

District 2013

We accomplished our primary mission yesterday and will advance to State next week for the 26th consecutive year. If you had told me at the season's start that we would be competing in the District meet with Ellen at coming off 26 days of cross training and Molly our only returning Varsity runner starting the season at full-strength I would have thought our return a long shot. But we did persevere and your reward is a return to Ft. Dodge next week. Congratulations to Molly for her continued improvement and earning All-District honors. Mary had another strong race just missing similar honors. Fanta , Olivia and Celeste have all stepped up for us and this experience can only make us better in the future. Morgan is preparing to have her best race of the season next week. And to Ellen, we would not have made it with out your intestinal fortitude yesterday—we owe you our very best as we approach the State Meet.

I also want to give a shout out to the alternates and in particular to Olivia, Maddie and Soumba who all ran times close to our varsity without the benefit of the adrenaline one gets from an official competition. That shows focus and determination. Great work!

		2013	District 2012
8	Molly Shepherd	15:26	16:23
11	Mary Arch	15:34	
21	Ellen Carman	16:08	15:12
27	Fanta Traore	16:27	
29	Olivia Peterson	16:35	
34	Celeste Chadwick	16:45	
35	Morgan Sammons	16:48	16:15
Alternates Race			
1	Olivia Parrott*	16:57	
2	Maddie Deninger#	16:58	
3	Soumba Traore*	17:04	
4	Joe Graff*	17:13	
5	Hazel Crew#	17:47	
6	Stella Thompson#	18:20	17:56

Team (109-44): Urbandale 38, Linn-Mar 51, **City 96**, SE Polk 106, Cedar Falls 133, Marshalltown 154, Newton 171, Mason City 221,
DM East 286

Alternates Race: Team 1 (*) 8, Team A (#) 13