

“Another Knighthawk Record!”

Meet Summary – Forerunner Lakeshore Run

10/7/24

Coach's Comments:

Four runners established new Personal Records (PR). Three of the runner's PRs exceeded their Training Goal. Two runners won medals, and one of the medal winners set a new Knighthawk Cross-Country record! Three runners ran times within 10 seconds of their PR. That's a good day at the lake!

There is only 2½ weeks left in the season with only 3 races remaining. Keep working hard and continue to challenge yourself in the remaining races. If you don't challenge yourself and take some chances during the race, you'll never know how good you could have been!

Run Safe - Run Smart - Run Fast!

Runners Finishing in the Top Three (Medal Winners)

- Andrew (1 Mile) 6:31.30 Second Place (out of 25)
- Izzie (1 Mile) 7:57.50 Third Place (out of 16)

Runners Finishing in the Top Ten

- Emily (2 Mile) 14:23.10 Fifth Place (out of 80)

New Personal Records (PR):

- Izzie (1 Mile) 7:57.50 Dropped 11.00 seconds
- Elijah (1 Mile) 13:17.70 Dropped 20.17 seconds
- Kason (5k) 21:53.20 Dropped 00.54 seconds
- Trace (5k) 23:12.60 Dropped 59.50 seconds

Achieved Training Goal:

New Goal Sheets will be prepared for the following runners:

- Izzie (1 Mile) Training Goal: 8:05 Race Time: 7:57.50
- Elijah (1 Mile) Training Goal: 13:30 Race Time: 13:17.70
- Trace (5k) Training Goal: 24:00 Race Time: 23:12.60

New Knighthawk Record:

- Izzie (1 Mile) 7:57.50 (Previous Record: 8:08.50 - I. Lilley - 2024)

Honorable Mentions (Runners within 10 seconds of their PR)

- Andrew within 5.1 seconds (1 Mile)
- Sabrina within 8.2 seconds (5k)
- Tom within 9.4 seconds (5k)