

## VanDraska gets revenge at MVC meet

Written by Jim Ecker

Thursday, 08 October 2015 20:18

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WATERLOO - Tysen VanDraska was not happy when he lost to a pair of runners from Cedar Falls at the Cedar Rapids Prairie Invitational back in August at the start of the cross country season.

He did something about it Thursday.

VanDraska used a blistering kick to conquer those same two runners from Cedar Falls and take top honors at the Mississippi Valley Conference Super Meet at Byrnes Park in Waterloo.

Sam Schillinger and Isaac Smith of Cedar Falls pulled away from VanDraska in the final stages of the Prairie Invitational to finish first and second in that race, but this time the Prairie senior was ready for them.

VanDraska sprinted away from the Tigers in the home stretch and won the race in 15 minutes, 46 seconds. He beat Schillinger by four seconds and topped Smith by six seconds.

The three premier distance runners ran neck-and-neck for most of the 5K race before VanDraska took control. It was two-against-one for much of the day in terms of strategy, but VanDraska handled the challenge.

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"I knew they were going to try and pick on me the whole race and eventually beat me down, so I just tried my best to stay on them as much as I could," he said. "And I knew I could finish with them."

VanDraksa had a hunch how the race might develop.

"I knew they were going to make a move around the two-mile mark, so I thought if I could hold on until then I'd be good for the finish," he remarked.

It was a significant victory for VanDraska. Schillinger is the top-ranked runner in Class 4A, Smith is ranked fourth and VanDraska is ranked fifth, so he beat two premier guys.

VanDraska got a measure of personal revenge, but Cedar Falls edged Prairie for the MVC title in a tight race. The Tigers finished with 28 points and Prairie finished with 34 as the two MVC powers dominated the meet.

Remarkably, Prairie and Cedar Falls runners claimed 10 of the top 11 spots. Michael Mather of Linn-Mar broke the chain by placing fourth.

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On the U.S. side, the Hawks' VanDraska, a senior, won the 1000m race in 4:16.07, followed by Robert Lanson of Iowa, 4:16.44, and Robert Lanson of Iowa, 4:16.44. VanDraska's win was a revenge for his loss to Lanson at the 2014 MVC meet. VanDraska's win was a revenge for his loss to Lanson at the 2014 MVC meet. VanDraska's win was a revenge for his loss to Lanson at the 2014 MVC meet.