

# MND Cross Country Update

Volume 1, Number 6

October 17, 2015

Oct 17	GGCL	6 <sup>th</sup> of 6 Season Record: 18 - 34	<b>Highlights</b>		
			Allison	7 <sup>th</sup>	19:48.8
			Chloe	34 <sup>th</sup>	21:36.9
			Beth	36 <sup>th</sup>	22:06.5
			<b>Personal Records</b>		
			Allison	7 <sup>th</sup>	19:48.8
			Faith		22:48.0
			Erin		22:56.0
			Sarah R		23:52.5
			Kelly		24:21.0
			Jordan		24:24.3
			Allie		24:54.7
			Anna		24:56.8
			Sarah H		25:21.3
			Moriah		26:38.0
			Elaine		27:41.0
			<b>Season Records</b>		
			Chloe		21:36.9
			Moira		22:45.6
			Reilly		22:56.1
Katie		22:59.3			
Maddie		24:14.7			

**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>

**St. X Results:** <http://www.ghgtiming.com/Website/Results/2015/StXavier/results.html>

**GGCL Results:** <http://www.buckeye-timing.com>

## Individual Results and Season Comparison

Athlete	East Classic		Lebanon Inv		Cedarville Inv		New Richmond		St. X Inv		GGCL	
	Plc	Time	Pos	Time	Plc	Time	Plc	Time	Plc	Time	Plc	Time
Allison Rogiers	7	21:00.7	7	20:52.2	15	21:03.08	5	20:51.95	20	20:36.52	7	19:48.8
Chloe Griffith	16	22:01.3	33	22:38.0	60	22:40.00	12	22:09.65	107	23:05.86	34	21:36.9
Beth Heimbuch	13	21:38.5	20	21:25.9	19	21:18.29	8	21:21.21	33	21:02.19	36	22:06.5
Moira Fiebig	57	24:03.6	47	23:51.8	87	23:15.29	28	23:50.00	111	23:24.46	39	22:45.6
Faith Harold	78	24:55.7	44 (JV)	25:27.2	154	24:14.53	31	24:11.61	128	23:53.78	30 (J)	22:48.0
Erin McLean	54	23:51.5	-	-	74	22:58.32	23	23:19.81	104	22:58.11	40	22:56.0
Reilly Hass	69	24:34.9	48	23:58.4	145	24:11.63	33	24:17.73	121	23:37.57	34 (J)	22:56.1
Katie Hohman	75	24:52.0	57	24:56.0	140	24:06.76	27	23:47.60	122	23:38.45	41	22:59.3
Audrey Stevenson	77	24:55.7	40 (JV)	25:15.0	142	24:10.43	32	24:12.54	117	23:33.52	-	-
Sarah Ray	90	26:11.1	-	-	217	25:32.48	-	-	163	25:01.59	36 (J)	23:52.5
Emma Sander	-	-	-	-	139	24:06.63	-	-	-	-	-	-
Maddie Farlow	60	24:14.7	58	25:03.5	169	24:35.01	34	24:30.26	131	24:18.12	39 (J)	24:14.7
Kelly Snyder	-	-	64 (J)	26:24.5	178	24:39.76	-	-	155	24:51.45	40 (J)	24:21.0
Jordan Cline	98	26:42.0	77 (J)	27:06.4	255	26:36.45	49	25:37.17	204	25:42.27	64 (O)	24:24.3
Allie Kendall	129	29:53.0	95 (J)	27:49.3	285	27:37.71	67	27:02.16	257 (J)	26:46.86	76 (O)	24:54.7
Anna Hale	88	26:03.0	70 (J)	26:44.9	209	25:18.18	48	25:34.53	165	25:03.53	41 (J)	24:56.8
Taylor Chatlos	114	27:55.4	90 (J)	27:30.2	-	-	40	25:11.95	216	25:50.73	84 (O)	25:12.4
Sarah Horton	117	28:11.0	-	-	287	27:45.75	65	26:56.73	259 (J)	26:49.17	85 (O)	25:21.3
Sydney Collins	-	-	-	-	302	28:29.45	69	27:25.88	334 (J)	25:12.56	42 (J)	25:54.2
Gabby Marcum	116	28:10.7	98 (J)	27:55.8	252	26:32.18	-	-	223 (J)	25:57.02	-	-
Abi Brennen	122	28:47.4	-	-	264	26:54.41	51	25:52.71	247 (J)	26:30.29	-	-
Nastia Cappozzo	109	27:43.7	-	-	286	27:41.40	68	27:13.38	246 (J)	26:25.10	-	-
Mariah Bradley	133	30:25.7	129 (J)	30:41.2	320	30:14.98	85	28:36.36	303 (J)	28:14.77	95 (O)	26:38.0
Elaine Edwards	134	30:31.1	135 (J)	31:22.5	322	30:47.44	86	28:37.05	319 (J)	28:44.08	103 (O)	27:41.0

## Coach's Comments

We limped into the meet with several girls unable to race or racing at a deficit. A virus was going around MND the week of GGCL and our team not only caught the virus but held on to it. We lost Audrey, Nastia and Abi before the race started. Gabby had to drop out because her illness triggered her asthma, and Beth ran in a drug-induced daze. With Emma already out due to injury, 5 runners did not cross the finish line and a 6<sup>th</sup> was significantly impacted. We only have 24 runners on the team.

Compounding the situation, our performances during the season did not stack up with the other GGCL teams. In both the Varsity and JV, it looked like we were going to have the last 3 finishers in each race. For that reason, I only put 6 girls on Varsity because there was no strategic reason to run a 7<sup>th</sup> if that runner was not going to displace any of the top 5 runners from other teams. I considered only running 5 on varsity and 5 on JV and allowing the other girls to run Open where they would be more competitive. But if one of the 5 on Varsity or JV did not finish the race, MND would have been disqualified as a team.

So that was what we were dealing with when we arrived at the meet.

We finished 6<sup>th</sup>, and last, in the GGCL. This year's finish extends our streak of finishing last to 6 years.

However, as individuals, we could not have performed better. Of the 19 runners that finished the race, 17 ended up with either Seasonal Records or Personal Records. Despite our team finish, I could not have been more pleased with how everyone raced and competed. I believe that, on Saturday, our program took a big step toward eventually climbing out of the GGCL cellar. As evidence of that, one just needs to look at the Enquirer's Coaches Poll. Early in the season, MND had received Top 10 votes but then, after teams started racing against each other, we stopped receiving votes. All of that was predictable. Early votes are based on impression not facts and when the facts come in, coaches have a better sense of the top teams and we were not one of them. What was absolutely unpredictable was that MND would start receiving votes again at the end of the season when coaches have a very good idea of what teams are the best. We started receiving Top 10 votes the week before the GGCL and we still received votes the week after the GGCL. The only explanation I have for receiving votes this late in the season is that the other coaches are starting to see the progress our girls have made and believe that we are moving in the right direction. We clearly are not a Top 10 team yet, but the votes tell me that other coaches are starting to appreciate the hard work our girls are doing.

Allison was our top runner for the 6<sup>th</sup> straight race. But, for the first time all season, Allison ran the race like a person who believes she is one of the top runners in the GGCL and all of Southwest Ohio. Allison made the commitment to run with the leaders from the start and the result was a 7<sup>th</sup> place finish, a PR, her first sub 20:00 race, and a selection to the ALL GGCL First Team. As far as I can tell, Allison's time of 19:48.8 made her the first MND runner to break 20:00 since Chanel Stokes ran 19:46.8 in the 2008 District meet. She is also the first MND runner to be All GGCL First Team since 2008.

Chloe also ran her best race of the year. Her 21:36.9 was not only a Seasonal Record but her third fastest time ever. Chloe had a tough race at St. X when her shin issues flared up. But she spent the last two weeks taking care of herself by icing, stretching, and riding the bike on easy days. Chloe gave herself the chance to heal and her efforts were rewarded with a great race. Last year, Chloe

was #6 on our JV team. But this year, she has stayed healthier and her training has been more consistent and at a high level of intensity. As a result, she's running very well.

Beth had a very tough day due to illness. Of course for Beth, not being herself means she was our 3<sup>rd</sup> runner not our 2<sup>nd</sup> runner. Had Beth been healthy, all signs pointed to going well below 21:00 race and a PR (currently 20:47). But, unfortunately, these things happen. Fortunately, there is another race Saturday. Beth has to be "Chloe-like" and take care of herself this week, eat, sleep, get plenty of fluids and then on Saturday, like Chloe, put her last race out of your mind and run with confidence.

Moira's performance was outstanding. At last year's GGCL, Moira was our #1 runner in the Open Race! Not the Varsity race, not the JV race, but the Open race. There is not another runner in the entire GGCL that jumped from the Open race to the Varsity race (I checked). While her 22:45.6 is not a PR, it is the fastest she has run since her 22:34 in the first race of the 2014 season and faster than she ran all of 2013. So how does a runner go from #1 on our Open team to #4 on our Varsity team in one year? (Jordan, pay attention because you were our #1 runner on our Open team this year.) Moira came into conditioning in-shape, with a great attitude, and she worked hard and stayed healthy.

Erin ran another PR (her 4<sup>th</sup> this season) and her third race of the season under 23:00. Erin has run 3 races between 22:58 and 22:56. She has never been that fast or consistently fast in her career. But, what running such consistent times tells me is that Erin is running in her comfort zone. That is, Erin has a great sense of what 22:56 feels like and she is comfortable with how that feels. Running fast, though, is all about putting yourself in discomfort and keeping yourself there until the end of the race. But this is an advanced lesson to learn. Now that Erin has found her comfort zone she is ready to push herself out of it.

Faith may have run the race of the day. Its is hard to say that for sure, since so many of our runners ran great races. But Faith's time of 22:48.0 is sensational considering that 4 months ago she was a volleyball player. Faith is also one of the most determined new runners I have ever seen. She latches on to a pack of runners, usually a pack running at a considerably faster pace than what she is supposed to be running, and then she gives everything she has to stay with them to the finish line. It is a painful race to watch and I just want to shout to her to slow down. But, at the same time, I am curious to see how it will all turn out. So, I keep my mouth shut. At GGCL, it turned out very well.

Reilly ran a big SR at GGCL and just missed a PR by 6 seconds. Reilly has kept improving over the entire season, almost completing a rare feat of running every race faster than her previous race, for the entire season. A lot of Reilly's success can be contributed to the extra time she takes to stretch and roll out her muscles. She is one of the team leaders when it comes to getting knots out of her muscles. What this tells me is that only now, Reilly is getting in shape. Reilly's 22:56 is very impressive considering she does not have the running experience and extra conditioning she would get if she were not a basketball player first, and a CC runner second. I am very pleased that Reilly made the sacrifice to stop playing basketball while she focused on cross country.

I put Katie on the Varsity as the 6<sup>th</sup> runner for three reasons. 1) the course was very fast and Katie has a lot of speed, 2) she was the only senior among the runners that I was considering, and 3) I wasn't worried about how Katie would handle the tough situation of likely finishing last in the race because she has a great attitude. And the race was very tough for Katie. She was pulled to an

extremely fast first mile, ran the majority of the race by herself, and finished last. But she broke 23:00 for the first time this year and only third time ever. Katie has bounced back from the broken toe that limited her condition during the summer and is running better with each race. Katie, just like Reilly, came very close to running each race faster than the previous race for an entire season.

Sarah R was a little bit of a concern for me. She has been battling shin issues and she had missed a total of 3 races this season. But she put herself on a routine of stretching, icing, and more stretching. And she never kept her injury a secret. (I cannot help anyone overcome their injury issues if they do not tell me they are having injury issues.) Her time of 23:53, a 1:07 faster than her PR of just 2 weeks ago, is a testament to the work she did to keep herself healthy. Last year, Sarah was also plagued by shin issues and only raced once the entire season. The fact that Sarah only missed one race because of injury (the other two due to service and illness) is a credit to her desire to be a contributing part of this team and do whatever it takes to stay healthy enough to race.

Maddie tied her SR that she set in the first race of the season and continued her streak of running faster than the race before to 4 straight races. It was nice to see Maddie return to her early season form. It was obvious early on that the GGCL meet meant something special for Maddie and it was obvious that she was going to give her race everything she had. She basically willed herself to a good time. Maddie, also provided senior leadership to our JV team and helped our less experienced runners get through the tough situation of being the last 4 finishers in the JV race. I am not sure that Anna and Kelly would have run as fast as they did if Maddie hadn't been there for them to focus on and chase.

Kelly finally broke her PR after coming so close at Cedarville. It seemed inevitable that Kelly was going to break her PR in the races immediately after Cedarville but then she had to miss the next meet because of a service meeting and fell during a sloppy race at St. X. There are not very many opportunities to race in cross country and when you miss them or have bad luck, it can really put a lot of pressure on you to salvage the season, sometimes too much pressure. But Kelly ran under control, stayed in contact with Maddie the majority of the race, and ran a great time. Kelly was another runner plagued by injury last year as she only raced three times and missed the entire last month of the season. It was great to see her healthy this year and running well through the end of the season.

Jordan is a brand new runner and it can be very difficult for new runners to get a feeling for this sport. Her season has been a roller coaster of faster times followed by slower times followed by faster times. And in the Open race, for the first time in her short career, she did not have an MND teammate ahead of her or anywhere close to her. For new runners, that can present a problem because they tend to be more comfortable running with their teammates than against runners from other teams. But, Jordan did not seem to mind, stayed focused on the task of passing other runners, and she lowered her PR by 1:13 and finished as our #1 runner in the Open race. If we get Jordan training in the off-season, she will one of our better runners next year.

I am still puzzled by Allie's race. In the second race of the season, she lowered her time by over 2 minutes and from that point on, she made steady improvement in her time each race leading up to GGCL. But her improvement was "sensible" improvement, never dropping more than 30 seconds from one race to the next and usually only 12 - 15 seconds. Now that is nothing to complain about but it had me thinking that Allie was reaching a plateau for the season. And while I expected some of the girls would drop their time

significantly at GGCL, to me “significantly” meant 30 – 40 seconds. Allie, on the other hand, nearly duplicated her early season drop by taking almost 2 minutes off of her PR. I cannot explain that. So I wont try, but that was an excellent race.

Anna finished off her best season of her 3-year career with the best race of her career. For the first time, she broke 25:00, running 24:56.8. What makes her race even more impressive is that she basically ran the last half of it by herself. She found herself between Kelly, who was 30 seconds ahead of her, and Sydney, who was 30 seconds behind her. Running a race by yourself is a significant challenge. It is very easy to lose motivation or concentration and that leads to eventually slowing down. But Anna fought the entire race, tried to keep on pace, and ended up ahead of pace with a new PR. The benefit of running with others cannot be overstated. Had Anna been in the open race, she would have been surrounded by runners and probably finished with a faster time. But, she earned her spot on the JV.

Taylor missed her SR by 1 second and her PR, from last year, by only 4 seconds. But there is no doubt this was her best season ever. In the GGCL race, she was another runner that impressed me with how hard she ran. Every time I asked her to, she made the effort to pass the runners ahead of her. She was Sarah H's lifeline when Sarah was having difficulty after the first mile. Juniors and Seniors do not often understand the positive impact they have on their younger teammates. Like Reilly and Sarah R, Taylor's season was in jeopardy due to shin issues. She smartly sat out one race, iced and stretched after every practice, and kept herself healthy to finish the season with her #2, #4, and #3 fastest times of her career.

Sarah H, like Allie, defied every running convention at GGCL. Sarah H had lowered her PR by a total of about 1:20 over the first five races of the season. That averages out to about 15 seconds a race. If you lower your time by 15 seconds a race for an entire season, you will have a great season. But that steady trend led me to believe that, at best, Sarah H was due was due to improve her PR at GGCL by another 15 seconds. Instead, she dropped her PR 1:20. What is even more amazing is that I actually told Sarah H to drop out of the race. She was really struggling after the mile and I reluctantly told her she could drop out as she ran by me. Fortunately, she had already passed me and did not hear what I said. She kept running, overcame her cramp, looked great the next time I saw her, and ran a big PR.

Sydney had the misfortune of getting what she wished for. With Audrey ill and not racing, a spot on the JV team opened up. Sidney asked to be on JV. But I was perfectly content to run 6 in the JV team for the same reason I ran 6 on Varsity. Our 7<sup>th</sup> runner would likely be last in the race so there was no strategic need to have a 7<sup>th</sup> runner. Plus, by moving the 7<sup>th</sup> runner to the Open race, that runner would likely have a other runners around her, have a faster race, and have a better experience. I explained all of this to Sydney but my logic had no effect on her. She was very insistent and, to her credit, she had dropped 3 minutes off of her time over the last three races. So, I threw caution to the wind, and Sidney to the wolves, and let her run. It didn't turn out like we would have liked, but what was encouraging is that Sydney ran with good form for the entire race. We have some more work to do on her form but Sydney looks like a runner now and that was not the case early in the season.

## **Conclusion**

We ran our best race of the season but we were still 6<sup>th</sup>.

That is disappointing but it is difficult to fault anyone when we made such progress during the season.

The key to not being 6<sup>th</sup> at GGCL is not, however, what we do during the 3 months that make up the season. Our success at GGCL, and throughout the entire year, is dependent on what we do during the 9 months CC is not in season.

No team will ever reach its potential if the athletes on the team only practice the sport during the season.

We will be starting a winter conditioning program in November. If we are going to be successful in a highly competitive league and SW Ohio, running through the winter is a must.