

BATH INVITATIONAL

SATURDAY, SEPTEMBER 11TH, 2010



Top Negative Splits (2nd to 3rd Mile)

ParkerT	-0:57
Hoffman	-0:44
Leptich	-0:26
McCune	-0:22
Pearsall	-0:16
Henry	-0:16
Phelps	-0:16
Head	-0:15
DolsenD	-0:14

Varsity Point Leaders

Bishop	17
Barnett	13
Renberg	13
ParkerJ	11
DolsenD	10
Phelps	9
Crowley	8
Praschan	8
Chandler	7

Biggest PR's

Hoffman	-4:25
Schnitzer	-2:33
Leptich	-2:06
Phelps	-1:27
Furey	-1:27
Althaus	-1:20
Jacobsen	-1:16
Lewis	-1:09
Dow	-1:07
Head	-1:06
Chandler	-1:05

SOME HINTS ON FORM...

- Tension often originates in the head, face and shoulders and simply consciously relaxing here can have the effect on the rest of the body.
- One of the biggest mistakes made by runners is to lean forwards at the shoulders. The problem if you do this is that you hips actually go backwards! This means that by putting the shoulders forwards, you are even less likely to be in a position to harness gravity to go forward.

VARSIY FOR JAMBO #1:

Renberg, Barnett, Bishop, ParkerJ, Henry, Praschan, DolsenD, Elms, Phelps, & Allport

VARSIY POINTS

26	16%	Seniors
85	53%	Juniors
30	19%	Sophomores
19	12%	Freshmen

YOU CANNOT BE DISCIPLINED IN GREAT THINGS AND UNDISCIPLINED IN SMALL THINGS. BRAVE UNDISCIPLINED MEN HAVE NO CHANCE AGAINST THE DISCIPLINE AND VALOUR OF OTHER MEN. ~ GENERAL PATTON

When Saline arrived at Bath High School for this weekend's invite, it was at the conclusion of an incredible week of practice. Combined with cool weather, a very dry course, and good competition, we knew it would be a good performance, but, not even in our greediest of wishes, would we have guessed that the day end with a sweep of the top three spots, 4:00 PR's, and multiple athletes hitting double benchmarks. Those 1200's, 1000's, and 800's in the heat on Tuesday, which tested our tenacity, and the whole-group workout on Thursday, which built ambition and camaraderie, countered the burdens of the first week of school. And we would see the benefits very early on Saturday morning.

You don't need to know much about cross country to know that the 1-2-3 finish by Renberg, Barnett, and Bishop was something to cheer about, and as the reserve team exited the bus, that is just what they did. Taking the top three spots in any race is exciting, but when it happens with several high-quality programs in the same race, you know that you just saw something special. Renberg's continued dominance of the field while racing alone is telling of his potential. I won't tell you about the history he rewrote today because, well, he'll probably just do it again Tuesday! By running well and posting his first PR since his sophomore year, Andrew Barnett has opened new possibilities for Saline. Bishop's unbroken string of three PR races can be better described as "consistent awesomeness," and with the today's improvement, the junior has improved by 50 seconds in just three races and is now a potential All-State athlete. ParkerJ and Praschan are proving to be reliable 4th & 5th runners, and it's important that whoever will take those spots has as much varsity experience as possible. DolsenD picked up another PR and his first varsity medal at Bath, while Moeller, who raced well last week, struggled through Bath.

Despite Saline not winning, the reserve race provided more highlights than we have space to discuss: The performances were simply AMAZING! From JHenry taking the lead for Saline to A-Group's nearly 11:00 of PR's, from top to bottom, we ran very well with very few exceptions. Thirty-two runners picked up All-time PR's, some of those so significant that our depth-chart is completely changed. Up front, Phelps, Allport, and Chandler posted the most significant PR's, as each completely (or almost completely) leap-frogged over the 18:00's, going from 19:00+ runners to varsity-standard contenders in a single competition.

Our mid-pack grew significantly in just one race. Against Pinckney, we had just 7 runners in the 18:00's and 36 under 20:00's. Suddenly, we have 12 runners in the 18:00's (after losing a few to the 17:00's!!!) and 43 under 20:00. With an ever-growing "stable" of athletes from 17:30 to 20:00, we will continue to do very well in every reserve race.

There is something special about our sport that makes youngsters like Althaus and Frey, along with newcomers Lamus and Lewis, extra exciting to watch. As each of these guys learns to test his limits, they will progress by leaps and bounds. On occasion, their faces will reveal just how excited and shocked they are to be so far forward in the race and competing alongside guys they could once only look up to.

Following Saturday's outstanding performances, we turn our focus to Tuesday and Jamboree #1. Winning there will be the first step in taking the conference championship, and we can expect plenty of competition. Adrian's course is particularly tricky, so be sure to study the map. And be sure to continue to care for yourself. This weekend used to be a rough weekend of racing for us, but it became an incredible success because we were disciplined in great things and small.

SALINE CC BY THE NUMBERS...

71

PERCENT OF OUR ATHLETES THAT NEGATIVE SPLIT OR STAYED EVEN FROM THE 2ND TO 3RD MILE

4:25

AMOUNT OF TIME DROPPED BY CONNOR HOFFMAN. PERHAPS THE LARGEST SINGLE PR I'VE EVER SEEN!

26

NUMBER OF SALINE RUNNERS THAT BESTED COACH SPINA'S 1995 PR ON THE BATH COURSE: 19:05. LAST YEAR WE ONLY HAD 19!

17

NUMBER OF ATHLETES THAT HIT BENCHMARKS, INCLUDING 3 THAT HIT 2 IN ONE DAY; FUREY, CHANDLER, & PHELPS

Coming Up...

- **Pasta Dinner #1** at Dolsen's house Monday at 5:30. I hope to see every runner there!
- **Jamboree #1** at Adrian's Heritage Park will be Tuesday. The bus leaves at 2:15.
- Friday, our top seven runners will travel to the **Spartan Invite**. All other runners will compete on Saturday at the **New Boston Huron Invite**.