



## Off to a Great Start!

### Center For Independent Living 5k (June 30th)

When we first thought of doing a 5k at DR we imagined only a few girls choosing to participate. To our surprise we had 10 girls express interest from all different ability levels. After our first couple training runs, we entered our first ever 5k with 8 students and 3 staff. Not knowing what to expect everyone was anxious, but quickly we learned our preparation had paid off as all of the DR 5k Team finished in the top 25%! Not too bad for our first time :)

Run for Independent Living		
	Time	Place (age 13-18)
Maddie	29:23.3	5
Emily A	44:31.9	22
Ashli	31:41.9	8
Megan	47:48.5	31*
Rhiannon	30:42.8	11*
Heather	34:42.6	14
Natalie	44:31.6	21
Arielle	33:32.2	11
Angie	45:08.9	30*
Brock	34:40.7	32*

\* place in group age 19 - 54)

### Lavender Days 5k (July 7)

The Lavender Days 5k was spectacular! The scenery was stunning and distracted from the difficulty of the run. We were surrounded by waves of purple from the lavender fields and overwhelmed with the scent of the flowers. It was refreshingly cool in the early morning and the sun was just peaking over the mountaintops as the gun sounded. The terrain was a dirt road with slight slopes that seemed much easier on the body



Lavender Days		
	Time	Place (age 13-17)
Maddie	28:40.6	12
Rhiannon	30:57.0	13*
Angie	30:57.5	14*
Heather	31:33.2	13
Arielle	33:59.9	14
Emily A	35:50.2	17
Natalie	41:10.1	24
Jessica	57:03.5	30
Casey	57:07.0	31
Megan	50:36.7	37*
Alysa	1:04:37.9	32
Faith	1:04:38.0	33

\* place in group age 18 - 24)

than the previous 5k's pavement trail. Our training through the hills of Hobbie Creek Canyon greatly prepared us for this challenging environment! The entire attitude of the team was very positive and supportive, everyone was motivated to do their individual best. Even with the increased difficulty of the terrain, many of our team turned in the same or better time than our first 5k. Two members of the team were unable to run yet still choose to walk the course as a show of support for their teammates.

