

2014 IMS Early Bird

I think we competed well for our first timed event of the year (and the latest start of a season since I began coaching). The JV went out aggressively and won in convincing fashion. In general, those who ran regularly through the summer fared very well, running faster than last year (Captain Noack by 2 minutes for instance). Do not be discouraged if you found yourself falling off your pace late in the race but use the experience to fine tune your start and commit to great training so that you can maintain the pace better in the future. The Varsity gave 12th ranked Muscatine a run for their money and had IMS fielded a full team we would have beaten them (IMS runners ahead of the Muskies 5th runner, didn't count in the scoring). The bottom line is we competed very well throughout the race with a lot of new faces in the varsity. I congratulate the whole team on your effort during the race and on getting back out on the course to help bring in the rest of the team.

	Varsity	2014	2013	2012	2011		Jr Varsity(cont'd)	2014	2013	2012	2011
2	Arch, Mary	16:00	16:34			40	Carey, Hannah	21:45	22:00	24:55	24:23
3	Shepherd, Molly	16:24		16:34	17:45	41	Traore, Aminata	21:57	20:00	23:58	
8	Deninger, Maddy	16:46	18:48			42	Scholz, Quincey	21:59*			
10	Chadwick, Celeste	17:19	17:59			43	Sanderfelt, Amanda	21:59*			
13	Bywater, Emily	17:22	19:58			44	Thomas, Charlotte	22:05	23:15		
17	Crew, Hazel	17:58	18:22			45	McGehee, Lucy	22:07*			
24	Brown, Bridget	18:40*				46	Canin, Ayla	22:10	21:08		
						49	Meurice, Nova	22:16	23:54		
	Junior Varsity					50	Dickson, Abby	22:18	22:37	23:08	
2	Hansen, Mollie	18:00	19:01			53	Brown, Mandy	22:29		24:49	
3	Morrow, Amelia	18:05*				54	Hubbard, Olivia	22:35			
4	Verdick, Hailey	18:20	18:48	19:27		53	Lyons,-Macatee, Elena	23:02	24:02		
5	McCormick, Gabriel	18:32*				63	Bouska, Katherine	23:07	23:22		
7	Cornell, Laura	18:48	19:02	19:52		66	Goss, Mackenzie	23:31	23:53		
8	Traore, Fanta	18:50	17:16	17:16		68	Jennings, Michelle	23:44	19:41		
15	O'Hara, Emma	19:27	18:59	20:47		77	Lie, Sofie	24:35*			
16	Shutt, Isabelle	19:39	18:30	18:01		78	Durham, Sonali	24:53	23:27		
20	Burns, Sarah	20:22		20:11		85	Hudson, Allie	25:18*			
21	Parrott, Lindsey	20:23*				89	Ntihebuwayo, Dancile	25:45	25:46		
24	Noack, Claire	20:37	22:44	27:52		91	Hudachek, Lauren	26:02*			
27	Strang, Rachel	20:53*				92	Cox, Erin	26:03	24:18	25:10	
28	McDonough, Abby	20:53	22:00			94	Kealey, Emma	26:28	23:45	22:31	
34	Denniston, Anna	21:18*				100	Kelly, Claire	29:43*			
38	Sadewasser, Rose	21:40	21:38								

Varsity Results (5-1): Muscatine 35, **CHS 36**, CR Jeff 92, Mediapolis 116, Washington 138, Wapello 140, Lynnvile-Sully 182 (75 runners)

JV (4-0): **CHS 21**, Muscatine 50, Mediapolis 78, CR Jefferson 112, Washington 127 (101 runners)

Bold Name=Varsity Credit

*=Personal Record