

October 4, 2008
Watts Middle School
Stampede

Varsity Race

29 Aldrich, Kevin	17:15.0
40 O'Connell, Thomas	17:27.0
50 Wurster, Colin	17:34.0
79 Bebbington, John	18:04.0
97 Frazier, Ryan	18:22.0
116 Korte, Jon	18:45.0
126 Valentino, Joe	18:57.0
139 Heinrichs, Jon	19:13.0
145 Berling, Joe	19:19.0
188 Leinesch, David	20:51.0

Boys Freshmen/Sophomore Race

2 Ruschman, Nick	18:02.0
3 Bertles, Tyler	18:13.0
5 Bozzo, Michael	18:15.0
12 Lashley, Andrew	18:35.0
18 Gregory, Austin	18:45.0
24 Elkins, Sean	18:56.0
29 Coale, Chase	19:01.0
35 Bishop, Kyle	19:08.0
37 Brockman, Matthew	19:10.0
47 Wenstrup, Jacob	19:28.0
48 Michael, Alex	19:28.0
52 Cook, Ben	19:30.0
55 Ivy, Stephen	19:33.0
68 Mott, Brian	19:44.0
71 Letcher, Ryan	19:46.0
75 Stein, Andrew	19:51.0
76 Hickey, Jay	19:52.0
77 Ingham, Chris	19:52.0
81 Lowe, Jacob	19:57.0
95 Koman, Eddie	20:07.0
104 Schumer, Tyler	20:17.0
109 Crosby, Josh	20:22.0
116 Aceto, David	20:29.0
123 Bertke, Daniel	20:38.0
124 Higgins, Nick	20:38.0
126 Turner, Ryan	20:42.0
130 Kohls, Ben	20:45.0
136 Alig, Austin	20:52.0
139 Kern, Matt	20:56.0
143 Miller, Scott	20:59.0
145 Herlihy, Ben	21:05.0
146 Klaus, Connor	21:08.0
148 Jeckering, Chip	21:09.0
153 Bierly, Jeff	21:15.0
158 LeSaint, Jon	21:18.0
162 Albracht, James	21:22.0
166 Stackhouse, Alec	21:28.0
182 Hughes, Josh	21:38.0
183 Houck, Zackary	21:41.0
188 Bartosik, Ryan	21:45.0
189 Gillaugh, Corey	21:45.0
196 Apt, Evan	21:51.0
198 Bebbington, Jimmy	21:54.0
207 Srivinas, Mukund	22:09.0

Comments:

Some guys earned varsity experience for the first time and were able to see the difference of a varsity race and reserve race. The time comparison is about 20-25 seconds slower in a varsity race for a 17:00 runner due mainly to the open running versus pack running. This experience will help many of you in the future years. The seniors O'Connell, Bebbington, Korte, Valentino, Heinrichs and Leinesch all showed leadership capabilities in this race too. Aldrich was the most focused that I have every seen him run. He was racing the entire time and for most of the race you were ahead of O'Malley from Fairmont. This is the guy that I would like to see you race from the gun this weekend. He is a smart racer, but you can beat him. Wurster had another solid outing and I am excited that you are getting stellar experience. You are going to contribute BIG time for us next year. Every race you need to learn more and more, because you can be a 16:50 runner this weekend.

Freshmen/Sophomore race I was really pleased to win this race. We are learning to race especially with: Bertles, Brockman this week. Wenstrup also had a great 2 miles. Your last mile will come Jake. Just keep working hard and you will soon be in the low or under 18:00. I believe you took a risk and it was a good risk. Next week you will do the same, and the temperatures will agree with your body.

Junior/Senior Race

The heat affected many of adversely. This weekend you need to bring water and be prepared by drinking water all week just in case the heat returns. Always be prepared with fluids when running.

GWOC GAME PLAN

Spirit

We are leaving early to give the MIDDLE SCHOOLS the tunnel experience. We want these kids to have a great experience and get them ready for next year. Our #1 goal is to get these guys pumped to win and for them to get excited for high school. The reserves will also stay and get the girls middle school team excited too. And then turn around and get the VARSITY team the tunnel and then a WE ARE THE ELKS!

Reserve Race Our #1 goal is to win this race and to sweep it 1-5. We have the top 13 times entered in this race. There is no reason why we don't go 1-13. That means running a smart first mile and then KILLING the second mile. Everyone's goal this week is to attack the first 100 meters, and then ATTACK the second mile. If we do this—then we WIN for the future.

Varsity Race

We have won the GWOC Central 3 years in a row now. Our #1 goal is to win unscathed. Let's be smart this week and get in with a victory. We have 10 guys running this race that have been the most consistent on our team this year. The varsity race at GWOC will help determine the team for our post-season run to state. This race will also be a great practice for the regional. We will be looking at people to beat at the GWOC that will carry us through the STATE meet. The top guys:

1. Neff and Norris from Butler- Shawn and Schmidt will race them.
2. Dinzeo-Sidney- 15:58 at Sidney and 16:02 at Stampede—Montavon races.
3. Diltz- 16:10 Wright will race him at GWOC and Regional.
4. Redd-freshmen from Fairborn-Keith and Fish will look for this guy-goes out hard with leaders—look for him after 1.5 miles race GREER from Northmont
5. O'Connell-you need to race GREER to be a member of our team in the post season. You have to be able to beat GREER
6. Melko-Aldrich and Franks will race MELKO the freshmen from BURG
7. Beaver creek PACK- Wurster will race the Creek pack and beat them at the end of the race. They are consistent at 17:10 range. This will be perfect for you.

216	Robbins, Kevin	22:21.0
217	McGrail, Conor	22:22.0
230	Treadway, Jason	22:47.0
231	Woodward, Nicholas	22:50.0
235	Kelly, Michael	22:56.0
241	Slavik, Ryan	23:07.0
242	Samborsky, Chris	23:11.0
244	Berardi, Zack	23:47.0
250	Mann, Bryan	24:16.0
253	Lis, Ryan	24:33.0
254	Blommel, Daniel	24:53.0
257	Harbach, Andrew	25:14.0

Junior/Senior Race

8	Lawler, Joe	18:11.0
17	Thornhill, Jeff	18:39.0
19	Reddavari, Adi	18:41.0
21	Kern, Nick	18:43.0
26	Hashmi, Omer	18:57.0
29	Scheick, John	19:02.0
37	Greywitt, Collin	19:17.0
38	Eslinger, Andrew	19:17.0
43	Glynn, Michael	19:24.0
46	Fahrenkamp, Nathan	19:29.0
48	Stamper, Blaine	19:34.0
51	Waldron, Ben	19:40.0
54	Coale, Philip	19:45.0
55	Heller, Tyler	19:46.0
61	Hansford, Samuel	19:58.0
63	Schmidt, Eric	19:59.0
64	Arnold, Nicholas	20:00.0
68	Karp, Matthew	20:14.0
74	Biggs, Michael	20:25.0
77	Mayberry, William	20:30.0
78	Romer, Brandon	20:31.0
84	Michael, Drew	20:38.0
85	Wright, John	20:39.0
92	Pennock, Evan	21:13.0
104	Guiney, Dan	21:41.0
106	Gregory, Chad	21:46.0
113	Henn, Alex	22:14.0
114	Hutchison, Mitch	22:15.0
121	Dressel, Brian	22:36.0
126	Mazza, Thomas	22:54.0
140	Fink, Matthew	24:59.0
143	Crosby, Matt	26:37.0

Top Times of the GWOC from 2008:

1	Roberts, Shawn	09 Centerville	15:30.89	1
2	Schmidt, Eric	09 Centerville	15:37.16	2
3	Norris, Doug	10 Vandaila-Butler	15:44.03	3
4	Neff, Danny	09 Vandaila-Butler	15:44.27	4
5	Dinzeo, Aaron	10 Sidney	15:58.70	5***Montavon races Dinzeo
6	Montavon, Matt	09 Centerville	16:02.96	6
7	Diltz, Blake	09 Kettering Fairmont	16:10.87	7***Wright races Diltz
8	Wright, Logan	09 Centerville	16:11.93	8
9	Fish, Domenic	11 Centerville	16:26.70	9
10	Redd, Jordan	12 Fairborn	16:28.50	10**Fish and Keith race REDD
11	O'Malley, Brandon	10 Kettering Fairmont	16:29.90	11**
12	Keith, Scott	09 Centerville	16:30.98	12
13	Greer, Sam	09 Northmont	16:32.29	13**O'Connell races GREER
14	O'Connell, Thomas	09 Centerville	16:46.94	14
15	Melko, Mike	12 Miamisburg	16:50.00	15**Aldrich and Franks race Melko
16	Davies, Dustin	11 Kettering Fairmont	16:57.00	16
17	Aldrich, Kevin	10 Centerville	17:00.25	--
18	Whyte, Donnie	11 Miamisburg	17:02.00	17
19	Bohman, Coby	09 Northmont	17:03.35	18
20	Niezgodski, Zach	09 Beavercreek	17:04.11	19**Wurster races CREEK PACK
21	Gossell, Collin	11 Beavercreek	17:04.46	20
22	Kramer, Shaun	09 Northmont	17:06.15	21
23	Adkins, Zach	09 Vandaila-Butler	17:06.81	22
24	Franks, Colin	12 Centerville	17:08.08	--
25	Patterson, Richard	10 Lebanon	17:10.00	23
26	Blair, Sam	10 Springboro	17:14.31	24
27	Owen, Cody	09 Piqua	17:15.13	25
28	Wetzel, Jason	10 Beavercreek	17:16.97	26
29	Gray, Killian	09 Sidney	17:17.00	27
30	Ellis, Gabe	09 Lebanon	17:20.25	28
31	Wysong, Matthew	11 Springboro	17:20.87	29
32	Lindsey, Chris	09 Northmont	17:22.14	30
33	Gentile, Jake	12 Kettering Fairmont	17:25.09	31
34	Wurster, Colin	11 Centerville	17:29.13	--

This week in practice:

Monday- Forest Field for all

Tuesday- Sugarcreek for all- Reserve 1 loop, Varsity 2 loops

Wednesday- Track for all. Reserve 1 mile TT, Varsity workout

Thursday- Sugarcreek for all, 5 miles for varsity, 3 miles for reserve

Friday- Forest Field for all for pre-meet

Spaghetti home of Tom O'Connell:

Rt. 48, North to Whipp Road, Turn Right (East). At Marshall Rd., turn Left to second street, Limberlost (Driscoll Elementary on corner). Turn Left on Limberlost. Brampton is the first Right. 4th house on Left 5713 Brampton. (We are 2 houses down from the Heinrichs) The kids can park at Driscoll Elementary or Four Seasons Pool if the street gets crowded.

Saturday October 11, 2008 GWOC Championship

7:45am 3 Busses leave Athletic Entrance

9:30 Middle School Boys

10:00 Middle School Girls

10:30 Men's Varsity(10 run): Roberts, Schmidt, Montavon, Wright, Keith, Fish, Aldrich, Franks, O'Connell, Wurster

11:15 Women's Varsity

12:00 Men's Reserve

12:45 Women's Reserve Race

1:30 AWARDS

Selling all old Sweat tops

for \$5- we are going to be selling all of the old black and gold jackets for \$5 a pop starting on Wednesday and Thursday after practice to clear out old inventory.

Banquet- Everyone wears shirt and tie. West Commons on Sunday November 2 at 2pm.