

ILCA CC Makes It 4 Medals in a Row at Broken Arrow

While the American masses slept soundly early Saturday morning, ILCA's Cross Country runners prepared for their fourth CC race of the year on the second-toughest course of the season--behind only the legendary hills of Holland Hall.

Though the sun's rays tried fitfully to break through the clouds on Saturday morning, the cool, mid-September morning began with the runners examining the terrain saturated with heavy dew as they studied the course's lengthy inclines of renown.

Not only did ILCA's runners face a difficult challenge in the course itself but also from the fiercest competition of the year to date, for we were joined by other runners from some of the largest schools in Oklahoma: Broken Arrow, Jenks, Bartlesville, Bixby, Sand Springs, Tahlequah, Bishop Kelley, Collinsville, and Piedmont. Indeed, ILCA competed against the runners from Broken Arrow on Broken Arrow High School's home-course.

After an early Saturday morning walk-through and warm-up led by Emily, the Captain of ILCA's Cross Country Team, the High School races soon began. Emily, Jacob, and Caleb soon completed their first 5k race of the year, earning times that they will aim to beat for the rest of the year.

While Caleb ran his fastest 5k time of his racing career, Jacob outpaced almost 3 dozen racers who competed in the 5k Boys races on Saturday, coming ever-so-close to breaking into the 21-minute 5k Club.

Despite suffering leg injuries during her race, Emily not only finished ahead of other racers on Saturday but she also continued to serve in her Runner-Coach role, mentoring the Middle School runners and advising them on how to maximize their potential and best use their energy as they raced on the excruciatingly difficult course for the first time.

Out of more than 60 runners, Meg willed her way to fifth, sprinting down the hill to her fastest 1.5 mile time of the year. With her most recent exceptional race, Meg ran to her *4th* medal in a row and her *4th* Top-7 finish of the year.

Soon after the super-speedy Meg, Ella--running in her first-ever race with Immanuel's Cross Country team--finished in the Top-20 (18th!): ahead of more than 40 runners, narrowly missing a medal by less than four seconds after only *one* practice with our Immanuel CC team! Way to go Ella!

Giving her all, Lily sprinted down the last decline to the finish line, completing her quickest 1.5 mile race of the year. Similarly, Nick also ran his fastest 1.5 mile time of the year as well!

Throughout the races, ILCA CC's new Team Manager, Ellie, called out her teammates' times and encouraged them, helping her teammates to run their best. By doing so, she modeled Jesus' command to *love your neighbor as yourself*.

Join our Middle School runners (who will be off from running next weekend) as they support their High School Cross Country teammates at our next High School meet at Holland Hall next Saturday morning (9/19).

All the Best,
Coach K