

Saturday October 18, 2008

District Results @ MVCTC @9am

Varsity

1 Centerville	25	1	3	6	7	8	14	16
Total Time: 1:22:07.76								
Average: 16:25.56								
2 Clayton Northmont	76	2	13	18	20	23	33	44
Total Time: 1:25:10.50								
Average: 17:02.10								
3 Middletown	98	10	12	21	26	29	38	52
Total Time: 1:26:57.79								
Average: 17:23.56								
4 Miamisburg	104	9	11	25	28	31	39	41
Total Time: 1:27:07.87								
Average: 17:25.58								
5 Lebanon	110	15	17	22	24	32	37	50
Total Time: 1:27:11.56								
Average: 17:26.32								
6 Sidney	140	5	19	34	35	47	49	51
Total Time: 1:29:03.08								
Average: 17:48.62								
7 Huber Heights Wayne	181	27	30	36	42	46	53	54
Total Time: 1:30:55.91								
Average: 18:11.19								
8 Springfield	259	43	48	55	56	57	62	
Total Time: 1:38:28.26								
Average: 19:41.66								
9 Fairborn	259	4	59	61	67	68		
Total Time: 1:44:25.89								
Average: 20:53.18								
10 Xenia	290	45	58	60	63	64	69	
Total Time: 1:42:08.15								
Average: 20:25.63								
11 Trenton Edgewood	312	40	65	66	70	71		
Total Time: 1:54:04.77								
Average: 22:48.96								

Varsity Top 16 Boys Overall Qualify for the Regional Meet

1 Eric Schmidt	12 Centerville	5:10.5	16:04.61	1
2 Sam Greer	12 Clayton Northmont	5:11.7	16:08.20	2
3 Shawn Roberts	12 Centerville	5:15.7	16:20.82	3
4 Jordan Redd	9 Fairborn	5:16.1	16:21.88	4
5 Aaron Dinzeo	11 Sidney	5:19.6	16:32.94	5
6 Scott Keith	12 Centerville	5:19.9	16:33.74	6
7 Matt Montavon	12 Centerville	5:20.0	16:34.15	7
8 Domenic Fish	10 Centerville	5:20.1	16:34.44	8
9 Mike Melko	9 Miamisburg	5:23.3	16:44.36	9
10 Philip Sliger	12 Middletown	5:29.6	17:03.81	10
11 Donnie Whyte	10 Miamisburg	5:30.8	17:07.49	11
12 Tariq Habash	12 Middletown	5:31.0	17:08.26	12
13 Coby Bohman	12 Clayton Northmont	5:31.3	17:09.28	13
14 Thomas O'Connell	12 Centerville	5:31.6	17:10.24	14
15 Gabe Ellis	12 Lebanon	5:32.0	17:11.23	15
16 Kevin Aldrich	11 Centerville	5:32.7	17:13.62	16

Open Race 5k Results

@ MVCTC

Friday October 17, 2008 @9:15 AM

1. Colin Wurster	17:24
2. Joe Berling	18:02
3. Joe Lawler	18:19
4. Austin Gregory	18:20
5. Michael Bozzo	18:23
6. Jeff Thornhill	18:37
7. Sean Elkins	18:41
8. Andrew Lashley	18:48
9. David O'Connell	18:50
10. Chase Coale	18:52
11. Kyle Bishop	18:57
12. Jake Wenstrup	18:57
13. ????	18:58
14. Andrew Stein	19:21
15. Alex Michael	19:21
16. Jacob Lowe	19:33
17. Tyler Bertles	20:05
18. Tyler Schumer	20:05

2 Mile for Jr. High

1. Josh Steibel	11:04
2. David Lawler	11:42
3. David Deshurko	12:30

Comments:

1. I was excited for Eric—earning his first XC victory ever in high school.
2. Shawn ran well and relaxed.
3. The pack of 3 ran well together.
4. Congrats on first team all district runners: Eric, Shawn, Scott and Matt.
5. Congrats on 2nd team (14) all district performers: Dom and Tommy.
6. Kevin you ran a very consistent race as always this year. Great consistent year—that means you are ready for a HUGE breakthrough.
7. Colin Franks- great job at being the alternate. It is a tough job, but someone has to do it to ensure the safety for our team.
8. Colin Wurster great race to run by yourself on Friday. That was gutsy and you will run with Dom next year in the 16's.

Comments:

Congrats on winning the 3rd consecutive district crown. We are on our way to match the 6 consecutive streaks that the Centerville team posted 1996, 1997, 1998, 1999, 2000, and 2001. The dynasty has reemerged and you are paving the path for the future years of ELK RUNNERS.

Regional Tournament Information

Troy- Levee- Hobart Arena

9am Wake and eat breakfast at latest-PROTEIN

9:45am Shakedown run at AE

10am 2 Vans leave from AE

11:05 A.M. Division III Boys

11:50 A.M. Division II Boys

12:35 P.M. Division I Boys

1:20 P.M. Division III Girls

2:05 P.M. Division II Girls

2:50 P.M. Division I Girls

3:15- AWARDS

*we will run at the same time at the state meet

Dress for all types of weather. That means get ready for rain and wet conditions this time of year. Bring extra socks, have your spikes ready on Thursday, put paper in your shoes after you run, take showers after you run—so you don't get sick, drink your OJ, and get to bed early. Get your homework done and get organized for future projects.

Drink a ton of water this week. The more water you drink the better your body will be prepared for all types of weather.

Don't change anything this week. Stick to your normal routine. You can't do anything to drastically improve your performance this week. But you can hurt yourself more than you can help yourself. Stick to your normal bed time and wake time. Eat the same foods all week and the day before. Do what has worked all season with foods and sleep.

We don't NEED super-human efforts this week. We need you to run within your own capabilities and for you to be confident in the game plan. If you have any problems with anything let the coaches know ASAP.

Take in the sights, sounds, smells, tastes and the pleasure of running at the best regional sight. When we get there relax and bask in the excitement for a while. Watch others enjoy themselves, running well, and the fans get excited for the regional tournament. Sit and remember this is what all of those miles were for in the summer time. All of those 10-11-12 milers will be paid off with seconds off of your time at this race.

Remember: You can only control your actions. What other teams do is out of our control. Run your race strategy and run smart and we will advance. The goal is run smart and in control this time of year and make your move when it counts. Take calculated risks!

There are 3 types of people in the world: average, good, and great. Be great today!