

Fitness Test @ Kickers Soccer Complex

8/22/17

76 degrees/Sunny/Breezy

3.2 miles

P	Athlete	Time	P	Athlete	Time
1	Kinsee Brands	21:38	26	Julianne Berry-Stoelzle	27:06
2	Esti Brady	21:46	27	Paris Fuller	27:07
3	Gabby McCormick	21:50	28	Maya Djalali-Gomez	27:09
4	Anna Lindower	22:21	29	Anastasia Mwenemkamba	27:14
5	Aly Hecker	22:32	30	Olivia DeNeice	27:16
6	Amelia Morrow	22:37	31	Jordan Sekafetz	27:18
7	Bridget Brown	22:45	32	Natalie Green	27:18
8	Naomi Meurice	23:15	33	Bihotza James	27:34
9	Julia Veit	23:16	34	Maya Warren	27:37
10	Janie Perrill	23:18	35	Alex Marsh	27:37
11	Jae Dancer	23:48	36	Nia Washington	27:41
12	Rachel Strang	24:14	37	Harper Denniston	27:58
13	Mary Bounds	24:23	38	Zoe Meaney	27:58
14	Grace Parrott	24:40	39	Emma Clark	28:06
15	Izzy Jones	25:14	40	Phoebe Chapnik-Sorokin	28:23
16	Addy Smith	25:27	41	Lilly Bender	28:36
17	Azzurra Sartini-Rideout	25:32	42	Sylvia Gidal	28:36
18	Sophie Trom	25:34	43	Drew Damhorst	28:42
19	Anna Denniston	25:52	44	Ana Koch	28:45
20	Sarah Nunez	26:03	45	Georgia Corbin	28:53
21	Lilly Reynolds	26:07	46	Aubryn Kaine	28:56
22	Liza Sarsfield	26:13	47	Kate Wolfe	28:56
23	Ella Hennager	26:21	48	Sydney Fellows	29:03
24	Lottie Gidal	26:32	49	Isabel Rodriguez	29:51
25	Ashley Sheehan	26:37	50	Shawna O'Malley	30:25
51	Caleigh Stanier	30:36	67	Hanna Turnquist	37:42
52	Ana Van Beek	30:38	68	Molly Brennan	37:44

53	Virginia Muturi	31:10	69	Binh Nguyen	40:22
54	Madelyn Hellwig	31:17	70	Julia Weiner	40:54
55	Megan Kuennen	31:19	71	Kayla Hefley	41:40
56	Jameson Reineke	31:39	72	Katherine Geerdes	44:21
57	Serena Collins	32:12	73	Harley Werderitsch	46:32
58	Saye Traore	32:18			
59	Melanie Tran-Duong	32:48			
60	Corinne Smith	33:17			
61	Sonja Liebig	33:41			
62	Lucie Brennan	34:00			
63	Sophia Friton	34:19			
64	Elise Lanternier	35:52			
65	Claire Kelly	37:09			
66	Emma Hartwig	37:22			

For those that competed tonight, you now have experienced a 5k race for 2017. That is really important to take the next step in your approach, training, and racing in the sport of XC. We saw some inspiring efforts, and some great teamwork. The course ran long, and in my opinion a bit slow. In XC you will learn that times will vary between courses but the most important aspect is to learn how to compete and be tough! The coaches believe that we have a team that will challenge for a podium spot at the varsity level, and just as important, a team that will win F/S and JV races this season. It will take a combined effort in positivity, diligence, and patience. Lift each other up each day, enjoy the highs and learn from the lows. We are excited to begin this racing portion of the season with you all.

-On Your Wind, Do I Fly-