

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!!

Place	Varsity	Time	2002		Place	Junior Varsity	Time	2002
1	Nelle Trefz*	14:49			1	Brittney Zimmerman*	16:46	52
2	Jennie Funk*	14:50			2	Emily Gill*	16:59	75
5	Drew Foreman*	15:52	77		3	Angie Rideout	17:18	95
6	Abby Hall*	15:59	4		4	Kate Rethwisch	17:35	50
7	Ruhee Arora*	16:02	37		6	Paige Towers	17:40	
8	Katie Lumpa*	16:04			9	Hanna Meyer	18:09	24
21	MaggieLeyendecker*	16:35			11	Jess Paulsen	18:13	87
	Fresh/Soph				12	Kelly Sobaski	18:15	14
1	Clair Anciaux*	16:43			13	Lesley Keely	18:18	
2	Lindsey Diggelmann*	16:46	39		17	Jessica Pringle	18:34	5
3	Sarah Ziegenhorn*	16:58			23	Abby Herlein	18:45	56
4	Sam Sidwell*	16:59			24	Zara Torosyan	18:46	
5	Kera Bross*	17:02	21		26	Alyssa Lane	18:50	
6	Kelsey Mims	17:08			27	Genny Countryman	18:53	21
7	Alyse Riley	17:10			31	Julia Snider	19:01	38
12	Elise Mozena	17:45			35	Rachel Manuel	19:13	
13	Ally Tippe	17:48	33		36	Rachel Wilhelm	19:16	63
16	Annie McKay	18:01			37	Shannon Triplett	19:18	
17	Jessi Gerot	18:04			42	Becky Wisely	19:27	198
22	Tiffany Schallau	18:17			46	Megan Hichwa	19:32	
25	Clara Hugill	18:23			53	Lara Voigt	19:40	
27	Jessica Sky	18:28			58	Mollie Pratt	19:45	
29	Nicki Zimmerman	18:29			76	Rachel Moore	20:31	
30	Corde Cmiel	18:30			81	Willa Cmiel	20:49	22
32	Valerie Mozena	18:33			82	Lindsey Schmidt	20:52	93
36	Katie Ovrom	18:50			90	Shauna McDonald	21:06	
37	Anna Olson	18:52			96	Monica Clemens	21:46	
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	48
52	Breanne Hopkins	19:32			100	Meera Gessner	21:57	
53	Jaye Hobart	19:33			102	Stacy Beyer	21:59	
59	Lucy Plaughner	19:48	159		119	Grace Gathau	23:16	
72	Claudia Garcia	20:23						
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

