

## Griak 2013

**“Our greatest glory is not in never falling but in rising every time we fall”**

**“This is not the end, this is not even the beginning of the end, this is just perhaps the end of the beginning”  
—Churchill**

These two quotes from Sir Winston Churchill stick with me today. We come from Griak with a better understanding of the challenges that lie ahead. A big race like this accentuates the importance of never giving up on yourself or your race, since so many runners finish with every passing second. Learn from your struggles and you will be a better runner than ever. It is time to get up after being knocked around, say good-bye to the beginning of the racing season and enter the second half of the season with renewed focus, determination and commitment to be our best. If we learn from our trials and build on the hard workouts we have put in, success will come.

Place		Time	2011 place	2011 time	2010 place	2010 time
34	Shepherd, Molly	19:31				
49	Carman, Ellen	19:54	151	21:15	75	20:37
62	Arch, Mary	20:02				
218	Parrott, Olivia	21:44				
233	Traore, Fanta	21:55				
234	Traore, Soumba	21:55				
239	Sammons, Morgan	21:56				
313	Peterson, Olivia	22:21				
328	Crew, Hazel	22:35				
351	Thompson, Stella	22:50				

### **Team Scores      Varsity (69-31)**

1	Wayzata	58
2	Cherry Creek	162
3	Naperville North	183
4	Pleasant Valley	277
5	Dowling Catholic	280
15	Des Moines Roosevelt	463
22	City	596
29	West DM Valley	731

50 teams in the gold race

460 runners