEXCUSED TARDIES OR ABSENCES

COACH MILLER WILL RARELY, IF EVER, BE TARDY OR LATE AND WE EXPECT OUR ATHLETES TO DO THE SAME. ATHLETES ARE ALLOWED ONE UNEXCUSED TARDY OR ABSENCE. EVERY UNEXCUSED TARDY OR ABSENCE AFTER THAT WILL RESULT IN INELIGIBILITY FOR THE NEXT MEET. ATHLETES ARE STILL EXPECTED TO COME TO THE MEETS TO CHEER ON THEIR TEAMMATES, HOWEVER.

RULE #3: RIDING THE BUS

ATHLETES SHOULD BE RIDING THE BUS TO AND FROM CROSS COUNTRY MEETS TO BUILD OUR TEAM CULTURE. IF THERE IS A TIGHT DEADLINE WHERE AN ATHLETE NEEDS TO LEAVE A MEET EARLY THE ATHLETE SHOULD CONTACT COACH MILLER AT LEAST A WEEK AHEAD OF TIME TO GET A TRANSPORTATION WAIVER.

RULE #4: SUPPORT YOUR TEAM

EVERY MEMBER OF OUR TEAM SHOULD BE SUPPORTIVE OF THEIR TEAMMATES. WHEN YOU ARE NOT RUNNING A RACE YOU SHOULD BE CHEERING ON YOUR TEAMMATES WHO ARE RUNNING. OUR ATHLETES SHOULD **NEVER** MAKE FUN OF THEIR TEAMMATES OR OTHER TEAMS. WE UNDERSTAND THAT NOT EVERYONE WILL BE BEST FRIENDS ON THE TEAM, BUT WE SHOULD BE NICE TO EACH OTHER.

CHOOSING CAPTAINS



CAPTAINS WILL HELP LEAD WARMUPS DURING PRACTICE, RUN PRACTICES ONE DAYS WHERE COACH MILLER CAN'T ATTEND, AND MAKE SURE ALL MEMBERS OF THE TEAM ARE ENCOURAGED TO ATTEND TEAM SOCIAL EVENTS. IN ADDITION, CAPTAINS WILL NEED TO MAKE SURE THE TEAM PREPARES CORRECTLY ON THE DAY OF A MEET.



RUNNERS WHO ARE INTERESTED IN BECOMING A TEAM CAPTAIN NEED TO FILL OUT A [CAPTAIN APPLICATION](#) AND GET A PRINTED COPY TO COACH MILLER BY THE END OF THE FIRST WEEK OF PRACTICE. CAPTAINS WILL BE CHOSEN BY THE COACHES AFTER THE FIRST WEEK OF PRACTICE BASED ON THEIR EFFORTS OVER THE SUMMER AND AT THE START OF THE SEASON. WE ALWAYS CHOOSE A MIX OF ATHLETES SO YOU DO NOT NEED TO BE A GOOD RUNNER OR A SENIOR TO BE A TEAM CAPTAIN, JUST A GOOD LEADER.