

MND Cross Country Update

Volume 2, Number 2

August 12, 2016

1st Annual MND Alumnae and Intrasquad CC Meet

1 mile Time Trial			2 mile Time Trial			
	Athlete	1 mi		Athlete	1 mi	2 mi
1	Gabrielle Marcum So	7:19	1	Beth Heimbuch Sr	6:54	14:26
2	Taylor Kincaid Fr	7:31	2	Addison Werling Fr	7:12	14:47
3	Hayley Clark Fr	7:53	3	Fiona Young So	7:33	15:04
4	Erin Bell So	8:04	4	Reilly Haas Jr	7:42	15:47
5	Michelle Dickert Fr	8:13	5	Abby Von Nida Fr	7:45	16:16
6	Sarah Fox Fr	8:22	6	Gretchen Waning Fr	8:06	16:31
7	Ava Denegar Fr	8:23	7	Faith Harold Sr	7:55	16:35
8	Kaitlin Young Sr	8:27	8	Amy Wanamaker Sr	7:51	16:36
9	Abby Rider So	8:29	9	Sarah Horton So	8:07	16:53
10	Taylor Chatlos Sr	8:48	10	Abby Waning Fr	8:19	16:57
11	Maddie Hoffman Jr	9:22	11	Jordan Cline Sr	8:02	16:58
12	Maggie McDonald Fr	9:40	12	Gretchen Rack Fr	8:11	17:11
			13	Anna Chambers Fr	8:12	17:22
			14	Anna Hale Sr	8:23	17:35
			15	Allie Kendall So	8:08	17:36
			16	Nastia Cappozzo So	8:50	-

Weather: 77, very humid, clear.

Meet Summary:

On Friday, MND CC held the 1st Annual MND Alumnae and Intrasquad CC Meet. The meet consisted of two races, a 1 mile race for those runners who were relatively new to the team and a 2-mile race for the girls that have been training consistently for a few weeks.

For each race, the runners were divided into two teams. In the 1-mile race, the Navy Blue team was composed entirely of freshmen and the Columbia Blue team was composed primarily of sophomores with a few upper class runners that were not yet ready for the 2 mile race. For the 2-mile race, the Navy Blue team was composed of freshmen and sophomores and the Columbia Blue team was composed juniors and seniors.

The races were scored in the same way they are during the season: the finish places of the first 5 runners of each team are summed and the team that has the lowest score wins.

Navy was the color of the day. In the 1-mile race, the Navy Blues won 23-32. In the 2 mile race, the Navy Blues won 25-32.

But it was a tough day of racing for everyone. We had a very unusual week of practice with school retreats, vacations, and even a canoeing trip the day before the race. On Wednesday, the team had a tough 1200m interval workout with only one day recovery before the race. Finally, the temperature and humidity were higher than normal. The result was that most of the times the girls ran were slower than they would have been otherwise. As proof just two weeks ago, our workout consisted of a 2 mile up-tempo at Glenwood Gardens. I gave the team explicit instructions not to race or run too hard but their 2-mile times that day were as fast, or faster, than their race times.

The 1-mile race

Gabrielle Marcum won the first race of the day and looked very comfortable doing so. Gabby spent most of the summer playing club basketball so her CC training is a little delayed. But, Gabby ran with the confidence of a returning sophomore and should be back to running with the veterans soon.

Freshmen Taylor Kincaid and Hayley Clark took 2nd and 3rd. Taylor joined the team only last week but that makes her a seasoned veteran compared to Hayley who joined the team on Monday. However, both conditioned with other sports during the summer and their abundant natural talent was to key to their good races.

Erin Bell won the 400m Dash in the GGCL JV Track & Field Championships last May. A mile is a big jump up from the 400 and Erin ran a conservative race. But Erin's future is very bright in running, not just in the 400, but also in cross country.

Michelle Dickert ran a very strong race. She has been training consistently all summer and it showed. When Michelle started training this summer, her long run was only a 1/2 mile. Now, she runs a mile with confidence and will soon be running 5k with confidence.

Abby Rider was a hurdler in track last year so she too is making a big jump in distance. But Abby is starting to make the physical and mental transition to be a distance runner. A few years ago, Princeton High School had a hurdler that was very, very good. She was also a state champion in cross country.

Originally, I did not plan to have Kaitlin, Taylor, or Maddie race. Kaitlin's first practice was Wednesday, Maddie's first practice was on Monday, and Taylor was on retreat during the first half of the week. But, it takes a minimum of 5 runners to make team and Columbia Blue only had 3 sophomores. But, all three are upperclassmen and Kaitlin and Taylor have run cross country before, so all three found themselves in the race even though they were not yet prepared. Kaitlin and Taylor have raced 5k at a faster per mile pace than they ran in the 1-mile race Friday. We have time to back into that kind of shape and all three will be running very well soon.

Maggie had a tough race as she ran a lot of the race by herself. No question in my mind that in a larger field, and with more training, she too will run 5k at a faster mile pace than she ran her 1 mile race on Friday.

The 2-mile race

The premiere event of the day was actually won by Allison Rogiers. Allison and Moira Feibig, who also competed, are alums that graduated last year and are heading off to run cross country at Otterbein and St. Francis (Pa), respectively. Allison and Moira were the face and heart of the MND CC team for the last two years. We wish them luck and MND CC will be keeping an eye on how they are doing this year and for their entire running careers.

Beth Heimbuch finished 2nd but first among the current MND runners. Beth was our #2 runner all of last year and it makes sense that she should be #1 this year. However, Beth cannot be our #1 runner simply by default. Our #1 runner has to compete with the #1 runners on other teams (and that goes for our #2 - #7 runners competing with their counterparts on other teams, too). Fortunately, Beth has proven that she can run with the best as she is the GGCL Champion in the 4x800m Relay and the 800m Run. Translating her track success to cross country success will come down to Beth having the same desire to win in CC that she displayed in track.

The surprises of the race, maybe the entire meet, had to be Addison Werling and Fiona Young. Anyone that has seen these two train this summer would probably assume that they came into this season with a long resume of running success. Not exactly the case. Last year, Fiona was 8th in the JV GGCL 800 run and 14th, and last, in the District 3200m run and she did not run CC as a freshman. Addison was 81st in the Junior high CC race at St. X Invitational last year. 81st! But this season, both Addison and Fiona are highly motivated very committed to their summer conditioning. Both came close to their 2 mile PR and Fiona ran the best race of the day as her 1st and 2nd miles only differed by 2 seconds.

Congratulations to Reilly Haas. I did not expect her to run CC this year as she has established herself as a very important member of the MND Basketball team. But out she is for CC and not just to "stay in shape" for basketball. Reilly has always displayed the talent to be successful in CC and this year she is backing that talent with the work ethic and expectation of success. The competitiveness Reilly brings from basketball is exactly what we need in CC.

Abby Von Nida and Gretchen Waning locked down the victory for the Navy Blues as they finished the race very well to take 5th and 6th. Just in the last 2 weeks, both Abby and Gretchen have realized that they can be very good at distance running and the quality of their workouts have improved tremendously. Their confidence showed in the race because they both made great moves late in the race to move past other runners. If they keep working hard and keep believing in your ability they will be very successful.

Faith Harold, Jordan Cline, Anna Hale, and Amy Wanamaker missed the first half of the week, including our long run, ice baths, and interval workout. Faith was also suffering from a sore foot as she injured it during her retreat. Racing is a function of that week's training. Your body has a relatively short memory and if you do not challenge it during the week, it will not be up for the challenge during the race. So the races these four had were a product of the work they were not able to do, not of all the work they have done up to that week. These four seniors have been training well and because of that, I am starting to believe that we have a chance to replace the 5 varsity seniors we lost last year. Amy Wanamaker gets a special mention. A senior and first time cross country runner, Amy has impressed me with

her work ethic and desire to succeed. I keep asking her to slow down and she keeps telling me she that she wont.

Sarah Horton closed the race strongly. I think she was a little too conservative at the start. Returning sophomore CC runners should be setting a goal of starting the season where they ended last year's season. But to do that, she, and all the returning sophomores, have to set explicit goals for each workout. Your workouts prepare you for your races so plan to have great workouts during the week to prepare you for great races at the end of the week.

Abby Waning ran one of the better races of the day because she was close to achieving the goal of running each mile at the same pace. Abby's first mile pace seemed slow because it put her back in 15th. But her second mile was only 18 seconds slower than her first mile and that allowed her to move up in the field. As a team, we want to run a consistent pace during the race and Abby came very close to achieving that goal.

Gretchen Rack was a candidate for the 1 mile race because she may be the only student at MND that had an eye on making 3 different teams during the summer. But her running talent is very obvious to me. Gretchen is another runner that is running way above her past form. In the same race where Addison Werling was finishing 81st, Gretchen was finishing 144th. But Gretchen has a lot of talent. I would be not surprised if Gretchen makes significant improvement over the course of this season.

Anna Chambers is the person that most clearly showed how tough the race was, not just for her but for everyone. Anna's time of 17:35 was in no way an indication of her fitness level. Two weeks ago, Anna set a 2-mile PR of 15:51 during an up-tempo run and she made it look easy. Anna is another one of our many talented young runners that has made a significant commitment and will be back to form in no time.

Allison Kendall and Nastia Cappozzo did not have a good racing day. Allison had a strong first mile but could not maintain that pace. Both Allie and Nastia had very good workouts on Wednesday so it is clear they are ready to race well. They both have to shake off the race and go into next week's workouts with confidence in their training. As returning sophomores, this team will need both of them to run even better than they ran last year.

We had notable absences on Friday. Had Kate Hindersman and Emma Sander, both juniors, competed in the 2-mile race, the Columbia Blues may have come out on top. Both have been running very well and will be very important to our team's success. We were also missing 4 sophomores Anna Colby, Gabriella Parra, Julia Barnes and Mariah Bradley, and 3 freshmen Nichole Perozek, Katelyn Martin, and Emily Edwards in the 1-mile race.

Observations:

As coach, my job is to put you under repeated stress. If I do my job correctly, your bodies will, over time, adapt to that stress and operate more efficiently when stressed in the future. To "get better" really means that your body is getting better at handling stress and, as a result, your performances improve.

I have a variety of ways to put you under stress because you possess multiple systems in that need to adapt/get better.

Your aerobic energy system is a very important system for distance runner. Aerobic means “with oxygen” and the aerobic system has the responsibility of creating the energy your body needs when your body is provided with sufficient oxygen. (Oxygen is critical to your body if it is producing energy.) For cross country runners, the aerobic system will provide 90% - 95% of the energy your body needs when racing a 5k. The purpose of your Monday long runs is to stress the aerobic system so that it adapts and becomes more efficient at producing energy. But the stress is due to the length of the run, not the speed of the run. So, to stress the aerobic system with a long run, you need to run for 45 – 60 minutes at a very slow (easy) pace. If we run our long runs too fast, our body will switch from the aerobic energy system to the anaerobic (“without oxygen”) energy system and we have defeated the purpose of the long run.

Another purpose of stressing your body is to push back the anaerobic threshold. You cross the anaerobic threshold when your body needs more energy than the aerobic energy system can provide. When you cross this threshold, your energy system switches to the anaerobic energy system and, as a side effect, produces lactic acid. When your legs start to “burn” late in the race, that is due to lactic acid and it signals that you have crossed the anaerobic threshold. Your success as a distance runner is directly related to how long you can work at a high level before you cross the anaerobic threshold. Once you cross the anaerobic threshold, your ability to continue to run well goes way down, very quickly. I use up-tempo runs and 1200m intervals to stress your body in such a way that your body responds by pushing back the anaerobic threshold.

So, I have ways to stress your body so that it adapts your aerobic energy system and pushes back your anaerobic threshold.

And you would think that the aerobic energy system is the most important system to you as a distance runner because it provides 90% - 95% of your energy.

If you think that way, it is understandable. But you would be wrong.

The most important system to your success as a cross country runner is your mind. Specifically, what your mind is thinking and when it is thinking it. I can use different workouts to adapt your energy systems perfectly. But if I do not adapt your mind to be open to success, then the benefit of all the long runs, up-tempo runs, and intervals will not be realized.

How do I stress your mind?

Why do you think we just held the 1st Annual Alumnae and Intrasquad Meet?

We have not yet put in enough training to completely adapt our aerobic energy system or significantly push back your anaerobic threshold.

But, I cannot wait much longer to start putting your mind under stress because your mind takes as long as your body to adapt and become efficient.

What Friday's meet showed me was that most of you are not mentally ready to race. You lack confidence and are not aggressive during the race. Many of you did not compete against your teammates, rather, you merely ran in the company of your teammates.

But, even before the race ended, things started to get better. Around the 1.5 mile mark, many of you started to compete against each other and you closed out your race very well. Instead of a race, we could have just run another up-tempo race. But racing is the purpose of our training. And only racing allows us to practice the elements of our race, like competitiveness and mental toughness.

Next Race

The Lakota Fall Classic.

VOA Park, Mason

Last year's teams: Turpin, Colerain, Lokota East, Loveland, Little Miami, Taylor, and MND

Last year's results: 5 of 7

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

There will be 2 races.

Varsity Race, 9:00 am: 10 runners, not yet determined

Open Race, 10:20 am: All other runners

Plan on being at our team camp at the meet by 7:30am! So arrive at the park by 7:15 am.