

University of Iowa 2003

What a great day. Up and down the long red line there were prs and seasons bests. And why not, the hard workouts the 2 weeks after the Cedar Rapids Invite are now paying dividends. Combine that training with a perfect day to run, a newly mowed course and a cheering crowd and you end up with 44 prs. Yes the last half mile was a little short but that doesn't account for the time drops seen yesterday. The JV got us out to a great start. Alyse ran aggressively and Kelsey responded nicely. Molly Sabers had a spectacular pr drop of 108 seconds as the first year runners continue to show tremendous progress. It was equally gratifying to see some seniors who have worked for 4 years get their first pr since their underclass years (e.g. Alyssa, Shannon, and Katie Murray). Just as impressive were the drops in time from our time trial! In the other race the Varsity bounced back from Saturday's disappointment and did their talking with their racing. We were aggressive early and finished strong. Getting 6 runners within 13 sec of each other in our secondary pack (Drew-Abby) is just what we need with the biggest races of the season ahead of us. Keep that focus and effort girls!!

	Varsity	Time	Trials	pr drop		Junior Varsity (Cont'd)	Time	Trials	pr drop
1	Nelle Trefz*	14:18	15:27	5	17	Jessica Pringle	17:43	19:47	
2	Jennie Funk	14:24	15:27		18	Alyssa Lane	17:46		0
5	Drew Foreman*	15:19	16:47	33	19	Caroline Mills	17:51	21:25	64
6	Ruhee Arora*	15:25	17:02	34	20	Abby Herlein	17:55	20:27	50
7	Katie Lumpa*	15:26	16:25		21	Megan Hichwa	17:57	20:12	6
8	Clair Anciaux*	15:29	17:41		22	Valerie Mozena	17:58	20:02	23
9	MaggieLeyendecker*	15:30	16:34	29	23	Shannon Triplett	18:03	20:44	6
11	Abby Hall*	15:32	17:18		24	Breanne Hopkins	18:04	21:44	88
12	LindseyDiggelmann*	15:44	17:12	36	25	Julia Snider	18:06	21:12	55
13	Sarah Ziegenhorn*	15:55	19:24	63	26	Lesley Keely	18:11	19:21	
14	Sam Sidwell*	16:02	18:14	56	27	Jess Gerot	18:13	19:17	
15	Angie Rideout*	16:03	17:51	42	28	Anna Olson	18:14	23:33	38
16	BrittneyZimmerman*	16:06	18:44	30	29	Becky Wisely	18:15	22:06	72
18	Emily Funk*	16:25		15	30	Grace Barloon	18:18	23:00	55
19	Emily Gill*	16:26	16:50	4	31	Claudia Garcia	18:23	24:50	50
Place	Junior Varsity				32	Rachel Manuel	18:25	21:45	
1	Alyse Riley*	16:12	19:24	65	33	Jaye Hobart	18:25	21:14	68
2	Kelsey Mims*	16:19	19:09	60	35	Claire Grady	18:31		36
3	Annie McKay*	16:43	19:55	44	36	Zara Torosyan	18:34	21:15	
4	Elise Mozena*	16:46	19:07	21	38	GennyCountryman	18:40	21:05	
5	Kate Rethwisch*	16:50	18:52	30	42	Lara Voigt	18:51	21:49	
6	Hanna Meyer*	17:04	19:44	28	47	Willa Cmiel	20:02	22:21	
7	Ally Tippe*	17:06	18:25	16	48	Monica Clemens	20:02	23:07	
8	Clara Hugill	17:16	19:11		49	LindseyHonemann	20:11	23:07	
9	Tiffany Schallau	17:17	19:54	32	50	Katie Murray	20:14	24:22	22
10	Mollie Sabers	17:25	20:39	108	51	Rachel Moore	20:24	22:34	
11	Jessica Skay	17:32	19:57	47	53	ShaunaMcDonald	20:25	23:02	
12	Katie Ovrom	17:32	19:29	48	54	Stacy Beyer	20:29	23:11	61
13	Kelly Sobaski	17:33	19:37		56	Amy Lithimane	20:30	24:36	12
14	Nicki Zimmerman	17:36	19:46	46	57	Maren Rottler	20:35	23:32	76
15	Rachel Wilhelm	17:40	19:39	55	59	Meera Gessner	21:39	23:32	18
16	Corde Cmiel	17:42	20:41		61	Emily Adamek	23:00	25:42	

Varsity
CHS 21
IMS 57

Pekin 67

CR Jefferson 93

Junior Varsity

CHS 15

CR Jefferson 52

Des Moines East

100

Pekin incomplete

team

Des Moines East 144
47 runners

67 runners