

### **State 2004**

It seems a long time ago that we finished fourth at the Cedar Rapids Invitational. But it was only 23 days ago that we were third at the Super Meet (56 points behind West and 8 behind Cedar Falls). And yet today we finished this season breathing down the necks of West and distancing ourselves from the rest of the field by 86 points. What a thrill it was to watch our pack move through the competition. Sam, Brittany and Annie finished strong closing on Frudden and Hall and all within 8 seconds of 9<sup>th</sup> place Janet Dobyns. Ruhee and Sarah completed our front pack with all 5 running in the top 25 and all within 20 seconds of each other! Clair and Katie competed valiantly on a day where the wind was continuously between 25 and 35 mph. Even Bud Williams acknowledged he had never seen it so windy. Based on comparisons with common positions (e.g. this years 20<sup>th</sup> runner with last years 20<sup>th</sup> and so on) the course ran 20-30 seconds slower. Factor that into your times and you can see it was easily our best race of the year. It has been a truly remarkable season. All of the girls who ran today have overcome significant obstacles to make our varsity roster. You have taken advantage of the opportunity and represented those not running well. I have never been prouder of a team. Nor have I ever been so satisfied with a second place finish, because you ran like champions. We have come a long way and the future is very bright for City High Cross Country. We bid farewell to Ruhee and Katie who have completed their high school cross country careers at City. Congratulations Katie for joining the select few who have competed in four State Meets! Congratulations to all the varsity on a job well done! Finally I give a special thanks to all the girls who didn't run but have supported and pushed this squad to make them an outstanding team.

	<i>time</i>
<b>13</b> <b>Sam Sidwell</b>	<b>15:24</b>
<b>14</b> <b>Brittany Dlhy</b>	<b>15:25*</b>
<b>15</b> <b>Annie McKay</b>	<b>15:28</b>
<b>22</b> <b>Ruhe Arora</b>	<b>15:38</b>
<b>25</b> <b>Sarah Ziegenhorn</b>	<b>15:44</b>
<b>39</b> <b>Clair Anciaux</b>	<b>16:05</b>
<b>51</b> <b>Katie Lumpa</b>	<b>16:15</b>

**bold=varsity credit**

\*=pr

#### **Team Scores**

West 66

**City 89 (13-1, 161-5)**

DM Roosevelt 175  
Urbandale 181  
Cedar Falls 187  
WDM Valley 197  
Johnston 221  
CR Kennedy 222  
CR Washington 232  
Fort Dodge 261  
5 others upto 474  
total runners 115