

District Meet

10/18/18

Noelridge Park

5000m

60 degrees, slight breeze, beautiful XC weather

Place	Athlete	Year	Time
5	Rowan Boulter*	9	19:15
17	Esti Brady	11	20:19
18	Lilly Reynolds*	10	20:23
22	Jae Dancer	10	20:31
24	Amira LaVelle*	9	20:33
31	Janie Perrill	10	20:54
36	Naomi Meurice	12	21:18

* = SB (season best)

Bold = PR (personal record)

70 total racers

Team Scores

1. DBQ Senior - 51
2. CR Kennedy - 78
3. Linn-Mar - 83
4. Cedar Falls - 84
5. **City High - 86** (record 72-29)
6. CR Washington - 134
7. Muscatine - 213
8. Western Dubuque - 216
9. CR Jefferson - 288
10. Clinton - 301

When asked post race about what each Little Hawk was proud of, you responded with, "I kept fighting through the entirety of the race." "I kept thinking about that girl that I wanted to beat, and I got her." "I stayed with my teammate as long as I could." "I kept asking myself, what more I could give?" These statements show that there were a lot of things to be proud of, and we raced valiantly in a very tight team race to attempt to get to the state meet in 2018. We fell 3 points short of that. The individual and team results of cross-country can be razor thin, and tonight proved to be that way. For six out of our seven racers, this was your first district meet, and you raced tough and with so much excitement. We have great appreciation for the way that you have taken it upon all of yourselves to make decisions -about what skills to work on mastering and how to use them effectively in a race. Deciding to pick a teammate to race with and push and pull from, surging up to gain effective positioning in the first mile, having anticipated mantras you repeat to yourself as racers come up at your side and also being aware of which racers from other teams are around you. Even the decision to finish the race and share your feelings honestly with your teammates, is one that we feel is so beneficial to this team, because you hear what each other values - respect, love, competition, persistence - all the values that, will build to beautiful things to come, with this team. Rowan Boulter continues on to the Iowa State XC Meet, in Fort Dodge, Saturday, October 27th. Rowan has earned this spot with much hard work, desire, and the efforts of her teammates at her side. Thank you, teammates, friends, and fans for coming to cheer your hearts out tonight at Noelridge. We are all bonded, not just by the results, but by what each other gives to each other and this sport.

-On Your Wind, Do I Fly-

