

Time Trial 2002

This was a fine introduction to the racing season. We had good efforts in all classes. There were many running their first x-country race and they gained valuable experience. On the other hand, we had veterans that showed their experience and not only ran smart but ran hard. What I saw was a team with the potential to be not only very good but a team with the chance to be great. Many of you ran as fast or faster than at Sterling last year (see times in parentheses)! Remember that meet is six weeks later in our training and was run under ideal conditions.

It is difficult to single out any single athlete amidst all the fine performances. However, it is hard not to be impressed with the tremendous improvement shown by Emily Gill today. Way to go Emily! Congratulations to the varsity qualifiers and Maggie who actually tied for 7th.

A summer of good work has prepared us for the meets ahead compete against other teams. A lot of hard work lies ahead. We have four meets in the next 2 weeks. We will use them to train and give us the experience we need to compete most effectively at 4k. The summer has prepared us for the season. The early season meets prepare us for the big meets in Oct. and November. It *is* truly a great year to run and a great year to be a Little Hawk!!

* =varsity credit *Italics=fresh/soph 7* **shadow=top 7 jv**

1	Nelle Trefz*	15:12	(15:18)	29	Megan Hichwa	18:54	57	Liz Greazel	20:25
2	Meggan Reed*	15:42	(15:52)	30	Becca Barloon	18:54	58	Jess Krueger	20:36
3	Monica Mims*	15:51	(15:53)	31	Shannon Triplett	19:01	59	Julia Snider(21:05)	20:37
4	Betsy Ellsmore*	15:54		32	Jessica Pringle	19:02	60	Monica Clemens	20:38
5	Ali Kirsch*	16:02	(16:15)	33	Kelly Sobaski	19:03(19:23)	61	Katelyn Kerstetter	21:06
6	Katie Lumpa*	16:10		34	Paige Towers	19:06(19:05)	62	Rachel Wilhelm(22:16)	21:06
7	Liz Vanderah*	16:18		35	Ally Tippe	19:17	63	Lindsey Honemann	21:19
8	Maggie Leyendecker*	16:18	(17:11)	36	Leah Miller	19:23	64	Grace Brookfield	21:40
9	Rachel Manuel	16:50		37	Alyssa Lane	19:39	65	Shauna McDonald	22:08
10	Emily Gill	17:14	(18:37)	38	Hanna Meyer	19:39	66	Emily Hahn	22:12
11	Becky Russo	17:16		39	Angie Rideout	19:45	67	Alecia Tank	22:16
12	Drew Foreman	17:18		40	Stephanie Schallau	19:46(20:23)	68	Willa Cmiel	22:20
13	Emily Funk	17:27		41	Rachel Moore	19:46	69	Emily Bentlinger	22:24
14	Abby Hall	17:35		42	Lara Voigt	19:49	70	Analiene Bendorf	22:32
15	Brittney Zimmerman	17:37		43	Zara Torosyan	19:52	71	Kacie Kabela	22:33
16	Kera Bross	17:49		44	Lesley Keely	19:52(21:02)	72	Mira Estin	22:33
17	Clara Hugill	17:50		45	Kerri Kabela	19:54	73	Katie Murray	22:34
18	Erica Olson	17:52		46	Abby Herlein	20:02	74	Heather Quigley	22:55
19	Ruhee Arora	18:03		47	Jess Paulsen	20:02	75	Jessica Davis	23:00
20	Katie Lynch	18:04	(18:40)	48	Emily Hesseltine	20:03	76	Carly Kowalke	23:16
21	Maya Monitto Webber	18:08		49	Genny Countryman	20:03(20:30)	77	Lindsay Schmidt	23:22
22	Caroline Brigham	18:11		50	Ally Boyd	20:06	78	Lucy Plaughter	23:24
23	Laura Newton	18:18		51	Kilee Evans	20:06	79	Becky Wisely	23:29
24	Kate Rethwisch	18:21		52	Laura Krumm	20:07	80	Analisa Gehrig Sickles	24:33:0
25	Kara Evans	18:23		53	Cordy Cmiel	20:12	81	Emily Adamek	24:41:0
26	Lindsey Diggelman	18:34		54	Allie Gnade	20:13	82	Amy Lithimane	25:23:0
27	Kelly Sherry	18:34		55	Cady Ploessl	20:20	83	Chavelle Aron	28:58:0
28	Alli Roelf	18:51		56	Sally Womabacher	20:21	84	Hanna Sandler	(17:13,2r
							85	Tara Olsen	injury