Pleasant Valley 2002

It was hot and hilly but the Little Hawks prevailed. The hard work on hilly runs to the Bait shop and on hot days had prepared us well. Bigger tests lie ahead. Welcome the challenges and us each work out as an opportunity to prepare ourselves for those tests. Remember "the will to win means nothing without the will to prepare". There are no shortcuts to the development of endurance. Congratulations to Meggan and Abby who ran prs on this course. Also kudos to the whole fresh/soph team for exerting there dominance and earning all those varsity credits. Liz and Rachel got after it from the get go and Brittany, Katie and Maya saved the day in what proved to be a very strong Marshalltown JV (note they only ran six varsity runners and 4 fresh/soph runners to stack the deck a bit). Let's make this our best week yet!

	Varsity	
4	Nelle Trefz*	15:18
5	Meggan Reed*	15:33*
7	Betsy Ellsmore*	15:39sb
8	Katie Lumpa*	15:55sb
9	Ali Kirsch*	16:11
10	Abby Hall*	16:21*
20	Monica Mims*	16:53
	Fresh/Soph	
1	Maggie Leyendecker*	16:42
3	Ruhee Arora*	17:24
5	Drew Foreman*	17:26
6	Becky Russo*	17:30
7	Emily Funk*	17:46
8	Kera Bross*	17:47
9	Emily Gill*	17:59
12	Clara Hugill	18:21
15	Lindsey Diggelman	18:35
17	Kelly Sobaski	18:55
18	Meggan Hichwa	19:02
19	Ally Roelf	19:13
20	Jessica Pringle	19:14
21	Ally Tippe	19:15
25	Zara Torosyan	19:41
35	Aly Boyd	20:14
36	Jess Paulsoen	20:21
37	Laura Krumm	20:22
39	Kilee Evans	20:23
41	Abby Herlein	20:27
43	Cady Ploessl	20:29
46	Cordy Cmiel	20:37
49	Allie Gnade	21:02
51	Monica Clemens	21:02
53	Lindsey Honemann	21:09
61	Lucy Plaugher	23:01
64	Lindsay Schmidt	23:29
65	Amy Lithimane	23:39
66	Becky Wisely	23:47
74	Analisa Gehrig-Sickles	26;14
78	Chavel Aron	27;35

	Junior Varsity	
1	Liz Vanderah*	17:12
2	Rachel Manuel*	17:17
9	Brittney Zimmerman*	18:11
10	Katie Lynch*	18:13
12	Maya Monitto-Webber*	18:15
16	Kate Rethwisch	18:51
17	Kelly Sherry	18:52
21	Laura Newton	19:16
22	Becca Barloon	19:18
23	Hannah Meyer	19:29
24	Angie Rideout	19:35
26	Rachel Moore	19:40
30	Genny Countryman	19:52
33	Alyssa Lane	19:59
35	Kara Evans	20:05
36	Caroline Brigham	20:05
42	Sally Wombacher	20:20sb
44	Stephanie Schallau	20:32
46	Lesley Keely	20:45
48	Liz Greazel	20:47
55	Rachel Wilhelm	21:32
56	Katelyn Kerstetter	21:32
61	Emily Hahn	21:39
70	Analiese Bendorf	22:11
71	Willa Cmiel	22:13
72	Jess Krueger	22:14
73	Emily Brentlinger	22:15
74	Grace Brookfield	22:20
75	Alecia Tank	22:24
80	Tara Olsen	23:02
83	Shauna McDonald	23:19
89	Kacie Kabela	24;25
91	Jessica Davis	24;47
92	Heather Quigley	25;02
93	Carly Kowalke	25;04

Team Scores

Varsity

CHS 33
Marshalltown 73
Mt. Pleasant 73
PV 97
Bettendorf 137
6 others upto 280

Junior Varsity

CHS 34
Marshalltown 35
PV 131
Mt. Pleasant 135
Dubuque Senior137
3 others upto 404

Fresh/Soph

CHS 22
Bettendorf 90
PV 109
Dav. Cent. 162
Dav. West 273
Marshalltown part team
4 members 115

Name*= varsity credit
Time*= pr
sb=season's best