

State 2003 Congratulations State Champions!!!

Coaches hope their athletes run their very best in the biggest meets. Yesterday you did just that and your reward was City High's ninth women's cross country state championship! You ran smart, hard, and with a lot of heart. It was a wonderful race to watch unfold with Jennie and Nelle moving to the front after the first half-mile and Abby pushing through the crowd early leading our pack. Drew and Ruhee were close behind and just as planned Brittney and Katie kept in contact with them. As the race proceeded our pack continued to move forward. Of note our 4th, 5th, 6th and 7th runners were West's corresponding runners and our 7th was ahead of West Des Moines Valley's 5th. In other words, it was a team effort and everyone made a difference. You represented our whole team in a splendid fashion and you should be very proud of that. Not everyone recorded their fastest times of the year but everyone ran their hardest—of that I am certain. It was our finest hour. Thank you such a grand finale!

2	Nelle Trefz	14:10	pr by 13 seconds
3	Jennie Funk	14:21	season's best and 2 seconds off pr
21	Drew Foreman	15:24	pr*
27	Abby Hall	15:31	1 second off season's best*
33	Brittney Zimmerman	15:39	pr by 16 seconds
35	Ruhee Arora	15:41	
46	Katie Lumpa	15:46	season's best*

* discounting our U of Iowa course which was 50-75 m short