

State 2014

The 2014 season is in the books. Thank you all for your work this year and to all the girls who made the trip to Fort Dodge to support the team on a cold morning. You can be proud to have once again advancing to State and to have improved on last year's finish. Mary had her best race of her career and Maddy really challenged herself early in the race and hung on when the bear got on her back. Bridget ran a PR and Emily got up from a fall early in the race and competed hard to get back into it. Celeste improved on her time from a year ago despite the course running a little slower this year. Thanks to our seniors, Molly for four years of outstanding performance, and to Hazel for stepping up this year running out of your event and showing great leadership. To the rest of you we see a great future should you embrace it and the opportunity to continue our improvement next season. Of course the key will be commitment to train in the off-season. Staying fit throughout the year will prepare you to achieve even more next year and to create an atmosphere that will entice others to join you. We are returning most of our outstanding JV and solid Fresh/Soph teams in addition to a very good 8th grade squad. Embrace the opportunity girls and we will continue our ascent.

		2014	2013	2012	2011
15	Mary Arch	15:02	15:16		
27	Molly Shepherd	15:16	14:59	15:40	
45	Maddie Deninger	15:40			
64	Bridget Brown	15:58*			
72	Emily Bywater	16:04			
84	Hazel Crew	16:31			
85	Celeste Chadwick	16:32	16:44		

Team Scores (72-25): Johnston 64, Urbandale 82, Ames 102, West 165, Dowling 175, Linn-Mar 176, Waukee 184, Roosevelt 199, Ankeny Centennial 218, **CHS 223**, Muscatine 224, Bettendorf 252, Dubuque Hempstead 310, Southeast Polk 324