



2014 Golden Gales Cross Country

Meet Results Midwest Meet of Champions September 27th, 2014

Great day Gales! The competition was excellent and we responded well! Our teams took second places in both the Frosh/Soph and Open races. We raced with confidence; we got out aggressively (generally) and competed with relentless determination. Fifteen of 22 Gold Gale competitors improved their position in the 2nd and 3rd miles; eight set new PRs and five more set new season bests. We can be very proud of our efforts at the 2014 Midwest Meet of Champions!

Still, there are many things we can and will improve upon. For some, improvement will come as we get off the line fearlessly and more aggressively before starting our chase for low numbers. For some, improvement will come as we become even more relentless in the mid-race, refusing to let off the gas or lose contact with the leaders. For some, improvement will come as we continue to build the physical and mental strength to ensure a powerful finish. For all, we now begin the process of preparing and sharpening for our best racing of the 2014 season.

On Monday, we enter a new phase of our training plan. Our workouts will include more race-specific effort as we begin to transition to the championship season. For some, we will begin to reduce volume and sharpen for our season-ending races/PRs. It's important that everyone runs their quality workouts as designed and do your weekend long runs... maintaining your optimal training mix is especially critical now. Stay healthy... eat, hydrate, sleep, and rest well, as always! Prepare (and expect) to be the best you can be! Achieve our goals...

Be Relentless!

Freshman/Sophomore Race Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	Hilliard Darby	45	3	5	6	15	16	29	38	Average:	17:55.74
2	Lancaster	111	4	11	20	22	54	66	78	Average:	18:16.94
3	Dublin Coffman	121	1	13	32	35	40	45	59	Average:	18:20.63
4	SVSM	138	2	25	31	36	44	84	88	Average:	18:27.22
5	Chardon	146	9	14	23	48	52	56	60	Average:	18:30.07
8	Dublin Jerome	197	18	28	37	49	65	71	72	Average:	18:47.03
10	Upper Arlington	213	7	24	51	62	69	70	75	Average:	18:48.84
12	Hilliard Bradley	270	10	43	63	74	80	82	83	Average:	19:14.37
13	teams										

			<i>(Compared to 2013 splits)</i>	
<i>Andy</i>	5:15(2 nd)	11:05-5:40(2 nd)	17:38.90-5:58(F/S-4 th)	PR! (-24/-28/-16) Excellent effort - solid learning experience. Got out well, in a competitive position. Opportunity at ~2500M; on his shoulder here, you are positioned to race for the win, assured 2 nd or better and the race feels shorter.
<i>Zac</i>	5:28(17 th)	11:27-5:59(16 th)	18:02.78-6:00(F/S-11 th)	PR! Excellent racing, especially in the final mile. In the long term, we are building the strength to hold pace in the middle mile and then finish with your fastest mile.
<i>Justin</i>	5:31(25 th)	11:36-6:05(22 nd)	18:14.08-6:02(F/S-20 th)	PR! (-12/-12/-15) Great job! Confident and aggressive, your best race. You're back on a great path... pack up with 17:30 teammates for the Darby race.
<i>Lunsford</i>	5:32(28 th)	11:38-6:06(25 th)	18:21.31-6:06(F/S-22 nd)	Another solid race and ready to take the next step. Stay locked on and racing in the mid-race... don't drop your eyes! Pick a competitor ahead of you, chase him down, then repeat to the finish!
<i>Nathan</i>	5:50(72 nd)	12:05-6:15(63 rd)	19:07.59-6:25(F/S-56 th)	A good effort, but your first mile was slow and you seemed stressed. . Relax... don't think about the outcome you want. Stay in the moment! You are fit and fast, relax and have fun racing! The desired outcome will follow...
<i>Chris</i>	5:44(54 th)	12:12-6:28(67 th)	19:22.17-6:30(F/S-69 th)	(+1/+10/+5) A good effort & a solid race. Despite missed training and recent sickness, you are stronger than last year. Our next phase will sharpen you for a strong finish and PRs.
<i>Mingyar</i>	6:26(151 st)	12:55-6:29(113 th)	19:54.79-6:22(F/S-96 th)	A great job of chasing after the first mile led to amazing splits. Take the next step by getting out with faster runners... then race. Work hard in practice! Don't waste your talent.

<i>Caleb</i>	6:07(107 th)	12:45-6:38(105 th)	19:56.23-6:32(F/S-97 th)	PR! Congratulations... a big milestone! Strong pack running, solid racing tactics, great finishing effort led to an excellent overall result.
<i>Jansen</i>	6:11(116 th)	12:45-6:34(103 rd)	19:57.66-6:34(F/S-99 th)	PR! Congratulations, a milestone race for you also! You earned this PR with excellent teamwork and a great middle mile. More PRs ahead as we sharpen...
<i>Evan</i>	6:11(114 th)	12:48-6:37(108 th)	20:15.00-6:46(F/S-106 th)	PR! Strong race with good pack running results in another solid PR. We build finishing strength with our long intervals; be relentless in the final 300M! Sprint the final 100M! Sub20min depends on it!
<i>Zeke</i>	6:11(118 th)	12:59-6:48(117 th)	20:18.98-6:40(F/S-108 th)	(-4/+3/-3) A much better job positioning in the first mile. Recent illness may have sapped some strength, but you will benefit by packing with teammates rather than running alone in the mid-race.
<i>Cody</i>	6:00(94 th)	12:45-6:45(102 nd)	20:20.83-6:55(F/S-110 th)	(-52/-13/+3) Great job! Very aggressive and competitive, especially in the first two miles. You are building the strength to be relentless in the final mile. Don't give in!
<i>Billy</i>	6:18(136 th)	13:10-6:52(137 th)	20:53.74-7:02(F/S-137 th)	A strong effort despite the recent sickness. You were fighting for every place. Get healthy and rested... get out about the same at Darby(~6:15-20), relax and pack with teammates, knowing you'll finish strong and break 20min.
<i>Josh</i>	6:35(161 st)	13:44-7:09(161 st)	21:43.00-7:15(F/S-161 st)	PR! Outstanding! A fantastic effort from start to finish! You have come so far... running with teammates on your aerobic runs shows your improvement and will lead to even better race results!
<i>Allen</i>	6:57(201 st)	14:22-7:25(188 th)	23:02.04-7:53(F/S-187 th)	This was a good effort, probably your second best race of the year, but you are still "limping". If you are hurting, tell me. If not, you must break this habit to make further progress and avoid injury.

Open Race Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9
1	St. Ignatius	43	3	7	8	10	15	21	42	Average:	17:44.70
2	Lancaster	60	4	6	12	18	20	108	117	Average:	17:51.32
3	Mentor	70	1	5	13	24	27	29	37	Average:	17:51.93
4	Hilliard Darby	104	2	16	23	31	32	53	61	Average:	18:05.84
5	Dublin Coffman	109	9	11	14	35	40	41	45	Average:	18:06.50
8	Hilliard Bradley	254	17	38	56	63	80	84	90	Average:	18:53.32
10	Dublin Jerome	298	46	47	60	67	78	83	96	Average:	19:05.47
17	Upper Arlington	492	77	79	111	112	113	115	116	Average:	21:02.83
18	teams										

	<u>1 Mile</u>	<u>2 Mile(split)</u>	<u>Finish-Pace(place)</u>	<i>(Compared to 2013 splits)</i>
<i>Jack</i>	5:20(10 th)	11:02-5:42(2 nd)	17:34.57-5:57(O-4 th)	PR! (-18/-15/-27) Outstanding! Tactically excellent & you did a much better job holding form and staying efficient. Divide the final 600 into phases; 1 st think relaxed, long & powerful, then increase turnover at 300M... then short & quick (sprint) to the finish. Keep mind engaged on tasks... not "feeling".
<i>Reilly</i>	5:21(11 th)	11:08-5:47(8 th)	17:40.36-5:56(O-6 th)	(-12/-10/-8) Excellent, highly competitive at every stage of the race! You've erased the early fitness deficient and are now ~30sec ahead of last year. Make next week a milestone!
<i>Trent</i>	5:34(41 st)	11:27-5:53(24 th)	17:49.15-5:47(O-12 th)	(+3/-1/+1) It was so exciting to watch you mow down one competitor after another in this race. Still, I believe you have the talent to race up front... get out in 5:20 at Darby and let's see!
<i>Chance</i>	5:39(49 th)	11:35-5:56(35 th)	18:02.78-5:53(O-18 th)	(-16/-26/-28) Awesome... constantly racing, passing runner after runner! You are now as strong and healthy as you have ever been... get out in 5:30 and go at Darby!
<i>Grant</i>	5:23(17 th)	11:25-6:02(20 th)	18:06.34-6:05(O-20 th)	(-4/-3/-6) This was a solid race, no reason to be down! Your body language was negative even before the race... perhaps still feeling weak from the recent illness. Put this one behind you - rest, eat, relax, sharpen and bust it at Darby!

<i>Clayton</i>	6:13(151 st)	13:30-7:17(167 th)	21:40.55-7:26(O-163 rd)	(-54/-42/-3) A strong effort, as usual. Relaxed and smooth for more than half the race... then fought yourself for the last half. Stay in control. If you're running well, accept the hurt as a good sign, control your mind and stay relaxed...
<i>Patric</i>	6:42(202 nd)	14:15-7:33(186 th)	22:25.84-7:26(O-185 th)	This was similar to your race at Davidson... you did not seem to be ready to compete on this day. Your practice effort has been excellent and your approach for the Bob Reall was outstanding! Be prepared for opportunity at Darby...