**The Scoop: XC Season Is Heading To The Starting Line**

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There have been sprinkles of opportunity here and there in the last few weeks.

Peoria, Illinois, hosted [Detweiller At Dark](http://il.milesplit.com/meets/286798/results#.WZHMJtPyugQ) on July 28, and it led to some incredible preseason performances over the 3-mile course, including five sub-15 minute times from athletes such as [Gabe Fendel](http://in.milesplit.com/athletes/4583827#.WZHICdPyugQ), [Charlie Kern](http://il.milesplit.com/athletes/4682482#.WZHICtPyugQ), [Sean Macgregor](http://il.milesplit.com/athletes/4701335#.WZHIC9PyugQ), [Ryan Hodge](http://il.milesplit.com/athletes/4622714#.WZHIDdPyugQ), and [Mathias Powell](http://il.milesplit.com/athletes/5648263#.WZHIDtPyugQ). On the girls side, two went under 17:20, and that included [Abby Lynch](http://in.milesplit.com/athletes/7264310#.WZHH7dPyugQ) and [Lianna Surtz](http://in.milesplit.com/athletes/7223467#.WZHH7NPyugQ).

This past weekend, on last year's site of the NCAA championships in Terre Haute, Indiana, the Valley XC Kickoff welcomed performers from the state in another introductory race. Lowell High's [Jordyn Boyer](http://in.milesplit.com/athletes/4888210#.WZHIuNPyugQ) went 18:58.00 over the 5K distance, while Crown Point's [Geno Christofanelli](http://in.milesplit.com/athletes/6359686#.WZHIttPyugQ) posted a time of 16:23.10 and Evansville Retiz's [Matthew Schadler](http://in.milesplit.com/athletes/6343258#.WZHIt9PyugQ) went 16:28.60 on the boys side.

In Colorado, rising freshman and 14-year-old Sydney Thorvaldson, of Rawlins, Wyoming, beat women twice her age at the Sunrise Stampede 10K in Longmont, Colorado, posting a time of 36:01 at 5,000 feet of elevation.

Our MileSplit Colorado Editor, Alan Versaw, [shed light on the performances](http://co.milesplit.com/articles/218357-sunrise-stampede-sheds-some-light-on-the-scene) this weekend.

*And the time, mind you, would convert to a sea level time of 34:59.6, and would convert down to a predicted 5K finish of 16:46 -- which would contend with any national runner this season.*

The signs are calling for it, and we're almost there.

The start of the cross country season is almost here. Get ready.