

# MND Cross Country Update

Volume 1, Number 2

September 5, 2015

Aug 29	Lakota East Classic	5 <sup>th</sup> of 7 Season Record: 2 - 4	<b>Highlights:</b>		
			Allison	7 <sup>th</sup>	21:00.7
			Beth	13 <sup>th</sup>	21:38.5
			Chloe	17 <sup>th</sup>	22:01.1
			<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
Nastia	109 <sup>th</sup>	27:43.7			
Sept 5	Lebanon Invitational	6 <sup>th</sup> of 11 Season Record: 7 - 9			
			Allison	7 <sup>th</sup>	20:52.2
			Beth	20 <sup>th</sup>	21:25.9
			Chloe	33 <sup>th</sup>	22:38.0
			<b>Personal Records:</b>		
			Allie	95	27:49.3
			Gabby	98	27:55.8
			<b>Noteworthy Performances:</b>		
			Reilly	48	23:58.4
			Taylor	90	27:30.2

**Lebanon Results** (<http://www.finishtimingresults.com/2015/09-05-LEB/index.html>)

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

## Individual Results and Season Comparison

Athlete	East Classic		Lebanon Inv	
	Place	Time	Place	Time
Allison Rogiers	7	21:00.7	7	20:52.2
Beth Heimbuch	13	21:38.5	20	21:25.9
Chloe Griffith	16	22:01.3	33	22:38.0
Erin McLean	54	23:51.5	-	-
Moira Fiebig	57	24:03.6	47	23:51.8
Reilly Hass	69	24:34.9	48	23:58.4
Katie Hohman	75	24:52.0	57	24:56.0
Maddie Farlow	60	24:14.7	58	25:03.5
			JV/Open Race	
Audrey Stevenson	77	24:55.7	40	25:15.0
Faith Harold	78	24:55.7	44	25:27.2
Kelly Snyder	-	-	64	26:24.5
Anna Hale	88	26:03.0	70	26:44.9
Sarah Ray	90	26:11.1	-	-
Jordan Cline	98	26:42.0	77	27:06.4
Nastia Cappelozzo	109	27:43.7	-	-
Taylor Chatlos	114	27:55.4	90	27:30.2
Allie Kendall	129	29:53.0	95	27:49.3
Gabby Marcum	116	28:10.7	98	27:55.8
Sarah Horton	117	28:11.0	-	-
Abi Brennen	122	28:47.4	-	-
Mariah Bradley	133	30:25.7	129	30:41.2
Elaine Edwards	134	30:31.1	135	31:22.5

## Coach's Comments

The Lebanon Warrior Invitational was another good meet for MND.

The weather made this a tough race, especially for the JV/Open runners. However, everyone competed very well.

Last year the second race of the season was at the Xavier University High School Invitational at Kingswood Golf Course in Mason. MND finished 4<sup>th</sup> behind Mercy, Wyoming, and Kings. Since Mercy was there, I was there, too. I distinctly remember how impressed I was with how MND raced.

But, comparing last year's race times with Lebanon race times...

Allison was 38 seconds faster at Lebanon than at Xavier.

Beth, 1 second faster (she ran a very good race this year and last year)

Chloe, 2:50 seconds faster at Lebanon!

Audrey, 39 seconds faster at Lebanon.  
Reilly, 30 seconds faster at Lebanon.  
Kelly, 45 seconds faster at Lebanon.  
Anna, 1:06 seconds faster at Lebanon!  
Taylor, 37 seconds faster at Lebanon.

Kate, Moira, and Maddie were about 20 seconds faster last year than this year.

So, as strong as MND ran last year, I believe we ran an even better race this year.

It is not likely that we will always race faster this year than in a previous year, or even compared to the previous week's race. But if we keep a positive attitude and take care of our aches and pains, the chances are very good we will continue to improve.

### Weather Makes a Difference

Just like last week, weather makes a difference.

The winner of the Lebanon varsity race was Jesse Hartman of Lebanon. She ran 19:33.1, a very good race. However, a week earlier, she ran at Moeller Primetime in ideal evening conditions and finished 4<sup>th</sup> in 18:58.5.

So, we had another tough day for racing because of the heat and humidity. But, again, we still raced very well.

### Pacing

We all ran way too fast during the first mile. Running 15 or 30 seconds too fast in the first mile may not seem a big deal in a race that last over 20 minutes but it is a big deal.

Our race strategy is to run each mile at the same pace. The only way to do that is to be more conservative in the first mile so your legs are not dead in the last mile.

Now that I have seen everyone for one or two races, I am have a good idea of what each of you should be running for the first mile. The following table lists your goal race pace. In the table, the 2<sup>nd</sup> and 3<sup>rd</sup> miles are at the same pace as the first mile. Also in the table, in parentheses, are the actual times you ran for the 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> miles at Lebanon. Notice the difference between your actual pace and your target pace. Pay special attention to the difference in pace between your 1<sup>st</sup> and 2<sup>nd</sup> mile splits. Please commit your race pace to memory. You will practice your pace so that you run it without the need to look at your watch!

Please commit these paces to memory. Write them down and post them everywhere. Parents, please repeatedly ask your daughter what her 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> mile times should be if she is on pace. When you are in the race, you need to be able to recall this information quickly. The only way we hit these goals is if we practice them both mentally and physically.

## Short-Term Target Paces

“Short-Term” means that as soon as you run your target pace for an entire race, we will set a new, faster target pace. These ARE NOT your end-of-season goal times.

	<b>1<sup>st</sup> Mile</b>	<b>2<sup>nd</sup> Mile Time</b>	<b>3<sup>rd</sup> Mile Time</b>	<b>Final Time</b>
	<b>Goal (Actual)</b>	<b>Goal (Actual, 2<sup>nd</sup> Mile)</b>	<b>Goal (Actual, 3<sup>rd</sup> Mile)</b>	<b>Goal (Actual)</b>
Allison	<b>6:30</b> (6:07)	<b>13:00</b> (13:15, 7:06)	<b>19:30</b> (20:10, 6:55)	<b>20:10</b> (20:52)
Beth	<b>6:40</b> (6:05)	<b>13:20</b> (13:15, 7:10)	<b>20:00</b> (20:45, 7:30)	<b>20:40</b> (21:25)
Chloe	<b>6:50</b> (6:18)	<b>13:40</b> (13:45, 7:27)	<b>20:30</b> (21:58, 8:13)	<b>21:15</b> (22:38)
Moira	<b>7:25</b> (6:45)	<b>14:50</b> (14:55, 8:10)	<b>22:15</b> (23:10, 8:15)	<b>22:55</b> (23:51)
Reilly	<b>7:25</b> (6:33)	<b>14:50</b> (15:00, 8:27)	<b>22:15</b> (23:17, 8:17)	<b>22:55</b> (23:58)
Erin	<b>7:25</b>	<b>14:50</b>	<b>22:15</b>	<b>22:55</b>
Katie	<b>7:45</b> (6:47)	<b>15:30</b> (15:30, 8:53)	<b>23:15</b> (24:15, 8:45)	<b>23:55</b> (24:56)
Maddie	<b>7:45</b> (6:47)	<b>15:30</b> (15:30, 8:53)	<b>23:15</b> (24:22, 8:52)	<b>23:55</b> (25:03)
Audrey	<b>7:45</b> (7:35)	<b>15:30</b> (16:00, 8:25)	<b>23:15</b> (24:22, 8:05)	<b>23:55</b> (25:15)
Faith	<b>7:45</b> (7:35)	<b>15:30</b> (16:00, 8:25)	<b>23:15</b> (24:47, 8:17)	<b>23:55</b> (25:27)
Emma*	<b>7:45</b>	<b>15:30</b>	<b>23:15</b>	<b>23:55</b>
Kelly	<b>8:15</b> (7:35)	<b>16:30</b> (16:15, 8:40)	<b>24:45</b> (25:44, 9:29)	<b>25:25</b> (26:24)
Anna	<b>8:15</b> (7:35)	<b>16:30</b> (16:20, 8:45)	<b>24:45</b> (26:04, 9:44)	<b>25:25</b> (26:44)
Sarah R	<b>8:15</b>	<b>16:30</b>	<b>24:45</b>	<b>25:25</b>
Jordan	<b>8:30</b> (7:35)	<b>17:00</b> (16:45, 9:10)	<b>25:30</b> (26:26, 9:41)	<b>26:10</b> (27:06)
Taylor	<b>8:30</b> (7:35)	<b>17:00</b> (16:45, 9:10)	<b>25:30</b> (26:50, 10:05)	<b>26:10</b> (27:30)
Nastia	<b>8:45</b>	<b>17:30</b>	<b>26:15</b>	<b>26:55</b>
Allie	<b>8:45</b> (8:00)	<b>17:30</b> (17:25, 9:25)	<b>26:15</b> (27:09, 9:49)	<b>26:55</b> (27:49)
Gabby	<b>8:45</b> (7:50)	<b>17:30</b> (17:15, 9:25)	<b>26:15</b> (27:15, 10:00)	<b>26:55</b> (27:55)
Sarah H	<b>8:45</b> (7:50)	<b>17:30</b> (17:15, 9:25)	<b>26:15</b> (27:15, 10:00)	<b>26:55</b> (27:55)
Abi	<b>8:45</b> (8:00)	<b>17:30</b> (17:27, 9:27)	<b>26:15</b>	<b>26:55</b>
Sydney*	<b>8:45</b>	<b>17:30</b>	<b>26:15</b>	<b>26:55</b>
Elaine	<b>9:40</b> (8:37)	<b>19:20</b> (19:05, 10:22)	<b>29:00</b> (30:42, 11:35)	<b>29:40</b> (31:22)
Moriah	<b>9:40</b> (9:00)	<b>19:20</b> (19:27, 10:27)	<b>29:00</b> (30:01, 10:35)	<b>29:40</b> (30:41)

\*Sydney and Emma, I really need to see you race before I can assign your true goal pace.

## Drafting

We also have to understand “drafting” or the practice of running right behind a competitor instead of beside her. It is called “drafting” because the other person is doing all of the work to break the wind. You might not think this makes a difference but you would be amazed how much energy you save if you draft behind someone instead of run beside her. When the person you are drafting behind is your teammate, you must alternate the lead with her and let her rest while you do the work. We are going to practice drafting and alternating the lead during our intervals practice.

## Running is Complicated

To run well takes more than just putting your shoes on and going for a run.

There is a lot for you to know and to do if you are going to reach your potential as a runner. The right shoes, good form, strength training, interval training, tempo runs, up-tempo runs, easy runs, stretching, icing, drafting, and racing an even pace, just to name a few. We haven’t even talked about the importance of nutrition and sleep. But we will, soon.

I hope you are starting to realize that running is just as complicated a sport as any other and takes the same level of commitment to be successful in it as any other sport.

I’ve told you before that MND will be successful in CC when we have a team of runners not a team of people that happen to run. The difference between a runner and a person that happens to run is the former understands and appreciates, and commits to how much work, and knowledge, it takes to run extremely well.

## **Next Week’s Race**

No Race on Saturday September 12.

Good luck to all of our seniors who will be taking the ACT!

Juniors, start planning your ACT schedule, too. We will always keep the 2<sup>nd</sup> Saturday of September as an open date (that is, no scheduled CC race).