

Griak 2009

Griak is always an adventure. Yesterday was no different. The course was a little tougher than last year with it being warmer and softer. This is reflected in some of our times being slower while placing significantly higher. Yes we were disappointed that Dowling got us here but we competed well on tired legs and were rewarded by our second best finish in the 7 years we have come to this meet. We will be a better team in October for the experience gained yesterday and for just the second time we are taking a trophy home from Griak. And, for the first time, we placed two on the top 20 podium. Congratulations Rebecca and Erin!

		2009	2008pl	2008	2007	2006
12	Rethwisch,Rebecca	19:36	36	20:04	21:25	
15	Danieleson, Erin	19:41				
46	Holman, Melanie	20:38	76	20:25	21:41	
57	Stephenson, Jill	20:49				
60	Fagan, Emily	20:52	54	20:16	21:00	21:30
62	White, Cassie	20:52	114	20:49	21:08	21:02
77	Richardson, Meg	21:01				
145	Bruns, Anna	21:49	173	21:25		
146	Bruns, Courtney	21:50				
173	Fuller, Ashley	22:07				

Team Scores

1	Dowling Catholic,IA (#2 HL Region)	106
2	Lee's Summit West, MO (#3 MW Region)	112
3	City (#3 HL Region)	190
4	Wayzata,MN (#11 in Minnesota)	224
5	Elk River, MN (#6 Minnesota)	228
6	Sioux Falls Roosevelt,SD (#8 HL Region)	242
7	Whitefish Bay,WI(#1 Wisconsin)	279
8	Moorhead, MN (#5 Minnesota)	292
16	Pleasant Valley (#6 Iowa)	505
24	Johnston (#11 Iowa)	598

36 teams in the gold race

49 in the maroon race (all of which we would have beaten)

321 runners in the gold race

417 in the maroon race

City now 73-4