

# South Lyon Invite

Saturday, August 28, 2010



WHEN AN INDIVIDUAL IS NOT PREPARED TO RACE AS IF IT WERE A MATTER OF LIFE AND DEATH, THEN HE OR SHE CAN BE BEATEN BY SOMEONE WHO IS.

~ROBERT LYDEN

## Top Five Rookies

Crowley	18:26
DolsenJ	19:04
Phelps	19:06
Hays	19:40
Lamus	19:49

## Top Freshmen

DolsenJ	19:04
Dew	19:50
Althaus	19:52
Luckhardt	19:55
Jacobsen	19:59
Braun	20:12

## Fastest Kickers

Elms	0:19
ParkerJ	0:20
Bishop	0:20
Chandler	0:20
Barnett	0:21
Allport	0:22

## Varsity Point Leaders

Barnett, Bishop, Martis, Renberg 6
DolsenD, Crowley, ParkerJ, Elms 4
Henry, Moeller, Phelps, Praschan, DolsenJ 2

The trip to Island Lake State Park was an unusually early start for most of our summer-weary athletes. As they rolled out of beds, towards breakfast tables, and into cars, each of our runners was heading towards a great day of cross country that would see success stories for individuals and the team; for rookies, and veterans; for boys and girls. Our first outing, on a new course in a new invitational against many unfamiliar teams, was definitely a nice start to the season.

On the somewhat confusing and very technical course, the varsity team ran away from the competition, besting 2<sup>nd</sup>-place Novi by over 40 points. It was Nick Renberg that led the way, and after a strong start, the junior used mid-race presses to gap the rest of the field...except a pesky soccer player. Despite leading most of the way and making the best of the lonely situation, Renberg was outkicked over the last 800 to finish 2<sup>nd</sup>. His time of 16:14 ties Darrell Zeck as the 10<sup>th</sup> fastest Junior in the history of Saline. Nate Martis and Andrew Barnett finished sharing the same time, but following very different races; Martis after starting well, but struggling late; Barnett apparently recovering late from a rough second mile. Spencer Bishop's PR performance of 17:05 proves that, what the coaches are seeing in workouts, is not a fluke. With 6 seconds of improvement, Bishop will join the exclusive "Sub 17:00" club and become one of the top 60 runners Saline has ever had. Matt Elms' time doesn't place him among the fastest "5<sup>th</sup> men" in Michigan, but the sophomore's upside potential gives our top three something to worry about. Finally, seniors DolsenD and Hochrein took care of 6<sup>th</sup>/7<sup>th</sup> man responsibilities, Dolsen ran a respectable 17:51, just missing a medal (and "South Lyon All-State"), while Hochrein, after a great 3 Mile Trial, struggled through his first race of the year.

The obvious headline of the Reserve Race was the run-away performance of Jonathan "JP" Parker, who absolutely crushed the field! His performance, which would have earned him a medal in the Varsity Race, was an "awakening" of sorts, as the junior clearly bounced back well from a poor showing last Friday. Speaking of headlines, last week I told the Saline Reporter that we didn't have any first-year runners that would make the top seven...but in his first race, Jim Crowley is forcing me to consider otherwise. He was our top rookie and just two spots out of our top 7.

I continue to be impressed with our freshmen class. With five debuting under 20:00 (and one just over), they have plenty of potential. More importantly, they share a competitive camaraderie that takes each to higher levels in practice and competition. Even without a "superstar," this group could become an *extremely* productive part of our program.

And congratulations to the twenty-three young men that completed their FIRST 5k for Saline Cross Country! You have *earned* your jersey, which your mentor will proudly hand to you at Monday's practice!

Not all of the news from Saturday was good. Some of the runners forgot or failed to realize the physical demands of racing 5,000 meters, and when things got difficult, they shifted into survival mode. Racing well is a choice; it's a very difficult and painful choice that you make over and over and over again, thousands of times during a race. Regardless of what your body may be telling you, you can decide whether each step presses or slows the pace. It was General Patton who said, "Never let your body tell your mind what to do." I hope you will all listen to him, instead of your legs, next race.

## Three Mile O.P.'s

Matt Dow, David Dolsen, & Sean Dew

## How to get tough:

Set challenging goals in training; train in adverse conditions; visualize success; **train with faster runners**; do workouts that you hate; train alone; set meaningful and measurable race goals. ~taken from *Running Times Magazine*

## Varsity for Pinckney Duel:

Because there is just one race, we will not have a "designated" varsity for Thursday's race.

## Varsity Points

Seniors	11	18%
Juniors	33	54%
Sophomores	11	18%
Freshmen	6	10%

## SALINE CC BY THE NUMBERS...

2006

THE LAST TIME SALINE WON AN INVITATIONAL THAT HAD MORE THAN 10 TEAMS

853

NUMBER OF DIGITS OUR TIMERS HAD TO RECORD TO COMPLETE TODAY'S STATS

10

RENBURG'S RANK ON THE ALL-TIME JUNIOR LIST

12-0

SALINE'S CURRENT RECORD

## Coming Up...

For Thursday's **Pinckney Duel**, everyone will compete in just one race. Dexter is rumored to be joining the race, so it may actually be a "Double Duel" with three of Michigan's finest programs.

**Next week**, we will be meeting at the MS Track at 8:30AM, Mon-Wed.

**Once school begins**, we will meet in the Aux Gym on Mondays, the Wrestling Room on Fridays, and the Varsity Team Rooms on all other days.