



Evelyn Prodoehl

Lakota West High School

Senior Evelyn Prodoehl is a star-studded runner at Lakota West High School, who is a cross country All-American and an Ohio state champion.

Evelyn enters her senior cross country season after a magnificent, undefeated junior campaign when she won the GMC championship in 16:59, the district championship in 17:03, the regional championship in 17:22, and the Ohio state Div. I championship in 17:23. It was the first girls' area cross country state title in 10 years. She has managed to set a new Lakota West school record in cross country with her time of 16:59. She also holds the Fortress Obetz state course record and the Voice of America park course record. She already owns the state record as the only girl to ever break 17 minutes, doing so at the 2023 Greater Miami Conference championship.

Evelyn also won the Gold Division national championship at the 2023 Garmin Runninglane National Cross Country championships in Huntsville, Alabama in 17:32. She won numerous awards for her running excellence, including being named GMC Runner of the Year and the Gatorade Ohio Cross Country Runner of the Year. She was Cincinnati Cross Country Runner of the Year by the Cincinnati Enquirer's High School All-Star Awards.

Evelyn has also run track for the Firebirds, with success beginning early. Her freshman year, she was district champion in the 1,600 run and regional champion in the 3,200 run and was named GMC Track Athlete of the Year. In 2023, she finished 6th in the 3200 in both the state indoor and outdoor events. She was also a member of the 4x800 relay team that set a school record in 9:24.

A super High Honor Roll student with a 4.8 GPA, Evelyn serves on the Lakota West Student Athletic Advisory Board; she will be running at the next level, but has not yet committed to a college. In her spare time, she enjoys reading and playing video games. Her favorite athlete and most-like-to-meet is Katelyn Tuohy, favorite book is Wintergirls and favorite movie is Nimona.

NAME: Evelyn Prodoehl
GRADUATING YEAR: 2025
SCHOOL: Lakota West High School
SPORT: Cross Country-Track
PARENTS: Mike & Ellyne
INFLUENCE: "My mom."
GOAL: Become an environmental engineer

"Evelyn is a fierce competitor and a true student of the sport and of life in general. She is one of the hardest-working athletes I have ever coached."

- Sean Hart, Varsity Cross Country Coach

August 27, 2024