

## 2015 IMS Early Bird

Yesterday provided us with a chance to test ourselves against the heat and humidity and challenged us to step up and cover for the absence of our first seven from Time Trials that we held out for Saturday's meet at Pleasant Valley. In most cases we rose to the test and challenge. Still in some instances we ran fearfully. I understand this, and it is ok as long as we learn from the experience—you all survived ☺! So if you think you didn't empty your tank yesterday work harder to do so on Saturday. Use each hard workout to help prepare you to do so. Remember, you are important. If you aren't pushing the people in front of you the team suffers. When you pull those in back of you the team grows stronger, and so do you. This was a good first step. There are many more to the season's finish line.

<b>Varsity</b>						<b>Jr Varsity(cont'd)</b>					
		<b>2015</b>	<b>2014</b>	<b>2015 pace</b>	<b>2014 pace</b>		<b>2015</b>	<b>2014</b>	<b>2015 pace</b>	<b>2014 pace</b>	
10	<b>Hansen, Mollie</b>	22:04*	18:00	7:06	7:14	40	Sadewasser, Rose	22:01	21:38	8:51	8:43
11	<b>Muckler, Claire</b>	22:23*		7:12		41	Hennager, Ella	22:04		8:52	
13	<b>Shutt, Isabelle</b>	22:49*	19:39	7:20	7:54	42	Swanson, Anna	22:07		8:52	
10	<b>Traore, Fanta</b>	22:59*	18:50	7:24	7:54	43	Green, Merryl	22:16		8:57	
13	<b>Hecker, Aly</b>	23:06*		7:26		48	Damhorst, Drew	22:37		9:06	
19	<b>Cornell, Laura</b>	23:24	18:48	7:32	7:34	50	Miller, Zoe	22:52		9:12	
20	<b>Verdick, Hailey</b>	23:35	18:20	7:35	7:22	52	Meurice, Nova	22:56	22:16	9:14	8:57
						55	Bender, Lily	23:04		9:17	
	<b>Junior Varsity</b>					58	Hubbard, Olivia	23:12	22:35	9:20	9:05
3	<b>Brands, Madigan</b>	18:45		7:33		60	Canin, Ayla	23:18	22:10	9:22	8:55
4	<b>Parrott, Olivia</b>	18:49		7:34		61	Chapnick-Sorokin	23:19		9:22	
9	<b>O'Hara, Emma</b>	19:40	19:27	7:54	7:49	64	McDonough, Abby	23:51	20:53	9:36	8:24
10	<b>Parrott, Lindsey</b>	19:40	20:23	7:55	8:12	66	Lie, Sofie	23:59	24:35	9:39	9:53
11	<b>Rummelhart, Annie</b>	20:03		8:04		67	Goss, Mackenzie	24:10	23:31	9:43	9:28
12	<b>Carey, Morgan</b>	20:04		8:04		68	Coelho, Julia	24:15		9:45	
14	Pugh, Madeline	20:12		8:08		69	Lyons,-Macatee, Elena	24:24	23:02	9:49	9:16
15	Strang, Rachel	20:18	20:53	8:10	8:24	71	Lepcin, Anna	24:51		10:00	
16	Gidal, Lottie	20:20		8:11		74	Dickson, Abby	25:00	22:18	10:03	8:58
18	Denniston, Anna	20:22	21:18	8:11	8:34	75	Durham, Sonali	25:20	24:53	10:11	10:01
20	Meurice, Naomi	20:29		8:14		81	Ntihebuwayo, Dancile	26:51	25:45	10:48	10:25
23	Lewers, Riley	20:59		8:26		85	Hudachek, Lauren	27:35	26:02	11:06	10:28
24	Robertson, Amaya	21:00		8:27		86	Baker, Isabelle	27:37		11:06	
26	McGehee, Lucy	21:19	22:07	8:34	8:54	89	Collins, Serena	27:43		11:08	
27	Noack, Claire	21:25	20:37	8:37	8:23	92	Durham, Maya	28:09		11:19	
28	teDuits, Izzi	21:27		8:37		94	Kelly, Claire	29:40	29:43	11:56	11:57
29	Thomas, Charlotte	21:27	22:05	8:38	8:53	99	Hefley, Kayla	31:24		12:38	
30	Chapnick-Sorokin, S	21:35		8:39		100	Hartwig, Grace	31:56		12:51	
31	O'Malley, Shawna	21:35		8:41		101	Hartwig, Emma	33:06		13:19	
32	McMahon, Delaney	21:35		8:41		102	Nguyen, Binh	36:01		14:29	
34	Bouska, Katherine	21:44	23:07	8:44	9:19						

**Varsity Results (4-2):** Muscatine 20, CR Jeff 47, **CHS 65**, Washington 131, Lone Tree 137, Wapello 153, Montezuma 176 (52 runners)

**JV (3-1):** Muscatine 25, **CHS 31**, CR Jefferson 87, Washington 112 (102 runners)

**Bold Name=Varsity Credit**

\*=Personal Record