



2016 Golden Gales Cross Country

OHSAA Preseason Invitational August 20, 2016

A strong start to the season; the Gales gained important experience and demonstrated the fitness to compete at a high level. The final standings confirm we were successful today... and we obviously were, but we have so much we can improve on.

We won today because we were physically more talented and better prepared than the other teams in our races. But overall, as a team, we did not race as well as we can... not as well as we will have to if we are going to achieve our goals. This is good, in a way, because now we know how strong we can be as we continue working to eliminate our weaknesses.

Our physical strength and speed will continue to improve; our challenge is to become better racers... more relentless competitors. We will continue to focus on pack racing tactics. Our workouts will encourage increased mental toughness; staying locked on and engaged in the action, encouraging fierce, proud, unrelenting effort. Improvement in these areas will lead to more enjoyable racing and championship success!

Final Standings – 5K Open	Score	Scoring Order	Total	Avg.	Finish Order	Spread
1 Lancaster	84	2-11-20-25-26 (36) (49)	1:34:43	18:57	2-11-20-25-26-36-53	1:02.3
2 Medina	91	6-10-21-24-30 (33) (38)	1:34:58	19:00	6-10-21-24-30-33-38	0:51.4
3 Canton McKinley	121	7-9-14-27-64 (65) (70)	1:36:04	19:13	7-9-14-27-74-75-81	1:53.5
4 Hilliard Davidson	131	15-19-23-31-43 (57) (60)	1:36:13	19:15	15-19-23-31-44-65-69	0:43.3
5 Centerville	134	17-22-28-32-35 (40) (41)	1:36:23	19:17	17-22-28-32-35-40-41	0:31.4
6 Thomas Worthington	145	4-13-34-39-55 (62) (68)	1:36:22	19:17	4-13-34-39-63-71-78	1:41.7
7 Dub. Jerome	172	3-12-37-47-73 (89) (97)	1:37:18	19:28	3-12-37-49-86-103-115	2:19.5
8 Reynoldsburg	244	5-8-61-84-86 (94) (98)	1:39:24	19:53	5-8-70-98-100-109-117	2:31.6
25 teams						

	<u>1 Mile</u>	<u>2 Mile-split(place)</u>	<u>Finish-Pace(place)</u>	<u>Comments</u>
<i>Chase</i>	5:20(1 st)	11:24-6:04(1 st)	18:15.4-6:14(2 nd) -1	You approached this race with great confidence and competed very well. This fearless attitude will take you far! Use your strengths; a long tough drive to the finish will disarm the “kickers”.
<i>Ambrosio</i>	5:24(3 rd)	11:35-6:11(3 rd)	18:45.6-6:31(11 th) -8	Your great ability shows with every step you run. The next step is to visualize yourself as top competitor! Compete fiercely, expect to win every mid-race battle... sprint to the finish with pride!
<i>Allen</i>	5:31(5 th)	11:59-6:28(16 th)	19:07.7-6:30(20 th) -4	Put yourself in position to compete for the win, but then you seemed to be satisfied to just get it over with. Fitness takes us a long way, but but a relentless will to compete and win carries us to the finish.
<i>Dalton</i>	5:48(28 th)	12:15-6:27(33 rd)	19:16.2-6:23(25 th) +8	A well run race given your current fitness. Competed hard and picked up several important places in the final mile. Keep working hard, consistently, and your talent will show.
<i>Bryden</i>	5:48(29 th)	12:17-6:29(35 th)	19:17.7-6:23(26 th) +9	Solid job in your 1 st XC race. With Zac, your finishing effort was critical to our win today. Many great races are ahead as you learn your capabilities and your confidence grows.
<i>Cody</i>	6:01(68 th)	12:33-6:32(51 st)	19:29.6-6:19(36 th) +15	Smart racing today... a very good start giving the spotty summer build-up. Your strong competitive instinct is huge asset. Great races are ahead as your fitness improves.
<i>Craft</i>	6:06(78 th)	12:37-6:31(54 th)	19:52.3-6:36(53 rd) +1	Your strength is your strength. Be confident and aggressive; get out in 5:45-50 to position yourself in the right “neighborhood”. Then just race hard as you always do!
<i>Hall</i>	5:48(30 th)	12:28-6:40(47 th)	19:57.8-6:49(58 th) -11	Good aggressive start... your mid race competitiveness and your finishing strength will improve as your fitness improves.
<i>Evan</i>	6:06(80 th)	12:41-6:35(57 th)	19:58.6-6:38(59 th) -2	How you see yourself is so important. You have the talent & fitness to compete in the top 10 today. You have the speed to outrun almost all your competitors down the stretch. Believe it, eliminate the doubt, unleash the champion inside you!
<i>Jacob</i>	6:10(92 nd)	12:50-6:40(69 th)	20:16.8-6:46(68 th) +1	A very good opening race for this season, especially considering the missed training this spring. Your recent workouts have been the best of your career. Keep striving, have fun and get fast!
<i>Caleb</i>	6:16(104 th)	13:32-7:16(123 rd)	21:45.1-7:28(128 th) -5	The conditions were hard on you today, but your effort was strong to the finish. Stay positive... PRs are coming.

Final Standings - 3600M Open		Score	Scoring Order	Total	Avg.	Finish Order	Spread
1	Little Miami (varsity T-T)	24	1-3-5-6-9 (11) (12)	1:07:12	13:27	1-4-6-7-10-12-13	1:59.1
2	Lancaster	70	4-8-16-20-22 (25) (28)	1:12:10	14:26	5-9-20-25-29-34-40	1:52.2
3	Hil. Davidson	73	10-13-14-17-19 (21) (23)	1:12:38	14:32	11-15-17-21-24-28-31	0:39.3
4	Johnstown-Monroe	93	2-7-15-33-36	1:15:18	15:04	3-8-19-46-55	4:13.1
5	Indian Hill	136	18-26-29-31-32 (34) (38)	1:19:22	15:53	23-36-41-43-44-49-58	1:30.2
6	Canton McKinley	153	24-27-30-35-37 (39)	1:23:58	16:48	33-39-42-51-57-59	3:50.2

	<u>1 Mile</u>	<u>2 Mile-split(place)</u>	<u>Finish-split(place)</u>	<u>Comments</u>
<i>Tyler</i>	5:36(5 th)	11:48-6:12(5 th)	13:17.5-1:30(5 th)	<i>NC</i> Good first HS race experience. Top freshman finisher... shows your tremendous ability. So, how fast do you want to be? Will you stay engaged in the race... competing for every place... Will you sprint the finish with the pride of a champion? Will you demand nothing less than your best effort in every race?
<i>Berstler</i>	6:07(11 th)	12:42-6:35(9 th)	14:12.5-1:30(9 th)	<i>NC</i> Very competitive racing! Engaged and focused on competing at all times. Your strong race despite much missed training shows excellent natural ability. Keep working hard and let's see how fast you can be!
<i>Cordle</i>	6:18(20 th)	13:03-6:45(22 nd)	14:34.0-1:31(20 th)	+2 Solid job! The most competitive race I've seen you run; aware of your surroundings and constantly racing. Ran most of this race alone; better opportunity to pack up and team race next week.
<i>Smith</i>	6:27(25 th)	13:24-6:57(25 th)	14:56.4-1:32(25 th)	<i>NC</i> Good first experience. Tentative start left you behind your peers... Held your place for the rest of the race, but you can beat these guys. Pack up with your training partners and go!
<i>Rushin</i>	6:27(26 th)	13:41-7:14(31 st)	15:09.7-1:29(29 th)	+2 Good first experience. It takes a few races to understand the feeling; to know that you can run through it. Keep your focus external, on the racing, to maintain pace in the 2 nd half... pack up with Smith & Cordle. You had a lot left at the finish.
<i>Kobe</i>	6:51(40 th)	14:07-7:16(34 th)	15:35.3-1:28(34 th)	<i>NC</i> Probably a little slow to start, but a strong 2 nd mile and a great finish! Get off the line with a burst, then settle in at the pace you feel in our Tuesday workouts. Good first race.
<i>Xavier</i>	6:49(39 th)	14:20-7:31(39 th)	15:58.3-1:38(40 th)	-1 Maybe a little first race "jitters"; learn from this experience... Rely on your training partners to get out right and then help you stay on pace as the race progresses. Compete to the finish!
<i>Ethan</i>	7:05(46 th)	14:50-7:45(45 th)	16:28.7-1:39(47 th)	-2 Solid first HS race! You have good ability; make sure you give your best effort in every quality workout... take advantage of every opportunity to improve! Pack up and race with Kobe & Xavier.
<i>Boch</i>	7:20(55 th)	15:16-7:56(52 nd)	16:51.6-1:36(50 th)	+2 Good effort to try and pull your pack together... But make sure to keep yourself moving forward as you encourage your teammates. Super strong finish suggests you can hold a faster pace in the mid-race.
<i>Josh</i>	7:06(47 th)	15:08-8:02(47 th)	17:05.5-1:58(52 nd)	-5 This race does not reflect your true ability. You got out well, but quickly settled into an aerobic pace and maintained "recovery" pace for the rest of the race. When will the <u>real</u> Josh return?
<i>Jack</i>	7:26(56 th)	15:37-8:11(54 th)	17:13.2-1:36(54 th)	<i>NC</i> Good to get this first race out of the way. You are much more capable; relax, pack up with your workout partners and have some fun!