

# MND Cross Country Update

Volume 3, Number 2

September 3, 2017

## 2017 Season Summary

	Clark 2mi 8/22/17	OHSAA Inv 8/19/17	Pre-2017 PR
Emma H	13:36.11	23:31.3	
Addison W	13:44.11	*22:20.9	**22:02.4
Taylor K	13:51.96	22:56.2	23:38.9
Fiona Y	13:54.01	22:23.5	**22:03.0
Reilly H	14:09.48	22:31.5	**22:12.5
Gretchen R	14:18.25	*23:19.9	**23:15.5
Lauren W	14:24.57	17:27.7	
Emma S	14:30.49	24:34.1	**21:35.8
Lindsey B	14:40.05	16:44.7	
Samantha H	15:01.82	17:36.4	
Maddie H	15:15.97	17:51.4	25:52.4
Nikki E	15:33.87	--	
Gretchen W	15:54.87	17:57.2	**22:44.9
Gabrielle M	16:06.74	18:28.6	**23:52.4
Audrey S	16:11.35	--	**23:09.8
Julia D	16:37.35	--	
Anna Co	16:44.79	--	**24:58.5
Abby W	16:51.51	--	**25:27.55
Gabrielle L	16:53.18	--	
Ava D	17:13.01	--	**26:47.1
Lanie W	17:08.79		
Emma C	18:14.77		
Nicole T	17:20.30	--	
Anna K	17:36.49	--	
Bella D	--	--	
Kaitlyn O	19:34.32	---	
Sarah H	--	--	**24:15.4
Katie H	--	18:59.3	**25:09.3
Ava B	--	--	
Abby V N	--	--	**25:08.6

# Clark Invitational

August 22, 2017

**One Race: 2 miles**

2<sup>nd</sup> of 6 teams

86 Runners

	Place	Time		Place	Time
Emma H	7	13:36.11	Gretchen W	35	15:54.87
Addison W	8	13:44.11	Gabrielle M	37	16:06.74
Taylor K	9	13:51.96	Audrey S	38	16:11.35
Fiona Y	10	13:54.01	Julia D	41	16:37.35
Reilly H	12	14:09.48	Anna Co	43	16:44.79
Gretchen R	13	14:18.25	Abby W	44	16:51.51
Lauren W	14	14:24.57	Gabrielle L	45	16:53.18
Emma S	16	14:30.49	Lanie W	49	17:08.79
Lindsey B	19	14:40.05	Ava D	50	17:13.01
Samantha H	22	15:01.82	Nicole T	52	17:20.30
Maddie H	28	15:15.97	Anna K	57	17:36.49
Nikki E	32	15:33.87	Kaitlyn O	73	19:34.32

Results: <http://www.ghgtiming.com/Website/Results/2017/ClarkXC/GirlsVarsity.htm>

## Coach's Comments

We competed in a weekday meet for the first time since I began coaching MND CC in 2015. And the Clark Invitational will not be our last weekday meet this season. What purpose do weekday meets serve? Weekday meets are less intense and less competitive than weekend meets (that is, a big invitational). For that reason, weekday meets are a perfect way to introduce new and inexperienced runners to racing. Weekday meets also help experience runners by challenging them to run well more frequently than once a weekend. There were other challenges as well. The biggest being that we were running an early afternoon race, instead of a morning race and it was the 2<sup>nd</sup> day of classes.

A specific advantage of the Clark Invitational was that the race was 2 miles. A 5k race can be daunting for inexperienced runners so a 2 mile race allows them to race at a more manageable distance. Our runners that raced at the OHSAA Early Season meet did not have to race a 5k just 3 days after their first meet.

Even though there are many advantages to racing a 2 mile weekday meet, all races are challenging. So I was eager to see how our inexperienced runners handled their first race and I was very interested to see if our experienced runners were confident enough in their training to push through the fatigue caused by racing three days earlier.

Both sets of runners handled the challenges very well.

While I often point out when one of our runners breaks her PR (Personal Record), PRs are not the best way to gauge performance as they are typically rare. A much better way to determine how well a runner is performing is to compare her times against those she ran at a similar time of the season last year. Unfortunately, Clark is MND's first 2 mile race in a number of years so there are no "year earlier" races to compare to. But, last year, we did run a 2 mile time trial on August 12, only 9 days earlier in that season than the Clark Invitation was in this season. Last year, senior Beth H won the time trial in 14:26 and Addison W was second in 14:47. Fiona Y (15:04) and Reilly H (15:47) were the only other runners under 16:00. By comparison, this year at Clark, our #7 finisher ran 14:24! And all 7 of those girls were raced at OHSAA with 6 of them racing 5k. Just as impressive, we had 13 runners finished under 16:00.

Of the six runners that raced in both the 2.25 mile OHSAA Preseason race and at Clark, all 6 ran a faster pace at Clark. Lindsey B ran 7:45 per mile for 2.25 miles at OHSAA and 7:20 per mile at Clark. Maddie H just keeps getting better. She ran 7:54 at OHSAA and 7:37 at Clark. Samantha H ran 7:49 per mile at OHSAA but dropped that to 7:30.5 at Clark. Samantha H is really running well in her first ever cross country season. Gretchen W was about 1 second per mile faster at Clark than her OHSAA race but her time of 15:54 was significantly faster than the 16:31 she ran at last year's 2 mile time trial. Gretchen M rebounded from a tough OHSAA race to drop her pace from 8:13 to 8:03 per mile. But the biggest surprise of this group was Lauren W's race. Lauren W is a freshman and did not run cross country in grade school. Lauren W ran 7:45 per mile at OHSAA and was our #5 runner in the 2.25 mile race. But, at Clark, she was our 7<sup>th</sup> runner overall and averaged 7:12 per mile. It is true that 2.25 miles is farther than 2 miles. But those distances are so similar that I would not expect anyone's pace to differ by more than 3 seconds per mile. To lower your pace by 20 or 30 seconds per mile is a clear sign of a better race.

I mentioned that a 2-mile, low-key weekday race was an ideal way to start the careers of brand new cross country runners. And we had several brand new cross country runners at Clark. Nikki E, Julie D, Gabrielle L, Lanie W, Nicole T, Anna K, and Kaitlyn O all ran their first, ever, CC race. Nikki E, a senior(!), ran an impressive 15:33. Last year, Nikki E would have finished 4<sup>th</sup> in our 2-mile time trial, just ahead of Reilly H. But our team is so much better that Nikki E finished 12<sup>th</sup> on this year's team. Julia D is also a senior running her first, ever, CC season. Julia D did run Track for MND last Spring but as a sprinter(!) where she placed 5<sup>th</sup> in the 100m Dash in the JV GGCL Championships. Now, as a senior, she is running her first ever cross country season. Julia D's time was just 1 second off of the time that last year's senior varsity runner Amy W ran in the 2 mile time trial. Amy W was also a senior and first-time CC runner but finished the season running 22:08 at Districts and was our #4 runner. So Julia D and Nikki E have a great start to the season. Lanie W and Nicole T are both juniors and first-time CC runners (as is Lindsey B). Because we have so many good runners this year, Lanie W and Nicole T often get overlooked. But, as a comparison, Gretchen R, ran 17:11 in last year's 2 mile time trial and she ended up running 23:38 last year. So Lanie W and Nicole T are clearly running very well. Gabrielle L, Anna K, and Kaitlyn O are all freshmen. Gabrielle L ran a strong race and broke 17:00. Anna K and Kaitlyn O ran tentatively, the way freshmen run in a first race. I have no doubt that all three will continue to improve if they are patient and continue to work hard in practice every day.

We also had several returning runners racing in their first race at Clark. Ava D, a sophomore, averaged 7:37 for two miles at Clark compared to her 1 mile time trial last year in 8:23. Abby W, despite struggling with low iron, ran 6 seconds faster at Clark than at last year's time trial. Anna Co is well under the pace she ran when she opened up last season. Anna Co is very talented and, as a

Junior, she is on track to improve on her 5k PR of 24:58. Audrey S is a senior with 2 years of CC experience although she did not run CC last year (to focus on Track). Audrey's 5k PR is 23:09 from her freshman year though she was a much more consistent runner as a sophomore. Audrey S is very consistent in her training and her experience as a 2-time Varsity Letter winner in Track indicates she understands the amount of work it takes to be successful.

Now for those runners that were bouncing back from racing a 5k at OHSAA just 3 days earlier. Freshman Emma H ran the race of the day. I was a little concerned about how she would handle racing again so soon after her first ever 5k CC race on Saturday. At OHSAA, Emma H was our #6 runner and, at Clark, it would not have surprised me if she had slipped to our #8, #9 or even #10 because of her fatigue. Instead, she ran a tremendous race and jump to our #1 runner. Emma H has been one of our top runners since summer training started but it was great to see her race like she believed she is one of our best runners. Taylor K moved up from #5 on the team at OHSAA to #3 at Clark. Taylor K spent the Spring running the 400 and 800 in Track (earning Honorable Mention All-GGCL) so her confidence is a little low when it comes to racing as far as 5k. I hope her excellent 2 mile race increases her confidence at 5k, too. Emma S ran a much better race at Clark than OHSAA. Emma S has been addressing her low iron but it is too soon to believe that her issues are already resolved. Still, it takes a lot of willpower to set the pace she set at Clark after having such a tough race only 3 days earlier. Gretchen R is running sneakily good this year. Last year she ran 17:11 at the 2 mile time trial and ended the season running that same pace for 5k, finishing with a PR of 23:38. But at no time last year was Gretchen R one of our Top 7 runners. At OHSAA and at Clark, Gretchen R has been our #6 runner and her 14:18 at Clark is a significant improvement over her 2 mile time trial of 17:11 (that is almost 3 minutes faster in a 2 mile race). Reilly H is benefiting from a strong summer of training. Reilly H (and Julia D) is a member of the MND's State Champion basketball team. Since Reilly played Varsity for the basketball team last Winter I did not expect to see her come out for CC for her senior year. But Reilly H is very dedicated to running and that showed this summer and it is showing in how fast she is running. Fiona Y broke 14:00 for the first time. Fiona Y missed the entire Spring Track season due to injury but, to her credit, she did not let that deter her workouts this summer and she is already racing very well this season. Addison W has been running well for a long time and continues to run well. But sometimes we take her performances for granted. Addison W works very hard in practice and approaches every race with a single-minded attitude to run her best race.

## **5 #1's**

Emma H became our 2<sup>nd</sup> #1 runner in just our 2<sup>nd</sup> race of the season. Our depth is starting to show. Wyoming (ranked #1 in the Enquirer DII CC poll) won the Clark Invitational and placed 5 runners in front of our #1. But Clark was Wyoming's first meet of the season not, like us, their second race in 3 days. So their fresher legs showed. But after their 5<sup>th</sup> runner, we placed our entire Top 7 (and our 8<sup>th</sup>) in front of Wyoming's next runner.

We are coming to the halfway mark of a very tough 2 weeks of training that is capping off a very tough month of training. We race Saturday at Lakota Classic, race again on Tuesday at Edgewood, then finish the grueling 2 weeks with a Saturday race at Princeton. I know this is tough. It is supposed to be tough. So everyone has to take very good care to stay healthy. The 4 things you have to do to stay healthy are stretching, icing, sleeping, and eating. If we can do that we will continue to improve even during these tough 2 weeks.