

# MND Cross Country Update

Volume 1, Number 1

August 31, 2015

Aug 29	Lakota East Classic	5 <sup>th</sup> of 7	<b>Highlights:</b>		
			Allison,	7 <sup>th</sup>	21:00.7
			Beth	13 <sup>th</sup>	21:38.5
			Chloe	17 <sup>th</sup>	22:0
			<b>Personal Records:</b>		
			Erin	54 <sup>th</sup>	23:51.5
			Anna	88 <sup>th</sup>	26:03.0
			Sarah	90 <sup>th</sup>	26:11
			<b>Top Newcomers:</b>		
			Faith	78 <sup>th</sup>	24:55.7
			Jordan	88 <sup>th</sup>	26:42.0
			Natsia	109 <sup>th</sup>	27:43.7

**Lakota Results** (<http://www.buckeye-timing.com/Results/2015/08-29-LAK/index.html>)

<b>Athlete</b>	<b>Place</b>	<b>Time</b>
Allison Rogiers	7	21:00.7
Beth Heimbuch	13	21:38.5
Chloe Griffith	16	22:01.3
Erin McLean	54	23:51.5
Moira Fiebig	57	24:03.6
Maddie Farlow	60	24:14.7
Reilly Hass	69	24:34.9
Katie Hohman	75	24:52.0
Audrey Stevenson	77	24:55.7
Faith Harold	78	24:55.7
Anna Hale	88	26:03.0
Sarah Ray	90	26:11.1
Jordan Cline	98	26:42.0
Natsia Cappozzo	109	27:43.7
Taylor Chatlos	114	27:55.4
Gabby Marcum	116	28:10.7
Sarah Horton	117	28:11.0
Abi Brennen	122	28:47.4
Allie Kendall	129	29:53.0
Mariah Bradley	133	30:25.7
Elaine Edwards	134	30:31.1

## **Observations:**

Overall, a very good first race for MND.

Congratulations to Allison, Beth, and Chloe for finishing in the top 20. All three of you ran a strong race from start to finish.

Our gap between 1-3 runners was very good. And our gap between 4-7 runners was very good.

But we have to close the gap between our 3<sup>rd</sup> and 4<sup>th</sup> runners. Erin, Moira, Maddie, and Reilly, all ran very well. We just need you four to work on staying closer to the top group.

## Highlights

Erin, Sarah, and Anna ran PRs!

Chloe ran faster than she did all of last year.

Runners that ran faster in this year's first meet compared to last year's first meet:

Allison (99 seconds faster)

Katie (30 seconds faster)

Audrey (almost 90 seconds faster)

Taylor probably should have stopped racing because of injury (almost 90 seconds faster)

Reilly (55 seconds faster)

Freshmen: of course your time is a PR since it was your first meet. But faster times are in your future: last season, almost every freshmen on the team lowered their PR by about 3 minutes between the first race and the last race. Audrey took almost 4 minutes off of her time.

Natsia, as a freshman, your time of 27:43.7 is very impressive. Keep up the good work and take care of your legs.

Beth was very consistent last year, running 7 races between 21:04 and 21:32. She opened this year with a 21:38. There is little doubt in my mind that with the training she is doing, she will drop her time drastically

## Weather Makes a Difference

I also think this was a slow race because of the heat and humidity.

I compared race times for girls on other teams that raced at Lakota but also raced earlier in the season. For example, Sam Bush from Turpin won Lakota in 19:53. She won Sycamore on Monday in 19:20 and was 3<sup>rd</sup> at OHSAA in 19:42.

So, we had a tough day for racing because of the heat and humidity. But we still raced very well. That is a sign of the stamina we are building and will continue to build.

### Coach's Comments

I did not expect a lot of PRs (personal records or fastest times, ever) for three reasons:

1. Almost impossible to PR in your first meet of the season
2. Nine of our 21 runners were running their first high school CC race ever
3. All of you were either running faster, or farther, or faster AND farther than you have run in practice this year

In other words, we are not in “race shape” yet. Being in race shape means you are ready to run a fast pace (much faster than up-tempo) for 5000 m.

Before we can race well over 5000m, we have to be able to run tempo pace over 4 and 5 miles. So, in practice, we are working on building our ability to run a tempo pace for longer than 5000m.

Each week for the next 5 weeks, we will gradually lengthen our runs and gradually quicken the pace. Then, over the last three weeks of the season, we will run some very fast, but much shorter, intervals. By the time of GGCL and Districts, we will be in race shape.

Keep up the good work ethic you have demonstrated so far:

1. Come to practice prepared to work hard on hard days.
2. On the easy days, run easy. Allow your body to recover
3. Ice and stretch
4. Communicate any health issues with the coaches
5. Start to believe in yourself and race with confidence

We are going to get in better shape each week and run faster each race.

But, the GGCL is a strong conference. We must keep working hard if we are going to have a chance to “Not be 6<sup>th</sup>!” in the GGCL.

### **Next Week's Race**

The Lebanon Invitational.

Last year's teams: St. Ursula, Turpin, Sycamore, Walnut Hills, and Oak Hills, among others.

There will be 2 races.

Varsity at 9:00 am: Allison, Beth, Chloe, Moira, Maddie, Katie, Reilly

Open at 10:10 am: Everyone else

Plan on being ready at Lebanon High School and ready to walk the course at 7:45am!