

10/10/15 at West Aurora											
Feedback	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	Fr/So Place	Open Place	Varsity Place	Last Year	Split
Great race! Being more aggressive from the start, helping our front back and making good choices during the race...keep it up! Great step up today!	Flammersfeld, Abby	6:07	12:30	6:23	18:55	6:25			41		0:00
Looked more smooth throughout the race; still need to be confident going into the 2nd half of the race; need to get out and then build--1st mile was slower than you should get out, although your actual start off the line was very strong	Henz, Alexis	6:02	12:33	6:31	19:00	6:27			48		0:05
Solid position throughout the race; 1st mile needs to be closer to 6 or under, mile 2 needs to be 6:15 range, and mile 3 6:15 range as well	Standish, Kendra	6:10	12:46	6:36	19:07	6:21			51		0:12
Kept fighting even though feeling crappy; you need to get out with your teammates--it's not out of your range and should still feel comfortable; strength and focus should get you through miles 2 and 3	Cain, Abby	6:08	12:46	6:38	19:13	6:27			60		0:18
Looked like an easy 19:15--like you are capable of so much more in the weeks to come! Glad the knee wasn't an issue, but you need to maintain contact with your teammates throughout the race!	Bonczkowski, Amanda	6:08	12:50	6:42	19:15	6:25			62		0:20
Times are coming down! Keep it up--don't be afraid to get out of your comfort zone; You have gotten better and better each week, so remain confident and keep moving towards our front pack--we need you to be right with them!	Weizeorick, Shannon	6:20	13:04	6:44	19:30	6:26			80		0:35
Strong race--need to get out a little faster to go with the front group; Mile 2 needs to be 6:25 range, and mile 3 can be 6:20 or faster if you keep your focus!; Only 37 seconds back from our 1st runner; close the gap to 20 seconds!	Sim, Katherine	6:21	13:04	6:43	19:32	6:28			82		0:37
Each week has gotten better--you ran a very even race; get out faster mile 1 and focus mile 2; you need to keep picking people off and move up throughout the second half; need to be 19:30 or faster	Boissiere, Madison	6:20	13:08	6:48	19:45	6:37			95		0:50
Good race--all miles were under 7; first mile was right on--just need to keep positive and focused on mile 2 and 3--you are capable of keeping those splits more consistent and even with mile 1	Buado, Ashley	6:15	13:05	6:50	19:53	6:48			100		0:58
So close to breaking 20! You are still looking super relaxed and comfortable, which means you can go faster! Mile 1 was decent--but you should be closer to 6:15 for your split; you look strong and comfortable, but we want to see you passing people left and right--you are good enough to beat others (even in the varsity race)	Gall, Elyssa	6:24	13:11	6:47	20:01	6:50			107		1:06
Very proud of your efforts today--you weren't afraid to get out and lead the f/s race for our team--you have really stepped up and been a great leader the past week or so; mile splits were consistent, but keep your focus on being under 7 min miles 2 and 3	Patterson, Maddie	6:42	13:45	7:03	20:53	7:08	20				1:58
Looked stronger this race--getting back to your form; 1st mile can be 6:40 or faster, and then you need to stay under 7 min for mile 2 and 3 (similar to Maddie); you are coming around at the right time and looking better in workouts, so don't underestimate what you can do this week	Nepereny, Alyssa	6:49	14:02	7:13	21:06	7:04	25				2:11
Ran great with Alyssa and Kathleen; mile 2 you guys settled in a little too much--keep moving up in the race and don't settle for just decent; keep miles 2 and 3 under 7 min; if you 3 can run with Maddie, we'll have a great pack for F/S!	Dillman, Alexandra	6:49	14:02	7:13	21:06	7:04	26				2:11

Ran strong with Alyssa and Alexandra miles 1 and 2; keep confident mile 3--you have the leg speed to close a bit faster; keep working with the group and we'll have a great F/S pack at conference!	Sim, Kathleen	6:48	14:03	7:15	21:11	7:08	31				2:16
1st mile was great; 2nd and 3rd fell off a little bit; remember to keep pushing, no matter which race you are in! You are capable of running a very impressive time this week at conference, and leading the open team to a top 3 finish; stay positive and keep improving	Heidkamp, Halie	6:37	13:54	7:17	21:12	7:18	33				2:17
1st mile was great; didn't close as well the 2nd half of the race as we would have liked; you and Halie were running great together--so keep working with your teammates in that fashion; keep your focus and miles 2 and 3 will be over before you know it	Sims, Annie	6:36	13:54	7:18	21:21:00	7:27:00	35				2:26:00
You have cut over 3 minutes off your time since the beginning of the season, and you still look comfortable and strong! 1st mile shoot for under 7 min (6:50), and you will still be strong enough to run 2 and 3 just over 7 min pace; go for another 30-40 second PR this week!	Scheerenberger, Kitty	7:00	14:27	7:27	21:48	7:21	55				2:53
Finally starting to figure out racing! Mile 1 was great--keep building--you look like you lose focus, but that's all it is; you have the fitness to keep going at that 6:50 pace, you just have to believe it and do it!	Jaros, Hannah	6:50	14:21	7:31	21:54	7:33	62				2:59
Very consistent pace throughout the race--your fitness is improving tremendously; this week focus on getting out as close to 7 min or under as possible; you are such a gutsy competitor that the change in scenery and elevation this week should help you shine!	Schumacher, Tara	7:10	14:38	7:28	22:01	7:23	49				3:06
You were one of the closest on the team to hitting your goal time! Be so proud of your season--you PR'd by almost a minute in one week, and you came up just short of breaking 22:00; Great race and season for you! Keep it up!	Buado, Melody	6:54	14:25	7:31	22:07	7:42	69				3:12
You deserve a lot of credit for stepping up and wanting to race today--a good one to get the dust off before conference--get your first mile back below 7 min, and I know in another week, you'll be able to close a lot better and closer to your best; shoot for a personal best next week!	Balla, Sarah	7:01	14:37	7:36	22:22	7:45	54				3:27
Great PR today! Mile 1 was good and 2 and 3 were consistent; you'll have that extra gear next week at conference, if you can get mile 1 closer to 7:10, and miles 2 and 3 as close to 7:20 as possible, you'll hit that goal time of 22 min!	Eberly, Jessica	7:19	15:04	7:45	22:53	7:49	69				3:58
Not quite a PR today, but not a poor race either; miles 2 and 3 were very even; try to stay with Jess next week and work together through the tough stages and keep picking people off	Chavez, Vianey	7:25	15:19	7:54	23:12	7:53	80				4:17
Best race of the season--great way to have your last race go--keep up the great work and you will only keep getting better!	McGavin, Mary	?	15:25		23:14	7:49	103				4:19
Looked like you were in pain--side stitch--you have a lot of potential left--keep focused this week on having your best performance at conference--you can really help the team reach that top 3 finish	McCullough, Emma	7:25	15:19	7:54	23:25	8:06	85				4:30
Not your best race, but you deserve a lot of credit for gutting it out today; nothing was going to stop you from running and finishing; our goal is to get you ready to race on Saturday with your shins feeling good!	Bentel, Ally	8:44	16:51	8:07	24:36:00	7:45:00	143				5:41:00

Another PR~ mile 1 was perfect; mile 2 was a little off, and mile 3 wasn't where you wanted it to be--keep your focus; your body can do it, you just have to trust your training; next week keep mile 1 the same and be confident and focused miles 2 and 3 for another huge PR	Labath, Lexy	8:05	16:53	8:48	26:21:00	9:28:00	149	7:26:00
Not quite a PR, but not far off; mile 1 was perfect; miles 2 and 3 were a little more relaxed than desired; keep both of those under 9 min and you'll finish the season with a PR next week	Jones, Rachel	8:11	17:28	9:17	26:37:00	9:09:00	155	7:42:00
Despite being in pain and not looking like yourself, you still managed a race close to your PR...the goal is to get everything feeling good for next week so you have set another huge PR--lots of rolling out and icing to get the legs ready to go	Cruz, Paula	8:56	19:07	10:11	28:35:00	9:28:00	167	9:40:00
	Gyori, Isabella							
Hope to race on Saturday and give it all you have!	DeBoer, Gabby							
Goal next week is to finish the race--focus for the entire 3 miles	Bergschneider, Sara	8:44						
Hope to race on Saturday and give it all you have!	Terek, Nadia							
	Bruns, Haley							
	Janowski, Hannah							
	Roschi, Rachel							

			<b>Varsity</b>		<b>F/S</b>		<b>Open</b>	
1	Yorkville	33		Yorkville	51		St. Charles East	42
2	Batavia	46		Downers Grove South	74		Neuqua Valley	55
3	Neuqua Valley	80		Neuqua Valley	108		Batavia	78
4	St. Charles East	173		Batavia	142		Wheaton North	147
5	Glenbard East	213		West Aurora	142		Downers Grove South	156
6	Chatham Glenwood	217		<b>Oswego East</b>	<b>156</b>		Fremd	176
7	Sandburg	218		Glenbard East	162		<b>Oswego East</b>	<b>181</b>
8	Wheaton North	227		Wheaton North	169		Sandburg	183
9	Rosary	230		St. Charles East	210		Glenbard East	228
10	<b>Oswego East</b>	<b>244</b>		Fremd	243		Yorkville	256
11	Fremd	256		Sandburg	263		Rosary	355
12	Downers Grove South	274		Rosary	364		West Aurora	365
13	Marian	329		Elgin	423		Elgin	386
14	Elgin	398		Plainfield East	431		St. Edward	423
15	Plainfield East	477						
16	West Aurora	484						
17	St. Edward	549						

