

September 6, 2008

Tiffin and Springboro Invites

Springboro Results

8	Scott Keith	17:22.79
43	Kyle Bishop	19:39.06
44	Chris Hetzer	19:40.96
46	Michael Glynn	19:45.04
52	Nick Higgins	19:54.38
54	Tyler Heller	20:01.72
56	Evan Pennock	20:06.99
58	Ben Cook	20:11.07
59	Jacob Wenstrup	20:12.96
61	Brian Mott	20:18.51
63	Jacob Lowe	20:23.04
64	Thomas Prich	20:24.00
67	Zackary Houck	20:26.32
69	Blaine Stamper	20:28.70
71	Ben Waldron	20:32.92
75	Kevin Thompson	20:40.73
76	Matthew Karp	20:41.85
77	Samuel Hansford	20:43.27
81	Brandon Romer	20:50.26
82	Peter Thompson	20:50.94
83	Alex Michael	20:51.86
85	Josh Crosby	20:58.37
86	Andrew Stein	20:59.27
88	Philip Coale	21:00.72
89	Matt Kern	21:03.51
90	Connor Klaus	21:03.68
92	Daniel Bertke	21:11.75
93	Tyler Schumer	21:15.11
94	???????????????	21:18.59
95	Eddie Koman	21:18.98
96	David Leinesch	21:20.12
97	Stephen Ivy	21:23.79
98	Ben Kohls	21:24.08
102	Matthew Brockman	21:35.55
104	Austin Alig	21:36.01
105	Josh Hughes	21:44.78
106	Corey Gillaugh	21:46.44
107	Chris Ingham	21:46.86
110	Ryan Turner	21:57.07
111	Mukund Srivinas	21:59.09
113	Ryan Bartosik	21:59.95
115	Kyle McCabe	22:00.65
116	James Albracht	22:00.88
117	Matt LeSaint	22:09.47
119	Ben Herlihy	22:11.17
124	William Mayberry	22:14.13
125	David Aceto	22:14.66
131	Jeff Bierly	22:28.90
132	Alec Stackhouse	22:29.22
134	Chip Jeckering	22:34.65
137	Chad Gregory	22:42.18
140	Alexander Dubbley	22:44.96
145	Evan Apt	22:52.35
146	Ryan Slavik	22:52.92
147	Scott Miller	22:55.02
148	Joe Moran	22:59.45
151	Mitch Hutchison	23:17.38
153	Colton Rankey	23:18.54
154	Jimmy Bebbington	23:20.28
158	Alex Henn	23:28.75

Comments:

Springboro- Scott Keith had a decent race this weekend. You still need to go out harder in the beginning. If you can do this you will run in the 16:00's this weekend—Gauranteed! You will run with Franks in the reserve race to work on going out hard. Bishop, Hetzer, Glynn and Higgins all also had good races. I am excited to see hard work paying off for Higgins and Bishop. You two deserve success because of your hard work. Heller, Pennock and Wenstrup I am glad you are all healthy and completed a 5k. Your times will improve drastically in the coming weeks.

Overall people are more prepared the team is moving in the right directions. Learning to compete in a 5k is very difficult and many people are learning how to do this every week. Some people took risks this week, but NOT enough. **Many people are still Sunday joggers. I want to see aggressive racers, that take chances, run till near death, that keep their eyes up, surging around corners, and people that are always trying to pass people.**

Tiffin

First victory in CHS history ever at Tiffin. **The is the biggest victory in CHS history in cross country.** Congratulations fellas! Our motto on the bus drive was CTD (compete till death). We challenged you to do something different this week. Sean Elkins, Andy Wooddell, and Michael Bozzo epitomized this in their races. All 3 of them took the race out at the gun. All 3 are NEW to this sport and all 3 ran brilliant races and personal bests. All 3 went out and attacked the race. They then did not settle, they surged around corners and ran the long straight-aways always looking ahead and moving around people.

Varsity Recap

**Shawn-** you ran the perfect race strategy and it paid off. I still think that you can win the state meet if you start your kick a little sooner. We can play with this strategy in the coming weeks. Look to break the school record this weekend on a fast Galion course.

**Schmidt-** a great individual race effort. I still think you have another 20-30 seconds to improve and I believe you can beat anyone in the state. Your middle part of your race—YOU need to take control of the race.

**Montavon-** you would have run 15's this weekend if you had gotten out faster. At Galion-try going out with Shawn and run relaxed with him. This could be a good first mile buddy.

**Logan-** we need to get you in shape still. Completing all of the workouts and running on Sunday for 10-12 miles will get you to the promised land and us a solid man. You will race Medina's #3 man this weekend or #2.

**Fish-** great race and amazing finish-you won the race for us the last 100 meters by passing 17 guys. Your time will take care of itself. You need to race Medina's #4 man this weekend.

**Aldrich-** your efforts are great and your guts are shown in every race. Keep your shoe on and you will drop 30 seconds. You and Fish and O'Connell will run together this weekend. You need to look for Medina jerseys and beat them. I want 7 in front of their 5.

**O'Connell-** you are the senior sweeper that we need. DeRussy was this man the last 2 years. You will be the consistent 16:50 guy that we need in the coming weeks. You had a great race and keep moving up with confidence.

160	Michael Kelly	23:31.61
162	Nicholas Woodward	23:33.06
166	Conor McGrail	23:42.87
167	Thomas Mazza	23:44.19
169	Kevin Robbins	23:51.11
170	Zack Berardi	23:53.04
171	Daniel Blommel	23:54.49
172	Brian Dressel	23:55.93
179	Ryan Lis	25:14.16
180	Matthew Fink	25:22.63
182	Andrew Harbach	25:31.72
184	Bryan Mann	25:46.26
185	Matt Crosby	26:58.99
186	Chris Samborsky	27:51.25

## Tiffin Results

### Open Race

17	Sean Elkins	18:12.73
26	Ryan Frazier	18:25.41
39	Andy Wooddell	18:33.40
40	Michael Bozzo	18:33.77
48	Chase Coale	18:41.83
49	Joe Valentino	18:42.46
53	Jeff Thornhill	18:45.46
59	Tyler Bertles	18:52.50
62	Andrew Lashley	18:54.28
68	Andrew Eslinger	19:00.37
70	Michael Biggs	19:01.33
84	Nick Kern	19:10.87
109	Drew Michael	19:23.86
111	Jay Hickey	19:25.41
118	Nate Fahrenkamp	19:28.63
146	Alex Mann	19:44.12
151	Dan Guiney	19:46.85
280	Nick Arnold	20:42.33
542	Total Finishers	

### Division 1 Varsity B Race

36	Colin Franks	17:33.70
48	Jon Korte	17:45.93
61	John Bebbington	17:55.89
81	Joe Lawler	18:14.48
98	Colin Wurster	18:23.02
107	Omer Hashmi	18:30.54
121	Joe Berling	18:40.81

### Division 1 Varsity A Race

3	Shawn Roberts	15:30.89**SR
7	Eric Schmidt	15:48.18*PB
20	Matt Montavon	16:17.00*PB
45	Logan Wright	16:41.47
68	Dominic Fish	17:01.37*PB
99	Kevin Aldrich	17:22.98*PB
108	Thomas O'Connell	17:27.25

\*\*Shawn ties the school record for a 5k. Pat Keller held the school record from the 1998 state meet with at 15:30

**Remember Times are great, but they do not matter in the long run. It is the head to head battle that always matters. Tiffin is a fairly fast course, if your time does not improve, don't worry, your efforts, head to head battles and race strategy is what matters the most. Many of you will see a guy from Beavercreek, Fairmont, Springboro, Alter or another school in many races this year. Your job is to go after those guys and beat them and continue to move up.**

### Monday September 8

Varsity at Track

Reserve A, B, C, D all run to Activity Center. Drills, striders, and 5x200 and then run back to school.

### Tuesday September 9

Varsity at sugarcreek and then lift.

Reserve lift and then on track.

### Wednesday September 10

Reserve is at Sugarcreek for a long run.

Varsity is at Sugarcreek for intervals at 3 sisters.

### Thursday September 11

Varsity runs to Forest Field and Bill Yeck for recovery run.

Reserve lift and then at Forest Field for workout.

### Friday September 12

Everyone at Forest Field for pre-meet.

### Saturday September 13, 2008-Alliance and Galion Meets

**Alliance/Northmont Invite at Miami Valley Career Tech Center (MVCTC) with Weckesser and Suttman**

Directions: 75 North to 70 west, exit on Hoke road. Pass over state route 49 intersection and the park is 1 mile on Hoke road on your left. You can also take 35 to 49 through Trotwood.

We will only run in the reserve race at here.

8:30am Bus Leaves from Athletic Entrance

11 am Open Boys all divisions

### Galion Invite with Somerlot and Walsh

Bus leaves at 11am from Athletic Entrance- eat breakfast and lunch before you leave your house. Bring a packed snack and dinner. The bus will stop if people want to buy dinner at a healthy fast food restaurant.

Directions: Amanns Reservoir Park, Galion, Ohio is on State Route 309/61, approximately 1/2 mile south of the west edge of Galion. Please use the Route 309/61 entrance to the park. There is no sign, but a flagpole and a cannon mark the spot.

**3pm Open Race-** (24) Keith, Franks, Korte, Bebbington, Lawler, Wurster, Hashmi, Berling, Elkins, Frazier, Woodell, Bozzo, Coale, Valentino, Thornhill, Bertles, Lashley, Gregory??. Ruschmann??. Wenstrup, Hetzer, Pennock, Lowe, Hickey,

**3:30pm Varsity Race-** (7) Roberts, Schmidt, Montavon, Wright, Fish, Aldrich, O'Connell