

MND Cross Country Update

Volume 1, Number 4

September 27, 2015

Sept 26	New Richmond Invitational	3 th of 7 Season Record: 16 - 16	Highlights		
			Allison	5 th	20:51.95
			Beth	8 th	21:21.21
			Chloe	12 th	22:09.65
			Personal Records		
			Faith	31 st	24:11.61
			Jordan	49 th	25:37.17
			Abi	51 st	25:52.71
			Sarah H	65 th	26:56.73
			Allie	67 th	27:02.16
			Nastia	68 th	27:25.88
			Moriah	85 th	28:36.36
			Elaine	86 th	28:37.05
			Season PRs		
			Allison	5 th	20:51.95
Katie	27 th	23:47.60			

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>

New Richmond Results: <http://www.baumspage.com/cc/ccevent.php?peventid=212&table=C>

Individual Results and Season Comparison

	East Classic		Lebanon Inv		Cedarville Inv		New Richmond	
Athlete	Place	Time	Place	Time	Place	Time	Place	Time
Allison Rogiers	7	21:00.7	7	20:52.2	15	21:03.08	5	20:51.95
Beth Heimbuch	13	21:38.5	20	21:25.9	19	21:18.29	8	21:21.21
Chloe Griffith	16	22:01.3	33	22:38.0	60	22:40.00	12	22:09.65
Erin McLean	54	23:51.5	-	-	74	22:58.32	23	23:19.81
Katie Hohman	75	24:52.0	57	24:56.0	140	24:06.76	27	23:47.60
Moira Fiebig	57	24:03.6	47	23:51.8	87	23:15.29	28	23:50.00
Emma Sander	-	-	-	-	139	24:06.63		
Faith Harold	78	24:55.7	44 (JV)	25:27.2	154	24:14.53	31	24:11.61
Audrey Stevenson	77	24:55.7	40 (JV)	25:15.0	142	24:10.43	32	24:12.54
Reilly Hass	69	24:34.9	48	23:58.4	145	24:11.63	33	24:17.73
Maddie Farlow	60	24:14.7	58	25:03.5	169	24:35.01	34	24:30.26
Kelly Snyder	-	-	64 (JV)	26:24.5	178	24:39.76		
Taylor Chatlos	114	27:55.4	90 (JV)	27:30.2	-	-	40	25:11.95
Anna Hale	88	26:03.0	70 (JV)	26:44.9	209	25:18.18	48	25:34.53
Sarah Ray	90	26:11.1	-	-	217	25:32.48		
Jordan Cline	98	26:42.0	77 (JV)	27:06.4	255	26:36.45	49	25:37.17
Abi Brennen	122	28:47.4	-	-	264	26:54.41	51	25:52.71
Gabby Marcum	116	28:10.7	98 (JV)	27:55.8	252	26:32.18		
Sarah Horton	117	28:11.0	-	-	287	27:45.75	65	26:56.73
Allie Kendall	129	29:53.0	95 (JV)	27:49.3	285	27:37.71	67	27:02.16
Nastia Cappozzo	109	27:43.7	-	-	286	27:41.40	68	27:13.38
Sydney Collins					302	28:29.45	69	27:25.88
Mariah Bradley	133	30:25.7	129 (JV)	30:41.2	320	30:14.98	85	28:36.36
Elaine Edwards	134	30:31.1	135 (JV)	31:22.5	322	30:47.44	86	28:37.05

Coach's Comments

For the first time this season, the team finished in the top half of the meet! As a result, our team record is now 16-16. This might be the first time the team record has been .500 (even) in several years. We have some very big meets ahead of us so we may not end the season above .500, but I am very proud of how this team has trained and raced and supported each other.

New Richmond presented some interesting challenges. The weather was cool, thankfully, but wet. The course included sidewalks, driveways, and gravel, not what one would expect when traveling “into the country” for a cross-country race. The slippery pavement meant that we chose to not race in spikes. So things were looking bleak. Add to all of this the fact that the huge St. X meet was next on the schedule and everything pointed to a bad day for MND. As it turns out, all of these challenges combined to take the stress off of the team. Without spikes, all thought of trying to run a PR went out the window and with it went the anxiety. I could see the team relax, especially after we decided to treat this as a road race. (I failed to consider the possibility that not everyone on the team has actually run a road race.)

The sharp right turn about 200 meters from the start required that we get out quickly than settle into our pace. We have worked on this all last week because the St. X course has the same feature. From what I hear, Reilly really helped the girls get out quick, though yelling at the top of her lungs at the start of the race may not be the best approach to conserving energy. Either way, the team did an excellent job and established their places near the top half of the pack and that is where most of them stayed for the entire race (there were 111 finishers in the race).

Our goal for this meet was to run our first two miles at an even pace. To do this, we needed to run the first mile under control and then work very hard on the second mile. To help the team accomplish this, I asked everyone to treat this race as only a 2-mile race and not worry about how they were going to run the last mile. I didn't want them to hold back on the 2nd mile because they might be concerned about finishing the race strongly. Personally, I did not think anyone would have trouble in that third mile because we are not the team we were at Lakota or even Lebanon. We are in better shape and we are starting to believe we can race well.

The table below shows that everyone on the team embraced this goal and achieved it. Some on the team even ran faster on the second mile! The times in parenthesis are the mile and 2-mile splits from Lebanon.

Comparison of 1st and 2nd mile splits at New Richmond

	1st Mile	2nd Mile	Final Time
Allison	7:00 (6:07)	6:45 (7:06)	20:51.95 (20:52.2)
Beth	7:00 (6:05)	6:53 (7:10)	21:21.21 (21:25.9)
Chloe	7:16 (6:18)	7:14 (7:27)	22:09.65 (22:38.0)
Erin	7:30	7:30	23:19.81
Katie	7:52 (6:47)	7:52 (8:53)	23:47.60 (24:56.0)

Moira	7:45 (6:45)	7:50 (8:10)	23:50.00 (23:51.8)
Faith	8:00 (7:35)	7:57	24:11.61 (25:27.2)
Audrey	7:55 (7:35)	7:57 (8:25)	24:12.54 (25:15.0)
Reilly	7:55 (6:33)	7:55	24:17.73 (23:58.4)
Maddie	7:53 (6:47)	8:02 (8:53)	24:30.26 (25:03.5)
Taylor	8:15 (7:35)	8:07 (9:10)	25:11.95 (27:30.2)
Anna	8:20 (7:35)	8:22 (8:45)	25:34.53 (26:44.9)
Jordan	8:25 (7:35)	8:17 (9:10)	25:37.17 (27:06.4)
Abi	8:45	8:30	25:52.71
Sarah H	8:55 (7:50)	8:57 (9:25)	26:56.73
Allie	8:55 (8:00)	8:57 (9:25)	27:02.16 (27:49.3)
Nastia	8:45	8:55	27:13.38
Sydney	8:55	8:50	27:25.88
Moriah	9:30 (9:00)	9:27 (10:27)	28:36.36 (30:41.2)
Elaine	9:20 (8:37)	9:35 (10:22)	28:37.05 (31:22.5)

Allison, Chloe, Katie, Moira, Maddie, Jordan, Sarah H, all ran from 50 seconds to over 1 minute slower in the first mile at New Richmond than at Lebanon. But all of them had a faster final time at New Richmond than at Lebanon.

Katie ran 1:05 seconds slower over her first mile at New Richmond but finished 1:08 seconds faster than Lebanon. That means, over the last two miles, she averaged 1:00 a mile faster at New Richmond than at Lebanon. That is impressive.

Sydney continued to show great improvement in just her second race back. She raced with good form and her amazing kick at the end of the race would never have happened had she not dedicated herself to improving her form. She dropped 1:05 seconds off of her time from last week.

Allison broke 21 again, running a season best. Allison not only ran her second mile faster than her first, she ran her third mile even faster than her second!

Chloe returned to her early season form with a 22:09. Chloe shook off all of the meet's issues and kept her focus throughout the race.

Erin, Reilly, and Maddie did not run their best times of the year but they still ran very well. In Erin's case, she did not get out quick enough and she lost the opportunity to run with Chloe. In Reilly and Maddie's cases, they should take their turn leading their pack of teammates. Doing so helps your concentration and confidence. All three are showing consistency in their times no matter what the weather or terrain. I think they are all ready for break-out races.

I expect the newcomers to race faster and faster each week because they are the ones that have the most to learn and who started off the season very conservatively. That expectation held true at New Richmond as all of our first-year runners ran great races.

Faith not only ran a PR, she ran in our Top 7. For a first-time runner, this is a terrific accomplishment. Faith has a wonderful attitude, works hard, and I hope she is starting to believe she has a future in CC.

Taylor ran a great race, only missing her PR from last year by only 3 seconds. Taylor was finally able to race *almost* pain free. She still has to work to get herself completely healthy but she is on her way back, considering she had to sit out the previous week's race and I tried to get her to drop out of the first meet of the season.

Jordan and Anna worked together to run two very fast times. Jordan dropped in her PR by 59 seconds in 1 week and Anna, who is a veteran not a newcomer, ran her second fastest time ever.

Abi ran 15 seconds faster on her second mile than her first and that put her close to Anna and Jordan. She did a wonderful job of trying to catch them and even though she didn't get even with them she was rewarded with a sub 26 minute race and a PR.

Our fourth race produced the fourth different top-finishing freshman.

Sarah H worked through a tough first mile and seemed to run better as the race went on. She became first freshman to break the 27 minute barrier.

Allie was extremely close to breaking 27 minutes, herself, as she ran 27:02. Allie has taken almost 3 minutes off of her time since the start of the season.

Nastia, battled knee and ankle issues over the last mile but still ran a PR in 27:03.

But the two most noteworthy performances of the race had to be by Moriah and Elaine. Both runners had consistently been above 30 minutes for all 3 previous races. At New Richmond, however, Moriah ran a quick 1st mile and Elaine was not far off her pace. Elaine ran a quick 3rd mile to catch up with Moriah. They raced to the finish line together and both ended up with huge PRs. Moriah lowered her best time by 1:49 and Elaine lowered her PR by 1:54!

Next Week's Race

St. Xavier Invitational

Location: St. Xavier High School, 600 W North Bend Rd, Cincinnati, OH 45224

Be at the meet by 7:30 am

Open Runners: 9:15am

Varsity Runners: 10:20 (Top 7: TBD)

Tent Duty: Seniors

Results: GHGTiming.com