

Date: 10-28-2023				
Location: Fort Dodge				
Weather 32 & Cold				
HS Girls Individual Results:				
	Place	Name	Time	
	34	Lola Mendlik	19:55:00	
	60	Alexa Tremblay	20:19:00	
Comments from head coach Nick Bradley :		<p>What a great race day for the Lady Monarch State XC runners. Lola Mendlik and Alexa Tremblay did an absolutely amazing job. The running conditions were less than ideal this year. This is one of the coldest I remember in the last 8 years. However, every runner has to run in the same conditions and compete. Compete is exactly what Lola and Alexa did. We spent a great deal of time in the last week talking through the start of the race. To me, this is the toughest part at state. Girls get out so fast. If you don't get out with them, you get stuck in the pack and it becomes very difficult to make passes throughout the race. The girls were in box 13 this year. This is dead center of the start line. This was a great place for them to start. We were also grouped in with a girl from Spencer and right next to Gilbert. We have competed against these girls throughout the season and knew we needed to start as fast as them in order to put ourselves in position to finish high. Both girls got out to a great start. Lola was sitting just outside the top 20 after mile 1 and Alexa was sitting just under 50. The girls pushed and made moves when possible. Both girls had great finishes and gave everything they had. Lola is now 3 for 3 in making the state tournament. She has 1 more year to make it 4 for 4. This is something that is very difficult to accomplish and most girls are lucky to make it 1 or 2 years. Lola has a chance to become an elite member of 4-time qualifiers. I know she will put the work in during the offseason to ensure she makes the meet next year and to put herself in position to podium. This was Alexa's first time at the state meet. It is an overwhelming experience. Alexa had a ton of emotion going into today. That emotion can sometimes stifle how you run. However, Alexa ran with great poise today. She ran consistent with how she has run this season. I am very proud of her effort and now she knows what it takes to make and run at the state tournament. Both girls need to stick together throughout the year and continue to train together. They are good for each other. They push each other and make each other better. I am extremely excited to see what they can accomplish in their senior season.</p>		