

Girls Recap

8th) Brette Williamson 24:39 **All-Regional Team**- I know that you were disappointed that you were not able to run the last few weeks and your workouts had to consist of the bike, the pool, and therapy because of your shins. The same thing happened to me in high school a few weeks right before the state qualifier so I tried to help you and relate what I went through to what you were going through. Your mental toughness and determine over the last few weeks sure paid off. By your 8th place finish you earned a trip to the Varsity Girls State Cross-Country Championships. You ran exactly the way that you and I spoke about before the race. You didn't go out too fast, you stayed in the top 10, and you established enough time between you and the 9th and 10th place finishers so you weren't caught at the end. The reason why I mentioned this to you is that when you have not raced in awhile, you lose the final kick that you originally had if you were not injured. I will have to check on this because this is only my 2nd year as a coach, but I need to find out when the last girl at Page qualified for state. I'd guess it has been at least 10 years, but I'll check for sure. Your time at this race was your best time of your career by 27 seconds. What an incredible accomplishment this is for you. When you are healthy, we will make sure that you will be in the next 2 years, look out for you! AWESOME JOB BRETTE!!!!!!

JV Girls

Ashely YBarra 37:55

Melanie YBarra 41:46

Boys Recap

Congratulations to the State qualifying team. This is the 1st time in a long time that Page HS has had a cross-country team qualify for the state meet. There is a lot of pressure on you in the last qualifying meet before the championship. If you do not make it, everyone gets really upset. But now that you've made it, the pressure's off. You can relax, enjoy the feeling, look forward to that last week of practice that many teams do not have. We still did not have the perfect team race, but we seem to be moving in that direction. We know that there is room to improve on what we did in this meet. I am sure that those improvements will come next weekend. Right now, enjoy being a state qualifying team. There aren't many. Enjoy being 2nd in a tough regional. (MTCS is better than I thought).

You showed your strength as a **team**. Connor and Taylor had excellent races. Mason, Ronel, and Jerry had good races. Kevin and Jared did not have the races they wanted. Tension and nerves were also evident. But we made it through. We have achieved another one of our season's goals. We continue on our way. I see us running better next week because most of the pressure was put on us at this race so we can run next weekend. I mentioned this to you before, I thought we were in the top 20 teams in the state, but I actually think that we are somewhere between 11th-13th. I didn't want to scare you because we needed to qualify for state 1st. Can we finish in the top 10? Remember, dare to dream? Work hard to make the dream come true. Believe in the dream until it becomes a reality. Your dreams are just the preview to the future if you believe in them and work hard enough to turn them into a reality. 6 of our top 7 guys will be returning at least for the next 2 years!

1st) Connor Hill 18:19 - **Regional Champion, All-Regional Team**: A superbly run race. You were not fooled by the other teams going out too quickly. You locked into a strong middle part of the race, and continued to put more time in between you and the 2nd place finisher, and carried that to the end. I know that you were not that happy with your time

today, but do not worry about it. You did not have to run your best at this meet. Remember, you are only a sophomore and won the regional meet. This is a great accomplishment for anyone. Something for you to think about in the next week.....All-State Recognition is if you finish in the top 25.....Can you do it?

7th) Mason Hill 19:32 - **All-Regional Team**: Time does not show it, but I really feel you had a good race today. It was definitely a very exhausting race. You really gave it your full effort. It will take you some time for you to feel the benefits of our work the last few weeks. When things come together, look out. You are a major factor in our team's success. Congrats on making it to the All-Regional team in your 1st year of cross-country.

12th) Taylor Peck 20:15 - You have had a great last 2 weeks of practice and I was looking forward to seeing how you would do. Your attitude is very positive and it definitely shows that you enjoy running. You ran faster in the 1st two miles than you have ever raced. As a result of this, you lost a little bit at the end, but this is nothing to get discouraged about. The next time you run at this level, your body will understand the feeling of it, and will carry you into a strong last mile. Great job on your 12th place at a big meet in your 1st year of HS cross-country.

13th) Jared Gentes 20:27 - I was happy with the way you fought your way up in the last mile of the race. You knew that we needed you to place well and you came through. Again, this is where the team concept comes. I just do not know why you rested so much in the middle mile. Why?

31st) Kevin O'Toole- 21:41 - 1st of all, special recognition should be given to you for even attempting to race with your shins bothering you. You stepped up to the challenge and mastered it. I can hardly put into words how impressed I was with your race. In the last few minutes of warmup, as I watched you limp around, I had horrible fears of you not finishing. I took a chance on your mental toughness and let you run. And boy did you ever run! Maybe we should do this every race. Then again, my heart probably couldn't stand it, so maybe we shouldn't. You have demonstrated your dedication to the team concept of what we are doing. If you had not run, we would have only been 10 points ahead of Hampshire instead of the 16 we were.

36th) Ronel Griffin - 21:51 - I told some of my former teammates that much of our success as a team depends on you. You have been constant all year and have been a strong either 5th or 6th guy depending on the meet. I spoke to you before the race, but I needed you to run well because we weren't sure how Kevin would do. You were only 10 seconds behind him, and it might be your best time of the year. As I said in other meets comments, a team must have strong 1-3 guys, but if their 4th and 5th guys are not strong, that do not matter. What a fantastic part of our team you are this year. We are glad you decided to come back out!!

41st) Jerry Chen - 22:12 - I did not know what to expect at 1st when you came out for the team. I had seen you run in track, and knew that you were more of a short to middle distance runner. I was not quite sure how you would be as a true distance runner. I do know now though. Look what you have do this year to help us. You are a senior in your 1st year of cross-country and are part of a team that qualified to the Tennessee State Cross-Country Championships. You can take that accomplishment with you for the rest of your life. You give it your all and fight through every race with your mental toughness. Way to go!

JV Times

Alex Buscher 22:48

Dustin Lounnarath 23:36

Brett Iott 25:06

Glen Recker 26:22

Joseph Battle 27:32

Price Rudolph 27:34

Theo Griffin 27:38

Micah Baldree 31:20

Jason Chen 41:28