

Wake Med 3K, 8/31/21- Upper 80's

Name	Time	Comment (1-5 gap: 1:25)
Ian	9:27 (SR, PR, Top 10)	A school record is a great way to start the season! Keep your eyes on October
Louis	10:16 (Top 10)	Well-earned top 10 finish, big things are coming for you in the 5K
Will	10:43 (PR)	Breakout race! From the gun you went for it and it paid off. Awesome
Ben A.	10:48 (PR)	Consistent and strong race today!
Carter K	10:52	Way to round out the top 5, now the key is to form the pack of 3 or more for the 5k
Jacob	11:11 (PR)	Solid race and returning to form, the pack is close, you can get there
Cole	11:12 (PR)	Way to round out the top 7 today, last weeks worked out paid off
Karsten	11:16	Great debut Karsten, nice job fighting throughout the race
Nate	11:24	You came out swinging for the fences today, keep it up! The top 7 is close
Drew	11:32	Solid first race! The workouts and moving up through the group are key to success
Marcus	11:41	Nice first 3K! you are going to shatter your 5K PR
Sam	11:44 (PR)	Awesome 3K PR! You ran hard today. Is a 5K PR next?
Cam S.	11:49 (PR)	Strong 3K Cam! Love the way you got after it. Nice PR
Teddy	12:34	Solid Debut Teddy! Next race aim to latch on to the teammates ahead
Ben B.	13:22	Very close to your PR (7 seconds!) A good sign to start the season
Ben K.	13:26	Nice Debut! I liked the battle of the Ben's in the last 400 meters
Ezra	13:49	Great start to the season Ezra! Loved the fight down the final stretch
Carter J.	13:56	Nice start Carter, I liked the way you moved up in the race.
Jayden	14:30	Good start Jayden, nice pacing with Cam!
Cam B.	14:31	Nice race Cam! You made a good team with Jayden today
Sam M.	16:57	Good first race Sam! Most importantly I loved the strong finish!

Today was a fun race and a nice start to the season. I loved the way we competed and fought to run in a pack. The biggest thing to work on is to get as many guys as possible fighting to get into the top 7 and really fighting for 5th. Enjoy the moment, but look to the next race. We have a great opportunity ahead of us with a 5K at DA next Saturday.