

Griak 2008

Overcast skies, cool weather and firm turf made for good running yesterday. We responded with a solid team effort. People stepped up and performed well. And everyone in attendance had to be impressed with your intensity of purpose. Just ask Goldie the Gopher!! Not everyone met their individual goals but everyone gained experience. Most importantly we had an outstanding team performance. Six girls 23 seconds apart was an amazing accomplishment and putting eight under twenty-one minutes is a first for us at Griak. This certainly gives us something to build on as we head into October.

		<u>2008</u>	<u>2007</u>	<u>2006</u>	<u>2005</u>
36	Rethwisch, Rebecca	20:04	21:25		
41	McFarland, Lindsay	20:10	21:24		
54	Fagan, Emily	20:16	21:00	21:30	
58	Kregel, Hannah	20:17	21:33	21:11	
76	Holman, Melanie	20:25	21:41		
82	Hart, Kelsey	20:27	20:23	19:57	20:29
114	White, Cassie	20:49	21:08	21:02	
126	Langenfeld, Katie	20:54			
173	Bruns, Anna	21:25			
271	Abrams, Abby	23:02			

Team Scores

1	Sioux Falls Roosevelt, SD (previously 10 th in Heartland)	138
2	Lee's Summit West, MO (3 rd in Midwest)	148
3	Dowling Catholic, IA (1 st in Heartland, in Nation)	175
4	Lakeville North, MN (2 nd in Heartland)	207
5	City (unranked in Heartland—West is 8 th in Heartland)	267
6	Bismark, ND (6 th in Heartland)	320
7	Whitefish Bay, WI (7 th in Heartland)	349
15	Lakeview South, MN (5 th in Heartland)	351
26	Johnston (#7 in Iowa)	625
38	Pleasant Valley (#6 in Iowa)	991

42 teams in the gold race, 43 in the maroon race (all of which we would have beaten)

383 runners in the gold race and 374 in the maroon race (20:49 would have been 30th place in the maroon).

City now 77-6