

## Time Trial 2004 @ University of Iowa

Yesterday was as tough as it gets for running. The heat and humidity were intense and our lack of hot weather training is reflected in the times. But an important part of distance running is being able to run through adversity and that is exactly what you did. The best performances are attained when the runner runs with their head and their heart. Some of you were a more aggressive than your training had prepared you for and paid the price the last mile of the race.....that is a forgivable error to make early in the season as you feel your way. In some ways it is a good thing. It shows that you have the desire that we need to be the best we can be. Others ran more strategic races and that allowed you to finish strong. That is also a good thing as long as you keep challenging yourself earlier in the races as your fitness and understanding of your limits grows.

There are six names out of the top seven yesterday that didn't run at State last year. There are many other new names scattered throughout our ranks. This is a season of opportunity for us individually and as a team. We need to be a team of 70+ athletes working hard toward the common goal of achievement if we are to meet our goals this season. I was proud of you yesterday. It was a good beginning. Make each day count and help the girl beside, ahead and behind you!!

**Bold Name and place= Varsity, Bold Place and *Italic name= Fresh/soph***

	Name	time			Name	time
1	<b>Sidwell, Samantha</b>	17:41		37	Hobart, Jaye	21:46
2	<b>Anciaux, Clair</b>	17:42		38	Ovrom, Katie	21:49
3	<b>McCue , Tamika</b>	17:43		39	Lawry, Molly	21:56
4	<b>Ziegenhorn, Sarah</b>	17:51		40	Bricker, Alina	22:00
5	<b>Foreman, Drew</b>	17:55		41	Gnade, Allie	22:20
6	<b>Funk, Emily</b>	18:00		42	Henson, Megan	22:22
7	<b>Leyendecker, Maggie</b>	18:10		43	Paulson, Claire	22:29
8	Diggelmann, Lindsey	18:24		44	Fredericks, Libby	22:40
9	Lumpa, Katie	18:57		45	Fosse, Emily	22:42
10	Gill, Emily	19:01		46	Rodriguez, Elena	23:28
11	<i>McKay, Annie</i>	19:24		47	McDonough, Stephanie	23:39
12	<i>Riley, Alyse</i>	19:48		48	Garcia, Claudia	23:43
13	Spencer, Laura	19:50		49	Clemens, Monica	23:44
14	Dietz, Sara	19:51		50	Plaugher, Lucy	23:57
15	<i>Russo, Colleen</i>	19:52		51	Olson, Anna	24:32
16	<i>Mims, Kelsey</i>	19:53		52	Wisely, Becky	24:45
17	<i>Adderly, Eva</i>	20:00		53	Tippe, Ally	24:47
18	<i>Smith, Megan</i>	20:09		54	Randleman, Libby	24:49
19	Bross, Kera	20:18		55	Reighard, Tara	24:54
20	Russo, Becky	20:18		56	Armbruster, Danielle	25:18
21	<i>Zimmerman, Nicki</i>	20:20		57	Fuller, Libby	25:19
22	Skay, Jessica	20:21		58	Roush, Elisabeth	25:21
23	Kidwell, Katrina	20:39		59	Cmiel, Cordelia	25:30
24	Schallau, Tiffany	20:40		60	Honemann , Lindsey	26:06
25	Panther, Cassie	20:41		61	Sabers, Molly	26:47
26	Dlhy, Brittany	20:43		62	Paulsen, Jess	26:48
27	Meyer, Leslie	20:49		63	Triplett, Melissa	27:49
28	Herlein, Abby	20:56		64	Gelder, Kristi(lyn)	27:50
29	Sobaski, Courtney	21:04		65	Lithimane, Amy	29:34
30	Pham, An	21:05		66	Honemann, Reanne	29:36
31	Sobaski, Kelly	21:05		67	Honeman, Erin	29:38
32	Van Natta, Meredith	21:12		68	Gerig-Sickles, Analisa	32:32
33	Waters, Anna	21:12		69	Hugill , Clara	32:34
34	Wiegert, Krista	21:15				
35	Pringle, Jessica	21:19				
36	Grady, Claire	21:46				