

# SEC Jamboree #1

Tuesday, September 14, 2010



## Top Ten @ Jam 1

Renberg	16:28
Bishop	17:00
Barnett	17:01
ParkerJ	17:48
Elms	17:55
Praschan	17:57
DolsenD	18:04
Phelps	18:13
Henry	18:16
Hochrein	18:22

## Top Freshmen in the SEC

Condrington AAP	18:01
Tidwell DEX	18:02
Willits AAP	18:30
JDolsen SAL	18:34
Braun SAL	18:37
Dew SAL	18:45
Althaus SAL	18:46
Jacobsen SAL	18:57
Lezon BED	18:59
Finkiewicz AAP	19:27

“ACT LIKE A HORSE. BE DUMB. JUST RUN.”

~JUMBO ELLIOTT

Welcome to the SEC! For many, it is an eye-opening experience that always keeps our success in perspective. Today, we raced three of Michigan's finest teams.

Our top three individuals continue to be dominate, with Renberg responding well to his first real challenge this fall. A great deal of confidence comes from Barnett's and Bishop's continued productivity, which will be even more important in large races with more competitive fields. ParkerJ, Elms, and Praschan racing together creates exciting potential. They are not the fastest 4-5-6 in Michigan, but the upside of three guys on the same team racing together is not something to doubt. Captain David Dolsen continues to be a dependable 7<sup>th</sup> man, and consistent pressure from the upstart Phelps will help keep him honest.

Our runner-up finish in the varsity race puts us in the driver's seat for a Conference Championship in our division, but for the first time in many years, it's not easy to see who will end up winning in the end. In their one-point loss, Bedford was without one of their top runners, and as a well-coached team, we obviously cannot write them off.

The Reserve Race was a clear demonstration of Saline Domination, with our athletes taking eight of the top ten spots, including an impressive string from second through seventh! With those places, we scored an incredible twenty points.

Highlighting some individuals in the race, we saw a return to greatness from Hochrein, who took runner-up honors. The freshmen crew continues to produce outstanding individual and group results. This week, they took four of the top ten spots in the race, with Jacobsen leaping into the top fourteen and Brett Braun producing one of just a few PR's on the entire team. Paul Stobbe and Liam Adams were the other two PR's established on the tough Adrian course. Seeing these newcomers test themselves and reach new levels is one of the most exciting parts of being a coach.

We're excited to officially welcome Taylor Paxman and Justin Magelby to the team. Today's race was their first 5k, and following our team meeting, they picked up their jerseys. Welcome to the team!!

This weekend, we will split our teams, with the top seven going to the Spartan Invitational on Friday afternoon, where they will compete against the finest teams in Michigan. On Saturday, our Reserve squad will head to Willow Metro Park for the New Boston-Huron Invitational. The line-up for Spartan is set at left, and our Huron Varsity B&C will be announced ASAP.

## Bath Invite OP's

Allport, Phelps, Lahnala

## The Three Confidences

In 1996, I met with one of the most successful collegiate and professional distance coaches in the nation; Joe Vigil. Over breakfast I asked this man, "What is the most important thing for me to know as I set out on my collegiate running career."

Without hesitation, he responded, "You have to have an unshatterable confidence in your coach, an unshatterable confidence in your teammates, and an unshatterable confidence in your goals."

In Saline, we call these "the three confidences" and if you want to be *great*, you have to bring them to every practice and race.

## Spartan Varsity

Renberg, Barnett, Bishop, ParkerJ, Elms, Praschan, DolsenJ

## Huron Varsity B & C

We will announce this line-up on Wednesday

## Varsity Points

36	17%	Seniors
104	50%	Juniors
38	18%	Sophomores
28	14%	Freshmen

## SALINE CC BY THE NUMBERS...

1

NUMBER OF POINTS SEPARATING SALINE AND BEDFORD. EVERY POINT MATTERS

1:27

THE SPREAD BETWEEN OUR #1 AND #5 RUNNERS. IN THE RESERVE RACE, IT WAS JUST 0:14

116

NUMBER OF TRIPS SALINE RUNNERS TOOK UP OR DOWN BIG BERTHA, EXCLUDING WARM-UP & COOL-DOWN

4

SALINE'S RANKING IN THE FIRST COACHES' POLL RELEASED BY MICHIGAN CROSS COUNTRY.COM

## Coming Up...

At the Spartan Invite on Friday, our top 7 will compete at one of the most prestigious meets in the Midwest.

Saturday, all runners will compete at the **Huron Invite**, where we will run a Varsity B in the "Varsity Race," and a Varsity C team in the "Reserve Race." All other athletes will compete in the "Open Race."