## **Ames 2003**

Wind, rain, cold and tired legs all in all a perfect day to demonstrate mental toughness and physical resilience. And that is just what you did! There were numerous outstanding performances as the data below show. I was very pleased with the pack behind Nelle and Jennie. Drew and Ruhee really stepped up in the Varsity race and that is going to make us a better team. The JV had a near perfect score. Congrats to Brittney on her near pr victory and to a tremendous finish from Paige en route to her pr. Becky Wisely 198 second improvement from last year?.... I had to check my math twice! The F/S was utterly dominant. Clair and Lindsey ran great races and the freshmen as a group showed great improvement.....check out all the prs (team total 28). We will continue to push hard the next few weeks as we prepare for the big October meets. Efforts such as this in the face of adversity bode well for the Little Hawks!!

1         Nelle Trefz*         14:49         1         Zimmerman*         16:46         5           2         Jennie Funk*         14:50         2         Emily Gill*         16:59         7           5         Drew Foreman*         15:52         77         3         Angie Rideout         17:18         9           6         Abby Hall*         15:59         4         4         Kate Rethwisch         17:35         5           7         Ruhee Arora*         16:04         9         Hanna Meyer         18:09         2           21         MaggieLeyendecker*         16:35         11         Jess Paulsen         18:13         8           Fresh/Soph         12         Kelly Sobaski         18:15         1         1         Lesley Keely         18:18         1           1         Clair Anciaux*         16:43         13         Lesley Keely         18:15         1           2         Lindsey Diggelmann*         16:43         9         17         Jessica Pringle         18:34         5           3         Sarah Ziegenhorn*         16:58         23         Abby Herlein         18:45         5           4         Sam Sidwell*         16:59 <t< th=""><th>Place</th><th>Varsity</th><th>Time</th><th>2002</th><th>Place</th><th>Junior Varsity</th><th>Time</th><th>2002</th></t<>	Place	Varsity	Time	2002	Place	Junior Varsity	Time	2002
2         Jennie Funk*         14:50         2         Emily Gill*         16:59         7           5         Drew Foreman*         15:52         77         3         Angie Rideout         17:18         9           6         Abby Hall*         15:59         4         4         Kate Rethwisch         17:35         5           7         Ruhee Arora*         16:02         37         6         Paige Towers         17:40           8         Katie Lumpa*         16:02         37         6         Paige Towers         17:40           8         Katie Lumpa*         16:02         37         6         Paige Towers         17:40           8         Katie Lumpa*         16:02         37         6         Paige Towers         17:40           8         Katie Lumpa*         16:04         9         Hanna Meyer         18:09         2           1         Clair Arciaux*         16:43         1         Jess Paulsen         18:15         1           1         Clair Arciaux*         16:43         13         Lesley Keely         18:18         18:18         2         Lindsey Diagelen         18:18         2         2         Lindsey Foliaut         18:18					_	Brittney		
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39         Claire Grady         19:07         97         Lindsey Honemann         21:49           42         Molly Sabers         19:13         98         Maren Rottler         21:51           44         Caroline Mills         19:14         99         Amy Lithimane         21:54         4           52         Breanne Hopkins         19:32         100         Meera Gessner         21:57           53         Jaye Hobart         19:33         102         Stacy Beyer         21:59           59         Lucy Plaugher         19:48         159         119         Grace Gathau         23:16	36	Katie Ovrom	18:50		90	Shauna McDonald	21:06	
42       Molly Sabers       19:13       98       Maren Rottler       21:51         44       Caroline Mills       19:14       99       Amy Lithimane       21:54       4         52       Breanne Hopkins       19:32       100       Meera Gessner       21:57         53       Jaye Hobart       19:33       102       Stacy Beyer       21:59         59       Lucy Plaugher       19:48       159       119       Grace Gathau       23:16	37	Anna Olson	18:52		96	Monica Clemens	21:46	
44         Caroline Mills         19:14         99         Amy Lithimane         21:54         4           52         Breanne Hopkins         19:32         100         Meera Gessner         21:57           53         Jaye Hobart         19:33         102         Stacy Beyer         21:59           59         Lucy Plaugher         19:48         159         119         Grace Gathau         23:16	39	Claire Grady	19:07		97	Lindsey Honemann	21:49	
52         Breanne Hopkins         19:32         100         Meera Gessner         21:57           53         Jaye Hobart         19:33         102         Stacy Beyer         21:59           59         Lucy Plaugher         19:48         159         119         Grace Gathau         23:16	42	Molly Sabers	19:13		98	Maren Rottler	21:51	
53         Jaye Hobart         19:33         102         Stacy Beyer         21:59           59         Lucy Plaugher         19:48         159         119         Grace Gathau         23:16	44	Caroline Mills	19:14		99	Amy Lithimane	21:54	48
59 Lucy Plaugher 19:48 159 119 Grace Gathau <b>23:16</b>	52	Breanne Hopkins	19:32		100	Meera Gessner	21:57	
, ,	53	Jaye Hobart	19:33		102	Stacy Beyer	21:59	
70 Olavida Ostala Ostala	59	Lucy Plaugher	19:48	159	119	Grace Gathau	23:16	
12	72	Claudia Garcia	20:23					
73 Grace Barloon 20:24	73	Grace Barloon	20:24					

Team Scores Varsity
CHS 21
Ames 64
Roosevelt 106
Dowling 119
Ottumwa 126
4 others upto 269

total runners 67

JV
CHS 16
Ames 74
Johnston 86
Forest City 128
Roosevelt 140
3 others upto 161
total runners 133

Fresh/Soph CHS 16 Ames 58 Dowling 96 Johnston 101 Indianola 133 1 other incomplete team total runners 99