

## District 2007

The times from yesterday are unimportant as the course was slowed by the rain before and during the meet and the sloppy footing left by the 2A races. The places are important and do not reflect the ability of our team. We lacked the mental preparation for this meet. I take the responsibility here but I think you would have to agree that you were not as sharp and hungry as you have been for your meets with West. As a result, by the time we realized the dogfight we were in, we found ourselves back too far in a muddy field. We gamely fought to get back to competitive positions. There was no lack of effort there and I applaud all of you for that. However, the effort we spent to get us back into the race left us nothing for the finish. Credit Urbandale and Marshalltown for taking advantage. Other teams also want to beat us just as badly. **We must and will be prepared next week.** Our taper in the following days will allow us to maximally use the benefits gained from our ambitious workout and meet schedule the past month. The effect of that work may have been fatiguing yesterday but will pay dividends after eight days of controlled recovery. I recall the quotes from our District Meet prep sheet:

“He who cannot endure the bad will not live to see the good.” --- Yiddish proverb

“It is the illusion that you can go no faster which holds us back” --- Kenny Moore

“Look runners deal in discomfort. After you get to a certain point, that’s all there really is. There is no finesse here. I know you can do this.” --- Bruce Cassidy to Quentin in Once a Runner

Over the course of the next 8 days we will have to see if we can learn from these words. We have endured the bad now can we move on? Can we see beyond our illusions and can we deal with the discomfort we are sure to face again? *I know we can and a more focused, more rested and a tougher team will be representing City High at Fort Dodge.*

Place		Time
5	Brittany Dlhy	15:49
7	Jessica Yagla	15:58
8	Kelsey Hart	16:02
9	Emily Fagan	16:22
13	Cassie White	16:42
15	Rebecca Rethwisch	16:52
16	Lindsay McFarland	16:53

PLACE	TEAM	POINTS	PLACES	OF	FINISHERS				AVG. TIME	SPREAD	
1	Urbandale	31	1	3	6	10	11	17	30	15:59	1:22
2	Iowa City High	42	5	7	8	9	13	15	16	16:10	53
3	Marshalltown	58	2	4	14	18	20	38	46	16:26	1:32
4	Southeast Polk	129	12	22	27	31	37	39	44	17:25	1:31
5	Ottumwa	164	19	29	34	40	42	48	55	17:52	1:27
6	Linn-Mar	171	23	26	28	45	49	51	52	18:02	1:47
7*	D M Hoover	195	24	35	36	47	53	58	63	18:23	2:12
8*	Newton	195	21	33	41	43	57	59	61	18:27	3:07
9	D M North	223	25	32	50	56	60	62	65	18:58	2:57
10	D M East	319	54	64	66	67	68	69	70	21:43	3:13