

## State 2012

As you can see we enjoyed successes and some disappointment but in the end we competed hard and finished in the middle of the most competitive field the state of Iowa has ever seen—for example Courtney beat 4 of last years top 10 individuals (Ellen and Lindsey beat 2). The field is that talented and deep. Despite a ninth place finish we can take great pride in the progress that all of the girls in the Varsity have made this year. I want to give a special thanks to our Seniors—Courtney, Lindsey and Erin who have all given so much their time and effort to the success of City High XC.

And, at the end of the day we had 50 girls in Fort Dodge, traveling 3 hours each way on a Saturday morning, posing for a picture and giving their Little Hawk cheer. It was beautiful to see. *The continued commitment of all the girls to our program defines it.* We do not rely on natural talent but on taking the talents we have and making the most of it. Through this process we grow as a team season to season. We win as a team and lose as a team. Some years that growth will take us to the balcony but every year it will bring us joy and victory. Run like a Champion today, tomorrow and forever ☺. Thank you all.

		<b>2012</b>	<b>2011</b>	<b>2010</b>	<b>2009</b>
<b>19</b>	<b>Courtney Bruns</b>	<b>14:40*</b>	14:46	15:14	
<b>28</b>	<b>Ellen Carman</b>	<b>14:55*</b>	15:16	15:01	
<b>29</b>	<b>Lindsey Bruns</b>	<b>14:55*</b>	14:57		
<b>54</b>	<b>Morgan Sammons</b>	<b>15:22*</b>			
<b>71</b>	<b>Molly Shepherd</b>	<b>15:40</b>			
<b>72</b>	<b>Sonora Taffa</b>	<b>15:42</b>			
<b>79</b>	<b>Erin Danielson</b>	<b>15:52</b>	15:06	15:08	14:58

\*=PR The overall opinion of coaches I have talked to is that last year's course ran faster or was shorter than this years.

**Team Scores (73-22):** PV 49, Linn-Mar 93, Johnston 155, Kennedy 156, Dowling 161, West 177, Urbandale 190, Ames 195, **City 200**, Waukee 211, Bettendorf 238, Cedar Falls 243, WDM Valley 245, Dubuque Senior 323, Ankeny 350