

**Saturday August 30, 2008
Lebanon and Greenville Invites**

Lebanon Reserve Race

3 Colin Wurster	18:41.12	*
15 Ryan Frazier	19:15.37	
17 Sean Elkins	19:19.01	*
24 Collin Greywitt	19:35.48	
25 Jeff Thornhill	19:35.65	
28 Chase Coale	19:38.06	
36 Tyler Bertles	19:43.32	*
49 Jay Hickey	20:01.88	
50 Andrew Lashley	20:02.80	
52 Kyle Bishop	20:05.20	
54 Andrew Woodell	20:06.44	*
56 Michael Glynn	20:11.46	
63 Brian Mott	20:21.55	
89 Kevin Thompson	20:49.52	
91 Michael Bozzo	20:50.07	
93 Ben Cook	20:51.21	
98 Ben Waldron	20:55.94	
101 Andrew Stein	20:59.02	
108 Alex Michael	21:07.23	
111 Zackary Houck	21:12.26	*
112 Stephen Ivy	21:12.98	
122 Jacob Lowe	21:23.59	*
123 Nick Higgins	21:24.20	
130 Thomas Prich	21:35.16	
131 Ryan Letcher	21:39.81	
138 Connor Klaus	21:46.06	
141 Eddie Koman	21:47.67	
142 Matthew Brockman	21:48.06	
145 Blaine Stamper	21:49.21	
151 Matthew Karp	22:02.89	
152 Daniel Bertke	22:04.02	
153 Josh Crosby	22:04.29	
158 David Aceto	22:10.56	
167 Josh Hughes	22:21.39	
172 Mukund Srivinas	22:28.58	
176 Tyler Schumer	22:32.88	
179 James Albracht	22:37.31	
184 Jon LeSaint	22:40.31	
185 Herlihy Ben	22:40.53	
186 Jeff Bierly	22:41.16	
187 Chad Gregory	22:42.75	
188 Austin Alig	22:44.42	
190 Jonah Chesen	22:46.24	
191 Matt Kern	22:50.80	
193 Chris Ingham	22:52.18	
196 Joe Moran	22:58.26	
200 Michael Montavon	23:04.84	
203 Ryan Bartosik	23:08.00	
204 Evan Pennock	23:10.69	
205 Evan Apt	23:11.39	
208 Thomas Mazza	23:16.13	
209 Alec Stackhouse	23:16.95	
212 Ryan Slavik	23:26.63	
213 Corey Gillaugh	23:27.15	
215 Brian Dressel	23:34.39	
216 Levi Snelson	23:39.54	
217 Chip Jeckering	23:39.98	
219 Jimmy Bebbington	23:44.20	
220 Jason Treadway	23:44.89	
221 Michael Kelly	23:47.22	
223 Kevin Robbins	23:48.96	
225 Conor McGrail	23:55.57	
226 Mitch Hutchison	23:56.70	

Issues To Work on this Week:

Heart and guts versus cowards

Desire

Competitiveness??

Pride versus Embarrassment

Preparation

1. **Water-** you need to drink water at school all day long, bring your own water to meets, and bring water to the starting lines of races. The weather may remain hot, regardless of weather- you need to remain hydrated all year long.
2. **Nutrition-** you need to prepare your bodies to compete all week long
3. **Preventive care-** ice, ice, ice everyday all year long. Stretch after practice.
4. **Mental preparation all week long-** planning homework, thinking about the race every night, what to do different?
5. **Mental preparation night before** smart decisions night before
6. **Mental preparation day of** music, focus at course
7. **Practice like you race-** compete in practice everyday
8. **Race preparation-** warm-up as a team, First mile of the course, stretch, last mile of the course, back to camp for water and restroom, leave as a team to the starting line with spikes on 20 minutes before race, active stretching at starting line together, build-ups until race starts + check in with officials.

Comments on Lebanon Varsity Race

Comments on Lebanon Reserve Race

Comments on Greenville Varsity Race

233 Alex Henn	24:13.02
253 Scott Miller	26:13.46
254 Daniel Blommel	26:18.23
259 Nicholas Woodward	27:02.56
260 Jeff Turner	27:12.21
261 Jake McNamara	27:43.70
262 Bryan Mann	27:51.76
265 Ryan Lis	28:03.71
267 Chris Samborsky	28:03.71
271 Andrew Harbach	28:03.71

Lebanon Varsity Race

25 Domenic Fish	17:42
33 Kevin Aldrich	18:04
34 Colin Franks	18:05
51 Joe Lawler	18:36
81 Omer Hashmi	19:31
82 Joe Berling	19:32
Austin Gregory	DNF

Greenville Reserve Race

30 Kern, Nick	19:37.97
41 Arnold, Nick	19:49.67
42 Mann, Alex	19:53.15
51 Guiney, Dan	20:05.41
59 Fahrenkamp, Nat	20:10.89
66 Eslinger, Andre	20:21.49
93 Coale, Phillip	20:45.33
110 Lienesch, David	21:04.17
113 Scheick, John	21:07.41
121 Romer, Brandon	21:19.91
126 Hansford, Sam	21:27.67
129 Thompson, Peter	21:31.12
135 McCabe, Kyle	21:43.79
175 Mayberry, Will	22:17.89
213 Patel, Neel	23:11.69
244 Rankey, Colton	23:50.68
270 Ding, Erik	24:30.70
274 Fink, Matt	24:38.42

Greenville Varsity Race

34 Scott Keith	17:49
35 Thomas O'Connell	17:50
87 John Bebbington	18:46
96 Jon Korte	18:51
106 Joe Valentino	19:07
116 Jon Heinrichs	19:13
118 Adi Reddivari	19:23
129 Tyler Heller	19:31
139 Michael Biggs	19:34
142 Drew Michael	19:46

Tuesday everyone at Forest Field at 4:20 for Team Meeting

Varsity- 7 miles easy at Forest Field and then lift

Reserve A, B, C- lift, 3x1 mile repeats at Forest Field

Wednesday

Varsity- Controlled Threshold at Forest Field

Reserve A, B, C- Paragon Road loop, 5x50 meter striders

Thursday

Varsity- Sugarcreek 3 loops easy, with 5x100 striders at end

Reserve A, B, C- Controlled tempo at Forest Field

Friday

Pre-meet at Forest Field for everyone. Active stretching and 5x200 for all.

Saturday September 6, 2008 Race Schedule

Tiffin Race(35) Hedges Boyer Park-Tiffin, Ohio

10:00am Bus leaves athletic entrance (bring healthy snacks and packed lunch + money for dinner stop)

12:00am Bus stops for restroom break+shakedown jog+guys eat lunch that they packed from home.

3:35pm Varsity B Race(7)- Aldrich, Franks, Lawler, Bebbington, Korte, Wurster, Gregory

4:30pm VarsityA Race(7)- Shawn, Schmidt, Montavon, Wright, Fish, Keith, O'Connell

5:25 am Open Race (21)- R. Frazier, S. Elkins, C. Greywitt, J. Thornhill, C. Coale, T. Bertles, O. Hashmi, J. Berling, N. Kern, A. Mann, John Bebbington, J. Korte, J.

Valentino, J. Heinrichs, A. Reddivari, T. Heller, M. Biggs, Drew Michael, Jay Hickey, Andy Woodell, Andrew Lashley, M. Bozzo,

Springboro @ Patricia Allyn Park- South on 48 for 6 miles on your left immediately after St. Rt. 73 crossover.

10am Bus leaves AE with Suttman and Somerlot

12:20 pm Varsity Boys race-all runners not going to Tiffin will run in is race.

New Groupings after 3 races:

Varsity (26) - Roberts, Schmidt, Montavon, Wright, Fish, Keith, O'Connell, Aldrich, Franks, Lawler, Gregory, Ruschmann, Frazier, Valentino, Hashmi, Berling, Bertles, Thornhill, Greywitt, Heinrichs, Elkins, C. Coale, T. Heller, Wurster, Korte, Bebbington

Reserve A-(22) Eslinger, Guiney, Reddivari, Biggs, D. Michael, A. Mann, Fahrenkamp, P. Coale, Hickey, Lashley, Bishop, Woodell, Glynn, Mott, K. Thompson, Bozzo, Cook, Ben Waldron, A. Stein, Pennock, Hetzer, Kukla

Reserve B- N. Kern, N. Arnold & Leinesch (25), Scheick, Romer, Hansford, Kohls, Schumer, Srivinas, Hughes, Aceto, Crosby, Bertke, Karp, Stamper, Brockman, Koman, Klaus, Letcher, Pritch, Higgins, Lowe, Ivy, Houck, A. Michael,

Reserve C- P. Thompson, K. McCabe and W. Mayberry (24)- Patell, Gillaugh, Slavik, Stackhouse, Mazza, Apt, Bartosik, Mi. Montavon, Moran, Ingram, M. Kern, Chesen, Alig, C. Gregory, Bierly, Hirlihy, LeSaint, Albracht, J. Wright, Duibley, Hutchison

Reserve D- M. Fink and CJ Rankey (26)- Ding, Harbach, Sambosky, Lis, B. Mann, McNamara, Turner, Woodward, Blommel, Miller, Henn, Hutchison, McGrail, Robbins, M. Kelly, Treadway, Jimmy Bebbington, Snelson, Jeckering, Dressel, Berardi, Al-Awadhi, M. Crosby, Zimmerman

Manager: Kendall Smith