

Ypsi Legends Invitational

Saturday, October 2, 2010



Most Improved PR's from 09 to 10

Dow	-1:28
Bertoia	-1:13
Hunter	-1:10
Barnich	-1:07
Dunn	-1:06
Chandler	-1:05
Allport	-1:04
Lenk	-0:58
Bishop	-0:53
Henry	-0:35
Park	-0:29
Gardner	-0:25
DolsenD	-0:21
Soisson	-0:21
Moeller	-0:20
Hochrein	-0:19
Boyd	-0:18
Barnett	-0:17
Lahnala	-0:10

NO MATTER WHAT DIFFICULTIES MAY EXIST, I HAVE TO HELP MY TEAM.

~RYAN SHAY

Saline limped into this weekend's Ypsi Legends Invitational. With illness and minor injuries riddling our line-up, it was surprising that we could get as strong a line-up into the race as we did. Fortunately, almost all of our runners have managed those issues and were able to compete and take another opportunity to become better athletes. Those that were healthy, with less to overcome, made the most of the fast Huron Meadows course and posted a bevy of PR's. The end result was the 4th invitational win this year and the Reserve team's second consecutive PERFECT race.

The varsity race featured the most questions to be answered. With just about every kid in the lineup dealing with foot, calf, back, or shin issues and illness affecting many others, we had to warm-up Brett Braun as a precaution. For the most part, our athletes answered with solid races despite those issues. Renberg led again for Saline, with Barnett getting ever closer to him. Martis jumped back into the top 5 with a season best performance, with Praschan, Elms, and Parker finishing within 14 seconds of him. Our entire top-five finished within 30 seconds of each other, which is the smallest spread we have had this fall. With 30 fewer points than second place, the Hornets dominated the field, as was expected. As we contemplate what we should be able to do on November 6, it's exciting to see that we continue to improve where we are weakest; from 4-5-6-7. Of course, "weakest" is a relative term, as our 4th-7th would be EXCELLENT #2's on just about any other team in Michigan.

With sixteen teams in attendance and eight full teams in the Reserve race, today's race should have been more of a battle than Tuesday's. Even against those odds, Saline took 18 of the top 21 spots in the race, including 1st-7th. Nine of those 21 spots went to Saline athletes that are currently in 9th or 10th grade! The future is VERY bright...

Braun, Moeller, and Althaus dipped below 17:30 for the first time, each earning their first varsity letter. Braun and Althaus also earn a spot among the top-ten fastest Freshmen at Saline EVER. Their performances are just a few of the bright spots from today's dominate performance. Many of our runners posted PR's, with Kulkarni's 1:19 improvement being the largest, while Dana, Castor, and Adams each dropped nearly a full minute. Nearly 50% of our athletes had their fastest race ever today, which, considering we had a tough workout on Thursday, is very impressive.

Now, we move into the final stages of our season. With just a few key races remaining, we have to keep our two team goals in mind constantly. With the combined weight of illness, injury, school, and extracurriculars pressing down on each of us, there will be moments when your teammates and coaches seem to be nothing but more sources of frustration. This is the most challenging, and most important part of the season. Instead of tearing apart from the inside, we've got to take even better care of each other. We have to continue the positive team atmosphere, the mutual respect across workout groups, our team "mojo" that make each day of practice a delight.

Jambo #2/Jxn O.P.'s

Elms, Lewis, Braun...and Phelps from last weekend

From Pre's High School Journal

What does cross country do for the athlete?

1. It builds toughness (both mentally and physically)
2. Character – You have to be a special breed of cat to get up for that workout
3. Builds pride – when you succeed in a tough workout or race you feel good about it and you should
4. Dedication – you have to be dedicated because [you are] the only person that can do the work – no one else can do it for you.
5. Friendship – The guys you workout with have a very common bond and interest. All of you can relate to the work you have done and have to do.

Cross Country Training & Racing

1. Know your competition
2. Know the course
3. Practice for the race

Varsity for Portage – We will take about 14 athletes to next week's Portage Invite. The line-up will be announced this week.

Varsity Points

227	47%	Seniors
81	17%	Juniors
144	30%	Sophomores
35	7%	Freshmen

SALINE CC BY THE NUMBERS...

10

NUMBER OF BENCHMARKS ACHIEVED TODAY

2

NUMBER OF FRESHMEN THAT EARNED A VARSITY LETTER TODAY; BRAUN AND ALTHAUS

1991

THE LAST YEAR SALINE WON FOUR INVATIONALS

24

NUMBER OF ATHLETES ON SALINE'S TEAM THAT HAVE RUN 18:00 OR BETTER!

Coming Up...

Those competing at **Portage** will leave Saturday morning. We will stop for lunch on the way out and dinner on the way home. Those not competing at Portage will have the weekend off from racing.

We will need some volunteers to work **the Middle School Race** on October 24. The race is at Mill Pond and allows you a chance to see your future teammates.