

## State 2013

Saturday marked the end of a season of many trials—graduations, moves, injuries and illness—with us running ahead of our ranking but below our goals and dreams yet still doing some great things. Molly improved her time and place dramatically from a year ago and Mary, Olivia, Celeste and Fanta had great seasons and gained experience that will be a huge asset for us next year. Ellen back for only her second race in 5 weeks ran a tremendous gutsy final high school cross country race—as we have come to expect, and will sorely miss next year. Our other senior, Morgan, provided great encouragement to Fanta who struggled with a breathing issue in the final mile of the race we will miss her *and all of our seniors* next year.

		2013	2012	2011	2010
21	<b>Molly Shepherd</b>	<b>14:59</b>	15:40		
31	<b>Mary Arch</b>	<b>15:16</b>			
41	<b>Ellen Carman</b>	<b>15:25</b>	14:55	15:16	15:01
89	<b>Olivia Peterson</b>	<b>16:24</b>			
97	<b>Celeste Chadwick</b>	<b>16:44</b>			
103	<b>Morgan Sammons</b>	<b>17:13</b>	15:22		
104	<b>Fanta Traore</b>	<b>17:13</b>			

**Team Scores (111-56):** Dowling 90, Ames 104, PV 128, Johnson 131, Linn-Mar 141, Waukee 154, West 179, Urbandale 205, Roosevelt 207, Ankeny Centennial 237, Kennedy 247, Bettendorf 277, **CHS 279**, Senior 339, Muscatine 347

In addition to the 5 returning runners from the race yesterday, next season we will bring back 37 girls who were part of an outstanding fresh/soph team (the best we have fielded since 1999) and girls from a small junior class that has provided us with great contributions this season. We have some talented girls coming in from South East as well. *If we commit ourselves to:* 1) staying in shape in the winter (either in basketball or winter running or rigorous cross training), 2) participation in track and/or soccer in the spring, and 3) a great summer of running in 2014, we can return to Fort Dodge, not just to compete well, but to challenge for a spot on the balcony as one of the 3 trophy winners. *This isn't a dream; it is a reality that we have the opportunity to create.*

**Finally, and importantly, I thank all of you who came on the fan bus or by personal vehicle to support the team on Saturday and all who have passed along supportive emails and letters etc. I thank all 66 of you who participated in our season this year. Once again, you demonstrated why it is always a “Great Day to Run” and “Great to be a Little Hawk”!!**