

TFS MS XC Highlights 2020

TFS MS XC Highlights - MS State Championships October 17, 2020

Eighth graders Allison Bailey and Clay Kafsky represented TFS at the GA MS State Cross Country Championships at Bleckley County Elementary school in Cochran, GA this weekend. Fourteen races included 1525 'lil harriers who finished the two mile course on the stunning fall October morning.

In her initial year of being a harrier, Allison finished 26th of 162 in 14:33.52 among small school division runners; her time placed her 123rd of 729 overall racers during the day. Allison has been a stalwart throughout the season, placing high in every meet.

Dedicated and tenacious, Allison trained during the summer in the weight room as well as running. She practiced every day like it was important, and she consistently encouraged her teammates. As positive as her state meet experience was, it left her with valuable lessons learned to become an even better racer.

Allison's season best 12:43.73 time on a 3k course places her #3 on the TFS MS XC Legacy List.

In his first year running cross country, multi-sport athlete Clay Kafsky crossed the finish line 35th of 178 in 13:12.97 in the small school race; his time placed him 150th of 795 overall throughout the seven male races. Clay is competitive, never backs down from any challenge, and is quick to engage with others. He has a rich mix of external and intrinsic motivation that compels him to do his best daily, no matter what lies before him. Unafraid to fail, his desire for success, to see who is the best, to see how far he can push himself, to see just how good he can be...motivates his every athletic action.

Clay's best 3k time of 11:48.78 lands him at about 3rd all time on the TFS MS XC Legacy List.



TFS MS XC Highlights Athens Academy MS #3 Oct 2, 2020

In a smaller, six school cross country meet under a clear sky with fall sunshine and just cool enough air to liven hopes going into the last team meet of the 2020 season, TFS athletes glowed brightly while each set 3k personal records along the eight lane, red track, incline path, tunnel, forest, lake, and gut activating hill before finishing a three quarter lap sprint to the finish line amongst happy well wishers.

The impact of this meet has the possibility to influence lives and form a road for some of the TFS 'lil harriers. Besides every runner setting a PR, the opportunity reaped the principles of work ethic, setting goals, and just keep going. The intense satisfaction of earned improvement blossomed as each passed the finish line, seeing a time that reflected their previous investment and present determination.

Josie Chesser ran 12:31.08 as the runner-up of 39, running 1:48 faster on the same course since early in the season; she moved up to #2 on the TFS MS XC Legacy List. Allison Bailey was two places behind, knocking off 1:34 from August 27 and moved to #3 all time at TFS MS. Molly Rickman ran her best race ever, smashing her previous best by over two minutes to place 14th. Only two other racers passed before Lezita Miller, Avery Keim, and LB Kafsky pack ran the next three places.

Clay Kafsky sliced 42 seconds from early season to run 11:48.78 for fourth place and #4 on the TFS MS Legacy List. Jason Bard moved into the top 10 all time by placing 10th in 12:28.63, over a minute better than last time on the same course. Dalton Blackwell, Bryson Freeman (3:07 improvement), and Conner Spink sprinted to within 11 seconds of each other for the next three TFS scoring spots.

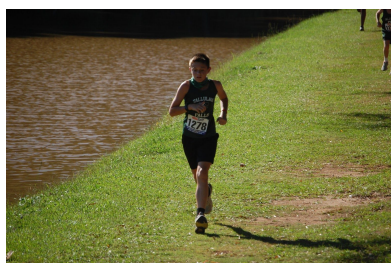
GROM: Molly Rickman

BROM: Bryson Freeman

TFS results:

<https://ga.milesplit.com/meets/391825-athens-academy-ms-meet-3/teams/20834#.X3txYnlKg2w>

Meet results: [com/meets/391825-athens-academy-ms-meet-3/results#.X3ftn3lKg2w](https://ga.milesplit.com/meets/391825-athens-academy-ms-meet-3/results#.X3ftn3lKg2w)



TFS MS XC Highlights Mountain Invite Sept. 29, 2020

For the first time in the last 11 years at the Mountain Invite at Unicoi State Park in Helen, it rained. When a couple hundred feet traipse through the liquid dirt over a 3000 meter course that has a steep hill up into the forest (it's there one dad was overhead telling his son, "if you walk, it better be in the forest where no one else can see ya"), the grass gets trampled and the tundra starts to squish. The result of that arduous incline is a gravity inducing sloppy slope in which the spectrum was tip toe intrepidation to an all out assault on the ever deepening mushiness. It certainly forms memories to those brave enough to be in the sport of cross country.

TFS girls finished sixth of the twelve scoring teams. Josie Chesser placed 11th of 109 runners while teammate Allison Bailey was six seconds and two spots behind. Both girls moved up in placing over the last quarter mile. Lezita Miller sprinted to the finish in 37th, one place ahead of Laurel Blake Kafsky. Avery Keim rounded out the team scoring four places and seven seconds back. Haylen McGugan and Megan Prince crossed under the inflatable arch in the top half of racers.

A positive observation about the TFS girls team is that there is less than a minute separating our #3 to our #7 girl and only another 30 seconds through the #9 runner. In cross county, that differential can be critical to future success.

Clay Kafsky ran in the top 10% of harriers, running 12:58.40 in his best race of the season. Jason Bard, Josh Lander, Dalton Blackwell, and Bryson Freeman were the next four team scorers. As with their counterparts, the boys #3-7 runners (Josh Lander, Dalton Blackwell, Bryson Freeman, Conner Spink, and Ti Wright) are all within a minute of each other.

GROM: Lezita Miller

BROM: Clay Kafsky

TFS results: <https://ga.milesplit.com/meets/378295-mountain-invitational/teams/20834#.X3Rqz3IKg2w>

Full results: <https://ga.milesplit.com/meets/378295-mountain-invitational/results#.X3SBdXIKg2w>

Next race: @ Athens Academy Friday, October 2



TFS MS XC Highlights @ Rabun Gap 9-22-2020

Fall initiated it's first day of a roller coaster 2020 with cool temperatures under welcome sunshine, the same kind of light radiating from kids joyfully competing during a pandemic. Fans weren't allowed to attend because of covid policies so runners heard less cliché after cliché as they battled the inner clashing voices to slow down because of discomfort or to push on to develop fortitude. We missed our parents, but the 'lil harriers happily scurried along the rolling grass, sidewalks, m10 path, and the lone leg burning hill amongst the memorable scenery of the NE Georgia mountains.

Josie Chesser led the second place TFS girls in a runner-up time of 14:33.1 for the 1.9 mile course. Avery Keim ran 15:16.5 for fourth while Laurel Blake Kafsky rounded out the scoring, placing sixth in 16:09.7. Lezita Miller was only a second behind and Megan Prince finished out as the team's #5 runner for the day.

Clay Kafsky won the boys race in 13:10.8, running strategically wise to pour it on in the last half of the race. Jason Bard finished fourth of the 28 competitors in 13:53.3. Sixth grader (and birthday boy!) Josh Lander finished 12th as the final TFS scorer and set a personal record. Ti Wright sprinted to a strong finish behind Josh, about the same time ahead of the team's #5 Dalton Blackwell.

TFS GROM: Laurel Blake Kafsky

TFS BROM: Josh Lander

Results: Copy and paste in window

file:///C:/Users/scott.neal/Downloads/MIDDLE%20SCHOOL%20MEET.xlsx.pdf

Next race: Tue Sept 29 Runner's Fit Mountain Invite @ Unicoi State Park



MS XC Highlights - Prideland Invite Franklin Co - Sept 12, 2020

Boom! After a downpour while the team surveyed the course, the soggy uniforms and hair didn't dampen the souls of the 'lil harriers, especially with the cannon thunder startling the beejebees out of the tweens, even when they knew it was coming. After the ground shook - and a couple who fell from the thud got up from the mud, they were off, scurrying the grassy knolls, stretches of hay cut swaths, and meandering flags. When the lungs gathered their oxygen back and feeling returned to the drained legs, the youthful joy took over and it was herding cats again. One bragged before the race of eating a strawberry donut, gulping coffee, and gorging on mango to get her energy up high, only to realize during the race that might not be the best of ideas next time. Oh, the joys of middle school cross country... and the boom of a cannon!

Top five TFS scorers include Clay Kafsky, Jason Bard, Josh Lander, TiQuavious Wright, and Conner Spink for the boys and Josie Chesser (3rd), Allison Bailey (6th), Avery Keim, Lezita Miller, and Olivia Henderson. Kafsky joined Chesser, Bailey, and Keim by earning a top 20 medal. Miller had the best improvement of the girls while Spink cut off the most time for the boys.

MSG ROM: Josie Chesser

MSB ROM: TiQuavious Wright

TFS results:

<https://ga.milesplit.com/meets/386820-franklin-county-pridelands-invitational/teams/20834#.X10ubzhKipo>

MS boys results:

<https://ga.milesplit.com/meets/386820-franklin-county-pridelands-invitational/results/698380/raw#.X10hlzhKipo>

MS girls results:

<https://ga.milesplit.com/meets/386820-franklin-county-pridelands-invitational/results/698381/raw#.X10hKDhKipo>



TFS MS XC Highlights - 16th Annual Cookies 'n Quotes XC Festival Sept 8, 2020

Running cross country in middle school is so often the time in a young life where managing the combination of physical and mental anguish of hills, running continuously, and last minute sprints make hearts pound like drums, legs deplete like running out of gas, and the mind face battles like choosing between two favorite ice creams. These youthful moments begin the separation of whether fun is found in that anguish or whether that deep, deep discomfort helps one to find another activity. Either way, the experience charts courses, exposes and strengthens weaknesses, and bonds youth in lasting memories.

Many on the TFS team ran better in their third race of the year. Allison Bailey ran an inspiring PR 3k 14:03 as the runner-up to also lead the team to a second place finish of five schools. Avery Keim, ninth, and Olivia Henderson, 10th, scurried amongst the grassy hills in the hottest part of the day with fortitude, as did Molly Rickman and Lezita Miller, who rounded out the TFS scorers. Haylen McGugan finished top twenty. Carsyn Griffis and Megan Prince crossed under the finish banner in the top half of 92 legs running the hills of the TFS old farm.

Clay Kafsky led TFS in 12:35 for sixth place, in front of teammate Jason Bard, only nine seconds behind. Josh Lander, Charlie Harris, and Ti Wright rounded out the scoring for the home team. Bryson Freeman finished as the possible tie breaking sixth place team spot.

TFS MS GROM: Allison Bailey

TFS MS BROM: Josh Lander

TFS MS results: <https://ga.milesplit.com/meets/388664-cookies-n-quotes/teams/20834#.X1jHnzhKipo>

MS results:

<https://ga.milesplit.com/meets/388664-cookies-n-quotes/results/697708/raw#.X1gzNThKipo>

Check out pics from the meet on our social media

<https://www.facebook.com/TallulahFallsSchoolAthletics>

Next race: Franklin County Pridelands Invite, Sat. Sept 12.

TFS MS & HS XC Highlights - North GA Championships Invite - Aug 29, 2020

A rare gray stratospheric puffy hue with a refreshing breeze wafted above the 19 races and 1500 runners at Lamar Murphy Park, a Jefferson recreational and penitentiary facility that hosts a flatish, fast double loop course over grass, around a lake, and outside of an extended razor wire backdrop.

Varsity boys led off the day with the morning dew droplets still fresh under the zillion masked, spread out spectators exclaiming cliché after cliché, hoping to be the note that makes the symphony harmonious. Running strategically patient, sophomore Walker Bailey set another personal 5k record, reaping the benefits of consistent off season training, competitive practices, and an earnest desire to not just dream big, but to lay the foundation for significance.

Running his first race, junior Charlie Cody placed 13th of 112 in the JV #1 two mile race and will quickly move onto the varsity squad in hopes of leading TFS to state for the second year in a row. Both Ethan Wanner and Eli Sims placed in the top half.

Lucy Alexander won the JV #2 girls two mile race, letting the rabbits deplete their legs in the first quarter mile before taking command shortly after to earn the victory medal. Caroline Ball, fifth, and Dani Prince, tenth, rounded out the medal earners. The team placed second of the six scoring schools.

Allison Bailey led the TFS middle school girls for the second race in a row, placing in the top third. Molly Rickman edged Avery Keim by less than .3 at the finish line, three seconds ahead of Carsyn Griffis. Olivia Henderson was only five spots behind, meaning TFS had 4 places within seven for a solid pack running mentality. Jazzy Marshall jaunted faster for the two mile than she did for the 3k on Thursday.

Jason Bard led TFS by placing in the top half of the racers. Josh Lander and Bryson Freeman scampered faster for this two miler than last week's 3k.

TFS Harriers of the Meet: Walker Bailey, Lucy Alexander, Allison Bailey, Josh Lander

TFS HS Results

<https://ga.milesplit.com/meets/388200-north-georgia-championships-lamar-murphy/teams/4745#.X0q2YshKg2w>

TFS MS Results

<https://ga.milesplit.com/meets/388200-north-georgia-championships-lamar-murphy/teams/20834#.X0q2XshKg2w>

HS Boys Varsity 5k

<https://ga.milesplit.com/meets/388200-north-georgia-championships-lamar-murphy/results/696082/raw#.X0qvzshKg2w>

JV Boys Results 3200m

<https://ga.milesplit.com/meets/388200-north-georgia-championships-lamar-murphy/results/696091/raw#.X0qvo8hKg2w>

JV Girls Results: 3200m

<https://ga.milesplit.com/meets/388200-north-georgia-championships-lamar-murphy/results/696115/raw#.X0qyGshKg2w>

MS Boys Results 3200m

<https://ga.milesplit.com/meets/388200-north-georgia-championships-lamar-murphy/results/696121/raw#.X0qvzshKg2w>

MS Girls Results 3200m

<https://ga.milesplit.com/meets/388200-north-georgia-championships-lamar-murphy/results/696135/raw#.X0qv0chKg2w>

TFS MS XC Highlights Aug 27, 2020 @ Athens Academy

Under a canopy of drippy steam along the track, long incline, tunnel, lakes, and heart pounding hill on the 3k Athens Academy cross country course, TFS seventh and eighth grade harriers scurried with region peers AA and Prince Avenue in a tri meet.

Life lessons are learned in a middle school meet: early passion is good, but finishing strong is more important; just keep going; we are better together!

Highlights include TFS Harrier of the Meet Allison Bailey's fourth place of 29, personal record performance, Molly Rickman's and Carysn Griffis's significant time improvement on the shorter 3k course, and Bryson Freeman and Charlie Harris major time drop since last week. Clay Kafsky placed sixth of the 29 runners.

TFS results:

<https://ga.milesplit.com/meets/391820-athens-academy-middle-school-1/teams/20834#.X0j37MhKg2w>

MS boys results:

<https://ga.milesplit.com/meets/391820-athens-academy-middle-school-1/results/695935/raw#.X0j3n8hKg2w>

MS girls

results: <https://ga.milesplit.com/meets/391820-athens-academy-middle-school-1/results/695936/raw#.X0kChchKg2w>



