

## State 2016

Another season has come and gone but won't soon be forgotten. We were graced by many wonderful memories and great performances that have made this year truly special. I can't think of a better illustration of the year than yesterday's State Meet.

The Varsity enjoyed their best performance of the year. I know there were no PRs but that was the result of a slower course not slower running. As you know, it isn't about the clocks it is about the racing. And race we did. One of our best struggled yesterday, that happens. But that struggle revealed the beauty of the team in its response. During the race everyone stepped up and filled the gap, and afterwards all who ran and all who came to cheer and support the team, showed their love and concern for her. That defines us and provides a life lesson. It makes me very proud. How nice that the team earned its first State Meet trophy since 2010. I look forward to having 70+ names engraved on the trophy. But the memories of a team working together, striving together and caring for one another will leave memories lasting longer than the plate on the trophy.

I mentioned that we had supporters. That is an understatement. The fan bus was filled and many more came by private vehicle. We also had letters and emails from others who couldn't attend but sent their best wishes. ***We recognize that City High Cross Country is more than the girls that ran yesterday, it is the girls that served as alternates, the rest of the 70 that pushed, pulled and cheered each other all season. CHS XC is also the athletes, coaches and families from years past that created the environment in which we thrive today.*** Thank you all.

For the seniors who have run their last race for our team, I thank you for your participation and contributions. We wish you the very best and hope you have many happy runs in the future. And you are always be welcome visitors when you are in the area.

Finally, I thank my spectacular assistant coaches. I have been frustrated by a silly Iowa Girls High School Athletic Union ruling a few years back that only the seven runners and their coaches can appear on the balcony when the trophies are given at State. I have lobbied each year against this feeling that alternates who train with their varsity in the lead up to State deserve to share the balcony. Yesterday was the first time this ruling directly affected us. Coach Trefz came up with a solution. Make our alternates our Assistant Coaches of the day. Coach Trefz, and the Coaches Ahlers yielded there earned spots on the balcony to our deserving alternates so they could enjoy a view and the moment there. That is just one small example of the thoughtfulness, selflessness and the integrity of my staff. I am so lucky to have them and truly cannot thank them enough.

In summary, it was a great day to be a Little Hawk and it is always great to be a part of the Little Hawk Cross Country Team 😊

2016	2015	2014	2013	2016	2015	
<b>Place</b>	<b>Place</b>	<b>Place</b>	<b>Place</b>			
<b>7</b>	9	15	31	<b>Mary Arch</b>	<b>18:59</b>	<b>18:46</b>
<b>15</b>	24	72		<b>Emily Bywater</b>	<b>19:15</b>	<b>19:22</b>
<b>28</b>	59	64		<b>Bridget Brown</b>	<b>19:33</b>	<b>20:03</b>
<b>34</b>				<b>Kinsee Brands</b>	<b>19:41</b>	
<b>37</b>				<b>Annie Rummelhart</b>	<b>19:46</b>	
<b>47</b>				<b>Esti Brady</b>	<b>19:58</b>	
	25			<b>Anna Lindower</b>	<b>21:08</b>	<b>19:22</b>

**Team Scores:** Johnston 26, Dubuque Hempstead 91, **CHS 121**, Cedar Falls 137, West 166, Dowling 199,