

Divisional 2009 “The will to win means nothing without the will to prepare—Ikangaa

The day was wet, cold, gray and muddy but it ended with a warm glow of red. You ran with mind, heart and guts and you were awarded with outstanding performances. It would have been nice to have a bunch of prs and SBs to finish the season but the course ran at least 50 -60 seconds slow given the conditions (check out the first five varsity times). But in the end it is places that count not the times. The Fresh/Soph was depleted as we ran some of our fastest in the JV to give them a chance in the run off for a Varsity spot at Districts. But you competed well with many of you running your best race of the season. The JV was, as expected, dominant. The Varsity team awed me and gave credence to the quote at the top of the page. All of you contributed to their success by pushing them all season and supporting them yesterday. We will need that support to continue in the two weeks ahead. I look forward to seeing a sea of red at the State Meet. Let's pack the buses!!

Varsity		
1	Rethwisch, Rebecca	15:40
3	Fagan, Emily	16:08
4	Stephenson, Jill	16:08
5	Holman, Melanie	16:10
6	White, Cassie	16:13
12	Danielson, Erin	16:35
32	Shinnick-Gordon, Izzy	17:38

Fresh/Soph		
1	Sullivan, Jordan	16:49
5	Singlin, Allison	17:21
8	Perez, Terra	17:39
9	Tamerius, Alexandra	17:44
12	Langenfeld, Katie	18:03
14	Aguilera-Rosales, Yorik	18:17
20	Scoblic, Izzy	18:27
22	Bruns, Lindsey	18:39
24	Klabo, Hailey	18:48
31	Baker, Sarah	19:19
34	Wang, Juju	19:26
39	Powell-Littler, Molly	19:40
49	Holman, Nora	20:06
51	Mendenhall, Kate	20:10
55	Hollander, Ana	20:18
59	Peterson, Sophia	20:25
68	Schumm, Magill	21:33
70	Vanderwoude, Katie	21:44
71	Kealy, Ellen	21:58
73	Carman, Isabel	22:41
78	Hartley, Kara	23:42
79	Neems, Sophie	23:45
81	Gerard, Amanda	24:48*

Junior Varsity		
2	Richardson, Meg	16:37
3	Fuller, Ashley	16:57
4	Opheim, Britney	17:10
5	Bruns, Anna	17:12
6	Bruns, Courtney	17:14
11	Mahaffa, Maggie	17:35
12	Agassandian, Alice	17:47
13	Beasley, Harper	17:48
14	Lines, Lori	17:49
18	Sotelo, Emily	18:14
20	Wilkinson, Ashley	18:27
23	Wolf, Taylor	18:36
24	Peterson, Breanne	18:37
25	Bodnarek, Kennedy	18:38
31	Laughlin, Erin	19:25
DQ*	Howard, Susanna	19:51
41	Abrams, Abby	20:03
42	Razavi, Nadia	20:03
45	Myers, Claire	20:09
46	Graves, Susan	20:12*
51	Heasley, Liz	20:21
54	Mendoza, Emily	20:43
59	Mead, Mackenzie	21:01
61	Titus, Katie	21:10
67	Grueskin, Zoe	22:16
68	Sierra, Coady	22:18
71	Siegfried, Hannah	22:31SB
73	Triplett, Liz	22:51
74	Staley, Anne	23:40
76	Reyes, Stephanie	25:22
77	Behlke, Liz	28:50

*bracelet issue

Varsity		120-5
1	CHS	19
2	West	40
3	Wahlert	86
4	Xavier	108
5	Kennedy	127
6	Hempstead	147
7	Waterloo West	205

Junior Varsity		62-0
1	CHS	20
2	West	57
3	Xavier	63
4	Wahlert	104
5	Hempstead	122
		77 Runners

Fresh/Soph		55-2
1	West	22
2	CHS	35
3	Hempstead	100
4	Xavier	106
5	Kennedy	122
6	Wahlert	137
		83 Runners