**Brockway Splits and assorted items**

**Name** 1 mile planned/**actual** 2 mile planned/**actual**

**Owen** 6:05/**5:36 (-39)** 12:10/**11:14 (-56)**

**Ethan B.** 6:05/**5:41 (-24)** 12:10/**11:19 (-51)**

**Jake** 6:20/**6:01 (-19)** 12:40/**12:26 (-14)**

**Ethan M.** 6:30/**6:26 (-4)** 13:00/**12:51 (-9)**

**Alex** 6:30/**6:10 (-20)** 13:00/**12:25 (-35)**

**Corbin** 6:40/**6:14 (-26)** 13:20/**12:28 (-52)**

**Liam** 6:45/**6:00 (-45)** 13:30/**12:14 (-1:16)**

**Evan** 6:50/**6:23 (-27)** 13:40/**13:03 (-37)**

**Kevin** 7:10/**6:18 (-52)** 14:20/**12:47 (-1:33)**

**Jacob** 7:30/**6:50 (-40)** 15:00/**14:17 (-43)**

**Sam** 7:30/**7:24 (-6)** 15:00/**14:52 (-8)**

**Luke** 7:50/**7:24 (-26)** 15:40/**14:56 (-44)**

**Copeland** 10:20/**10:55 (+35)** 20:40/**22:14 (+1:19)**

Remember that the plan was to run 2 miles at the planned pace, then race 1.1 miles. The amount of time you were off at the splits is in parenthesis.

1. I wasn’t at the mile but had Tyler and Chris get the splits, and Matthew and Andrew got them at 2 miles. I am not sure if they are all 100% accurate or if they happened to be calling out your times. Obviously it helps if you would have heard your time at the mile especially so you could adjust your pace accordingly. If no one was telling you the split then I realize it makes it tough on you when we are trying to run a specific pace.
2. As mentioned, Sam, Ethan May and Jake did the best job of following the planned time. If they could do it I have to think that everyone else could have been more successful as well. Not exactly sure what to say about these splits. I understand some of you struggle with knowing how to pace yourself, but I find it hard to believe you can’t feel the difference between a hard race effort and a steady threshold effort.
3. If you purposely disregarded the instructions given, then we have much deeper issues with selfish behavior than I would have thought previously. This plan was in place to help every member of the team receive something useful as far as training and recovery. We did not need another hard race-there was no reason to run hard for the entire 5k yesterday for the reasons I outlined. Most successful programs try to limit their hard racing efforts to 6 or fewer per season. Obviously you have to try to win the meet whenever it is reasonable to do so, but racing too many hard 5k’s is very stressful on the body and mind. I was trying to save you another hard effort, and I appreciate those of you who gave it an honest attempt, even if you were off on your splits to some degree. I could see right off the start that some of you simply ran as you always do, with no regard for the race plan that was given to you in advance. Please take a minute to think about why you ran the way you did and ask yourself if it was the right thing to do for the team.
4. Moving on from that particular topic, it is obvious that if we can run these types of times in a low-key race, then when the race is important and you are well-rested and properly focused the times should be significantly faster. I was planning on having you run hard next Tuesday against Brookville, so if the weather cooperates we should have some fabulous times by everyone.
5. Good work on getting the 200’s done-at home meets it looks like you will be on your own for most of the warm-up and cool down since the coaches are busy with other things, and it’s nice to see the team work together to make it happen.
6. I thought the team looked like a team with the warm-up top/sweats, etc. That is something that is important to me. I am not saying that you can’t be successful if you wear whatever you want, but I really like the look of a team that is wearing the same gear as they warm-up and cool-down at races. I really notice it at the state meet, which is where we want to be in a month.
7. Sorry for not having “official” times for everyone. It was a timing glitch that shouldn’t have happened and hopefully won’t again. At least you got mile and 2 mile splits for this race!
8. Don’t forget to check out the 3 videos up on youtube. If you search Punxsy Cross Country you should be able to find my page easily. I fixed the sound on the Kane/Ridgway one but haven’t uploaded it yet, and I have about 4 more videos that I just need to finish up and post. Hopefully in the next few days if things slow down a bit.
9. I have 4 of the Punxsy Spirit district champs articles up now on the website. I will try to post some more as we get closer to districts. Take a look at them and hopefully I can get all 23 of them up before districts on the 29th. The plan will be to add the 24th article soon thereafter. Based on what I saw yesterday, even though I was not happy with some of it, is that we will be a very tough team to beat if you run like that when it counts.
10. Please remember that if we all care about each other’s success, everything else will fall into place. Sacrificing for others is not a bad thing, and if we all try to respect one another even if we don’t always agree we can make this a special team.