

Sterling 2003

It was another beautiful day in Sterling and you ran beautifully. We had the individual and team champs in all 3 races. Abby and Brittney really stepped up in the Varsity race to finish with Drew. That is vital to our championship run. Ruhee responded extraordinarily well in the JV race with a great performance as well. The F/S again destroyed the competition. Congratulations to Lindsey Diggelmann in leading that contingent. In a huge field of 26 varsity teams our Varsity triumphed easily. The F/S would have finished 5th and the JV 8th if they had been in the varsity race. This again underlines our outstanding depth. Many of you ran through the 2.5 mile near pr pace and then went on to run another half-mile at the same pace. That shows strength and endurance.

Now we look to Divisional and another challenge. This a week where we again meet Cedar Falls. We know we will be tested. For many this Thursday will be your last race of the season. Let's punctuate it with prs and spirited racing!!

Place	Varsity	Time	2002	2.5	Place	Junior Varsity (cont'd)	Time	2002	2.5
1	Nelle Trefz*	17:58		15:00	40	Jessica Pringle	21:53		18:15
2	Jennie Funk*	17:59	17:46	15:00	42	Jesse Gerot	21:50		18:18
9	Drew Foreman*	18:59		15:50	44	Valerie Mozena	22:01		18:21
10	Abby Hall*	19:00	19:30	15:50	45	Rachel Manuel	22:03		18:22
12	Brittney Zimmerman*	19:09	19:59	15:57	50	Corde Cmiel	22:20		18:37
26	Katie Lumpa*	19:29	19:00	16:15	56	Megan Hichwa	22:31		18:45
37	Maggie Leyendecker*	19:44		16:26	58	Caroline Mills	22:36		18:50
	Fresh/Soph				61	Claudia Garcia	22:43		18:55
1	Lindsey Diggelmann*	19:20		16:08	67	Shannon Triplett	22:52	22:50	19:03
2	Clair Anciaux*	19:33		16:19	68	Zara Torosyan	22:54		19:05
3	Samantha Sidwell*	19:35		16:20	69	Claire Grady	22:54		19:05
4	Sarah Zigenhorn*	19:43		16:26	73	Anna Olson	23:01		19:11
9	Alyse Riley*	20:00		16:40	75	Abby Herlein	23:03		19:13
11	Kelsey Mims*	20:11		16:50	77	Grace Barloon	23:07		19:06
13	Emily Funk*	20:14		16:52	78	Becky Wisely	23:11		19:19
	Junior Varsity				82	Jaye Hobart	23:18		19:25
1	Ruhee Arora*	19:12		16:00	83	Lesley Keely	23:20	22:09	19:27
3	Angie Rideout*	20:13	22:17	16:50	84	Breanne Hopkins	23:21		19:28
5	Emily Gill*	20:26		17:02	94	Genny Countryman	23:37	22:53	19:41
8	Elise Mozena*	20:35		17:10	106	Lucy Plaughter	24:14		20:11
11	Kate Rethwisch*	20:42	21:10	17:15	107	Katie Hall	24:30	24:13	20:25
12	Kera Bross*	20:44		17:17	116	Willa Cmiel	25:04	25:12	20:53
15	Annie McKay*	20:53		17:25	117	Monica Clemens	25:12		21:00
18	Nicki Zimmerman	21:05		17:35	120	Lindsey Honeman	25:17		21:04
19	Hanna Meyer	21:06		17:35	123	Amy Lithimane	25:20		21:07
20	Tiffany Schallau	21:09		17:38	131	Rachel Moore	25:39		21:23
21	Jessica Skay	21:11		17:40	132	Shauna McDonald	25:42		21:25
22	Paige Towers	21:12		17:40	135	Stacy Beyer	25:50		21:32
23	Jess Paulsen	21:13		17:41	136	Maren Rotler	25:51		21:33
24	Ally Tippe	21:15		17:42	168	Meera Gesner	29:07		24:15
25	Molly Sabers	21:19		17:45	170	Emily Adamek	29:42		24:45
27	Alyssa Lane	21:30	22:34	17:55					
32	Kelly Sobaski	21:42		18:05					
37	Katie Ovrom	21:48		18:10					
38	Clara Hujill	21:50		18:12					

JV: CHS 28(8th in Varsity)
Conant 90
20 others unscored
with 172 running

Fresh/Soph: CHS 19 (5th in Varsity)
Loyola 45
10 others upto 323
with 84 running

Varsity: CHS 34
Schaumburg 79
24 others upto 791
with 172 running