



2013 Golden Gales Cross Country

Meet Results Bob Reall Lancaster Invitational September 21st, 2013

Awesome! The Golden Gales are 2013 Bob Reall Invitational Champions! We can check one item off our 2013 "to do" list...

More important than the victory was the way we competed. You ran with guts and relentless determination. Your moves in the second loop were awe inspiring. You truly did your best racing in the second half and left no doubt who was the best team today. And these comments apply equally to the Varsity and the Open Races!

Even though this day was all about racing and placing, I understand that everyone is interested in their time and what it means. So here's a little math; ~100 runners raced at Galion and at Lancaster... the average guy in this group ran a time at Lancaster 62 seconds slower than they ran at Galion. Knowing that the Galion course is 42 seconds faster than Lancaster on a good weather day, we can say that the soft, slippery conditions slowed the typical guy by a further 20 seconds on Saturday. What does this mean?

- If your time Saturday was less than 62 seconds slower than your Galion time, then you ran a "PR Effort"
- Subtract 20 seconds from this year's Bob Reall time to compare to last year's race.
- Subtract 44 seconds from Saturday's time to get your current "zero time", standardized to the state meet course.

However, note that some guys are impacted more by sloppy conditions than others. In general, older, stronger guys plow through the slop better than younger, less developed guys. And, powerful guys do better than rhythm guys in the mess... Finally, the sloppy conditions will "find" any weakness, soreness or whatever and exploit it. So if you are a little sick or nursing a slight injury, a race like Saturday will be tougher for you.

So go ahead and take a few minutes to think about your time... then forget it and move on! We know we are tough... we know we are excellent "mudders" and we know we have lots more work to do to reach our goals. So let get after it and...

Be Relentless!

		Team Scores							
Rank	Team	Total	1	2	3	4	5	*6	*7
1	Lancaster Average: 17:02.86	36	2	3	4	10	17	18	23
2	Westerville North Average: 17:47.84	96	8	9	15	24	40	42	61
3	New Albany Average: 18:02.94	125	5	13	22	29	56	72	74
4	Parkersburg Average: 18:08.32	130	14	19	20	36	41	51	54
5	Teays Valley Average: 18:21.00	143	11	28	32	35	37	39	83

... plus 12 other teams

Individual Results/Comments

	<u>1 Mile</u>	<u>2 Mile(split)</u>	<u>Finish-Pace(place)</u>	<u>Comments</u>
Weaver	5:06	10:29(5:23)	16:34.8-5:32(2 nd)	Powerful, confident racing! Outstanding effort close on the leader mid-race... we have 5 weeks to put you in position to make the last mile your fastest! (0:31 faster than 2012)
Stephen	5:10	10:43(5:33)	16:47.5-5:31(3 rd)	Great job competing and moving through the field in the 2 nd and 3 rd miles. Good teamwork with Adam... The middle mile remains your biggest opportunity to improve (~same as 2012)
Adam	5:10	10:44(5:34)	16:48.0-5:31(4 th)	Like Stephen, great job competing, working together, moving up. I'm proud of your effort to stay fit during rehab... you are so strong & will be at your best at Nat'l Trails (~same as 2012)
Ball	5:27	11:12(5:45)	17:24.9-5:39(10 th)	A very mature and determined race. Strong move in the mid-race with an exceptional finishing effort. You are running with such great confidence now! ...in races and in workouts.

<i>Robbie</i>	5:27	11:20(5:53)	17:39.1-5:45(17 th)	Great race! Solid teamwork between you and Isaak as you moved up through the field. Excellent effort in the final 1000. Continue to build mid-race strength. (0:21 faster than 2012)
<i>Isaak</i>	5:27	11:18(5:51)	17:40.5-5:48(18 th)	Great job... with you and Robbie pulling each other through... Your aggressiveness was key mid-race. Your development has been great for our team! (1:16 faster than 2012)
<i>Zach</i>	5:34	11:40(6:06)	18:11.9-5:56(23 rd)	An excellent race! Most important; you got out better and ran with much more confidence. You now know you can compete at this level! Top Freshman Finisher!
<i>Jarod</i>	5:27	11:42(6:15)	18:23.1-6:05(02 nd)	Outstanding! This is more like it... the real you! The stats are amazing; every split was at least a minute faster than last year. More work to be done mid-race... (3:46 faster than 2012)
<i>Hinson</i>	5:45	11:50(6:05)	18:30.8-6:05(03 rd)	Excellent! Your best race as a Golden Gale! Strong, confident near the front where you belong. Great races ahead as your fitness continues to improve. (1:09 faster than 2012)
<i>Trent</i>	5:48	11:58(6:10)	18:31.3-5:57(04 th)	You responded well and competed after another slow start. 1 st mile: 13s slower than 2012. 2 nd mile: 25s slower than 2012. You have the talent to be elite! (28sec slower than 2012)
<i>Reilly</i>	5:45	11:58(6:13)	18:36.5-6:02(06 th)	Great job! You competed hard as always... Your best race as a Gale! You are as fit as you have ever been & moving forward again into the faster practice groups! Fast times are ahead!
<i>Frankie</i>	5:48	12:13(6:25)	18:59.9-6:10(010 th)	A solid race for you, though a little slower than 2012 due to wet conditions. Your workouts show improving fitness... we still have time to set impressive PRs! (0:19 slower than 2012)
<i>James</i>	5:45	12:14(6:29)	19:04.5-6:13(011 th)	Faster than 2012, but not up to standard you set earlier in '13. Your workouts have been great and are tougher than any race... let's get past the "stitch". (0:34 faster than 2012)
<i>Bosser</i>	5:40	12:05(6:25)	19:10.4-6:26(013 th)	An OK effort, but not up to your ability. Avoid getting caught up in the hype of a weekend like this one. Relaxed and confident... before, during and after. Don't over think... just let it flow. You are extremely talented! (~same as 2012)
<i>Jack</i>	5:52	12:14(6:22)	19:17.7-6:25(017 th)	Fantastic! A breakthrough race; competitive and strong at every stage. Your best XC race as a Golden Gale! Your strong workout effort is beginning to pay off. (2:00 faster than 2012)
<i>Grant</i>	5:45	12:13(6:28)	19:22.0-6:30(020 th)	Solid, but not up to you recent standards. You got out well, but faded somewhat in the 2 nd and 3 rd miles. Were you stale from the lower work load last week? (0:28 faster than 2012)
<i>Spencer</i>	5:50	12:16(6:26)	19:27.1-6:32(022 nd)	A tough race/day for you given your current fitness; ~30sec per mile slower than 2012 at every split. Keep working hard; & adjusting to the allergy therapy. There's still time for some final PRs and your leadership/example is so valuable!
<i>Justin</i>	6:00	12:35(6:35)	19:32.0-6:19(023 rd)	Strong run and a solid finishing effort. Ours is a tough course for a young runner... You've accumulated a strong base of training and can expect great results on the next two courses.
<i>Remington</i>	5:52	12:31(6:39)	19:33.4-6:24(025 th)	Great job! Your best XC race as a Gale! Solid at every stage with a great finishing effort. Let's see what you can do on the faster courses at Bradley and Darby. (2:33 faster than 2012)
<i>Andy</i>	5:57	12:35(6:38)	19:39.6-6:26(026 th)	Solid effort... your competitive spirit is strong and you seem to be much closer to full. You will show your true abilities at Bradley and Darby!
<i>Jacob Eck</i>	5:54	12:45(6:51)	19:47.0-6:24(032 nd)	Strong Run in tough conditions for a new runner. You have come a long way in your first season... let's get some payoff by riding a faster mid-race to new PRs in the final few races!
<i>Chance</i>	6:21	13:04(6:43)	20:08.7-6:26(044 th)	Solid effort. These had to be tough conditions for you given your tender knees and current fitness. You always give your best and you will see much faster times in the next few weeks.

<i>Nathan</i>	6:20	13:10(6:50)	20:20.8-6:32(O53 rd)	A conservative run for a runner of your natural ability. You're not yet as fit as you will be, but be more aggressive at Bradley & Darby. Being on your feet all day prior to the race didn't help you perform at your best...
<i>Zeke</i>	6:20	13:09(6:49)	20:30.8-6:43(O57 th)	Solid run in tough conditions for a young body. Your practice efforts suggest you are ready for another breakthrough. Get out aggressively and push the pace in the 2 nd mile.
<i>Joey</i>	6:37	13:34(6:57)	21:00.1-6:45(O69 th)	Good effort... similar comments to those for other freshmen. You have really improved your fitness... now trust it and race hard from the start line!
<i>Neil</i>	6:28	13:41(7:13)	21:09.3-6:47(O73 rd)	A solid run for the day. Got out pretty well... with a strong finishing effort. Chase/compete in the middle mile; work hard to avoid any 7+ minute miles! (0:16 slower than 2012)
<i>Chris</i>	6:09	13:23(7:14)	21:24.8-7:18(O80 th)	The calves/shins are obviously a major issue. You never complain... We can try some pretty effective taping strategies, but it may be smart to rest & prepare for a big race at Darby.
<i>Colin</i>	6:22	13:45(7:23)	21:44.1-7:15(O90 th)	The course conditions had a significant impact on your race. Put this one behind you and focus on racing hard at Hilliard. You're ready for a new PR! (0:48 slower than 2012)
<i>Jansen</i>	7:00	14:10(7:10)	21:46.5-6:55(O92 nd)	Strong effort! You fought the conditions well and separated from you closest peers. You practice efforts have been very good... run with confidence for a big PR at Darby!
<i>Austin</i>	7:00	14:13(7:13)	21:59.1-7:04(O97 th)	It is very difficult to race your best in an endurance test when you spend several hours on your feet prior to your race. You are much stronger and will bounce back & run well next week!
<i>Cody</i>	6:51	14:00(7:09)	21:59.2-7:17(O98 th)	Good effort on a tough day fighting through the mud. Great practices this week... You're fit and ready to PR at Bradley and Darby in the coming weeks.
<i>Nic</i>	6:44	14:12(7:28)	22:48.0-7:49(O121 st)	You were in distress from early on. The day was tough for sure, but you are a good runner! Relax/don't let the excitement & hometown fans cause additional stress. Have fun!
<i>Clayton</i>	7:00	15:05(8:06)	23:29.1-7:38(O138 th)	A tough day for you... not exactly sure why. You did not get out as well as in past races and you slowed to a recreational pace in the middle mile. Your finish was a good effort.
<i>Kameron</i>	7:40	15:44(8:04)	24:30.2-7:58(O151 st)	This race was very similar to your effort at Mason. As for others, the course and conditions were tough on younger, less powerful runners. After good practices this week, you'll be ready for strong races at Bradley and Darby.
<i>Sage</i>	8:14	17:17(9:03)	27:07.4-8:47(O160 th)	As for others, the conditions were tough for you. Still, take care not to assume the day is going to be bad; get out & run with confidence. A positive approach makes the effort easier.

DNR: *Jacob M, Jacob P, Mason, Patric, Scott*