



2016 Golden Gales Cross Country

Westerville North Classic

September 3, 2016

Great job Gales... Strong effort, confident racing, solid progress this week! The good weather certainly helped, but our confident, competitive approach was the bigger factor. In most cases, we got out well, in good position; our front runners competed in the lead pack, while further back, good pack running kept our guys moving forward for most of both races. Most guys improved or held their places after the first mile... those that race near even pace made big moves forward in the second and third miles. Twenty-three (23) Gales ran season bests on the day; 11 raced their way to all-time PRs.

The varsity race gave us an opportunity to test ourselves against Darby, one of the top teams in our region. Christian & Tyler proved they can compete at this top level, both finishing in front of Darby's 4th man. Several others are closing the gap as they continue to pursue championship level positions. Combining today's performances with last week's, our Top 5 average time is now 17:06.4, demonstrating we can compete well with Darby. Today's varsity race also confirmed that cross country is a team sport; our first five finishers tied Kilbourne, our 6th finisher broke the tie and our 7th also finished ahead of the Kilbourne 6th.

In the open race, Lancaster athletes were dominant once again. With 5 Gales in the top 6 (D1), our open group showed our quality depth and ran well enough to place 7th in the varsity. The finishing effort by most of our open runners was brilliant, charging hard and showing great character to the finish and after.

Now we enter the next phase of our season. We open a new training phase with increased emphasis on aerobic power, while we continue to push our anaerobic threshold as we stay in touch with our mechanical and neuromuscular speed development. Our front runners will begin racing more aggressively, gaining experience and working out their best tactics for the championships ahead.

Division 1 Varsity Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	Average:
1	Hilliard Darby	36	1	5	8	10	12	17	18	17:11.51
2	Lancaster	79	6	9	19	22	23	25	28	17:32.58
3	Worthington Kilbourne	79	2	7	20	24	26	35	37	17:33.42
4	Westerville North	131	11	13	15	45	47	51	53	17:57.29
5	Westerville South	142	4	21	30	43	44	46	49	18:02.63
6	Westerville Central	145	3	14	38	42	48	50	55	18:04.78
7	Upper Arlington	151	16	29	31	36	39	40	41	18:04.51
8	St Francis De Sales-Colum	178	27	32	33	34	52	54	56	18:16.55
9	Northland	295	57	58	59	60	61	62	63	22:54.63

Note: Places noted below include D2/3 runners...

	<u>Mile Split – Place</u>	<u>2Mile(split) – Place</u>	<u>AFAM</u>	<u>Final(pace) – Place</u>	<u>Comments</u>
<i>Christian</i>	5:30 – 19 th	11:06(5:36) – 12 th	7 th	17:12.39(5:33) – 8 th	PR Strong race! Excellent, near even splits show your focus was on the racing... great physical and mental toughness. Finishing speed will continue to improve as our training progresses.
<i>Tyler</i>	5:30 – 20 th	11:07(5:37) – 13 th	10 th	17:15.63(5:35) – 12 th	PR Outstanding! Excellent pacing, confident racing... an important step for you and our team. Even splits confirm your race strategy is solid and that more improvement is ahead.
<i>Jackson</i>	5:32 – 26 th	11:19(5:47) – 25 th	24 th	17:42.94(5:49) – 27 th	SB Strong effort... it feels like you are learning how to race effectively at this distance. The key is to keep attacking in the mid-race, ignore the (false) negative feedback that tells you to slow/back off!
<i>Justin</i>	5:36 – 44 th	11:35(5:59) – 41 st	37 th	17:45.28(5:37) – 30 th	SB Mostly excellent race. Out in good shape... great finish! Middle mile robbed you of a possible top 10 finish. Keep attacking in the mid-race. Ignore the (false) negative feedback. Be relentless!
<i>Allen</i>	5:31 – 22 nd	11:22(5:51) – 27 th	26 th	17:46.66(5:50) – 31 st	SB Solid race... about where you should be given all the missed training. Be consistent! Respect your responsibilities... get to every practice, train hard... race fast!
<i>Dalton</i>	5:34 – 31 st	11:34(6:00) – 39 th	36 th	17:54.97(5:45) – 37 th	SB Making progress... slowly getting back to where you belong. Consistent training will give you the toughness to compete in the mid-race and the strength to finish like a champion.

<i>Chase</i>	5:40 – 53 rd	11:34(5:54) – 40 th	39 th	18:00.21(5:51) – 41 st	SB Another solid performance... well ahead of 2015. Pretty good job of racing in the middle mile... we continue to work to build your finishing strength/speed.
<i>Bryden</i>	5:44 – 58 th	11:51(6:07) – 61 st	53 rd	18:16.98(5:51) – 50 th	PR This was a valuable race in your learning/development for this event. Your final 1.5 miles and especially your finish, should give you the confidence to get out and go... expect greatness!
<i>Andy</i>	5:20 – 5 th	11:06(5:46) – 10 th	59 th	18:32.42(6:46) – 61 st	This race was yours to win. We need you 100% healthy and fearlessly competitive. Rehab/cross train as necessary to get to return to full capability.

Open Team Scores

Rank	Team	Total	1	2	3	4	5	*6	*7	*8	*9	Average:
1	Lancaster	17	1	2	3	5	6	15	23			18:11.28
2	Hilliard Darby	46	4	9	10	11	12	14	17			18:44.49
3	Westerville Central	114	13	16	22	29	34	36	37			19:35.28
4	Westerville North	117	7	20	21	27	42	45	49			19:42.17
5	Upper Arlington	121	8	18	30	32	33	35	38			19:44.63
6	Westerville South	134	24	25	26	28	31	40	41			19:54.72
7	Worthington Kilbourne	203	19	43	46	47	48	51	53			21:03.97
8	St Francis De Sales	239	39	44	50	52	54					21:45.47

<i>Clayton</i>	5:31 – 1 st	11:32(6:01) – 1 st	1 st	17:46.18(5:40) – 1 st	SB Strong confident racing with a good competitive finish. More difficult from the lead, but you must keep pressing the pace in the middle mile. Congrats on the win!
<i>Orion</i>	5:31 – 2 nd	11:34(6:03) – 2 nd	2 nd	17:50.27(5:41) – 2 nd	PR Great race! Way to compete! Your talent shows as you quickly catch up on your training. Stay Healthy, keep working hard, big improvements are ahead for you!
<i>Hall</i>	5:37 – 5 th	11:39(6:02) – 3 rd		18:20.56(6:05) – 6 th	SB Strong effort... you think you went out a bit fast, but keep doing it! Your strength will continue to build... your fitness will soon allow you to maintain 5:30s for the entire race.
<i>Craft</i>	5:47 – 12 th	11:55(6:08) – 11 th		18:27.61(5:57) – 9 th	SB Good progress! ...ahead of last year at this time. Got out well, moved up slightly in the middle mile and finished strong. As for others, stay aggressive to maintain more even pace in the mid race.
<i>Cody</i>	5:45 – 9 th	11:54(6:09) – 10 th		18:31.05(6:01) – 10 th	PR Great job Cody! Strong, competitive racing! Keep working hard... keep your goals high... accept no limits!
<i>Adam</i>	5:56 – 19 th	12:28(6:32) – 23 rd		19:09.58(6:05) – 19 th	SB Started with confidence... recovered well from the mid-race upset. Figure is out and put it behind you. You are closing in on a breakthrough.
<i>Mingyar</i>	6:10 – 32 nd	12:47(6:37) – 31 st		19:42.05(6:17) – 30 th	SB One of the best races of your career... corresponds to the best stretch of training of your career! Keep it up! Let's see how fast you can go!
<i>Jansen</i>	6:11 – 33 rd	12:48(6:37) – 32 nd		19:47.56(6:22) – 33 rd	SB Strong race! Closing in on a new PR. The opportunity is in the mid-race... stay on the attack and rely on your competitive spirit to drive your sprint to the finish.
<i>Smith</i>	6:12 – 34 th	12:48(6:36) – 33 rd		19:50.75(6:25) – 34 th	PR Excellent! You do a great job working with your teammates to remain competitive and on pace. Your workout performance is also excellent... just keep doing what you're doing and enjoy the ride!
<i>Rushin</i>	6:17 – 41 st	13:24(7:07) – 66 th		20:31.01(6:28) – 57 th	PR A good learning experience. Your fitness is greatly improved; now we know you can still run fast after two miles. Next step, stay aggressive and maintain a strong pace in the middle mile. No 7s!
<i>Caleb</i>	6:13 – 35 th	13:09(6:56) – 51 st		20:45.71(6:55) – 64 th	SB Strong effort; similar to 2015 at this point. You are a valuable role model for our young guys... feel free to use your influence to build a racing group and lead the young guys as they develop.
<i>Xavier</i>	6:35 – 74 th	13:33(6:58) – 78 th		20:56.14(6:42) – 72 nd	PR A very good race... but solo is a very tough way to go. Pack up with Caleb... he will pull you out, then you can pull each other to the finish.
<i>Zach</i>	6:45 – 87 th	13:45(7:00) – 92 nd		21:21.87(6:55) – 90 th	PR Excellent! You are progressing very quickly. ~Even splits show you have room for more short term improvement. Work hard on the peripherals... like diet... don't limit yourself.

<i>Jack</i>	6:53 – 104 th	14:01(7:08) – 97 th	21:26.65(6:45) – 91 st	PR Great job! Solid start... good mid-race approach... great finish... adds up to a big PR! Keep working hard... emphasis on longer runs to develop all energy systems and overall toughness.
<i>Kobe</i>	6:53 – 105 th	14:02(7:09) – 98 th	21:39.12(6:55) – 96 th	1 st Excellent first HS 5K, despite lingering weakness from illness. Great job with initial pacing and solid teamwork with Jack. Your strength and finishing speed will continue to improve.
<i>Ethan</i>	6:39 – 82 nd	14:01(7:22) – 96 th	22:07.21(7:22) – 107 th	PR Great job! You raced with confidence and desire. Run every race and every quality workout like this from this point onward.