

# Spartan & New Boston Huron Invites

Friday & Saturday, September 17<sup>th</sup> & 18<sup>th</sup>, 2010



AUDACITY, AUDACITY, ALWAYS  
AUDACITY.

~ *FREDERICK THE GREAT*

## Spartan All-Time Top Ten

Johnson	15:52
Conn	16:13
Renberg	16:19
Barnett	16:20
Hunt	16:21
Harper	16:23
Lipa	16:25
Bishop	16:43
Hernandez	16:43
Parker	16:46

## Top 10 for the Weekend

Renberg	16:19
Barnett	16:20
Bishop	16:43
Parker	16:46
Martis	17:04
Praschan	17:20
Phelps	17:30
Elms	17:32
Henry	17:33
DolsenD	17:45

## Jambo #1 O.P.

Jonathan Parker, Brett Braun

## What causes people to fail?

Everyone has a physical limit. All the self-belief in the world won't enable you to run five miles in 20:00. All that we can hope for is to keep improving for as long as possible, gradually pushing back our physical limits. We try to compete at our own level, getting as much success as our talents allow us. The relevant question is not 'Did you win?' but 'Did you come up to your expectations?' The single poor performance is due to an infection, over-tiredness or something like eating at the wrong time. If there is consistently a gap between training and racing performances, there may well be something wrong with the mental attitude. ~ *Peak Performance*

**Varsity for Jackson:** Varsity will be announced Tuesday.

## Varsity Points

145	48%	Seniors
42	14%	Juniors
94	31%	Sophomores
24	8%	Freshmen

From year to year, each team has a different atmosphere and feel to it. This fall, Saline is a team of workhorses that, regardless of circumstances, is going to run well. We've run into illness, rough courses, tough competition, and through it all, we have run well from our fastest to our slowest. In 2010, as a whole, we are a group of athletes that takes adversity in stride. That attitude, which permeates our entire team, is why this group is successful and productive at each race.

Our top seven at the Spartan Invite "over achieved." Entering the race, our 5<sup>th</sup> man had barely broken 17:30 and our 4<sup>th</sup> runner was still over 17:00. With that type of runner and entering a competition with 7 of the top ten teams in Michigan (and several highly-ranked D2/D3 teams), expecting to finish in the top 5 was something more than ambitious. Finishing third was downright audacious. Barnett and JP had the strongest performances for the team, Barnett finishing 11<sup>th</sup> in the field of some of Michigan's best athletes and tying his PR, while JP stepped-up nicely and finished as the BEST 4<sup>th</sup> man of the entire race. Renberg and Bishop had rough races, but Nick still managed a top-ten finish and Spencer was just 6 seconds off his PR. With the steady progress of Praschan and Elms and the consistent performance of DolsenD, our top 7 gives us plenty to be excited about.

At the Huron Invite, Martis posted a solid 17:04, while our pack dominated places from 17:30 through 18:03. That thirty-three second spread included eight Saline runners, including five first-year runners. The race plan for this group was a simple "stay together," and that pack mentality worked very well. Our runners averaged 17:34, which was well behind the fastest team average, but the strength of our placing gave us the overall win. Phelps' 9 second PR gave him 10<sup>th</sup> place and a varsity letter; not a bad birthday present to himself. DolsenJ made it two Dolsen's running in the 17's by posting a 13 second PR, while his classmate Braun and junior Crowley each tied the benchmark time of 18:00. Combined with PR efforts from Moeller and Dew, our Varsity A squad took home top honors.

In the Varsity B race, or Reserve, our runners took 2<sup>nd</sup> through 9<sup>th</sup> places, scoring an impressive 20 points to give Saline their 2<sup>nd</sup> victory of the day. Lamus, Kitto, and Park were the only PR athletes in the group, while Chandler did a fine job leading most of the race, only to be outkicked in the final stretches. As in the Varsity A race, it wasn't super-star individuals that would carry the day. It was the strength of our incredible pack.

The final race of the day featured Saline's only team and individual win (being the only team in the race helped!). After a long illness, Gieseke returned with a home-run, taking the overall win, while Hays backed him up with a 1:02 PR. Adams posted his second PR of the week, while Luckhardt and Kulkarni also ran personal bests.

The coming week will be a difficult one, as we turn our focus back to preparing for races instead of just racing. We will fill this week with tough workouts, and then on Friday/Saturday, head to Jackson to compete on their very fast course. We have thrived these past few weeks, racing incredibly well, and now the challenge will be running well on very tired legs at Jackson. Based on how we have handled adversity so far this season, I expect this coming weekend to be absolutely incredible.

## SALINE CC BY THE NUMBERS...

3

THE NUMBER OF RACES SALINE WON TODAY AND THE NUMBER OF TIMES SALINE HAS FINISHED IN 3<sup>RD</sup> PLACE AT SPARTAN.

24

THE DIFFERENCE BETWEEN SALINE (20 PTS) AND WYANDOTTE (44 PTS) IN THE RESERVE RACE

17:34

AVERAGE TIME FOR OUR VARSITY A. THE SECOND PLACE TEAM HAD AN AVERAGE TIME OF 17:15. THE POWER OF A PACK...

7

NUMBER OF RANKED TEAMS AT THE SPARTAN INVITE; SALINE FINISHED AHEAD OF ALL BUT 2

**Coming Up...** These will be a tough next several weeks, as we wind up for the final set of very difficult training.

- On Friday, the **Jackson Invite** bus will leave from the high school at 2:45; race time is 5:00.
- On Saturday, the **Jackson Invite** van will leave from the circle drive at the high school at 8:00. Race time is 10:00.