

# MND Cross Country Update

Volume 1, Number 7

October 24, 2015

Oct 24	OHSAA SW District 2	12 <sup>th</sup> of 12  Season Record: 18 - 46	<b>Highlights</b>		
			Allison	38 <sup>th</sup>	20:49.9
			Beth	34 <sup>th</sup>	21:04.0
			Beth	36 <sup>th</sup>	21:55.6
			<b>Personal Records</b>		
			Erin	71 <sup>st</sup>	22:31.6
			<b>Season Records</b>		
			Moria	69 <sup>th</sup>	22:25.3
			Maddie	79 <sup>th</sup>	24:04.6

**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>

**OHSAA SW District 2** <http://www.buckeye-timing.com>

## Individual Results for Entire Season

Athlete	East Classic		Lebanon Inv		Cedarville Inv		New Richmond		St. X Inv		GGCL		OHSAA SW District	
	Plc	Time	Pos	Time	Plc	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	38	20:49.9
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	46	21:04.0
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	65	21:55.6
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	69	22:25.3
Erin McLean	54	23:51.5	-	-	74	22:58.32	23	23:19.81	104	22:58.11	40	22:56.0	71	22:31.6
Faith Harold	78	24:55.7	44 (J)	25:27.2	154	24:14.53	31	24:11.61	128	23:53.78	30 (J)	22:48.0	-	-
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	75	23:07.4
Audrey Stevenson	77	24:55.7	40 (J)	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	79	24:04.6
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	-	-

## Coaches Comments

I selected the runners to compete at the OHSAA District meet as a way to mark the end of one era and the beginning of a new one.

The era that ended was the era of our five seniors

While this is my first year coaching MND, I have only been the coach for 4 months. Four months is a small fraction of the 3 or 4 years that our seniors have been running for MND. For that reason, I knew that my influence on this team's seniors would be relatively slight compared to their past experiences.

Looking way back to the seniors' first race of their freshmen year, at the Moeller Primetime Meet of 2012, Chloe, Moira, and Katie ran varsity and Maddie ran JV. Their freshmen year PRs? Chloe, 20:57; Moira, 21:56; Katie, 22:40, and Maddie 24:20. (Our current freshmen should let that sink in for a moment.) Not only were those 4 running fast, they were just 4 of 10 freshmen who were also running very well: Maddie Gentile ran 20:29, Ellie Privitera, 22:33, her sister Sophia 23:43, Cathy Evers-Smith, 23:25; Catherine O'Connell, 25:03; and Beth Holly, 25:49.

By the end of the 2012 season, 4 freshmen ran varsity at GGCL and another 4 ran JV. The future was exceptionally bright for MND CC.

Then, in 2013, Allison Rogiers, Beth Heimbuch, Anna Hale, and Kaitlyn Young joined the CC team. The future of MND CC seemed assured.

But, unfortunately, somewhere between 2013 and now, things didn't go as planned. While individuals ran well, at times, the team, as a whole, did not make the expected progress.

So, as I have said in the past, and will say forever into the future, I was extremely grateful that our seniors decided to return for one more year of cross country. For that reason, at District, I gave the seniors one last opportunity to race together. Their decision to stay with the team not only ends an era but helped start a new one. The seniors' positive attitudes and tremendous work ethic provided their younger teammates a template to follow in the future.

At the District meet we had a combination of results.

Allison, coming off an amazing PR at GGCL did not close out the season as she would have liked though she still ran her #3 time of the season. She also finished the season as our #1 runner in every meet. Allison, like all of our seniors, has untapped potential. Putting her into a comprehensive, year-round training program is the only way possible to reach that potential. There is no doubt that a winter conditioning program, and 1 indoor meet, will get Allison ready to run in close to 5:25 in the 1600m and 11:20 in the 3200m (yes, wrap your mind around the 3200m, it is in your future).

Moira, after running as an Open or JV runner last year, regained her Varsity form this year. She followed up a fast time at GGCL with an even faster time, at District. Her 22:25 was her #2 time ever. A winter conditioning program will do wonders for Moira and my personal goal for her in track will be 12:20 in the 3200m and 6:00 in the 1600m.

Chloe ran her #2 time of the year and faster than any time she ran last year. All but two of her best times in her freshmen year. Last year, Chloe did not run varsity for us at GGCL or Districts. This year, she was a varsity runner by any team's definition. I do not know Chloe's plans for track but if she does decide to run, I see her running very fast in the 800m and 1600m. Actually, Chloe has already run very fast in the 800m and 1600m. Her freshman times of 2:29 and 5:43 are ridiculously fast. But, based on her CC season, I do not have any doubt that she can run even faster than this Spring.

Katie took the entire season to get back into shape after a broken toe. But her work paid off for her and she followed a SR at GGCL with her #2 time of the season at District. Because of her toe, the season ended before Katie could really get in great shape. If Katie stays healthy during the winter, but continues to improve her fitness (though swimming?) then she can start the track season really close to where she ended her cross country season. If that happens, I suspect Katie will run under 6:00 in the 800 and be part of our 4x4 and 4x8 teams.

After running 23:05 last year, Maddie was poised to run close to 22:00 this year. But she took on a work schedule that made it impossible to train consistently. Maddie is a testament to how important training is to racing well. Her season was heading in the wrong direction until she made a commitment to work with her employer so that she could be at our most important practices. As a result, her times started dropping, instead of rising, and she ended up with a SR at District.

We had two non-seniors race at Districts, too.

Beth, still fighting the effects of her illness, ran a very strong race from start to finish and ran her #2 time of the season. Beth was ready for a huge breakthrough at the end of the season but factors out of her control kept that from happening. Still, Beth displayed all the characteristics of a front-runner. Next year, with a better pre-seasons preparation, I expect Beth to step into Allison's vacated spot and be one of the best runners in the GGCL and SW District.

Erin, as usual, ran another big PR. Erin seems to have unlimited potential. The major drawback Erin is facing is experience. In only her second season of high-school running, she ran so fast this season compared to last season that she's basically a rookie again in terms of race experience. Erin's strategy, therefore, has been to run close to Chloe and Moira. Next year, however, those two will not be here so we will have to develop another strategy. Erin has decided to run track in the Spring so I expect she will continue to drop significant time off her PR next year.

## **What's Next?**

I mentioned that the District meet marked the start of a new era.

After 4 months with the team, I can now answer the question I have had on my mind ever since I started coaching at Mercy 2 years ago: “Why isn’t MND competitive in the GGCL?”

The answer has two parts.

### **Part I: We Need More Runners**

MND has talent but it just does not have ENOUGH talent. Every other GGCL team had 24 runners identical in ability to the 24 runners on MND. But every other GGCL team had an 16 – 30 runners in addition to those MND-like 24 runners. That means for every Allison, Beth, Chloe, Katie, Anna, Faith, Gabby, etc, that we had on the MND team, every other GGCL team had 2 Allisons, Beths, Chloes, Katies, Annas, Faiths, Gabbys, etc. Some of the teams, like Ursuline, had 3 runners who were equal in ability to each one of our runners. Mason, with its 130 girls(!) has 6 runners for every one of our runners. (Imagine having 6 Allisons on your team. Mason does. That’s why they were 3<sup>rd</sup> at State.) At the District meet, if we had 2 Allisons, two Beths, and two Chloes, we would have scored 233 points and been tied with Oak Hills for 9<sup>th</sup>. Keep in mind, Allison didn’t run her normal race and Beth was still feeling the effects of her illness. But when we lose an Allison or Beth or Emma, then we lose our only Allison, Beth or Emma. Other teams have an additional Allison, Beth or Emma to fill in when needed. Had everyone run well, and had an identical twin, MND would have scored about 155 points and been 5<sup>th</sup>.

Depth makes all the difference in cross country and we just did not have enough girls to be competitive. At the GGCL, Elaine, our *slowest* runner, ran faster than 7 St. Ursula runners. Seven! And Allison, our *fastest* runner, ran faster than EVERY St. Ursula runner. So, that would indicate that we should be very competitive with St. Ursula and maybe even beat them. However, between the time Allison finished and the time Elaine finished, there were only 17 other MND runners (of our 24, 4 were out due to illness, 1 due to injury). St. Ursula, even with 7 of their runners finishing behind Elaine, still had 43 runners finish between Allison and Elaine. Ursuline also had 43 runners finish between Allison and Elaine. Mercy had 32 runners finish between Allison and Elaine. It is literally impossible to win a cross country meet if, every time one of your runner crosses the finish line, 2 or 3 runners from another team crosses the finish line, too. This is not advanced math. So, just getting an extra set of equally talented runners would make a significant difference in our competitiveness. What that means is that we don’t need better girls, we just need more girls exactly like the ones we already have.

So, how do we get another set of equally talented runners? Each girl on the team has been asked to bring one new girl to the team next year that is exactly as good as she is. (Seniors, you will need to recruit two new runners who are exactly as talented as you are since you are not coming back next year. Good luck with that.) We also need 10 – 15 freshmen coming out for the team next year because for every senior we lose, we need 2 – 3 freshmen to replace them. My job, as coach, is to make sure every girl that does come out for the team has a positive experience, returns to the team the next year, and runs faster and faster each year.

So, building the team numbers is very important because our low numbers is one of the reasons we are not competitive.

But numbers alone wont solve the problem and that brings me to the other reason MND is not competitive.

## **Second, We Need More “Runners”**

I could not be happier with the commitment our team made between Aug 1 and October 17. Girls came to practice, ran hard, took ice baths, stretched, and did core and bands. As a result, times dropped substantially throughout the season.

But, as I spoke to each girl about her plans for the Winter and Spring, I was amazed by how many of the girls did not consider themselves a “runner”, in other words, did not consider running as their primary athletic interest.

Now, if you are a person that does not consider running to be your primary interest because you are more interested in basketball or volleyball or lacrosse, that is perfectly acceptable with me. Cross country is a “participation sport”, so the only requirement I have for participating is that you commit to the team during the season (go to all the practices and the meets) and are a good teammate. There will never be any implied or explicitly stated negative consequences for any girl who’s primary athletic activity is something besides running.

That being said, I have never been associated with a cross country team that did not have at least 90% of its runners also run track in the Spring. Just consider the list of girls on this year’s cross country team that ran track last Spring: Allison, Beth, Chloe, Moira, Emma, Maddie, Katie, and Audrey. All of these girls finished in the top half of the team. If Emma had not been injured, she would have been on varsity and Erin would have been the only non-track varsity runner.

Why is running track so important to running well in cross country? Because the training you do for track carries over into cross country. If you were to run track, there is only a month between the end of track season and the start of cross country conditioning. You will not lose your fitness in 1 month. So, you would end the track season in great shape, take off 1 month for rest, and you would start conditioning for cross country in very good shape.

Even though everyone was racing very fast by the end of the season, I doubt any of the non-track girls came close to running to their potential. The season was too short to take a girl from running 1 mile a day in August to running the types of workouts (like Allison’s, Beth’s, and Chloe’s workouts) that are needed to race exceptionally well. But what if you started the season able to run 3 and 4 miles a day? You’ll quickly learn what it feels like to run like Allison, Beth and Chloe.

While we will always have, and welcome, girls to the team that do not plan on making running their #1 sport, if you want to be a successful “runner” AND you are at least a sophomore, you should strongly consider running track in the Spring. I would welcome freshmen to run track and cross country in the same year, but I don’t think it is necessary to make such a commitment to a single activity that early in your high school career.

If you want to qualify as an individual, for the Regional or State meet, AND you are at least a Junior, then you really have to consider a year-round training program: conditioning in the Summer, cross country in the Fall, conditioning in the Winter, and track in the Spring. I would not consider it a good idea for freshmen or sophomores to participate in a 10 month running program. Likely, while they would run very well early, they would risk burn-out or injury long before their senior year.

If this type of commitment seems excessive then you probably are not a “runner” (someone who lives, breathes, and gets cranky if she can’t, run). As I said before, not being a “runner” is perfectly fine and you will be welcomed and appreciated on the team. But, if you want to be “First Team, All GGCL”, run under 20:00, and be remembered as one of the best runners in MND history (hmm, who does that sound like?), then you really have to make that type of commitment.

Think of it this way: how many girls are there on the MND’s varsity volleyball team that ONLY play volleyball during the volleyball season? I would say “zero”. If you want to achieve the same level of success in cross country as MND achieves in volleyball or basketball, then you will need to make a similar commitment. In other words, be a “runner”.

I would say the #1 reason that MND is not competitive in the GGCL is that the girls on the other teams are putting in 3 additional months of training compared to our girls that do run track, and 7 months of additional training compared to the our girls that do not run track. I know Mercy puts in that extra training because, while I was their coach, I met them at least 4 days a week during the Winter. Their ability to win the GGCL CC title in 2013 and 2014 was directly related to the fact that most of the girls on the CC team ran track the previous Spring.

### **Varsity: 22:00 or Better**

So, to be more competitive, we need to have more runners and more “runners”. But all of that does not matter unless we run competitive times. And to run competitive times, we need to have a very good idea what those times are and set them as our goal.

In SW Ohio this year, 226 girls ran 22:00 or better. Mercy had 8 runners under 22:00, Seton, 9; McAuley, 10; St Ursula and Ursuline 12 each. Mason? 35! (I will always include Mason in our discussions because Mason is the team to beat and we need to understand what it will take to beat them.)

So, 22:00 is the definition of a competitive time. For that reason, next year, our determination of who earns a Varsity award will not be determined by who runs on the varsity team during meets. Rather, a Varsity award can only be earned by running under 22:00 at least once during the season. If we only have 3 runners that break 22:00, then we will only have three girls receiving varsity awards. If we have 12 girls break 22:00 minutes, then we will have 12 girls receiving varsity awards.

I know that if they make the commitment, the group of runners that broke 23:00 this year will break 22:00 next year.

For a JV award next year, a runner must run under 24:00. I expect that with a true summer conditioning program, ALL of this year’s freshmen should run under 24:00.

### **Season’s Final Comments**

Before I close, I want to make sure you clearly understand how proud I am of your efforts and performances.

It was a pleasure to coach you because of your great attitudes and work ethics.

No, we didn't place higher than 6<sup>th</sup> in the GGCL. But now we know what we need to do to Not Be 6<sup>th</sup> and with a year to work on those things, we will be in a better position to beat a GGCL team next year.

### **Freshmen**

Great season. Just the six of you dropped over 17 minutes from the start of the season. Often 2 minutes at a time! Who does that? Well, brand new runners do that. But next year, if you decide to run, and I hope you all do, you will not be brand new runners so dropping that much time will not be as easy. But I still expect you to drop your PRs by 2 minutes or more because you will be in better shape when you start next season. But for now, go off and play whatever sport you want. If I see you in track, great! Don't assume you will be a distance runner if you come out for track, though. Gabby was a sprinter in JH, and was particularly fast. I see her on the sprint team again. She might not be the only one, either. I'm thinking Sarah H, if she runs track, will be a long jumper. But, if I don't see you in track, please strongly consider returning to CC next year. You were great teammates this year and I see fast times in your future.

### **Sophomores**

There is a lot of talent in this group. But this is also the group that has the most divergent athletic interests. That is ok with me. If, however, you decide that you want to transition from someone that runs to being a "runner", you will need to make a commitment to this sport. Way back in the summer, we had a trivia game in the MND gym. One of the questions on the quiz was how many MND girls have been on state championship teams in two different sports. You would think that a school that had one 15 state titles in 20 years would be full of two-sport state champions. But, if you remember, there was only 1 girl in the history of the school that has been on state championship teams in two different sports. To perform at a championship level means making a full-time, full-year commitment. Some of you may decide to make that commitment to a different sport. That is not a problem with me. You will always be welcomed on the CC team because of your work ethic and great attitude. And, as long as you set goals that are matched to your level of commitment, you will have a positive season. But, if your goals are high, and many of you should set high goals, you will have to make the commitment to running necessary to reach those goals.

### **Juniors**

Beth, Faith, Anna, Taylor, and Jordan, while the freshmen and sophomores have some time to figure it out, your future is upon you now. All of you have said that you want to train through the winter and will strongly consider track in the Spring. If, in your senior year, you want to lead MND out of the GGCL cellar, then you really have to make the commitment to train year-round. I would like each of you to send me an email (mnd.cc.tf@gmail.com) and let me know what you are thinking. There is nothing to worry about. I will not have any issues if you decide not to participate in a year-round training program. You will be a very valuable member of the team next year whatever decision you make. But, there is only one way to get out of the GGCL basement: we need more "runners".

## Seniors

You're free. By that I mean, I am not going to expect you to participate in a year-round training program that is designed to get you fit for next year's cross country season because you won't be here next cross country season. However, if you plan to run in college, then you really need to participate. You cannot hope to be successful in college if you do not enter college ready for the work that will be expected of you. Starting on a year-long training plan while you are still in high school will prepare you for the year-long training you will be faced with in college. If you do not plan on running in college but really want to run well in track, then you should consider a winter conditioning program of some sort. It does not have to be running. Swimming is excellent. Bowling.... well, just keep your aerobic conditioning, somehow. For all seniors, regardless of your long-term plans, I would be ecstatic if you came out for track. I am sure your track season will be full of PRs based on what we were able to accomplish this season in CC. Hint: I see a very fast 4x8 in our future! And I mean, Regionals-qualifying-very-fast. Please send me an email ([mnd.cc.tf@gmail.com](mailto:mnd.cc.tf@gmail.com)) and let me know your short-term and long-term plans. Thanks for everything you have done for MND this season. I promise to you that if another set of ridiculously talented from top-to-bottom freshmen decide to run CC for MND, I will take care of them, they will have positive experiences, they will run faster every year, and before they graduate, they will take MND to Regionals. Possibly farther.