

THREE MILE TIME TRIAL

Friday, August 20, 2010



TOP TEN ROOKIES

McGee	17:52
DolsenJ	17:59
Crowley	18:11
Althaus	18:27
Jacobsen	18:40
Kitto	18:41
Phelps	18:45
Braun	18:46
Lamus	18:55
Castor	18:58

MOST IMPROVED

RETURNERS

Boyd	-2:03
Chandler	-2:02
Bertoia	-1:59
Dunn	-1:45
Lenk	-1:45
Henry	-1:44
Hunter	-1:35
Renberg	-1:30
Dow	-1:29
Qin	-1:06
Gardner	-1:03
Elms	-1:00

WASTE NO MORE TIME TALKING ABOUT GREAT SOULS AND HOW THEY SHOULD BE. BECOME ONE YOURSELF! ~MARCUS AURELIUS ANTONIUS

The central campus of Saline Area Schools hosted tonight's three mile time trial, the traditional "kick-off" of the season. An impressive mob of parents, fans, and alumni lined much of the course, creating a Portage-esque atmosphere for much of the trial, and their efforts to support the runners were dwarfed only by the athletes themselves. While conditions were not conducive to a course record, the efforts of two juniors forced the rewriting of the Top-Ten listing and twenty-one returning runners bested their performance from 2009.

Junior Nate Martis used lessons learned from last year's trial, running conservative early and racing his last mile faster than his first, an inversion of his 2009 performance. It paid-off, as Martis took top-honors in an impressive 15:25. Ironically, runner-up Nick Renberg's race was very similar to what Martis ran in 2009, and he faced the same fate...leading for most of the way, only to be ran down in the late stages of the race. Despite that, he finished 90 seconds better than his old self, while competing under worse circumstances on a longer course. Barnett and Bishop each had strong starts, but each faded at different parts, Bishop closing nicely in the 2nd mile and Barnett pulling away in the third. David Dolsen begins the last chapters of his own amazing story as a high school runner by rounding out Saline's top five in 16:48, a full 47 seconds better than his 2009 time. For those keeping track, that's nearly 9:00 better than his freshman performance. Amazing.

The mid-pack was crowded in a way which validates the need for a camera at the mile marks. At one point, we had fourteen runners crossing the two-mile mark in an 8 second span. It was veterans like Lahнала and Romero that led the group, helping rookies Braun, Jacobsen, and Castor (among others) to great first efforts. First, be a great teammate...

While not quite a full rookie, but still very new to Saline, McGee led the way for the newcomers, with DolsenJ, Dew, Crowley, and Althaus packing in close behind. Their times are all comparable to what Elms & Praschan posted as first-timers, and those two ended the 2009 season just seconds short of their varsity letters.

In the many post-race conversations, I summarized this trial as a "mixed bag," filled with both good and bad news. The many that took today as an opportunity to be fierce in competition were matched nearly evenly with those that backed off when the pain arrived. For each that capitalized, there was one that wasted the race. My response to each that was afraid to cross over could be summarized in a conversation I had with one young man; "You should be disappointed. You didn't run to your potential. Now, you can sit over there and pout about it or you can learn from it, use it to 'fuel the fire,' and do everything to make sure that never happens again."

OUTSTANDING PERFORMERS?

After each competition, the coaches will select two or three athletes as "OP's." OP's are posted on the internet and receive a t-shirt and honor pin. The coaches recognize athletes of differing ability levels based on improvement and effort. OP's to be announced Monday.

LOSERS AND WINNERS

The loser is the person who produces great training performances but does not live up to them in races. The winner is the one whose performance under pressure is greater than you would expect from his training.

The loser is the person who develops injuries and minor illnesses just before the big events. The winner is the person who copes with minor setbacks and still performs to his best when it matters.

The loser is the person who looks very impressive when against familiar, weaker opposition but who cannot cope with the challenge of competing against those who are apparently better than him. The winner is the person who is not overawed by better opposition but rises to the challenge. ~taken from *Peak Performance*

SALINE CC BY THE NUMBERS...

35

NUMBER OF RUNNERS AT 19:00 OR BETTER...FIVE MORE THAN LAST YEAR.

5

NUMBER OF RUNNERS UNDER 17:00...SIX LESS THAN LAST YEAR.

13

PERCENT OF THE TEAM THAT MISSED THE TIME TRIAL. WHAT THE CRAP?!?!

3

FRESHMEN THAT FINISHED IN THE TOP 21 OF THE TEAM; 2 SOPHOMORES WERE AMONG THE TOP 21.

VARSITY POINTS

Seniors	2	40%
Juniors	3	60%
Sophomores	0	20%
Freshmen	0	0%

COMING UP...

- **Run-A-Thon** is on Monday!! Bring your family & friends.
- **Pay to Participate** money is due on Wednesday, August 25
- **Team Pictures** MONDAY at Mill Pond Park – Wear your team shorts, we'll bring your jersey
- Our first competition, **South Lyon Invite**, is approaching quickly! Be prepared.