

DA Invite Girls Results and Comments

Athletes:	Time:	Time:	Comments:
Sarah Ellis	12:28	21:32	4TH OA! Great race! Congrats on the PR!
Katie Burch	13:38	23:04	8th OA! We are seeing you get faster each week! Get in a few good workouts and you will continue to get faster!
Katie Martin	13:40	24:47:00	Good fight--I know you can run packed up with Kara and Anastasia...
Kara Kelly	13:42	23:26	10th OA!! What a great race for you! You've been grinding hard in practice and I love to see you have success off that!
Anastasia Eagle	13:43	23:33	Great race- You were right there with Kara. Make it your mission to dig into the pain cave on these races and finish strong!
Angie Bean-Ross (ABR)	13:56	24:04:00	Strong race! I think you race as hard as anyone on the team. Get out quick and push the first half!
Emmy Grigoni	14:08	DNS	We missed you. I am loving your effort in practice. You will make your 5k debut soon!
Amani Foday	14:18	23:49	Sub 24 is a solid start here! build off this! You proved you are in the top 5 as of right now!
Ruby Gentithes	14:22	24:03:00	This was a really good race for you! I know that sub 24 will be the next milestone for you coming this week.
Katie Bradford	14:59	DNS	We missed you. You are doing the right things to get healthy! We'll have you back in the pack asap!
Sofia Whipple	15:25	26:00:XX	I think we will see you crush this time next time out--gotta mentally be tough for these 5ks!
Lydia Kirksey	15:51	26:18:XX	Hey you had some good fight today! You can run faster and farther than you think you can!
Ava Kinghorn	16:00	27:42:XX	I think you battled hard--gotta mentally force yourself to keep the legs turning. Next race will be sub 27 for sure...
Amelia White	16:15	DNS	We missed you. Looking forward to seeing you run some 5ks soon!
Jasmin Riggs	18:21		
Wren Stanfield	19:45	DNS	We missed you! Looking forward to having you back asap!
Gabby Caiola	DNS	DNS	I'm so impressed with your progress so far in practice. Thank you for contributing! Stay smart and let's keep going forward!
Elena Brosnan	DNS	DNS	We missed you! Hoping to get you back running soon and back on the race course! Thanks for helping to keep our team focused!

COACH'S NOTES: Second place OA was a good result for us! 1-5 was 75 seconds! Looks like 2:17 is the gap 1-5 but again the 2-5 pack is within a minute. Sarah is still our clear front runner. Who is going to push hard to drop time in the next couple of weeks? Let's work hard to support each other in practice as much as we do in races--I think this team is one of the most energized and supportive teams I've been around during the races--so let's use that energy all the time!