

State 2009

It is hard to see this season end. But yesterday's ending was a great one despite coming up just short of the State Championship. We can leave with great pride however, knowing that we did prepare well and raced well. We made Dowling run better than a year ago in order to beat us. When you they have 3 points after two runners it is very tough, but you pushed them to the limit. Indeed, in 7 of the last 8 years 65 points would have been good enough to win State. We placed better than last year at every position and given that the course was slower than a year our times were better too. Emily running a PR on the soft turf and with a 10-15mph wind was a grand finale. Putting two girls in the top 10, and Elite All-State team is awesome—congratulations Rebecca and Erin! Melanie improved 24 places and Cassidy 7 as they closed their outstanding careers at City. Jill beat Dowling's 5th runner and West's 4th in the home stretch of her final race in a City uniform. And Meg ran courageously having her best race since aggravating her calf injury at Griak and was the best 7th runner by 21 places.

You made Dowling run their best to win. You ran like champions and we have another nice big trophy to put in the trophy case at City High. Thos and I are extraordinarily proud of your performance. It is hard put into words the legacy our seniors have left us. They are huge shoes to fill. The beauty of City High Cross Country is that we believe we can rise to that challenge because those returning will have learned from the valuable lessons that you have taught us. Yesterday was, today is, and tomorrow will be, a great day to be a Little Hawk!!

Place	2009	2008 pl	2007 pl	2006 pl
5 th	Rebecca Rethwisch 14:51	14:51 6 th	15:44 44 th	
6 th	Erin Danielson 14:58	junior high		
10 th	Emily Fagan 15:03*	15:23 29 th	15:24 32 nd	16:01 42 nd
19 th	Melanie Holman 15:18	15:41 43 rd	alternate	
25 th	Jill Stephenson 15:36	teammate		
32 nd	Cassidy White 15:42	15:38 39 th	15:57 54 th	15:34 19 th
37 th	Meg Richardson 15:49	teammate		

The course ran 10-15 seconds slower than 2008, 25 sec's slower than '07 but similar to '06

Team Results

Dowling Catholic	58	
CHS	65	(141-6)
West	107	
Valley	117	
Bettendorf	161	
10 others upto 365		
110 finished		