

## Run Off 2013, run at 6AM due to heat

The results of the run this morning confirm what I have felt since we started official practices. We are making progress and if we stick with our current work ethic, we will be a very good team in October. The progress of our sophomores over a year ago is spectacular. Our 3 freshmen ran much faster than our first three freshmen a year ago. Morgan is getting stronger every week and is getting closer to running at full strength. Soumba finished very strong after a tentative start. And Hazel ran a great first race. Riley's injury was the only cloud on an otherwise good morning for the Little Hawks. I know how important this is to her and we will miss her greatly.

	Conditions→	78 humid	94 dry	80 dry	80 dry
Pl.		<b>2013</b>	<b>2012</b>	<b>2011</b>	<b>2010</b>
1	<b>Carman, Ellen</b>	<b>15:54</b>	15:55	16:03	17:08
2	<b>Shepherd, Molly</b>	<b>16:17</b>	16:49	18:32	
3	<b>Arch, Mary</b>	<b>16:24*</b>			
4	<b>Traore, Fanta</b>	<b>17:04</b>	17:48		
5	<b>Parrott, Olivia</b>	<b>17:15</b>	18:51		
6	<b>Peterson, Olivia</b>	<b>17:27</b>	18:55	19:05	
7	<b>Crew, Hazel</b>	<b>17:38*</b>			
8	Traore, Soumba	17:47	18:05	16:29	33:23
9	Verdick, Hailey	17:52	19:34		
10	Chadwick, Celeste	17:56*			
11	Sammons, Morgan	18:02	17:46		
12	Shutt, Isabelle	18:19	18:06		
13	Thompson, Stella	18:26	17:48	21:35	
14	Appleby, Gina	18:28*			

**Bold=VarsityCredit**

**\*=pr**