

Griak 2004

I was very pleased with the way we raced Saturday. Coming back after a very competitive race on Thursday and running in fierce competition again at a longer distance is daunting yet we proved up to the task. Comparing our top 5 times with the top five times last year after Nelle we ran as well or better. If they hadn't divided the high school races into two divisions we would still have finished eighth of 66 teams (yes, we would have easily won the second race). Between the two races 554 people competed and I have recorded what your overall place would have been in addition to your place in the gold race. Sam again ran a superb race just missing medaling and Annie continues to step up. Drew is getting stronger and ran her best race of the season. But the bottom line is that you all showed you could come back on less than two days rest and compete with great teams from all over the country. Liberty, for instance, which finished one place above us, was third at Rim Rock which West won last week. Their average time was 1 second faster than us.....I bet they didn't race on Thursday. Girls, we are getting stronger every week. Congratulations and thank you for the hard work.

	Place(team)	Place(individual)	Place (overall)	Time	1k pace (1 st 1k)
Sam Sidwell	21	23	28	19:57	3:59 (3:51)
Annie McKay	36	39	48	20:18	4:04 (3:52)
Drew Foreman	58	61	71	20:34	4:07 (3:52)
Clair Anciaux	81	85	100	20:56	4:11 (3:50)
Sarah Ziegenhorn	88	92	107	21:00	4:12 (3:51)
Tamika McCue	95	99	119	21:09	4:14 (3:55)
Katie Lumpa	104	110	131	21:15	4:15 (3:50)
Emily Funk		152	200	21:50	4:22 (3:53)
Maggie Leyendecker		154	202	21:53	4:23 (3:50)
Meredith VanNatta		171	204	22:14	4:27 (3:53)

Gold Race Team Scores

Lakeville MN	166 (ranked 3 rd in MN 2A)
Sioux Falls Roosevelt SD	170 (9 th in Harrier Heartland)
Hopkins MN	179 (ranked 6 th in MN 2A)
Minnetonka MN	214 (ranked 1 st in MN 2A)
Centerville OH	214
Colerain OH	224 (9 th in Harrier Midwest region)
Liberty MO	272 (3 rd at Rim Rock Invitational)
City	285
University City CA	295
Wayzata MN	298 (ranked 12 th in MN 2A)
Staples-Motley MN	303 (6 th in Harrier Heartland, ranked 1 st in MN 1A)

Team Place 8th of 31 in gold race, 8th of 66 overall

Total participants 279 gold race, 554 overall