

### Time Trial 2003 @ University of Iowa

Good things happened yesterday. Most importantly we got a break in the weather, got to run the premier race on the new University of Iowa Cross Country course and a lot of girls got their first ever cross country race under their belts! Times are pretty meaningless since we have no previous times at the course with which to compare them. On the other hand, they provide a basis for comparison later in the season when we host our meet.

I congratulate our varsity qualifiers and fresh/soph seven for their performances. Emily Gill's effort was a testimonial to her hard work this summer and deserves special recognition. I also was pleased with the overall effort of the team and the support you showed each other. Most remembered that your race isn't over until the last City High runner has crossed the finish line.

Finally I make a note of pride and caution. We are currently ranked first in the state and 10<sup>th</sup> in the nation. Whether we are worthy of such lofty regard will depend on how each of you works to make those in front and behind you better. We cannot simply ride on the shoulders of Jennie and Nelle or rest on the laurels of our past successes. Remember what our camp shirts say: "The will to win means nothing without the will to prepare". Yesterday was another step in our preparation. Congratulations and keep up the good work.

Place	Name	Time	Place	Name	Time
1	<b>Jennie Funk</b>	<b>15:27</b>	36	Zara Torosyan	20:26
	<b>Nelle Trefz</b>	<b>15:27</b>	37	Abby Herlein	20:27
3	<b>Katie Lumpa</b>	<b>16:25</b>	38	Molly Sabers	20:39
4	<b>Maggie Leyendecker</b>	<b>16:34</b>	39	Corde Cmiel	20:41
5	<b>Drew Foreman</b>	<b>16:47</b>	40	Libby Fredericks	20:43
6	<b>Emily Gill</b>	<b>16:50</b>	41	Shannon Triplett	20:44
7	<b>Ruhee Arora</b>	<b>17:02</b>	42	Katie Hall	21:00
8	<i>Lindsey Diggelmann*</i>	<i>17:12</i>	43	Genny Countryman	21:05
9	Abby Hall	17:18	44	Julie Snider	21:12
10	<i>Clair Anciaux*</i>	<i>17:41</i>	45	Jaye Hobart	21:14
11	Angie Rideout	17:51	46	Claire Grady	21:15
12	<i>Samantha Sidwell*</i>	<i>18:14</i>	47	Caroline Mills	21:25
13	<i>Kera Bross*</i>	<i>18:23</i>	48	Jess Paulsen	21:31
14	<i>Ally Tippe*</i>	<i>18:25</i>	49	Lindsey Schmidt	21:44
15	Brittney Zimmerman	18:44	50	Breanne Hopkins	21:44
16	Kate Rethwisch	18:52	51	Rachel Manuel	21:45
17	<i>Elise Mozena*</i>	<i>19:07</i>	52	Lucy Plaucher	21:47
18	<i>Kelsey Mims*</i>	<i>19:09</i>	53	Lara Voigt	21:49
19	Paige Towers	19:09	54	Molly Pratt	21:59
20	Clara Hugill	19:11	55	Becky Wisely	22:06
21	Jesse Gerot	19:17	56	Willa Cmiel	22:21
22	Lesley Keely	19:21	57	Rachel Moore	22:34
23	Sarah Zigenhorn	19:24	58	Grace Barloon	23:00
24	Alyse Riley	19:24	59	Shauna McDonald	23:02
25	Katie Ovrom	19:29	60	Monica Clemens	23:07
26	Kelly Sobaski	19:37	61	Lindsey Honemann	23:07
27	Rachel Wihelm	19:39	62	Stacey Beyer	23:11
28	Hanna Meyer	19:44	63	Grace Brookfield	23:24
29	Nicki Zimmerman	19:46	64	Meera Gesner	23:32
30	Jessica Pringle	19:47	65	Maren Rottler	23:32
31	Tiffany Schallau	19:54	66	Anna Olson	23:33
32	Annie McKay	19:55	67	Katie Murray	24:22
33	Jessica Skay	19:57	68	Amy Lithimane	24:36
34	Valerie Mozena	20:02	69	Claudia Garcia	24:50
35	Megan Hichwa	20:12	70	Emily Adamek	25:42