

Friday Night Lights9/9/22, 60's, nice evening

Name	time	PR, *	5th overall, Comment: 2-5 gap: 4s, 2-7 gap: 22s
Ian	16:16	Star	Good start, You belong with the front group, work that middle mile
Wil S	17:14	PR	Way to lead the pack the last mile, sub 17 is next
Henry	17:17		I know how hungry you are for more, use that to help carry the pack under 17
Louis	17:18	PR	Strong race, and good to see you with the pack every step of the race
Karsten	17:19		Excellent start and put yourself in perfect position to move up all race
Carter K	17:36	PR	Best race you've ever had, way to keep the gas on the pedal
Marcus	17:36	PR	Great job latching on to Carter, loved the team work!
Will G	17:37		Awesome start, and fight throughout the race, a breakthrough is coming
Ben A	18:38		Fantastic leadership, & team support tonight, aim for progress each week
Ben K	18:53	PR	Heck yeah! Way to skip the 19's and crush your PR!
Colin	19:26	PR	Way to fight and move up during the race, sub 19 is next!
Drew	19:36		So close! Overall a good race. Stay hungry for a PR this week!
Cole	20:06		You got out super well, just need to be able to hold your speed
Jacob	21:34	PR	You were on the grind all race, love the way you moved up!
Nick	21:35		Great effort today, smart race, a PR is coming soon
Matthuas	21:49	debut	Way to fight throughout this race. Love the heart you showed
Carter J	22:01		excellent teamwork with Khalil, push the pace in the middle and youll PR
Khalil	22:06	debut	You believed you could stay with Carter and you did! Way to fight today
Victor	22:50		Way to push today! Keep the progress going to next week
Steven	23:27	debut	Great first 5k Steven! Looking forward to watching you improve all season
Isiah	23:57	PR	You moved up well throughout the race, way to PR!
Daniel	23:59	debut	Great effort today, so glad to have you back running healthy!
Sam	24:05	PR	The summer mileage has certainly paid off! Way to PR
Taym	18:24		Way to get out super hard! Looking forward to your first 5k
Andrew	19:39		Great 2nd half effort this race, you moved up well
Gino	20:08		You've got a ton of fight, lets keep the rolling into the 5k
Alex	20:24		Each week you are improving, keep it up!
Fares	20:24		Loved the way you fought up to your teammate!

This was a really exciting night, with an excellent team performance. I'm thrilled with the 5th overall. This was a great night to show who we are and that we belong with the top teams. Our Strength right now is our 2-5 and 2-8 gap. Do not settle boys. Its great to see a 2-7 gap at 22 seconds, lets get it to 10 seconds.