

Saturday September 27, 2008  
Midwest Meet of Champions

**Race of Champions**

6 Eric Schmidt	5:01.7	15:37.16
13 Shawn Roberts	5:04.5	15:45.90
22 Matt Montavon	5:10.0	16:02.96
31 Logan Wright	5:14.0	16:15.47
44 Domenic Fish	5:17.6	16:26.70
47 Scott Keith	5:19.0	16:30.98
71 Kevin Aldrich	5:28.1	16:59.25

**Boy's Open Race**

1 O'Connell, Thomas	5:24.1	16:46.94
14 Bebbington, John	5:38.1	17:30.19
27 Thornhill, Jeff	5:48.1	18:01.36
31 Lawler, Joe	5:49.7	18:06.46
35 Hashmi, Omer	5:52.3	18:14.42
36 Valentino, Joe	5:52.6	18:15.36
42 Heinrichs, Jon	5:56.4	18:27.04
47 Korte, Jon	5:58.0	18:32.13
49 Kern, Nick	5:58.7	18:34.46
54 Michael, Drew	5:59.3	18:36.19
58 Greywitt, Collin	6:02.8	18:46.92
59 Fahrenkamp, Nathan	6:03.2	18:48.19
63 Reddavari, Adi	6:04.4	18:51.87
64 Scheick, John	6:04.7	18:52.93
65 Mann, Alex	6:05.6	18:55.87
68 Biggs, Michael	6:06.1	18:57.27
71 Prich, Thomas	6:06.6	18:58.70
76 Glynn, Michael	6:08.0	19:03.09
77 Coale, Philip	6:08.6	19:05.08
78 Pennock, Evan	6:09.0	19:06.42
79 Heller, Tyler	6:10.3	19:10.19
82 Eslinger, Andrew	6:11.5	19:14.20
86 Stamper, Blaine	6:12.4	19:16.91
88 Thompson, Peter	6:12.9	19:18.47
98 Leinesch, David	6:20.1	19:40.64
100 Waldron, Ben	6:20.3	19:41.39
104 Guiney, Dan	6:21.3	19:44.63
107 Romer, Brandon	6:23.6	19:51.59
108 Karp, Matthew	6:23.9	19:52.63
109 Hetzer, Chris	6:24.1	19:53.20
111 Mayberry, William	6:25.7	19:58.29
116 McCabe, Kyle	6:38.7	20:38.60
122 Gregory, Chad	6:50.4	21:14.81
127 Hutchison, Mitch	6:58.0	21:38.41
128 Dressel, Brian	6:58.3	21:39.59
131 Henn, Alex	7:06.8	22:05.97
132 Ding, Erik	7:11.2	22:19.41
133 Mazza, Thomas	7:13.2	22:25.74
139 Crosby, Matt	7:33.7	23:29.50
140 Fink, Matthew	7:42.4	23:56.48

**Comments:**

There are 3 types of people in life: people that watch it happen, people that talk about it happening and people that make it happen. In that same realm there are average, good and great people. Who do you want to be? You can be average, good or great? DECIDE!

**Don't be afraid to FAIL!** Take a risk in life, on the course and then you can readjust from there. Many of you are still **afraid to fail** in races.

Take a risk! If you never fail in life, then life is not worth living. The most successful people in the world have failed many times before being successful at 1 thing. Be a risk taker. Ask Bishop.

64 guys broke 20:00 this weekend. #2 all time in CHS history. The record is 68 by the 2006 team at the GWOC. I really think we can have 75-90 guys break 20:00 in the coming weeks. Go for it!

**Race of Champions**

We played with the race strategy in this race to see what we could do. We will now readjust for the GWOC, District, Regional and State meets.

Shawn, we had you go out and go after it. That took guts, and you were not comfortable doing it. You were not afraid to fail and you did not.

You rebounded well and still ran 15:47. Eric, another good race, and we will also tinker with your running to help your middle parts. Montavon almost broke into 15:00's and you will once you go out faster and get into the race. You will get out with Schmidt the rest of the year. Logan, your ankle bothered you and you still finished for the team. Great job and you will relish in taking this Saturday off and just running a workout. Dom-you ran a great race and personal best. You are now the #4 fastest sophomore in school history behind me, Keller and Roberts. You and Scott Keith are running well together and will both run under 16:20 this year. Kevin-you ran a determined race after the first mile. We will still get you out faster and then you can run 16:40's consistently. Scott you have come along way from running 17:53 last year.

**Freshmen/Sophomore Race**

Congratulations to Colin Franks for winning his first high school race.

You will be a 16:40 runner in a couple of weeks. Keep pushing the middle miles of your race and you will have the breakthroughs. You also battled back from an early deficit and then when challenged the last 100 meters-you prevailed for the victory. Colin was GREAT TODAY!

Overall I was ecstatic with the individual efforts. Many people understand what it means to race; take a risk, to fail and to be competitive. This is what running and life is about. I was impressed with Kyle Bishop from the gun. He took that risk and was aggressive. He struggled in the middle parts, (but he regained composure) and he set a new best time. The next time he races he will know how to win the race. We NEED more BISHOPS this coming weekend in the middle parts of races!

**Open Race**

Congrats to Tommy O'Connell for turning his season around. Tommy was GREAT today. Bebbington you have been very consistent recently, which means you will have a breakthrough soon -16's are closing in. Heinrichs had a nice race and is coming on just in time this year. Many seniors stepped it up today: Kern, Thompson, Valentino, Michael, Fahrenkamp, Scheick, Mann, Biggs, Coale, Heller, Eslinger, Leinesch, Romer, Mayberry and McCabe all had AWESOME races. Their senior leadership and work ethic is being noticed by the entire team.

I still believe everyone can be under 20:00 this year. Let's start by working hard in practice and getting the needed rest.

## **Boy's Freshmen/Sophomore Race**

1	Franks, Colin	5:30.9	17:08.08
9	Wurster, Colin	5:37.7	17:29.13
13	Frazier, Ryan	5:41.3	17:40.18
16	Berling, Joe	5:44.6	17:50.48
23	Lashley, Andrew	5:47.6	17:59.75
24	Coale, Chase	5:49.5	18:05.69
26	Ruschmann, Nick	5:51.1	18:10.63
29	Bozzo, Michael	5:52.6	18:15.42
32	Elkins, Sean	5:53.6	18:18.36
39	Hickey, Jay	5:58.6	18:33.94
40	Bishop, Kyle	5:58.7	18:34.38
46	Bertles, Tyler	6:01.7	18:43.75
47	Gregory, Austin	6:02.2	18:45.10
50	Wenstrup, Jacob	6:03.5	18:49.22
53	Cook, Ben	6:05.4	18:54.98
55	Lowe, Jacob	6:07.0	18:59.94
57	Mott, Brian	6:08.6	19:05.12
58	Michael, Alex	6:09.5	19:07.80
59	Stein, Andrew	6:11.8	19:15.06
63	Thompson, Kevin	6:14.7	19:24.14
66	Higgins, Nick	6:16.2	19:28.77
68	Ivy, Stephen	6:17.2	19:31.70
72	Letcher, Ryan	6:18.7	19:36.38
73	Ingham, Chris	6:19.5	19:39.00
77	Schumer, Tyler	6:23.9	19:52.58
79	Kern, Matt	6:25.1	19:56.25
82	Koman, Eddie	6:26.9	20:02.02
84	Houck, Zackary	6:27.1	20:02.69
85	Brockman, Matthew	6:27.3	20:03.27
88	Crosby, Josh	6:29.0	20:08.29
89	Kohls, Ben	6:29.2	20:09.18
91	Bertke, Daniel	6:29.9	20:11.21
93	Klaus, Connor	6:31.8	20:17.05
95	Herlihy, Ben	6:34.7	20:26.19
98	Albracht, James	6:40.4	20:43.91
99	Jeckering, Chip	6:40.9	20:45.49
101	Montavon, Michael	6:42.0	20:48.71
102	Hughes, Josh	6:44.1	20:55.31
103	Turner, Ryan	6:44.2	20:55.65
104	Gillaugh, Corey	6:44.4	20:56.44
105	Miller, Scott	6:44.6	20:56.85
106	Bierly, Jeff	6:44.8	20:57.44
109	Moran, Joe	6:46.7	21:03.37
110	LeSaint, Jon	6:48.8	21:09.89
111	Alig, Austin	6:50.1	21:13.88
114	Bartosik, Ryan	6:51.2	21:17.50
115	Srivinas, Mukund	6:55.6	21:31.01
116	Stackhouse, Alec	6:57.5	21:36.96
117	Apt, Evan	6:59.5	21:43.06
118	Blommel, Daniel	7:08.3	22:10.47
119	McGrail, Conor	7:11.6	22:20.88
120	Woodward, Nicholas	7:12.5	22:23.47
121	Berardi, Zack	7:13.3	22:26.22
122	Robbins, Kevin	7:15.9	22:34.08
124	Kelly, Michael	7:33.8	23:29.70
125	Treadway, Jason	7:35.9	23:36.39
126	Samborsky, Chris	7:39.3	23:46.73
127	Lis, Ryan	7:39.7	23:48.05
129	Mann, Bryan	7:41.0	23:51.99
133	Harbach, Andrew	8:28.6	26:20.07

## **Time Standards for CHS XC:**

### **To earn a varsity letter in 2008**

Senior	16:59
Junior	17:29
Sophomore	17:59
Freshmen	18:29

### **Running requirements for the 2009**

Senior	19:59
Junior	20:29
Sophomore	20:59
Freshmen	21:29

### **This week's schedule:**

Monday- Varsity at Sugarcreek for 12 miles,  
Reserve at Forest Field for 6x400 and 6x200 with 1:30 break

Tuesday- Sugarcreek for all 6 miles for varsity, 1 loop for  
reserve

Wednesday- Reserve at track for 1 mile time trial, varsity  
workout with 3:00 rest

Thursday- **Watts Middle School** to run the course and easy  
workout on course at 4:15pm

Friday- Track for all. Reserve pre-meet.  
Varsity workout starts at 4:30 4x1600(Roberts, Schmidt,  
Wright, Montavon, Fish, Keith) 3:00 rest between each

Saturday- varsity 10 miles easy on course

### **Centerville Stampede (hosted by the girls cross country team @ Watts Middle School)**

\*Invite teachers all week to the meet

12:25 PM Freshmen and Sophomore Boys Race

1:40 PM Open Race (all juniors and seniors)

2:50 PM Varsity Boys Race (O'Connell, Aldrich, Franks,  
Wurster, Bebbington, Frazier, Berling)