



## 2014 Golden Gales Cross Country

### Galion XC Festival – Amann’s Park

September 13, 2014

Another strong day for the Gales! On the whole, we raced well, gained experience and were rewarded with 20 PRs and ten other season best times. Today’s results confirm we are improving in physical strength and competitive mentality. Our closing ability also continues to improve and our race tactics are sound. Twenty-five (25) of 34 runners improved their position in both the second and third miles; the average Golden Gale runner passed 15 competitors in the last two miles of the race.

Our athletes in the open races generally got out well, in good position with respect to their usual “neighborhoods”. Our Varsity team started more conservatively, in the densest part of the pack and had to work very hard to fight their way back into contention. The hard work in the midrace took its toll and impacted our overall race performance. At ~5 runners per second through the first mile mark, just a few seconds faster off the line would have made a world of difference.

Our varsity team average time dropped by 21 seconds to 16:44, but our 1-5 span increased to 0:56... probably not a championship level performance. Our 8<sup>th</sup> place finish is respectable given the prestigious field, but we are a better team than this and we will eventually prove the point.

Moving forward, we will continue to work hard this week toward our ultimate championship goals. However, we will load our hardest work into the front half of the week to ensure we are in position to compete well at home, in the Bob Reall Invitational.

#### Varsity Team Results – 30 Division I teams

Place	Points	Team	Runners:	1	2	3	4	5	(6)	(7)
1	62	New Albany		1	11	12	14	24	(94)	(101)
2	105	Ashland		5	15	16	25	44	(73)	(104)
3	126	Thom. Worthington		4	9	20	45	48	(49)	(52)
4	137	Hilliard Darby		2	6	27	40	62	(79)	(83)
5	159	Medina		22	23	36	37	41	(67)	(88)
6	182	Olentangy Liberty		17	21	31	43	70	(82)	(89)
7	206	Olentangy		18	29	35	60	64	(71)	(76)
8	214	Lancaster		13	28	50	51	72	(75)	(118)
11	298	Hilliard Bradley		32	34	53	81	98	(117)	(140)
13	368	Watkins Memorial		3	39	107	109	110	(144)	(174)

#### Varsity Race (208 runners)

	<u>1 Mile(place)</u>	<u>2 Mile-split(place)</u>	<u>Finish-Pace(place)</u>	<u>Comments</u>
<i>Ball</i>	5:11(42 <sup>nd</sup> )	10:27-5:16(17 <sup>th</sup> )	16:11.3-5:13(13 <sup>th</sup> )	<b>PR</b> This race was a demonstration of great ability, strength and determination. A cautious start made for a tough fight through the dense pack in the 2 <sup>nd</sup> mile. Still, you closed with a solid final mile.
<i>Robbie</i>	5:16(66 <sup>th</sup> )	10:46-5:30(46 <sup>th</sup> )	16:35.8-5:18(28 <sup>th</sup> )	<b>PR</b> Outstanding competitive effort! You also expended a lot of effort to fight through the pack. But, this race should give you the confidence to get out near the frontrunners.
<i>Hinson</i>	5:16(67 <sup>th</sup> )	10:54-5:38(69 <sup>th</sup> )	16:53.9-5:27(50 <sup>th</sup> )	<b>PR</b> You have developed into a consistent, reliable, high level competitor... and will only get stronger! Keep working to stay locked on and racing through the mid-race and to the line.
<i>Isaak</i>	5:15(62 <sup>nd</sup> )	11:50-5:35(57 <sup>th</sup> )	16:54.4-5:31(51 <sup>st</sup> )	A solid race... you are almost back to where you belong. It’s time to believe and get your “edge” back...
<i>Bosser</i>	5:13(54 <sup>th</sup> )	10:54-5:41(68 <sup>th</sup> )	17:07.8-5:40(72 <sup>nd</sup> )	The Gales are at their best when you are at your best. Experience shows your race results strongly depend on your prerace routine.
<i>Scott</i>	5:30(129 <sup>th</sup> )	11:08-5:38(95 <sup>th</sup> )	17:12.4-5:31(75 <sup>th</sup> )	<b>PR</b> Outstanding effort, especially following the stress of the ACT. Like others, your splits show the strength to get out and race with the next level of faster competition
<i>Zach</i>	5:30(130 <sup>th</sup> )	11:27-5:57(125 <sup>th</sup> )	17:48.9-5:47(118 <sup>th</sup> )	A tough day, fighting illness... Put it behind you and get healthy and strong in the upcoming week.

### Open Race "A" (205 runners)

Frankie	5:23(13 <sup>th</sup> )	11:14-5:51(9 <sup>th</sup> )	17:23.8-5:36(6 <sup>th</sup> )	<b>PR</b> Excellent; a very competitive, very strong race! You got out well and closed throughout the race. You are on a great path... just keep doing what you're doing.
Trent	5:27(22 <sup>nd</sup> )	11:21-5:54(14 <sup>th</sup> )	17:28.1-5:34(8 <sup>th</sup> )	Great race! Great finish! You can compete this way whenever you wish. You have been very strong on your home course... look forward to a great day in the Bob Reall!
Mason	5:21(11 <sup>th</sup> )	11:08-5:47(7 <sup>th</sup> )	17:40.9-5:57(11 <sup>th</sup> )	You ran bravely & continue to close the gap on your peers. You are training well & getting strong; the big week sapped some closing strength, but the investment will be worth it in the long run.
Andy	5:26(17 <sup>th</sup> )	11:21-5:55(13 <sup>th</sup> )	17:47.8-5:52(14 <sup>th</sup> )	<b>PR</b> A breakthrough race! You got out bravely and show the ability to compete at a very high level. Your finish will come as you continue to train and build strength.
Chance	5:45(63 <sup>rd</sup> )	11:45-6:00(33 <sup>rd</sup> )	18:01.7-5:42(20 <sup>th</sup> )	Another strong race... chasing and racing throughout! Now be confident and take the chance to get out with the faster runners as we continue working to develop your leg speed.
Zac	5:40(48 <sup>th</sup> )	11:46-6:06(32 <sup>nd</sup> )	18:04.4-5:44(23 <sup>rd</sup> )	<b>PR</b> Great job! Strong finish... Keep working hard to build your overall strength. The future is very bright!
Lunsford	5:40(49 <sup>th</sup> )	11:46-6:06(35 <sup>th</sup> )	18:17.1-5:56(31 <sup>st</sup> )	<b>PR</b> Excellent! Strong race, great effort. Be sure to stay locked on in the mid-race. Keep your eyes up and on the back of your next "target".
Will	5:40(50 <sup>th</sup> )	11:46-6:06(37 <sup>th</sup> )	18:17.6-5:56(32 <sup>nd</sup> )	<b>PR</b> Great Race! You have come so far already and there is so much more you can accomplish. Keep working hard... keep working together with your teammates in practice and on race day.
Nathan	6:40(52 <sup>nd</sup> )	11:46-6:06(36 <sup>th</sup> )	18:20.8-5:59(35 <sup>th</sup> )	<b>PR</b> Outstanding! Way to work together in our excellent "freshman pack"! As you develop your full-body strength, your leg speed and ability to finish fast will improve... keep working hard!
Remington	5:45(64 <sup>th</sup> )	12:02-6:17(55 <sup>th</sup> )	18:48.3-6:09(53 <sup>rd</sup> )	A solid step forward as your overall fitness continues to improve. Not only are you running well, you are also building the base for more speed and higher heights in the spring.
Jarod	6:00(83 <sup>rd</sup> )	12:26-6:26(78 <sup>th</sup> )	18:54.9-5:54(59 <sup>th</sup> )	A solid effort with a strong closing mile to more closely indicate your true fitness and ability. It's important for you to look for ways to enjoy the racing as much as the running.
Justin	6:00(82 <sup>nd</sup> )	12:32-6:32(80 <sup>th</sup> )	19:17.4-6:09(73 <sup>rd</sup> )	Lets first focus on getting you healthy. Then be confident, get out fast and race. The underlying fitness is there for you to excel!
Chris	6:00(84 <sup>th</sup> )	12:32-6:32(82 <sup>nd</sup> )	19:36.3-6:26(90 <sup>th</sup> )	The strength, speed and toughness are all there... You will breakthrough in a big way as soon as we can get past the hip issues. Do we need to revise our approach?
Cochenour	6:15(126 <sup>th</sup> )	12:50-6:35(108 <sup>th</sup> )	19:47.2-6:28(103 <sup>rd</sup> )	<b>PR</b> Congratulations! You've been fit and ready for a new PR and deserve this reward. Great splits indicate you are ready to get out a bit faster and still race strong. Let's keep moving forward...
Jansen	6:20(143 <sup>rd</sup> )	13:10-6:50(121 <sup>st</sup> )	20:06.2-6:18(111 <sup>th</sup> )	<b>PR</b> Sooo... close! But a great PR nonetheless! Keep working hard; you have improved so much and there are even faster times in you!
Zeke	6:20(142 <sup>nd</sup> )	13:11-6:51(129 <sup>th</sup> )	20:22.1-6:32(124 <sup>th</sup> )	Congestion, etc was clearly a factor for the entire week. Get healthy so that your practice results are more consistent and your race efforts can continue to improve.

### Open Race "B" (288 runners)

Jack	5:27(12 <sup>th</sup> )	11:22-5:55(18 <sup>th</sup> )	18:13.2-6:14(44 <sup>th</sup> )	Good effort following the stress of the test. You competed well, up where you belong, for 2/3rds of the race. We simply must get to the point where you can finish smoothly. Efficiency is holding you back!
Mingyar	6:13(153 <sup>rd</sup> )	12:43-6:30(140 <sup>th</sup> )	19:36.8-6:16(116 <sup>th</sup> )	<b>PR</b> Fantastic! You true ability is beginning to show! Going forward, make sure you hit your workout targets and use your practice time effectively. Your continued improvement depends on it...

<i>Caleb</i>	6:19(169 <sup>th</sup> )	12:57-6:38(155 <sup>th</sup> )	20:04.8-6:29(146 <sup>th</sup> )	<b>PR</b> Great job! You continue to do great work in practice and on race day! Don't worry... sub 20min (and even faster times) are in the near future. Just keep doing what you are doing!
<i>Molnar</i>	6:32(194 <sup>th</sup> )	13:15-6:43(174 <sup>th</sup> )	20:20.1-6:26(158 <sup>th</sup> )	<b>PR</b> Another huge PR! Excellent effort. Going forward, keep working on flexibility & overall strength as we increase the speed content in our workouts. Speed mechanics are key to future improvement.
<i>Billy</i>	6:25(181 <sup>st</sup> )	13:12-6:47(172 <sup>nd</sup> )	20:21.9-6:31(159 <sup>th</sup> )	<b>PR</b> Excellent! Solid racing and good teamwork as you ran through the competition. You are working hard and the results are showing. Keep working to improve flexibility and strength to improve speed.
<i>Evan</i>	6:32(195 <sup>th</sup> )	13:17-6:45(181 <sup>st</sup> )	20:36.2-6:39(170 <sup>th</sup> )	<b>PR</b> Great job! Remarkably even splits show you have excellent aerobic strength. As for others, your times will drop as we improve leg speed through improved strength and flexibility.
<i>Cody</i>	6:25(182 <sup>nd</sup> )	13:17-6:52(182 <sup>nd</sup> )	20:36.8-6:04(171 <sup>st</sup> )	Strong race! You were aggressive today and competed hard! Take this race and build on it... work hard on strength and flexibility and lets break 20min before the season is done!
<i>Clayton</i>	6:16(165 <sup>th</sup> )	13:09-6:53(167 <sup>th</sup> )	20:39.3-6:49(174 <sup>th</sup> )	<b>PR</b> Great job! You did a much better job staying relaxed and ran much faster and more smoothly as a result. Now you know you can... now you know how. Don't look back!
<i>Kameron</i>	6:47(230 <sup>th</sup> )	14:00-7:13(225 <sup>th</sup> )	21:37.4-6:56(217 <sup>th</sup> )	I think you are ready to get out faster and still stay on pace. Your practice effort is much improved and so is your fitness. Get out and run with your nearby teammates.
<i>Allen</i>	6:44(224 <sup>th</sup> )	14:12-7:28(238 <sup>th</sup> )	22:10.8-7:15(236 <sup>th</sup> )	<b>PR</b> Another strong race! You are improving every week. All you lack is the strength that comes from consistent, long-term practice and development. Keep working hard... many more PRs ahead!
<i>Josh</i>	7:22(267 <sup>th</sup> )	15:02-7:40(262 <sup>nd</sup> )	23:14.4-7:28(255 <sup>th</sup> )	<b>PR</b> Josh, you've improved so much already... you are amazing! Keep working hard and set no limits. There's no telling how fast you can be as you continue to grow and get strong!