**Bradford/Brookville results and preview**

Bradford results from Saturday at their invitational. Their course is known to be fairly fast, so don’t expect them to run this fast on Tuesday at Brookville. However, they are certainly going to be a challenge for us, which is good.

Bizzarro Vinnie Bradford 0:17:20

Caruso Logan Bradford 0:17:45

Hayden Cade Bradford 0:17:53

Kraft Andrew Bradford 0:18:17

Cary Adam Bradford 0:19:19

Cary Dominic Bradford 0:19:30

Allen David Bradford 0:19:36

Knowlton Steve Bradford 0:20:01

Pearson Julian Bradford 0:20:19

Stafford Matthew Bradford 0:22:42

Hollamby Ethan Bradford 0:24:36

My recommendations if we want to pull out a win, which would be nice but isn’t the “be all, end all.” Just compete well and we will get to race against them several more times this season either way:

1. Race for place and forget about time. The Brookville course is moderately tough, probably 30-60 seconds slower than a “typical” course for a sub 20 minute 5k runner. Go into the race mentally prepared to have to “grind it out” for 3.1 miles.
2. Try to maintain even effort on the uphills. You won’t be able to maintain even pace but if your effort feels about the same that is what you want. Pushing a bit harder on the downhills and flats tends to pay off more than pushing on the uphills.
3. Bradford will probably go out hard as they typically race this way. I encourage you to not get caught up in that and run your own race at the beginning. If you hold back a bit and ration your reserves I think you can do some damage in the final stages of this race. Anyone can go out hard and fade-it takes courage to let other runners go at the beginning knowing that if you continue to maintain a good pace by gradually increasing effort you will catch the fast starters of similar ability to yourself.
4. Look over those handouts I gave you about “perfect” racing. Try to follow some of these guidelines to help you race your best. If your best is good enough to win we’ll take it, but if not that’s ok too.
5. Don’t let the times below psych you out. Elk County won the Bradford Invitational convincingly and if you looked at complete results you can see that Elk was ahead of Bradford similar to how they were ahead of us so far this season. Comparing times is not a good way to predict what will happen in a head to head match-up, so focus on what you can control and things will go well for us.
6. I never like saying that “so and so has to beat so and so for us to win.” I don’t think that’s accurate or fair. Just realize that everyone plays a role for our team. Some of you need to try to beat their top runners, some of you need to try to get ahead of their 5th runner, and some of you just need to run well to energize the team. Do your part and control what you can control.
7. I could have compared who from Elk beat who for Bradford, then looked at who from Elk has beaten who from Punxsy and compared those match-ups, but in the end what’s the point of that? This is just an early-season meet that doesn’t matter a whole lot in the big scheme of things. In my mind there is no pressure on us, so run free and loose and let your fitness and talent shine.
8. As always, warm-up properly. Make sure you know what the warm-up is by looking at the weekly schedule I give to you each Monday. You could even keep a copy in your bag. I will have a copy as well with me. You need to follow the warm-up routine as a team. We have too many people who don’t seem to interact with other members of the team. I’m not saying everyone has to do everything together all the time, but we need to do better to include everyone in warm-ups, cooldowns, etc.
9. Remember that you’ve competed against Elk County three times already, so going against Bradford isn’t anything to get stressed about. They have run a bit faster than we have so far but there is plenty of time to improve before the race that really counts-districts.
10. Returning runners should look at their race summary booklet from last year to see what their best time was on Brookville’s course was from 2015. We ran here on 10/20/15, so our training was further along, but at least you can have a time to know how much faster you run on Tuesday as compared to a year ago.
11. As always, run for each other and try not to let the other guys down. All races are difficult in their own way, but they are rarely fatal. The feeling you get from pushing yourself to do the best you can for each other is well worth the discomfort.
12. I didn’t mention much about Brookville, but they have some pretty good runners. Here are their results from a dual meet on this same course last Tuesday:

Ryan Thrush Brookville 17:10.0

Xavier Molnar Brookville 19:32.2

Bryce Baughman Brookville 20:41.0

Zac Gilbert Brookville 21:47.0

Bailey Thrush Brookville 22:02.0

Kai Sorbin Brookville 22:20.0

Luc Doolittle Brookville 24:03.0

Rily Venesky Brookville 26:17.0

Bailey Lindermuth Brookville 30:41.0

Dylan Young Brookville 34:01.0

They are not quite at the same level as Bradford but posted some solid times on this course. Our top 7 at least should be ahead of everybody but their first two runners if all goes well. Let me know if you need anything from me to help you on Tuesday-it should be a good time!