

## District 2004

Now we are talking! A quick look at these results shows how far we have come in the past 47 days. Where last year's team made 15-30 seconds improvements from Sept to District we made astounding progress (see time drops in parentheses). Ruhee ran the best race of her life. While the times of our next 6 may not have been prs they were some of the best times City High has ever run on this course. You ran smart and ran hard. Placing all 7 of our runners in the top 9 is a great achievement. **Each week we have shown improvement and I have no doubt that we will take another step forward next week at Fort Dodge.** Last year most of our runners ran 20-30 seconds faster at State than they did on this District course. *We can do the same this year.* When we do we will turn some heads and make them take notice. Congratulations on a superb effort girls!

	<i>time</i>	<i>6-Sep</i>	<i>2003</i>
1 Ruhee Arora	<b>15:16*</b>		15:56
2 Sam Sidwell	15:19	15:38(19)	
5 Brittany Dlh	15:31	17:56(2:25)	
6 Annie McKay	15:35	17:15(1:40)	
7 Sarah Ziegenhorn	15:43	16:40(57)	
8 Clair Anciaux	15:52	15:59(7)	
9 Katie Lumpa	15:57	17:08(1:11)	15:57
<b>bold=varsity credit</b>		<b>*=pr</b>	

*Team Scores*  
**CHS 21**  
Bettendorf 91  
North Scott 104  
Pleasant Valley 127  
Muscatine 142  
Burlington 156  
Davenport Central 176  
Davenport North 188  
Clinton 219  
Davenport West 286