



2016 Golden Gales Cross Country

Finishtiming XC Classic – Wilmington College

August 27, 2016

Today's mixed results remind us of the importance of remaining patient, keeping a long-term perspective and staying on plan. This was the first 5K cross country race of the season for about 2/3^{ds} of our team and there were some obvious bright spots. With an individual win in a very strong field, Whip confirmed his place as one of Ohio's top runners. Will's PR effort shows he is quickly developing into one of Ohio's best and can be counted on for a low number. Fourteen of 21 returning athletes bettered their 2015 performance on the Wilmington College course. Seven of ten first year Gales ran their best effort of the season.

As a team, our performance was not nearly what we expected... not nearly what our workouts and our 2016 track performances suggest we are capable of... but, we performed better than a year ago by a couple important measures. Our front five finishers averaged 17:24 this year compared to 17:35 in 2015 and our 1 – 5 spread was 1:26 compared to over two minutes last year at Wilmington. In addition, there were examples of excellent pack-running as our guys moved up through the huge field of runners after the first mile.

However, our competitive approach... how we see ourselves and our individual expectations, remain a concern. Clearly, it's very early in the season and many guys are still working to define their best race plan, but in the end, success will come down to our desire/will to win... and our competitive toughness. Our training program is building a foundation of strength and speed while significantly reducing physical wear and tear compared to previous years. We are already physically very strong and getting stronger. And, we are timing our quality workouts to ensure the "edge on the sword" is sharpest for the championship season.

Perhaps understandably, our mental development/strength is behind our physical strength. Perhaps we only lack the time and experience to understand our new capabilities, how strong we are and what we can achieve, together. I underlined the word "perhaps" because the truth is; I'm really not sure I believe this... Our workouts can (and will) provide opportunities to test our toughness... to learn to cope and endure, but to some degree, competitive toughness is simply a choice... a decision to accept nothing less than your best effort; to remained actively engaged and competing; to race fiercely for every place... to never give in... to be relentless!

The talent on this team is remarkable and our opportunity is great. We have work to do, but we know what needs to be done. We all have our roles, coaches and athletes alike; I am confident the Golden Gales are on the road to greatness.

Final Standings	Score	Scoring Order	Avg.	Spread
1 Eastern (KY#3)	73	2-4-5-24-38 (66) (68)	17:02	1:09.2
2 Mason (OH#2)	77	6-9-13-23-27 (39) (52)	17:07	0:42.6
3 Centerville	88	3-10-14-17-44 (55) (62)	17:09	1:08.4
4 Elder	124	11-22-25-30-36 (37) (64)	17:22	0:41.7
5 LaSalle	144	12-16-31-40-45 (47) (71)	17:29	0:50.4
6 Lancaster	149	1-7-42-46-53 (58) (60)	17:24	1:26.4
7 Cooper (KY#10)	232	18-20-48-67-79 (93) (97)	17:52	1:08.4
8 Fairmont	245	15-26-43-80-81 (85) (89)	17:57	1:40.1

... 16 total teams in the D1 Race

	<u>1st Mile-Place</u>	<u>2 mile(Split)-Place</u>	<u>Place@Crest</u>	<u>Finish(Pace)-Place</u>	<u>Comments</u>
<i>Zach</i>	5:12 – 1 st	10:38(5:26) – 1 st	1 st	16:32.9(5:23)-1 st	Way to compete! Took charge early, made the race tough for your chasers... Responded to the challenge with toughness and determination to secure win.
<i>Will</i>	5:13 – 3 rd	10:55(5:42) – 7 th	5 th	16:48.2(5:21)-7 th	PR Excellent effort overall; confirms your place as an “elite”. 5 th at 700m to go, 3 rd was possible, keep working to improve the finish... every place counts!
<i>Ambronsio</i>	5:38 – 55 th	11:26(5:48) – 42 nd	38 th	17:48.3(5:47)-42 nd	Great job, breakthrough race! Way to step up and race without fear! Super competitive in the middle. Closing strength will improve.
<i>Drew</i>	5:53 – 121 st	11:42(5:49) – 68 th	50 th	17:51.6(5:36)-46 th	Strong effort to recover after an inexplicable opening mile. Competed hard in the latter 2/3rds of the race, but you were capable of racing in the top 20 today.
<i>Andy</i>	5:43 – 56 th	11:44(6:01) – 69 th	61 st	17:59.3(5:41)-53 rd	About on plan to start, but wore the look of distress early on. You simply must relax, trust your ability/fitness and race for the fun of it.
<i>Christian</i>	5:39 – 59 th	11:39(6:00) – 58 th	52 nd	18:02.7(5:49)-58 th	Opening mile put you in position for a strong race. Mindset took you out of it. Workouts say you’re our #3. When you make excuses, you justify giving in...
<i>Jackson</i>	5:54 – 123 rd	11:53(5:59) – 83 rd	67 th	18:05.5(5:39)-60 th	A real “head shaker”. Extremely slow start took you out of this race. Learn from the experience and move on...
<i>Tyler</i>	5:41 – 67 th	11:40(5:59) – 60 th	58 th	18:06.6(5:51)-62 nd	Great job! Fearless racing... season best effort. Solid splits indicate more, major improvement is ahead. #42 All-time LHS Freshman 5K
<i>Allen</i>	5:42 – 73 rd	11:45(6:03) – 71 st	61 st	18:15.6(5:55)-67 th	Your heart/competitive instinct was strong... got out well, in the right place. Spotty training, many missed workouts has you behind a bit. You will catch up.
<i>Justin</i>	5:45 – 79 th	11:51(6:06) – 80 th	79 th	18:16.9(5:50)-71 st	You are well behind 2015 at this point. There is still plenty of time to catch up, be patient, just stay on plan... don’t cram in extra miles or overrun the workouts.
<i>Chase</i>	5:40 – 63 rd	11:45(6:05) – 75 th	76 th	18:23.6(6:02)-78 TH	A solid follow-up to last week’s excellent race. Got out well; despite fading a bit, still 1:40 faster than 2015 at Wilmington. Work hard, build mental toughness.
<i>Hall</i>	5:51 – 116 th	12:01(6:10) – 101 st	101 st	18:40.2(6:02)-97 th	Solid effort shows your natural ability. Control your thoughts; stay positive and focused on that which makes you stronger, tougher, better... every day!
<i>Zac</i>	6:03 – 153 rd	12:21(6:18) – 136 th	113 th	18:44.1(5:48)-101 st	Well behind 2015 at this point. A return to “top 7” form will require a renewed commitment and much hard work.
<i>Craft</i>	6:07 – 170 th	12:21(6:14) – 137 th	117 th	18:54.8(5:58)-119 th	Out slow in each of your first two races; mile 1 12sec slower today than last yr. Solid effort... raced well in the last two miles. Get out and go! You are strong!
<i>Adam</i>	6:06 – 164 th	12:26(6:20) – 145 th	147 th	19:14.8(6:12)-143 rd	Nice first effort on very limited training; still 25sec faster than last year. Work hard, remain patient... still lots of time to improve.
<i>Clayton</i>	5:45 – 78 th	12:06(6:17) – 108 th	135 th	19:18.7(6:33)-151 st	Backed up the entire race after what should have been a comfortable opening mile. Are you OK?
<i>Orion</i>	6:11 – 209 th	12:43(6:32) – 168 th	180 TH	19:26.2(6:07)-160 TH	Solid first race of the season; very good first effort after the long illness and missed training. The future looks bright... work hard, be patient, stay healthy!
<i>Cody</i>	6:11 – 205 th	12:43(6:32) – 169 th	171 st	19:28.6(6:09)-162 nd	Good job! 44sec ahead of 2015 despite spotty summer training. Really good job working with the teammates in your pack! Keep working; PRs are coming soon!
<i>Evan</i>	6:11 – 207 th	12:42(6:31) – 166 th	178 th	19:43.8(6:24)-182 nd	Much better! Solid pack running; looked great... like a leader! Finished ~2min faster than 2015! Keep building the strength to finish using all your tools...
<i>Berstler</i>	6:11 – 206 th	12:52(6:41) – 188 th	202 nd	20:09.9(6:38)-205 th	A strong first HS 5K; a better overall effort than last week. Solid start; work to stay in contact with your pack in the mid-race. Use your speed to finish!

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<i>Mingyar</i>	6:21 – 270 th	13:15(6:54) – 223 th	230 th	20:29.3(6:35)-232 nd	Pretty good race... ~same as 2015 despite the time off this spring. Expect faster races to come as you build on your recent consistent, effective training.
<i>Cordle</i>	6:28 – 299 th	13:32(7:04) – 264 th	260 th	20:43.3(6:32)-247 th	Strong 1 st HS 5K! Worked well with your pack, improving your position at every stage of the race. Next step... someone needs to take charge and pull to maintain the pace in the middle mile.
<i>Smith</i>	6:28 – 301 st	13:32(7:04) – 265 th	261 st	20:43.9(6:32)-249 th	Ditto. Season best effort... excellent pack running. Are you and Caleb really this similar or do you guys just prefer to run together? Remember, this is a race!
<i>Jansen</i>	6:28 – 303 rd	13:33(7:05) – 271 st	268 th	20:48.3(6:36)-258 th	Nice job; 1:15 faster than last year. Worked well with your pack, improving your position at each stage. Take charge & pull the group hard thru the mid-race
<i>Caleb</i>	6:28 – 300 th	13:33(7:05) – 272 nd	259 th	20:49.0(6:36)-260 th	Good job... worked well with your pack... good effort to stay with the pack as the pace quickened in the final mile. Be patient... work the finish... PRs are coming.
<i>Kody</i>	7:04 – 431 st	14:25(7:21) – 392 nd	377 th	22:08.5(7:01)-365 th	Much too conservative, well below your current ability... maybe understandable in your first 5K. Believe in yourself... get out and go with Caleb and Jansen
<i>Xavier</i>	7:05 – 436 th	14:40(7:35) – 423 rd	403 rd	22:32.7(7:10)-399 th	A season best effort in your 1 st HS 5K. Ran much of the race solo, w/o the help of teammates. Find a teammate early to help you carry the load, stay aggressive.
<i>Jack</i>	7:26 – 506 th	15:03(7:37) – 461 st	436 th	22:59.7(7:13)-436 th	Outstanding! Faster through 2.25miles than you finished last week. A race to build on... your ~even splits show you have the strength to go even faster.
<i>Josh</i>	6:48 – 372 nd	14:40(7:52) – 428 th	434 th	23:19.5(7:53)-459 th	Perhaps you went out slightly fast, but this aggressiveness will be an asset as your fitness improves. Work hard in practice... hit your pace targets; PRs follow.
<i>Boch</i>	7:26 – 505 th	15:30(8:04) – 487 th	480 th	23:41.4(7:27)-475 th	Good job! ...better overall than last week. Room for improvement by staying tough and on pace in the middle mile. Good finishing effort.
<i>Ethan</i>	8:50 – 549 th	18:07(9:17) – 551 st	551 st	28:48.2(9:43)-551 st	Talk to me about your race... what were your feeling? This is not who you are. Did you eat any of the Belvita? ...a Gluten impact?