

District 2009

It was another wet Thursday. This time the site was Noelridge but the milieu was the same, puddles, mud and a cold rain. Only this time we had plenty of wind too ☺. Another thing was the same: a strong team effort. Our alternates led us into the day racing hard with no competition but each other. That is a hard task and yet they ran times that would have placed them in the upper half of the varsity race. Congratulations on an outstanding effort. We will have to expand our alternate list to State!

The Varsity ran a solid race similar to last week's effort. Congratulations to Rebecca, Emily, Jill, Mel, Erin and Cassidy for your All-District performances. With six in the top ten I know I sound greedy but I am confident we will run even better a week from Saturday. There is room to improve and our taper will help us do so. We have shown that we can run strong under any conditions. Now we have to show we can run with the best when it is all on the line. It's show time!!

4 th	Rebecca Rethwisch	15:47
5 th	Emily Fagan	15:56
6 th	Jill Stephenson	15:58
7 th	Melanie Holman	16:02
8 th	Erin Danielson	16:11
9 th	Cassidy White	16:17
14 th	Harper Beasley	16:46

Also with Varsity Credit:

Meg Richardson, Ashley Fuller, Britney Opheim and Maggie Mahaffa.

Team Scores:

CHS*	30 (128-5)
Linn-Mar*	65
CR Washington*	78
CR Kennedy	82
Dub. Hempstead	132
Dubuque Senior	152
Waterloo West	203
CR Jefferson	226
Waterloo East	295

*State Qualifiers

Individual State qualifiers: 10th Morghen Philippi Dubuque Hempstead