

BEARSXC

cleveland invite report



Cleveland Results & Atrisco Race Roster

Coaching Notes

	Varsity		Varsity	
1	Libby Weeks	19:47	Brett Fenton	16:34
2	Kellie Stroupe	20:20	Nate Buttry	16:46
3	Lindsay DeGolyer	20:29	Randy Dias	16:57
4	Mason Swanson	20:34	Jon Coriz	17:00
5	Mackenzie Everett	20:46	Micah Kesatie	17:08
6	Micah Swanson	21:12	Garvey McKee	17:24
7	Jillian Weitzel	21:47	Jake Grasser	17:54
	Junior Varsity		Junior Varsity	
8	Marion Cottet	21:50	Tom Hiett	18:25
9	Jaime Fenton	21:54	Marcus Judkins	18:27
10	Aspyn Maes	21:55	Jonathan Kane	18:53
11	Emilee Rowe	21:56	Josh Cutler	18:58
12	Kimberly Miller	21:58	Bryan Cutler	19:02
13	Noelle Hendrickson	22:03	Patrick Brown	19:03
14	Tiffani Archuleta	22:38	Jake Robinson	19:28
15	Daniel Grace	22:55	Roger Nordquist	19:57
16	Heidi Barsun	23:33	Alec Napier	20:30
17	Alex Mantos	24:27	Chris Wiggins	20:35
18	Miriam Banet	24:34	Chase Clark	20:37
19	Julia Marquez	24:47	Jonathan Haase	20:51
20	Lydia Madsen	25:02	Duncan Madden	20:58
21	Madde Lesnewich	25:16	Ryan Brown	21:15
22	Ashley Roach	25:18	Dylan Orraj	21:31
23	Raquel Romero	25:32	Tyler Siska	21:52
24	Maya Grollman	26:50	Dexter Elliott	22:45
25	Nicole Murtaugh	27:39	Matt Drum	22:49
26	Ellie Redmond	31:03	Daniel Zhang	23:45

A fast & flat course results in many new PR performances! Girls JV team asserts dominance, and Boys JV competes very well. Varsity teams struggle team wise, but continue intense training to peak when it matters most. We will keep moving forward.
- Coach NM

Meet Highlights

JV Girls run amazing, with many varsity-caliber performances! Varsity Boys - 40 second pack time, Varsity Girls - 59 second pack time. Jake Grasser runs like a Big Bear! Nicole Murtaugh & Lindsay DeGolyer with most impressive performances!

Top Performers

Girls: Kellie Stroupe, Jillian Weitzel, Lindsay DeGolyer, Nicole Murtaugh, Aspyn Maes, Noelle Hendrickson, Mason Swanson, Micah Swanson, Ashley Roach, Julia Marquez **Boys:** Micah Kesatie, Garvey McKee, Jake Grasser, Jonathan Kane, Josh Cutler, Bryan Cutler

Practice Schedule 9/10 - 9/15

Mon: 4x 800m (2 min rest), 8x hill sprints
Tue: 3-4 lap Fitness Run
Wed: 50-75 min Long Run w/ strides
Thu: Cherry Hills w/ strides
Fri: Pre-race easy run
Sat: Atrisco Heritage Invite

Team Goals

Boys Varsity: Beat Eldorado, Girls Varsity: Top 2, Boys JV Top 3, Girls JV Win!

Atrisco Invite Notes:

JV & C Team Arrival: 7:00 AM
Varsity Arrival: 8:00 AM
JV & C Team Girls: 8:30 AM
JV & C Team Boys: 9:00 AM
Varsity Girls: 9:30AM
Varsity Boys: 10:00 AM

All additional athletes that did not compete will race JV.

Team Quote: Words to Live By

“Now, if you know what you're worth, then go out and get what you're worth. But you gotta be willing to take the hit, and not pointing fingers saying you ain't where you are because of him, or her, or anybody.” - Rocky Balboa