

2011 All-Metro Girls Cross Country

Moye named All-Metro runner of the year



A closer look at the runner of the year

Megan Moye

School: Cosby. **Year:** Senior

The skinny: Earned her second consecutive runner-of-the-year citation while establishing herself as one of the nation's elite...

There is a slight hesitation when Cosby High School senior Megan Moye is asked to talk about her legacy as a cross country runner. "I really don't picture it as a legacy," Moye said. "But I look back over my last four years and I'm still in awe over it. "I thank the Lord every day, because I wouldn't be here if it wasn't for Him." Moye, a two-time Times-Dispatch runner of the year, has used her God-given abilities to carve out one of the most impressive distance careers in the region. "I could tell when she was a freshman that she would be very good," said Maggie Walker Governor's School coach Jim Holdren, whose coaching career has encompassed five decades. "Megan has taken what (older sister) Jenna started beyond a new level. Megan is one of the very best." Jenna Moye is a solid performer in cross country and track at Virginia Military Institute. This season, Moye won in record-shattering fashion, dropping the previous Dominion District mark from 18 minutes, 4 seconds to 17:34 and setting the Central Region and Pole Green course mark at 17:39.33. She finished third at the VHSL Group AAA Cross Country Championships but went on to compete at the Foot Locker South Regional, finishing fourth and qualifying for the national meet in San Diego. There, Moye finished 16th, missing out on All-America status by one place. "It was amazing," Moye said about competing on the national level. "I never thought I would make it that far. Meeting all of the girls and other great athletes, who are like you and have a passion for running like you do, was a great experience. If I could do it again, I would in a heartbeat. "I made many, many friendships that I can take with me along the way. It was such a blessing to be there." Moye's 18:02 finish at Morley Field at Balboa Park in Southern California officially ended her high school cross country career. "I've just had an amazing past four years and it is really sad to see it end, but it is time to move on," Moye said. Moye will compete in college for the track and cross country programs at North Carolina State. "My heart was there all of the time, but I just didn't want to admit it. And now that I have, it was the right decision," said Moye. "I felt the Lord pulling me towards the school, so I knew that's where I needed to be." One of the definitions of legacy is the passing down of something from a predecessor. And even though Moye took the foundation laid by sister Jenna and expanded upon it, the influence of legacy is still shining through. Moye said she is deeply grateful to family and friends. "They are continuing to support me, and it means so much to me," she said. "I can't thank them enough

Past All-Metro Runners of the Year

2010 — Megan Moye, Cosby

2009 — Kathleen Lautzenheiser, Midlothian
2008 — Kathleen Lautzenheiser, Midlothian
2007 — Kathleen Lautzenheiser, Midlothian
2006 — Kristin Wolfe, James River
2005 — Kristin Wolfe, James River
2004 — Katie Doswell, St. Catherine's
2003 — Amanda Patterson, Midlothian
2002 — Lindsay Traudt, James River
2001 — Tiffany Cross, Atlee



KAILA BLACKBURN **School:** Monacan **Year:** Senior

The skinny: Running in the Dominion district, Blackburn was overshadowed by Moye and the team accomplishments of Midlothian but she made her presence felt. She finished 13th in the Maymont X-Country Festival (19:40.86). She placed second in the district meet (18:10.93). She then beat out five other members of the all-metro first team to capture second place at the Central Region meet (18:05.44). Blackburn finished 39th at the VHSL Group AAA state meet.

What you didn't know: "I really love my dog." (Buddy, a Jack Russell terrier.)



SKYLAR EVANS **School:** Midlothian **Year:** Senior

The skinny: Evans makes her appearance on the All-Metro first team despite missing out on either team from the previous season. She finished seventh in the Dominion District meet (19:36.69), ninth at the Central Region championships (19:10.85) and 14th at the VHSL Group AAA state meet for all-state honors. Evans went on to place 15th (18:26.40) at the Nike Cross Country Nationals Southeast Regional in Cary before competing in Portland, Ore.

What you didn't know: "I ride horses."



KARA DICKERSON School: Midlothian Year: Junior

The skinny: Dickerson, a second team All-Metro selection in 2010, finished 15th in the Great American Cross Country Festival (18:14.31) in Cary, N.C. in early October. Injuries kept her from competing for most of the season but she re-emerged as an all-state runner with a sixth place finish (18:33) at the VHSL Group AAA Cross Country meet in The Plains helping Midlothian to its sixth state cross country title. She would finish fifth at the Nike Cross Country Nationals Southeast Regional in Cary before competing in Portland, Ore.

What you didn't know: "I'm still afraid of the dark."



RACHEL GALTON School: Maggie Walker GS Year: Junior

The skinny: A second team selection last season, Galton raced to a third place finish at the Maymont X-Country Festival (19:07.61) and an eighth place finish at the Milestat.com Cross Country Invitational (18:32). She won the Colonial District championship (18:42), fourth in the Central Region (18:33.15) and fourth at the VHSL Group AAA state meet (18:28). Galton finished eighth at the USATF National Junior Olympics Cross Country championships Intermediate Division (18:26.69) in Myrtle Beach, S.C.

What you didn't know: "I used to do musicals." (Like 'Annie' and 'Hairspray'.)



DAISY BANTA School: Maggie Walker GS Year: Sophomore

The skinny: Returning this season as an All-Metro first teamer after being chosen on the second team in '010, Banta finished ninth at the Milestat.com Cross Country Invitational (18:38), third at the Colonial District championships (18:56), fifth at the Central Region championships (18:52.77) and 16th at the VHSL Group AAA state meet. She also finished 11th (18:35.52) at the USATF National Junior Olympics Cross Country championships Intermediate Division at Myrtle Beach, S.C.

What you didn't know: "I was born in Singapore." She also lived in London.



MOLLY BREIDENBAUGH School: Hanover Year: Sophomore

The skinny: Breidenbaugh is two-for-two as an All-Metro first team selection, after being selected last year as a freshman. This season, she placed sixth at the Milestat.com Cross Country Invitational finishing in 18:10. She won the Capital District title for the second consecutive season (18:35) and placed third at the Central Region meet (18:29.88). After a 25th place finish at the VHSL Group AAA state meet, Breidenbaugh finished seventh at the USATF National Junior Olympics Cross Country championships Intermediate Division (18:22.47) in Myrtle Beach, S.C.

What you didn't know: "My dream is to become a pediatric surgeon."

Second team All-Metro Girls Cross Country

Becca Eudailey, New Kent, Sr.; Meghan Mulroy, Midlothian, Sr.; Katherine Benefer, Mills Godwin, Soph.; Kari Johnston, Midlothian, Soph.; Elaine Dowell, James River, Jr.; Liz Spruill, St. Catherine's, Jr.; Katie Perry, Glen Allen, Soph.; Molly Banta, Trinity Episcopal, Sr.