

Gabriel Richard Invite

Saturday, October 16th, 2010

AFTER EACH LAP PROMISE YOURSELF YOU WILL REST
AFTER THE NEXT LAP.

-EMIL ZATOPEK



Michigan's Top Frosh

#12 Braun
#14 Althaus
#22 Dew
#27 DolsenJ
#40 Jacobsen
#63 Furey

Michigan's Top Sophs

#14 Praschan
#22 Elms
#79 Chandler

Underclassmen Varsity

Point Leaders

| | |
|----------|----|
| Praschan | 45 |
| Elms | 36 |
| Chandler | 17 |
| Althaus | 14 |
| Dew | 13 |
| Braun | 12 |
| DolsenJ | 12 |
| Lamus | 11 |
| Jacobsen | 10 |
| Dunn | 7 |

Portage O.P.'s

Spencer Bishop, David Dolsen

I know I say this every year, but what can you take from sport?

"It's for you, not like buying something, but for your own growth, maturity, understanding and walk through life basically. How many people work so hard, and then pour it in a river? Whether or not people see it, or it's a big deal to anyone, or it makes any difference in the world, **it's something big that happened.** That's what's happening. Within each runner something's going on, a person is growing."

~A University of Colorado CC runner after his team failed to win the NCAA National Championships; Taken from Running with the Buffaloes, by Chris Lear.

Jam #3 Varsity – The lineup for the varsity race will be announced Tuesday.

Varsity Points

| | | |
|-----|-----|------------|
| 109 | 18% | Seniors |
| 295 | 49% | Juniors |
| 132 | 22% | Sophomores |
| 71 | 12% | Freshmen |

To the undiscerning eye, not much happened at today's race. Saline sat a few guys, finished a distant third, and didn't even have an individual win in the reserve race. In fact, based on the third place finish, it seems that today was a disappointing day. And while everything didn't go well, careful examination reveals that Saline took today as an opportunity to build even more momentum for the Championship series of races.

Without several of the top seven, a win was all but out of the question, but Barnett made the most of the situation. As the Senior Captain led the race, even gapping the field in the late-stages, it was difficult to imagine that, at the start of the season, Andrew was struggling. Barnett would finish 3rd in the race and pick up one of the few PR's among Saline's runners. Praschan and Phelps joined Andrew in having exceptional days. Grant took some risks today, starting quicker than he might usually, but he responded well to the new stress and the end result was his best performance this year. Having Phelps bounce back from a disappointing performance at Portage is important. He adds depth and applies pressure to our line-up, keeping our top runners honest. And Chandler's varsity debut gives this young runner valuable experience, as, someday, he will undoubtedly be a regular part of that line up.

Congratulations are in order to the reserve team, which proved that the performance at Portage was not a fluke. With three of the reserve runners pulled up into the varsity line-up and a strong Pinckney team in attendance, our squad faced their toughest challenge all fall. Crowley and company turned the challenge into a resounding Saline victory. By taking 2nd thru 5th places, Crowley, Moeller, DolsenJ, and Braun set-up the victory, while Lahnala's PR 8th place finish sealed it up. It's not an undefeated season, but today's victory should be that much sweeter to a team that, even without three of their top runners, managed to avenge an early-season lose.

Lahnala not only closed-up scoring, but also ran his first sub-18:00 race, joining Kitto and Luckhardt in benchmarking. With a 12 second PR, first-year runner McCune continues to run well and finishes today as one of our top 14 athletes. Hoffman's 0:37 improvement is the second-largest on the team and comes following an injury, making his first trip under 21:00 even more impressive.

With just a few races remaining, Saline's reserve and varsity teams are poised for incredible finishes to the 2010 season. I'd like to think that the reason we are set-up for success is that our runners have never stopped being *great* teammates and tough athletes.

SALINE CC BY THE NUMBERS...

35

PERCENT OF OUR RUNNERS THAT HAVE BROKEN 18:00 THIS YEAR. NICE.

9

SECONDS SEPARATING PRASCHAN FROM THE ALL-TIME SOPHOMORE'S LIST

14

NUMBER OF JUNIORS THAT APPLIED TO BE CAPTAINS.

20

SECONDS SEPARATING OUR TOP 5 RUNNERS IN THE RESERVE RACE.

Coming Up...Our top 7 runners will get out of school at **11:45** on Thursday, with the van leaving at **12:00**. All others out at **12:45**. The **bus will leave at 1:00**, so you'll have to move quickly!!
Seniors – Download the **Scholarship Applications** in the left hand column on the website. Applications are due on **Monday, October 25th**.

EACH RUNNER NOT RACING AT THE REGIONAL MEET WILL TURN IN HIS JERSEY AND EMPTY HIS LOCKER IMMEDIATELY AFTER JAMBOREE #3; YOU WILL RECEIVE NO AWARDS AT THE BANQUET UNLESS YOU FORMALLY CHECK-OUT WITH A COACH