



FREMONT HIGH SCHOOL
2009 GIRLS XC ADVENTURE
231.924.8288 (O/VOICE) 231.924.9461 (H/VOICE)
helindsay@fremont.net

Glories of the Season Continue

Best times earned at final meet

(Benzonia, Michigan) Fremont girls displayed perseverance through the rain, wind, and muddy paths to record season best times in the final competition of the 2009 Girls Cross Country Adventure at Benzie Central High School on Saturday, October 31st. Four athletes recorded personal records and the average top five time of 24:02 was the best of the season. Fremont finished 14th in the team competition. Here's the direct link to the girls results:

<http://www.mhsaa.com/LinkClick.aspx?fileticket=wLDqKsSFCo4%3d&tabid=630>

"The girls focus was not so much on the team place as it was on improving individual efforts through focus on sustaining target race pace in pursuit of PR times. Given this focus, the girls enjoyed success today with four of seven runners claiming a career-best times over the 5 Km race distance. These performances establish a benchmark against which improvements in the next season can be compared. Their times will serve as goals to focus their off-season work and to provide motivation for bringing improved base fitness into the 2010 season", Coach Lindsay said.

Megan Dickinson ran to a 40th place finish in the 99 athlete field with a time of 21:32. Second to finish for Fremont was Claire Schaar who enjoyed a PR effort to finish of 22:39 to finish 66th. Whitney Grant continued to show improved form and focus in running third for the team. She finished 91st with a time of 24:49. Another PR was earned by Jennifer Powers with a strong race to finish 25:13 in 93rd place. Madelynne Sargent also ran a new PR with her 26:00 effort to finish 96th. Bea Ruiz returned to race following an ankle injury was impressive in her determination to run a PR 26:02 to finish close behind Madelynne in 97th place. Sommer Ellsworth has run a new PR in every race she has run since joining the team in mid-season. Her personal record time was lowered to an impressive 26:29! Sommer finished 99th.

The regional race marks the conclusion of the 2009 Girls Cross Country Adventure. Given the Fremont Cross Country tradition for excellence in the sport, the combined, season-long improvement of individuals is encouraging. Tradition will live on only through the commitment of athletes who catch onto the romance of the sport and add their personal glories to it. Numerous PR's have been this season's glories. May these glories continue, grow next season and contribute to improved team scores next season", commented Coach Lindsay.

The Girls Cross Country banquet will be held on Tuesday, November 10. All who have been part of this season are welcome to attend. Details of the event are available from the coach.

--Coach Herbert Lindsay