

Griak 2005

We continue to improve at Griak. We had hoped to come home with a trophy but the teams ahead of us are amongst the best in the nation and this year featured an expanded field with a hundred more runners in the Gold Race alone. I was very pleased with the way we competed especially on the heels of a meet with West less than 48 hours earlier. That makes for a survival test. The course and event is challenging even to those who are experienced there. Just ask last year's fourth place finisher Emily Schwitzer and last year's State Champion Hannah Roeder whom Brittany and Sam ran down. As you can see we were faster at every place than the previous year (see the far right column for comparison—e.g. Brittany's time was 18 seconds faster than our first time in 2005) Be proud of your achievements on Saturday but understand that there is still much work to be done before full satisfaction and a State Championship is yours. Take what you learned Saturday and use it in the big meets in October.

Place team	Place individual	Place overall		2005	2004	2004 team
17	19	19	Brittany Dlhj	19:21		19:39
22	24	25	Sam Sidwell	19:39	19:57	20:18
67	69	75	Annie McKay	20:27	20:18	20:34
70	72	79	Kelsey Hart	20:29		20:56
76	78	88	Tamika McCue	20:34	21:09	21:00
103	107	127	Drew Foreman	20:55	20:34	21:09
118	122	145	Clair Anciaux	21:02	20:56	21:15
	136	164	Claudia Garcia	21:14		21:50
	152	186	Emily Funk	21:28	21:50	21:53
	201	249	Sarah Ziegenhorn	21:57	21:00	22:14
			Gold Race runners	374		
			Total runners	627	Gold+Maroon	
			Rocky Mountain (Co)	103	16th	Nationally
			Lakeville North	175	9th	Regional
			Sioux Falls Roosevelt	195	13th	Nationally
			Sioux Falls O'Gorman	224		
			City High	252	18th	Nationally

We beat 38 teams in the gold race and all 27 teams of maroon race leaving us 65-4 for the day 111-4 overall.