

Pleasant Valley 2007

Saturday gave us our first competition. With it came a dose of humility and valuable experience. Naperville proved again formidable but overall we ran very well, especially having run our time trial just 40 hours earlier. Almost everyone ran faster than at the time trial. And most that ran here last year ran faster this year. So in balance it was a very good day. Last year we had 11 that earned varsity credits and this year we increased that to 13. We had 22 prs and a boatload of season's bests. Becca stepped up very well in the fresh/soph race and Sherry is on her way to a varsity letter with her JV performance. Emily Fagan continues to demonstrate that she has stepped up a level from last season. I could go on but my space is limited. Girls, Thursday we have another great competition in Cedar Rapids. Today will help us prepare better for the teams there. Enjoy ☺

Varsity			2006	2005	2004	Junior Varsity			2006	2005	2004
7	Hart, Kelsey	15:32SB	15:19	16:04		6	Kregel, Hannah	16:58SB	17:19	18:03	
12	Fagan, Emily	15:48SB	16:26			9	Harris, Mercedes	17:09SB	18:13	18:04	
13	Jessica Yagla	15:52SB	16:03			12	Panther, Cassie	17:40SB	18:07		18:28
16	Dihy, Brittany	15:58SB	15:41	15:47	17:56	15	Torres, Sherry	17:50*	20:11		
18	Cassie White	16:05SB	16:03			18	Rethwisch, Amanda	17:57SB	17:52	18:24	
30	Randleman, Libby	16:45*	18:28		19:48	20	Verhoef, Chloe	18:07*	20:55		
37	McFarland, Lindsay	16:58	18:10	17:45		30	Claire Paulson	18:33		19:55	20:25
Fresh/Soph						31	Henson, Megan	18:40	19:48	18:42	19:51
3	Rethwisch, Rebecca	16:18*				36	Arp, Allie	19:00*			
15	Holman, Melanie	17:25*				43	Fleener, Lauren	19:19SB	18:59	18:32	
23	Ricci, Cassie	17:59SB	18:11			44	Meyer, Leslie	19:24SB	19:39		
24	Shinnick-Gordon, Izzy	17:59SB	19:15			48	O'Malley, Malinda	19:29SB	20:27		
40	Hudachek, Danielle	18:38*				55	Adderly, Eva	19:41SB	18:13	18:17	17:30
46	Opheim, Britney	18:49*				56	Arens, Kelsey	19:42SB	19:20		
56	Abrams, Abby	19:08*				64	Triplett, Melissa	19:53SB	19:35	20:55	
69	Mallimpalli, Mary	19:36*	22:19			65	DeMoss, Kenzie	19:54SB	20:12		
74	Howard, Susana	19:42				66	McDonough, Steph	19:55SB	20:27	20:41	19:42
78	Wilkinson, Ashley	19:47SB				78	Kamber, Kayla	20:09SB	20:28		
114	Triplett, Elizabeth	20:52SB	21:10			81	Neumann, Julia	20:15*			
117	Agassandian, Alice	20:56*				87	Pham, An	20:19SB		19:11	19:10
130	Maize, Lauren	21:18				107	Averkamp, Alyx	20:50*	23:43		
158	Sierra, Coady	22:26	22:30			108	Cronbaugh, Taylor	20:51	22:36		
167	Titus, Katie	23:13*				119	Neu, Abby	21:19SB			
171	Graves, Susan	23:43*				134	Callkins, Claire	21:55*			
172	Mead, Mackenzie	23:44*				137	Rodriguez, Destiny	22:01SB	22:25	22:29	
176	Mahaffa, Maggie	25:44*				151	Fuller, Libby	22:34SB	22:47	21:17	21:39
177	Siegefried, Hannah	26:44*				160	Piper, Ashley	23:09SB	22:56		
181	Gardner, Joan	31:55*				168	Tippe, Laurel	23:59SB	22:22		
						169	Schallau, Emily	24:00SB		22:17	
Varsity (15-1) Naperville N 49 CHS 66 PV95, 109ran			BoldName= *=PR SB=	Varsity Season	Credit Best	176	Hubbard, Claire	24:29*			
						181	Greene, Megan	24:43*			
						192	Martin, Page	26:35SB	23:58		
						193	Zwiener, Bri	29:35*			
						Junior Varsity (13-1) Naperville North 15 CHS 53 PV 131, 193 ran		F/S (10-2) Naperville Prairie CHS 105		North 20 62** varsity (150 Ran)	