

Team USA Triathlete from Glenview Park Center heads to Spain

SUBMITTED CONTENT

The Glenview Park District is proud to announce Park Center Health and Fitness Manager Kathleen McInnis competed at the 2019 Pontevedra ITU World Triathlon Multi-sport Championships in Spain this weekend.

McInnis qualified for one of only 15 spots on Team USA. She'll be competing in the Long Course which includes a 1.86 mile swim, 68.4 mile bike and 18.6 mile run.

"Park Center Health and Fitness is so inspired by her achievements," said Lynne Brenner, PCHF Assistant Fitness Manager. "Congratulations to Kathleen and go Team USA."

McInnis will be in good company overseas. Her husband, Ron Szostek,

also qualified for the team. Szostek will be competing in the Aqua Bike which is a 1.86 mile swim and 68.4 mile bike. In addition, Glenview Park District lifeguard Stacey Saef, Park Center Health and Fitness member Marc Nardulli and Glenview resident Mary McCain also made the team. Saef and Nardulli are in the Aqua Bike while McCain is in the Long Course.

McInnis has been competing in triathlons since 1989 "even before triathlons were cool," she said. She was a regular in the field until about 2006, then took time off. Friends who had participated in the Iron Man motivated McInnis to get back at it.

"I didn't think I was that good," said McInnis, who surprised herself by then

competing in two Iron Mans herself.

A year ago, McInnis was in a cycling class at Park Center when a friendly conversation with another participant turned out to be just what she needed. That participant turned out to be Graham Wilson, a USA Triathlon Level 3 elite coach. She hired him and saw fast improvements.

"I never thought I needed a coach. I thought I knew what I was doing, but he's really helped me learn and grow," McInnis said. Wilson is based in San Francisco. His guidance is provided through regular online communication.

The 2019 Pontevedra ITU World Triathlon Multi-sport Championships in Spain will take place on Saturday, May 4. McInnis says 54 countries will be

represented.

"It's such an honor to represent Team USA. This is the Olympics for our sport," she said.

The qualifications were held in Miami last November. McInnis not only qualified to be one of the 15 from among several hundred athletes who competed, but she finished in fourth place overall. Her time was five hours, 43 minutes, for the Miami Half Ironman which consists of a 1.2 mile swim, 56-mile bike and 13.1-mile run.

A friend told McInnis to learn all she can on the course, do everything in her power to help her teammates cross the finish line, and remember to proudly waive the American flag when she crosses. No doubt, McInnis did just that.



Glenview Park staff member Kathleen McInnis competed at the 2019 Pontevedra ITU World Triathlon Multi-sport Championships in Spain. PHOTO SUBMITTED

GIRLS BADMINTON

South leaves sectional meet with 'mixed' emotions

NEIL MILBERT, Freelance Reporter

Glenbrook South coach Terri Kimura's had "mixed" emotions in the wake of its IHSA Sectional tournament at GBS on Friday, May 3.

"The girls who were supposed to win didn't play their best game," said Kimura, who is in her 19th season as the Titans' coach. "They got challenged today and didn't make it.

"Both doubles teams are going to state. That's the good part. As long as we get some people qualifying for State it's okay."

The top four players and the top four doubles teams

in the sectional qualified for the state tournament at Eastern Illinois University on Friday-Saturday, May 10-11.

GBS sophomore Tina Tsai was second in singles; seniors Rhea Shah and Christina Joseph were third in doubles; and junior Indra Ayushjav and Allison Daemicke were fourth in doubles.

After earning the Central Suburban League South regular season title and finishing second in the conference tournament, the Titans came in third in the six-team Sectional, recording a score of 11.5. York was the champion with a 13.5 and Deerfield was second with a 12.5.

Zion-Benton was a distant fourth.

The No. 1 seed in singles, Deerfield's diminutive freshman dynamo Ina Pen, was the Titans' nemesis. She defeated second-seeded Tsai in the championship match, 21-14 and 21-13, after downing fourth-seeded GBS junior Megan Lee, 21-11 and 21-8 in the quarterfinals.

Tsai was coming off a hard-earned 21-5, 15-21 and 21-13 semi-final conquest of York's third-seeded Aleksina Jovic when she played Pen for the championship and she also was battling a bad cold.

"It's hard playing with a cold," Tsai said.

But she wasn't daunted

by her second set setback.

"I thought 'it's two of three and if I don't win this set I've got one more,'" she explained. "I wanted to tire her. I like to move the other player around and tire her. When I'm able to do that it gives me confidence."

In doubles Shah and Joseph were the No. 1 seed and the Central Suburban League championship combo decisively defeated Zion-Benton's Hillary Auilar and Yaneth Rosas 21-9 and 21-7 in the quarterfinals before being upset by York's fourth-seeded Grace Wilton and Rachel Kayman 21-14, 12-21 and 21-7 in the semis.

Wilton and Kay-

man went on to win the championship.

Third-seeded Ayushjav and Daemicke were ambushed by York's unseeded Eva Jacobsthal and Sarah Martich 22-20, 15-21 and 21-18 in the quarterfinals but then recorded three consecutive straight set victories in the loser's bracket against opponents from Mather, Vernon Hills and York to earn the right to play in the third-place match.

Ironically, their opponents in the third place match were Shah and Joseph.

"It was a little bit strange," Shah said of the confrontation with her teammates who'd gone to

the state tournament last year.

Ayushjav and Daemicke were up for the challenge. They bounced back from a 21-9 loss in the first set to edge Shah and Joseph 22-20, forcing a third set.

Shah and Joseph prevailed, capturing third place by winning 21-14, but Ayushjav and Daemicke left the court with their heads held high.

"We play them every day in practice and this only the second time ever that we won a set against them (after doing it once before in practice)," said Ayushjav. "I think we went past our expectations."

Daemicke agreed. "I'm very proud of us," she said.