



2016 Golden Gales Cross Country

McGowan Invitational – Watkins Memorial High School

September 10, 2016

The Gales are making progress. Seeded 10th in a race which included all but a few Regional contenders, the Gales beat their seed and closed the gap on the current leaders. Our 8th place finish confirms we are among the best teams in central Ohio, but also shows just how much we must improve if we are to develop into a State contender.

According plan, we are two weeks behind in our training compared to previous years... in a relative sense, two weeks behind our competitors. Despite this, and the hot, humid conditions, our returners averaged 38 seconds faster today than at last year's McGowan Invitational. This is exciting... we know we will continue to improve and close the gap as effects of our current training phase begin to take effect.

However, even as our physical strength continues to improve, competitive toughness remains our most significant weakness. Yes, the field was strong and the races went out fast... as expected. Most guys got out well, in the correct "neighborhood" through the first third of the race. But it seemed our confidence was shaken somehow as almost everyone backed off the pace and let the race get away from them. In the varsity team race, five of seven Gales "backed up" in the middle mile; six of seven fell further in the final mile as our team fell from 6th to 8th place overall. Four of seven Gales lost places in the last mile of the JV team race.

If we aspire to be champions, this cannot happen!

Even though there can be only one overall winner in any race, every Golden Gale athlete had 197 races to run in today's varsity competition; each JV runner had 156 individual battles to win or lose. From the mile mark on, we lost a lot of battles today... eyes dropped as our thoughts turned inward and we disengaged from the race. The irony is that turning inward makes our situation so much harder. It doesn't have to be this way, we have the tools... we know the way... we just have to be strong enough to control our thoughts and stay focused on racing... on winning as many of the individual battles as we can.

I was proud of our open runners who didn't get to race today. Although disappointed, you demonstrated the class and competitive desire the Lancaster Distance Program is noted for.

Varsity Team Race (198 runners)

| Place | Team | Points | Places | Avg | Spread |
|-------|-----------------------|--------|-------------------------------|-------|---------|
| 1 | Thomas Worthington | 106 | 1-3-29-34-39 (155) | 16:34 | 01:58.9 |
| 2 | Hilliard Bradley | 107 | 13-19-20-22-33 (64) (83) | 16:50 | 00:43.7 |
| 3 | Pickerington Central | 139 | 2-8-9-50-70 (85) | 16:46 | 02:16.2 |
| 4 | Newark | 153 | 10-14-26-47-56 (113) (116) | 17:03 | 01:22.0 |
| 5 | Pickerington North | 156 | 6-12-25-38-75 (104) (106) | 16:58 | 01:55.5 |
| 6 | Olentangy Liberty | 168 | 16-21-36-46-49 (51) (71) | 17:11 | 01:00.3 |
| 7 | Watkins Memorial | 210 | 5-31-40-44-90 (91) (126) | 17:15 | 02:12.9 |
| 8 | Lancaster | 213 | 7-30-48-63-65 (67) (88) | 17:20 | 01:39.0 |
| 9 | St. Charles | 258 | 4-28-55-68-103 (108) (119) | 17:26 | 02:29.7 |
| 10 | Hilliard Darby | 271 | 27-43-61-66-74 (76) (82) | 17:39 | 00:58.7 |
| 16 | Worthington Kilbourne | 423 | 37-57-77-118-134 (139) (163) | 18:11 | 01:46.3 |
| 21 | Reynoldsburg | 603 | 45-87-142-162-167 (168) (177) | 19:05 | 02:49.7 |
| 23 | Grove City | 627 | 93-109-129-146-150 (173) | 18:58 | 01:18.6 |

29 teams

Notable Teams not present: Olentangy Orange, Dublin Coffman, Hilliard Davidson, Gahanna Lincoln

| | <u>1 Mile(place)</u> | <u>2 Mile-split(place)</u> | <u>Finish-Pace(place)</u> | <u>Comments</u> |
|------------------|-------------------------|-------------------------------|---------------------------------|--|
| <i>Zach</i> | 5:01(8 th) | 10:15-5:14(5 th) | 16:14.6-5:27(7 th) | SB Strong race, well ahead of last year. You will be ready to contend for a championship when the time comes. |
| <i>Will</i> | 5:16(33 rd) | 10:58-5:42(32 nd) | 17:05.6-5:35(30 th) | Solid, but you are better than this. Rather than "freaking out", the right choice was to go hard to "find" Whip in the middle mile. |
| <i>Drew</i> | 5:17(34 th) | 11:05-5:48(40 th) | 17:33.3-5:53(49 th) | SB This race shows your remarkable talent. Next race, focus on competing throughout... Stick to Will, race forward! |
| <i>Clayton</i> | 5:24(49 th) | 11:21-5:57(62 nd) | 17:52.1-5:55(64 th) | Started well, this race looked better than the stats indicate. Focus on your teammates... take responsibility to pull this pack forward in the middle mile. |
| <i>Christian</i> | 5:26(54 th) | 11:18-5:52(56 th) | 17:53.6-6:00(66 th) | A valuable lesson today; last nutrition ~3hrs before race time. |
| <i>Tyler</i> | 5:24(48 th) | 11:17-5:53(53 rd) | 17:55.4-6:02(68 th) | Your special ability is obvious. But, with eyes down, done racing at 500M to go, seemed to just want to get it over with. |
| <i>Ambrosio</i> | 5:26(56 th) | 11:21-5:55(63 rd) | 18:11.7-6:14(89 th) | This race does not reflect your true ability. Better results will follow when you learn to better manage your prerace prep, demeanor, thoughts, actions. Time to decide who you will be... |

Reserve Team Race (157 runners)

| Place | Team | Points | Places | Avg | Spread |
|-------|----------------------|--------|---------------------------------|-------|---------|
| 1 | Olentangy Liberty | 34 | 4-6-7-8-9 (13) (15) | 17:56 | 00:12.0 |
| 2 | Hilliard Darby | 71 | 2-5-16-21-27 (33) (44) | 18:17 | 01:11.2 |
| 3 | Lancaster | 95 | 1-10-12-26-46 (59) (119) | 18:24 | 01:49.5 |
| 4 | Thomas Worthington | 106 | 11-14-22-24-35 (47) (82) | 18:35 | 00:52.6 |
| 5 | Pickerington Central | 150 | 3-17-18-38-74 (76) | 18:48 | 02:36.8 |
| 6 | Watkins Memorial | 210 | 25-37-45-51-52 (73) (80) | 19:15 | 00:47.5 |
| 7 | Teays Valley | 221 | 19-28-48-56-70 (79) (85) | 19:20 | 01:27.7 |
| 8 | Olentangy | 230 | 29-32-36-58-75 (92) (109) | 19:23 | 01:24.5 |
| 9 | New Albany | 245 | 30-34-49-64-68 (86) (98) | 19:27 | 01:03.8 |
| 10 | Hilliard Bradley | 266 | 42-50-54-55-65 (69) (89) | 19:36 | 00:39.0 |
| 20 | Grove City | 580 | 77-101-125-137-140 (145) (151) | 21:52 | 02:25.1 |
| 23 | Reynoldsburg | 614 | 104-118-126-131-135 (143) (157) | 22:10 | 01:12.7 |

24 teams

| | <u>1 Mile(place)</u> | <u>2 Mile-split(place)</u> | <u>Finish-Pace(place)</u> | <u>Comments</u> |
|-----------------|--------------------------|--------------------------------|----------------------------------|--|
| <i>Allen</i> | 5:27(5 th) | 11:13-5:46(2 nd) | 17:33.7-5:46(1 st) | SB Congratulations! A super race and a big win! Confidence on this course made all the difference. Carry this confidence with you to Galion and beyond! |
| <i>Zac</i> | 5:25(2 nd) | 11:29-6:04(9 th) | 18:00.1-5:55(10 th) | Solid initial effort put you in contention. Super slow middle mile took you out... Our team will soon need your best effort. |
| <i>Chase</i> | 5:25(3 rd) | 11:22-5:57(5 th) | 18:12.6-6:13(12 th) | Physically ready to advance to the next level. Take the step! Work to improve your mental focus and prerace preparation. |
| <i>Bryden</i> | 5:30(9 th) | 11:40-6:10(17 th) | 18:46.0-6:27(26 th) | Every race provides valuable experience. Better results will follow as you learn that your limits are far beyond where you believe they are. |
| <i>Evan</i> | 6:00(57 th) | 12:28-6:28(54 th) | 19:23.1-6:17(46 th) | PR You've grown into a much different athlete than you were in 2015. Believe it, take the risk... and you will be rewarded! |
| <i>Berstler</i> | 6:00(58 th) | 12:31-6:31(56 th) | 19:43.3-6:33(59 th) | PR A solid step today despite the missed training. Stay patient as you push your limits a little farther each week. |
| <i>Xavier</i> | 6:32(122 nd) | 13:56-7:24(119 th) | 22:04.3-7:24(119 th) | Your effort was good, but the long, hot day had an impact on your performance. Get ready to roll at Galion! |

Open Race cancelled due to impending storm

Zach Boch
 Caleb Bradford
 Caleb Cordle
 Nathan Craft
 Cody Feisel
 Kobe Fetty
 Nathan Hall
 Jacob Mingyar
 Adam Murray
 Jack Nauman
 Josh Nicholson
 Kody Rushin
 Ethan Scott
 Andrew Smith

Anaerobic Threshold Workout

Brengman
 Dickerson
 Nauman

PFT – DiDomenico

Rehab – Ferris

Sick – Thress