

2004 Bud Williams Invitational

Wow! What a night for running. With one day recovery from a good hard workout you took advantage of a perfect night and an excellent running surface to post 30 PRs and 23 SBs. That is stepping it up! Nicki got us started by taking the junior varsity out hard and Brittany came on strong as they took 1st and 2nd and 2 PRs to the West Branch parade with them. There were a lot of other fine performances throughout the JV that are reflected in all those *s and SBs. I am looking forward to analyzing them more over the weekend. The varsity performed superbly. Ruhee scraped off the rust and took it out hard. Something we will need to do in the difficult meets ahead. We came within 1 second of having all 14 varsity runners posting their best times of the year. That is amazing. Now here is something to consider: We are 10-15 seconds a person away from beating West High based on times on the same course they ran on two days earlier. Those are a hard 10-15 seconds but we aren't done yet. It is time to dream a little and work a lot to see if dreams can become reality. We are a work in progress. Congratulations girls!

<u>Place</u>	<u>Varsity</u>	<u>time</u>	<u>Place</u>	<u>Junior Varsity</u>	<u>time</u>	
1	Sidwell, Samantha	15:20*	18	Gnade, Allie	18:01*	
2	Arora, Ruhee	15:23*	21	Ovrom, Katie	18:04SB	
3	Anciaux, Clair	15:27SB	22	Pham, An	18:06SB	
4	McKay, Annie	15:30*	23	Randleman, Libby	18:09*	
5	Ziegenhorn, Sarah	15:31*	24	Kidwell, Katrina	18:10*	
6	Lumpa, Katie	15:36SB	25	Sobaski, Kelly	18:12	
8	Diggelmann, Lindsey	15:41*	26	Lawry, Molly	18:14*	
9	Adderly, Eva	15:51*	27	Herlein, Abby	18:15SB	
10	McCue, Tamika	15:55*	30	Sobaski, Courtney	18:24SB	
11	Van Natta, Meredith	15:57*	31	Hichwa, Megan	18:35SB	
12	Foreman, Drew	16:00SB	32	Rodriguez, Elena	18:38*	
13	Leyendecker, Maggie	16:04	34	Olson, Anna	18:41SB	
15	Funk, Emily	16:35SB	35	Garcia, Claudia	18:42SB	
16	Dietz, Sara	16:39*	41	Fredericks, Libby	18:56*	
	<u>Junior Varsity</u>		42	Paulson, Claire	18:57*	
1	Dlhy, Brittany	16:26*	43	Wisely, Becky	19:00SB	
2	Zimmerman, Nicki	16:44*	44	Tippe, Ally	19:02SB	
3	Mims, Kelsey	16:59SB	45	Fuller, Libby	19:04*	
4	Panther, Cassie	17:16*	46	Fosse, Emily	19:09*	
5	Bross, Kera	17:33	47	McDonough, Stephanie	19:23	
6	Gill, Emily	17:37	48	Cmiel, Cordy	19:26	
7	Schallau, Tiffany	17:40SB	49	Clemens, Monica	19:26*	
8	Smith, Megan	17:41*	52	Hobart, Jaye	19:29SB	bold name=varsity credit
9	Grady, Claire	17:42*	58	Roush, Elisabeth	20:01	*=personal record
10	Sabers, Molly	17:45SB	60	Plaugher, Lucy	20:14	SB=season's best
11	Skay, Jessica	17:49SB	65	Triplett, Melissa	20:43*	
12	Russo, Becky	17:50SB	66	Gerig-Sickles, Analisa	20:56*	
13	Henson, Megan	17:51*	67	Lithimane, Amy	20:58SB	
14	Spencer, Laura	17:55*	68	Gelder, Kristi	21:02*	
15	Wiegert, Krista	17:57*	70	Beyer, Stacy	21:19SB	
16	Pringle, Jessica	17:57SB	74	Gonazalez, Geovanna	25:18*	
17	Riley, Alyse	17:59SB				
	Varsity 5-0			Junior Varsity 4-0		
	CHS	15		CHS	15	
	IMS	62		CRJ	57	
	Pekin	91		PV	79	
	CRJ	101		Pekin	100	
	PV	106		total runners	77	

DM East
total runners 46

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