

# MND Cross Country Update

Volume 1, Number 3

September 12, 2015

|         |  |  |                         |                   |          |
|---------|--|--|-------------------------|-------------------|----------|
| Sept 19 | Cedarville<br>Friendship<br>Invitational | 6 <sup>th</sup> of 11<br><br>Season Record:<br>12 - 14 | <b>Highlights</b>       |                   |          |
|         |  |  | Allison                 | 15 <sup>th</sup>  | 21:03.08 |
|         |  |  | Beth                    | 19 <sup>th</sup>  | 21:18.29 |
|         |  |  | Chloe                   | 60 <sup>th</sup>  | 22:40.00 |
|         |  |  | <b>Personal Records</b> |                   |          |
|         |  |  | Erin                    | 74 <sup>th</sup>  | 22:58.32 |
|         |  |  | Faith                   | 154 <sup>th</sup> | 24:14.53 |
|         |  |  | Anna                    | 209 <sup>th</sup> | 25:18.18 |
|         |  |  | Sarah R                 | 217 <sup>th</sup> | 25:32.48 |
|         |  |  | Gabby                   | 252 <sup>nd</sup> | 26:32.18 |
|         |  |  | Jordan                  | 255 <sup>th</sup> | 26:36.45 |
|         |  |  | Abi                     | 264 <sup>th</sup> | 26:54.41 |
|         |  |  | Allie                   | 285 <sup>th</sup> | 27:37.71 |
|         |  |  | Nastia                  | 286 <sup>th</sup> | 27:41.40 |
|         |  |  | Sarah H                 | 287 <sup>th</sup> | 27:45.75 |
| Moriah  | 320 <sup>th</sup>                        | 30:14.98   |                         |                   |          |

**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>)

**Cedarville Results** (<http://www.finishtimingresults.com/2015/09-19-CED/index.html>)

## Individual Results and Season Comparison

| Athlete          | East Classic |         | Lebanon Inv |         | Cedarville Inv |          |
|------------------|--------------|---------|-------------|---------|----------------|----------|
|                  | Place        | Time    | Place       | Time    | Place          | Time     |
| Allison Rogiers  | 7            | 21:00.7 | 7           | 20:52.2 | 15             | 21:03.08 |
| Beth Heimbuch    | 13           | 21:38.5 | 20          | 21:25.9 | 19             | 21:18.29 |
| Chloe Griffith   | 16           | 22:01.3 | 33          | 22:38.0 | 60             | 22:40.00 |
| Erin McLean      | 54           | 23:51.5 | –           | –       | 74             | 22:58.32 |
| Moira Fiebig     | 57           | 24:03.6 | 47          | 23:51.8 | 87             | 23:15.29 |
| Emma Sander      | –            | –       | –           | –       | 139            | 24:06.63 |
| Katie Hohman     | 75           | 24:52.0 | 57          | 24:56.0 | 140            | 24:06.76 |
| Audrey Stevenson | 77           | 24:55.7 | 40 (JV)     | 25:15.0 | 142            | 24:10.43 |
| Reilly Hass      | 69           | 24:34.9 | 48          | 23:58.4 | 145            | 24:11.63 |
| Faith Harold     | 78           | 24:55.7 | 44 (JV)     | 25:27.2 | 154            | 24:14.53 |
| Maddie Farlow    | 60           | 24:14.7 | 58          | 25:03.5 | 169            | 24:35.01 |
| Kelly Snyder     | –            | –       | 64 (JV)     | 26:24.5 | 178            | 24:39.76 |
| Anna Hale        | 88           | 26:03.0 | 70 (JV)     | 26:44.9 | 209            | 25:18.18 |
| Sarah Ray        | 90           | 26:11.1 | –           | –       | 217            | 25:32.48 |
| Gabby Marcum     | 116          | 28:10.7 | 98 (JV)     | 27:55.8 | 252            | 26:32.18 |
| Jordan Cline     | 98           | 26:42.0 | 77 (JV)     | 27:06.4 | 255            | 26:36.45 |
| Abi Brennen      | 122          | 28:47.4 | –           | –       | 264            | 26:54.41 |
| Taylor Chatlos   | 114          | 27:55.4 | 90 (JV)     | 27:30.2 | –              | –        |
| Allie Kendall    | 129          | 29:53.0 | 95 (JV)     | 27:49.3 | 285            | 27:37.71 |
| Nastia Cappozzo  | 109          | 27:43.7 | –           | –       | 286            | 27:41.40 |
| Sarah Horton     | 117          | 28:11.0 | –           | –       | 287            | 27:45.75 |
| Sydney Collins   |              |         |             |         | 302            | 28:29.45 |
| Mariah Bradley   | 133          | 30:25.7 | 129 (JV)    | 30:41.2 | 320            | 30:14.98 |
| Elaine Edwards   | 134          | 30:31.1 | 135 (JV)    | 31:22.5 | 322            | 30:47.44 |

## Coach's Comments

Congratulations on another excellent race. There were 11 PRs out of our 23 runners.

Our goal for this race was to run the first mile under control and try to maintain that same pace through the second mile. At Lebanon, the entire team ran too fast for the first mile and paid the price the second and third miles.

But, at Cedarville, everyone ran the first mile slower than they did at Lebanon. Add the cooler weather, and the extra work we did over the 2 weeks between meets, and it is not surprising we had a very good day. I hope everyone now realizes that running a controlled first mile doesn't just lead to faster races it leads to better races. A controlled first mile allows you to compete the entire race without feeling dead or helpless to keep up or pass other runners. Many of you had very strong 3<sup>rd</sup> miles and good finishing kicks.

The table below shows the goal for first mile split and final time, and the actual first mile split and final time for both Lebanon and Cedarville. While we were much better in the first mile at Cedarville than we were at Lebanon, we can still improve. It may not seem a big deal to run 10 or 15 seconds faster than the goal pace for the first mile when the race takes over 20 minutes. IT IS A BIG DEAL. If we are to reach our potential as a team, we must run the race the right way: even splits each mile.

### Comparison of 1<sup>st</sup> mile splits and final times at Lebanon and Cedarville

|         | <b>Goal: 1 mile &amp; Final Time</b> | <b>1<sup>st</sup> Mile Lebanon</b> | <b>1<sup>st</sup> Mile Cedarville</b> | <b>Final Time &amp; Lebanon</b> | <b>Final Time &amp; Cedarville</b> |
|---------|--------------------------------------|------------------------------------|---------------------------------------|---------------------------------|------------------------------------|
| Allison | <b>6:30, 20:10</b>                   | 6:07                               | 6:49                                  | 20:52.2                         | 21:03.08                           |
| Beth    | <b>6:40, 20:40</b>                   | 6:05                               | 6:36                                  | 21:25.9                         | 21:18.29                           |
| Chloe   | <b>6:50, 21:15</b>                   | 6:18                               | 7:00                                  | 22:38.0                         | 22:40.00                           |
| Moira   | <b>7:25, 22:55</b>                   | 6:45                               | 7:05                                  | 23:51.8                         | 23:15.29                           |
| Reilly  | <b>7:25, 22:55</b>                   | 6:33                               | 7:30                                  | 23:58.4                         | 24:11.63                           |
| Erin    | <b>7:25, 22:55</b>                   | -                                  | 7:05                                  | -                               | 22:58.32                           |
| Katie   | <b>7:45, 23:55</b>                   | 6:47                               | 7:30                                  | 24:56.0                         | 24:06.76                           |
| Maddie  | <b>7:45, 23:55</b>                   | 6:47                               | 7:40                                  | 25:03.5                         | 24:35.01                           |
| Audrey  | <b>7:45, 23:55</b>                   | 7:35                               | 7:48                                  | 25:15.0                         | 24:10.43                           |
| Faith   | <b>7:45, 23:55</b>                   | 7:35                               | 7:48                                  | 25:27.2                         | 24:14.53                           |
| Emma*   | <b>7:45, 23:55</b>                   | -                                  | 7:00?                                 | -                               | 24:06.63                           |
| Kelly   | <b>8:15, 25:25</b>                   | 7:35                               | 8:00                                  | 26:24.5                         | 24:34.76                           |
| Anna    | <b>8:15, 25:25</b>                   | 7:35                               | 8:00                                  | 26:44.9                         | 25:18.18                           |
| Sarah R | <b>8:15, 25:25</b>                   | -                                  | 8:00                                  | -                               | 25:32.48                           |
| Jordan  | <b>8:30, 26:10</b>                   | 7:35                               | 8:05                                  | 27:06.4                         | 26:36.45                           |
| Taylor  | <b>8:30, 26:10</b>                   | 7:35                               | -                                     | 27:30.2                         | -                                  |
| Nastia  | <b>8:45, 26:55</b>                   | -                                  | 8:23                                  | -                               | 27:41.40                           |
| Allie   | <b>8:45, 26:55</b>                   | 8:00                               | 8:22                                  | -                               | 27:37.71                           |
| Gabby   | <b>8:45, 26:55</b>                   | 7:50                               | 8:23                                  | 27:55.8                         | 26:32.18                           |
| Sarah H | <b>8:45, 26:55</b>                   | 7:50                               | 8:23                                  | -                               | 27:45.75                           |
| Abi     | <b>8:45, 26:55</b>                   | 8:00                               | 8:23                                  | -                               | 26:54.41                           |
| Sydney* | <b>8:45, 26:55</b>                   | -                                  | 8:23                                  | -                               | 30:14.98                           |
| Elaine  | <b>9:40, 29:40</b>                   | 8:37                               | 9:40                                  | 30:41.2                         | 30:47.44                           |
| Moriah  | <b>9:40, 29:40</b>                   | 9:00                               | 9:40                                  | 31:22.5                         | 30:14.98                           |

#### Noteworthy PR performances:

Anna set her second PR of the season, dropping 45 seconds from the PR she set in the first race of the season. Anna is now 1:05 seconds faster than her best time last year.

Erin lowered her PR by 53 seconds from the PR she set in the first meet of the season. Erin has lowered her PR by 1:40 seconds from her best time last year.

Allie continued to improve. She set her 3<sup>rd</sup> PR of the season, dropping 11 seconds. Allie has improved an amazing 2:23 seconds from the first race.

Abi has dropped her PR by 1:53 seconds since the first meet of the season.

Sarah R set her second PR of the season, lowering her time 38 seconds from the first race of the season and 54 seconds from her best time last year.

Sarah H bounced back from a tough meet at Lebanon to drop her PR by 26 seconds.

Gabby lowered her PR by 1:23 seconds. Gabby has set a PR in each of the season's 3 races.

Faith and Jordan, continue to improve at a rapid pace in their first season running CC. Jordan set a 6 second PR and Faith dropped 41 seconds from her PR.

Nastia has been battling blisters all season but still took 2 seconds off her PR.

Moriah ran the perfect 1<sup>st</sup> mile and took 11 seconds off her PR.

### Noteworthy SR (seasonal records, or best time of the season) Performances:

Kelly came within 3 seconds of her PR and took 1:45 seconds off her time from last week.

Audrey lowered SR by 45 seconds.

Moira improved for the 3<sup>rd</sup> straight race and has lowered her SR by 45 seconds.

Allison, Beth, and Chloe all made the awards podium. These three have been our top 3 runners all season and it was great to see them get recognized in such a big meet.

### Welcome Back Emma and Sydney

Congratulations go to Emma and Sydney for running their first race of the season. Both made a huge commitment to correct your running form so that they could stay healthy all year. Their form looks much, much better but they still have to work at it.

**Everyone:** eat, sleep, and take care of your aches and pains. Some of you should be seeing the trainer before practice or taking extra time to stretch

## **Next Week's Race**

### **New Richmond Invitational**

**Location:** 1131 Bethel New Richmond Rd, New Richmond, OH 45157-8530

**Be at the meet by 7:15 am**

**Race time:** 9:00am - all runners

**Awards:** 1st and 2nd place team trophies. Individual plaques for 1st, 2nd, and 3rd and medals for 4th thru 10th places

**Tent Duty:** Freshman      **DINNER:** at the Heimbuch's