

		9/20/16 at Crossroads vs. Plainfield South											
Feedback	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	Fr/So Place	Open Place	Varsity Place	Mile to Go	Last Year PL	Last Year Time	Team Split
Overall, you had another very strong race. Looked strong and comfortable miles 1 and 2. You have to have confidence going into the last mile. You're a senior, state qualifier for track, etc. Carry that confidence and experience into every race. You also need to have confidence in your kick and not get beat down the stretch! A few more moves before the last stretch could have prevented you from being caught as well.	Henz, Alexis	6:18	13:31	7:13	18:35	5:04				2	1	18:48	0:00
You learned some lessons today...making sure you run the right direction :) staying with your teammates...you and Alexis would have had a different result if you had been able to push together. On the bright side, you looked great physically while racing, and you did make some good pushes during mile 2. You are getting all kinds of experience with hard lessons learned early this season...make sure you learn from them!	Standish, Kendra	6:18	13:21	7:03	19:02	5:41				4	2	18:50	0:27
Awesome job today! Work on letting go down the hill and accelerating out. You were needed to step up huge, and you did! Nice job!	Gyori, Isabella	6:21	13:37	7:16	19:16	5:39				5	5	19:28	0:41
You were great through mile 2 and then looked super uncomfortable. Think about what you eat, drink, and do before a meet to prepare properly. Sometimes fluke things happen, but control what you can to put yourself in the best possible position.	Flammersfeld, Abby	6:18	13:31	7:13	20:00	6:29				6	3	19:07	1:25
You stepped up huge today! You ran well and raced well too! You and Kara catching the Plainfield South girl is literally what made the difference in the team score. Well done!	Nepereny, Alyssa	6:55	14:47	7:52	20:38	5:51				10	13	21:06	2:03
Good job today! You catching the Plainfield South girl at the end would have been the tie-breaker if we had scored one more point! You did great stepping up, and can keep moving up!	Webb, Kara	6:55	14:41	7:46	20:40	5:59				11	11	20:33	2:05
I want to see you stick with Kara/Alyssa/(Morgan) throughout mile 2. You are good through mile 1, but then they pull away from you. Think Stick Stick Stick!	Scheerenberger, Kitty	6:55	14:50	7:55	21:11	6:21				14	12	21:02	2:36
Good job today! Make sure to take care of those toes and ice your leg! You looked pretty comfortable and strong the whole race though.	Sims, Annie	7:15	15:00	7:45	21:36	6:36				15			3:01
Form wasn't too bad...but you have to keep loose and relaxed up top. Figure out how you race best with tape vs. brace and make sure to follow that for Friday.	Janowski, Hannah	7:06	15:27	8:21	21:55	6:28				16	17	21:42	3:20
Much better than last week! You got disconnected early but did group back up a little throughout the race. Stay with your teammates so you aren't racing alone!	DeBoer, Gabby	7:09	15:37	8:28	22:07	6:30				18	20	22:33	3:32
Started strong, but lost a little ground during mile 2. Kitty/Kara/Alyssa/Morgan is a good group for you to shoot for! Keep it up!	Sim, Kathleen	6:55	15:18	8:23	22:19	7:01				21	18	21:44	3:44
Much better than last week, but keep pumping the iron/protein! You looked better, but I know you still have a lot in you we haven't seen yet!	Dillman, Alexandra	7:11	15:52	8:41	22:32	6:40				22	30	23:12	3:57
Holy cow! Great job! So proud of you for making a huge leap today! Literally minutes off of all your other races this season! Awesome!	Weizeorick, Shannon	7:20	16:01	8:41	22:38:00	6:37:00				23	42	26:43:00	4:03:00
A few seconds faster than last week, which is good! Your posture changes during mile 2--stay tall and drive your arms throughout the race. When you start to slouch, you slow down! Form is very important!	Bogard, Kalli	7:09	15:49	8:40	22:44	6:55				24	21	22:48	4:09
Strong race today! Let's string together a few good weeks of practice, and your time should really drop!	Lee, Rosie	7:15	15:49	8:34	22:48:00	6:59:00				25	29	23:03:00	4:13:00
Your time keeps dropping like crazy! Keep up the great work!	Wolf, Becca	7:15	15:49	8:34	22:49:00	7:00:00				26	28	23:03:00	4:14:00
A little faster than last week...keep your focus mile 2--do those little surges you did during mile repeats often!	McCullough, Emma	7:15	15:49	8:34	22:50	7:01				27	24	22:55	4:15
A few seconds faster than last week, which is good! Try to stay with the pack all the way in...you let them get away from you!	Lee, Natalie	7:15	15:49	8:34	22:52	7:03				29	25	22:55	4:17
You looked great early on--you've had some great workouts lately to build off of! You had a rough patch in the middle, but came on strong at the end.	Stonehocker, Anna	7:09	15:29	8:20	22:54	7:25				30	27	23:01	4:19
Tough race today...a few days off for your back to rest will be a good thing! Proud of you for getting through the race today!	Sim, Katherine	6:22	14:59	8:37	23:03	8:04				32	6	20:02	4:28
Great job today! So proud of you for staying with the group and racing hard! Over a minute faster than last week! Wow!	Mendoza, Liliana	7:20	15:57	8:37	23:05:00	7:08:00				33	34	24:14:00	4:30:00
Stay focused to keep up with your teammates...trust me that it is harder to race by yourself than it is to stick in the pack! You can do it!	Murphy, Meghan	7:20	15:57	8:37	23:54:00	7:57:00				34	31	23:28:00	5:19:00
Big PR from last week! Good job! The limes are coming down by almost a full minute! Time to get new shoes for more support for your toes!	McKillip, Emma	7:38	17:01	9:23	24:16:00	7:15:00				35	38	24:57:00	5:41:00
Looked like you were working through a little residual sickness. Proud of you for sticking with it! Next race will be better!	Jaros, Hannah	7:43	17:01	9:18	24:18:00	7:17:00				36	33	24:04:00	5:43:00
?	Humphrey, Carolyn				?						32	23:38:00	
Rehab/PT	Viano, Gaby				back								
Hope for good news soon!	Patterson, Maddie				heart							23:27	
Hopefully good MRI result!	Olschanski, Kayla				knee						19	22:13	
Rehab/PT	Bonczkowski, Amanda				leg						7	20:05	
Rehab	Ede, Morgan				leg						10	20:29	
	Peplowski, Kate				quit								
	Vacassy, Lou				quit								
Feel better!	Gall, Elyssa				sick						4	19:28	

