



FREMONT HIGH SCHOOL
2009 GIRLS XC ADVENTURE
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Fremont Girls Celebrate Improved Times

Early-to-late season time comparisons at Chippewa Hills

(Remus, Michigan) It's been said, "*Fitness comes to those who earn it*". This quote applies to this year's Fremont Girls Cross Country team. The fitness they have earned was applied to running improved times at the Chippewa Hills Warrior Late Season Cross Country Invitational on Saturday, October 24.

The weekend race provided a means of comparing early-to-late season fitness and race ability. Most of the team had competed on the same course in their first meet of the season on August 23rd. Over the 54 days following that inaugural race, the girls have trained with intention of becoming better runners—and getting faster. And, that's what they have done.

"Comparison of performances from the two races shows a tremendous improvement in the girls' times", commented Coach Lindsay. "Our top 5 average time was the best of late season and there was a dramatic improvement in running form, maintaining challenging race pace and overall confidence to race the entire 5 Km distance!", added Coach Lindsay. All 7 girls who ran in both races improved their times. The biggest improvement was 6:07 and the smallest was still an impressive improvement of 1:46 by the team frontrunner, Megan Dickinson. The girls' average time improvement between the two races was 4:25.7.

Megan Dickinson used a strong start to establish early position just off the lead pack and then stayed focused on maintaining contact with the top 10 runners. She raced the final 1000m in 4:00 to secure a 9th place finish with a time of 21:06 which is 1:46 faster than she ran over the same course in August.

Claire Schaar also ran a strong race with time of 23:00 to finish 40th. She was 3:55 faster than her previous effort on the course. Whitney Grant ran with tremendous focus to improve her race time by 3:56. She ran 3rd for Fremont in 25:18 which earned 65th place. Jennifer Powers is becoming known for her determined, "never give up" race efforts. She used it to finish 4th for the team, just behind Whitney, in 25:25. Her time improved by 4:50. Madelynn Sargent ran alone, between groups in front and back, but still focused on maintaining a challenging pace all the way to the finish. She ran 26:35 to finish 72nd. This was a significant improvement of 6:05! Anna English ran perhaps her most focused and well paced race of her career. She was happy to finish 79th with a time of 28:15, an improvement of 2:31. Hayley Gebhart *really* raced, displaying improving running form and focus to hold challenging pace. She improved by over 6 minutes compared to her August race time. Sommer Ellsworth had a great race with a satisfying result of 29:44 to finish 85th. [Sommer did not join the team until after the August race.]

As the 2009 Girls Cross Country Adventure nears completion the team understands how fitness has been earned—with lots of work—this season. The team travels to the MHSAA Regional Cross Country meet at Benzie-Central High School on Saturday, October 31, for 7 runners there will be another opportunity to display the fitness they have earned.

"It's satisfying to see how much individuals have improved. I am proud of their commitment to learn the "how to's" of training, to move forward, and stay focused on the positive personal improvement. In doing so, they have learned more about themselves and become more of a team. More than fitness has been earned."

--Coach Herbert Lindsay



Chippewa Hills Late Season Cross Country Invitational

10/24/2009

	Last	First	Last 1000m	24-Oct	25-Aug	How much <i>Faster!?</i>
1	Dickinson	Megan	4:00:00	21:06:00	22:52:00	1:46:00
2	Schaar	Claire	4:28:00	23:00:00	26:55:00	3:55:00
3	Grant	Whitney	4:41:00	25:18:00	31:04:00	5:46:00
4	Powers	Jennifer	4:26:00	25:25:00	30:15:00	4:50:00
5	Sargent	Madelynne	4:54:00	26:35:00	32:40:00	6:05:00
6	English	Anna	5:18:00	28:15:00	30:46:00	2:31:00
7	Gebhart	Haley	5:29:00	28:26:00	34:33:00	6:07:00
	Ellsworth	Sommer	5:22:00	29:44:00		
	Fuller	Dani	DNR due to illness			
	Ruiz	Bea	DNR due to injury			