

"An Amazing First Race of the Season"

Early Bird 2-Miler

8/11/25

We had an amazing day Monday with achievements a plenty!

Six Runners Completed Their First Cross-Country Race:

- Leah
- Bella
- Carter
- Allie
- Emily S.
- Veston

Four Runners Placed in the Top Ten "T-Shirt Winners":

- Emily - 2nd Place (Out of 89)
- Bryson - 5th Place (Out of 107)
- Andrew - 6th Place (Out of 81)
- Kayleah - 8th Place (Out of 89)

Two Runners Set New Knighthawks Records:

- Izzie - Girls Elementary 2-Mile - 16:51.90
- Andrew - Boys Middle School 2-Mile - 13:10.10

Seven Runners Set New Personal Records (PR):

- Izzie (2-Mile) - 16:51.90 - Dropped 5.4 Seconds
- Kayleah (2-Mile) - 15:19.40 - Dropped 22.2 Seconds
- Sam (2-Mile) - 17:15.90 - Dropped 4 Minutes, 22.5 Seconds
- Andrew (2-Mile) - 13:10.10 - Dropped 1 Minute, 14.9 Seconds
- Maia (2-Mile) - 16:15.00 - Dropped 14.1 Seconds
- Owen (2-Mile) - 14:28.50 - Dropped 47.6 Seconds
- Peter (2-Mile) - 12:12.10 - Dropped 37.2 Seconds

One Runner Achieved Their Training Goal:

A new Goal Sheet will be prepared for the following runner (i.e., training paces will be faster):

- Andrew (2-Mile) - Training Goal: 13:25 - Race Time: 13:10

Coach's Comments:

This was just a warm-up meet, and we had 7 PR's. That means over 30% of our team ran faster in our first meet this year than they were running at the end of last season. Many other runners were within seconds of their PR. As a team, we are picking up right where we left off at the end of last fall. That's a testament to your hard work preparing for the upcoming season. Amazing! Additionally, more than a quarter of our team completed their first cross-country race!

Monday's meet was the first time in club history that we were able to field a "team" (and receive a team score) in all four divisions (min. 5 runners - full team is 7 runners). This is thanks, in part, to some of our exceptional elementary division runners that were selected to run up a division yesterday - Izzie, Sam and Veston. Well Done!

Everyone should be proud of what they accomplished yesterday. I am.

This is just the start of the season - you will get faster!

Great Job!