

State 2015

It has been a very special season and our performance at Fort Dodge was a wonderful finale. The varsity that represented us, and their school, ran their hearts out and left it all out on the course. We had PR performances from Emily, Mollie and Bridget. The spittle on Mary's face and the lack of color in Anna and Aly's told the story of their efforts. And Amelia ran 14 seconds faster than at District on a very sore foot. Saturday we gave our best. I never doubted that every point counts, just look at the team results and note that only 16 points separated the top 3 teams from 3rd to 7th, 5 points from 4th to 7th. Our 4th place finish moved us closer to the balcony than we have been since 2011. And Mary is our first All-Stater since 2010.

one from the senior class ran in the meet on Saturday, but they set the stage for the success of the girls that did. *The four year seniors in particular have seen our program hit its low point in 2013 with a 13th place finish (very nearly not making it to State at all) and now have brought us back to what it takes to run like champions: **enthusiasm, commitment to training and hard work at all levels, camaraderie and looking beyond themselves to the team as a whole.** These characteristics have infused the juniors, sophomores and freshmen that they will leave behind. **Make no mistake any future successes that I anticipate will be part of our legacy.***

And what about the future? Besides the varsity that ran at State we will bring back four great alternates, and a total of 13 letter winners. We had the best Fresh/Soph and JV teams at the conference meet and it appears that we have another sizable and enthusiastic group of 8th graders coming up next year (at least 3 came on the fans to see the race unfold). It is a bright future. *But also know that just showing up won't make dreams come true. Remembering the legacy of those graduating and following through will.* **Happy running girls (we will have a mileage chart on the wall in the hall soon) ☺**

Thanks to the alumna that helped make this program, to the support from City High staff and administration, to all the parents who have nurtured our girls and supported our team, to my extraordinary coaching staff Thos, Lynn and Ryan, and to all seventy girls on this team who made this year special. I am a very lucky man to be associated with such a great program.

2015 Place	2014 Place		
9	15	Mary Arch	18:46
24	72	Emily Bywater	19:22*
25		Anna Lindower	19:22*
33	alternate	Mollie Hansen	19:32*
59	64	Bridget Brown	20:03*
77		Aly Hecker	20:25
85	alternate	Amelia Morrow	20:39

Team Scores: Urbandale 64, Pleasant Valley 83, Bettendorf 139, **CHS 150**, West 151, Muscatine 154, Johnston 155, Waukee 180, Dowling Catholic 228, Ames 242, Cedar Falls 246, Linn-Mar 272, Dubuque Hempstead 280, Wapello Centennial 316, Indianola 395