Ames 2002

You have shown that we can continue quality workouts and still come out and compete at a high level. This will go a long ways towards building the strength necessary to run our best during the final weeks of the season. Time and time again yesterday I saw City High runners run down opposition late in their races. That is a sign mental toughness and the result of hard training. Nelle's time on this course was awesome and a nice mark for others to shoot for in the future. Kelly had her best race of the year and perhaps ever. The entire Fresh/Soph was awesome pulling in 14 of the first 15 places. Cordy had a huge time drop and was one of four Fresh/Soph getting a PR. Lesley stepped it up yesterday in the JV race while Steph and Shannon also had fine races getting PRs.

Remember ladies there are no shortcuts on the way to PRs, meet victories and team titles. Keep up the good work during the upcoming weeks girls. You are getting stronger and gaining the experience necessary to accomplish your goals.

decompnish your gours.								
	Varsity			Junior Varsity		Team Scores		
1	Nelle Trefz*	14:33	1	Liz Vanderah*	16:57	Varsity		
3	Meggan Reed*	15:24	2	Rachel Manuel*	16:58	CHS 21		
4	Betsy Ellsmore*	15:42	3	Kelly Sherry*	17:16	Dowling 90		
6	Ali Kirsch*	15:43	4	Brittney Zimmerman	17:37	Ottumwa 95		
7	Monica Mims*	15:48	5	Katie Lynch	17:40	Forest City 96		
8	Katie Lumpa*	15:48	6	Maya Monitto-Webber	17:40	Roosevelt 109		
10	Abby Hall*	16:03	7	Caroline Brigham	17:45	Ames 131		
			8	Erica Olson	17:59	Johnston 161		
	Fresh/Soph		9	Laura Newton	18:03	Boone 253		
1	Maggie Leyendecker*	16:30	13	Lesley Keely	18:13	total running 56		
2	Ruhee Arora*	16:39	15	Kate Rethwisch	18:25			
3	Drew Foreman*	17:09	16	Becca Barloon	18:26	Junior Varsity		
4	Emily Funk	17:20	17	Kara Evans	18:28	CHS 15		
5	Kera Bross	17:23	19	Hanna Meyer	18:33	Ames 65		
6	Becky Russo	17:24	21	Stephanie Schallau	18:36*	Roosevelt 110		
7	Lindsey Diggelman	17:25	22	Alyssa Lane	18:37	Dowling 121		
8	Clara Hugill	18:00	23	Shannon Triplett	18:37*	Forest City 124		
9	Emily Gill	18:14	30	Rachel Moore	18:52	Ottumwa 135		
11	Ally Tippe	18:21	31	Angie Rideout	18:53	Johnston 184		
12	Meggan Hichwa	18:28	35	Genny Countryman	19:14	total running 103		
13	Cordy Cmiel	18:29*	37	Hannah Sandler	19:19			
14	Kelly Sobaski	18:29	38	Katelyn Kerstetter	19:21	Fresh/Soph		
15	Paige Towers	18:30	42	Liz Greazel	19:25	CHS 15		
17	Jessica Pringle	18:39	45	Julia Snider	19:39	Ames 59		
22	Zara Torosyan	18:49	49	Kerri Kabela	19:45	Dowling 86		
31	Jess Paulsen	19:40	65	Rachel Wilhelm	20:19	Johnston 105		
32	Allie Gnade	19:40	66	Katie Hall	20:23	Ottumwa 137		
33	Abby Herlein	19:41	68	Emily Brentlinger	20:30	Roosevelt 165		
40	Emily Hesseltein	20:08	79	Shauna McDonald	21:01	total running 94		
41	Kilee Evans	20:08	82	Grace Brookfield	21:06			
42	Laura Krumm	20:08	84	Gwen Hill	21:08			
43	Aly Boyd	20:12*	85	Willa Cmiel	21:11			
53	Monica Clemens	21:02	86	Mira Estin	21:13			
54	Lindsay Honemann	21:03	87	Analiese Bendorf	21:15			
72	Analisa Gerig-Sickles	22:22	94	Katie Murray	22:02			
73	Lindsay Schmidt	22:25*	95	Jessica Davis	22:03			
74	Lucy Plaugher	22:27	97	Heather Quigley	22:09			
77	Amy Lithimane	22:42*	100	Kacie Kabela	22:36			
78	Becky Wisely	22;45	102	Emily Adamek	24;36			
93	Chavel Aron	25;25						