**DuBois/Elk County Catholic race preview/suggestions for 9/6/2016 @DuBois**

1. Elk County took the first four places on Friday with times of 10:42, 10:51, 11:01 and 11:05. They also had 11:18, 11:29, 12:10, 12:53, 12:58, 15:40 and 17:07. If they run like they did on Friday night we will have our hands full for sure.
2. I have no current results for DuBois as they did not compete this past weekend. They are typically a strong team and will be a good opponent, although I doubt they are as good as Elk County by any stretch.
3. The course at Wasson Elementary is challenging but fun. There are a fair amount of trails and woods, but there are hills! I would not expect to run your fastest time, but you can run well and as we all know times in cross country are relatively meaningless. Those of you who ran on the course last year or in previous years can hope to improve on your best time on this particular course. I gave you the booklet with last year’s results, so if you remember the race last year with all the rain on 9/29 you can look at your time and try to beat it this year, which should be a reasonable goal.
4. I recommend running with a teammate or two if you can, at least for some of the race. For example, Owen, Jake and Ethan B. Could work together for a while. Ethan M., Corbin, Liam, Evan and probably Kevin could team up for some of the race. After that we get spread out a bit and it gets tougher, since you don’t want to ruin your own race by going either too fast or too slow trying to stay with a teammate.
5. The weather is looking pretty hot for Tuesday, with temperatures in the mid-80’s. Temperatures this warm combined with the challenging course mean don’t expect to run your fastest time. Go out and compete against your opponents without worrying about your time. You should have read about the race strategies recommended by “experts” that I handed out and be familiar with what works best for you. For the most part you have to run your own race and finish the 5k distance as fast as you can given the conditions and your ability. If you base your race on beating someone else you will likely mess up your own performance.
6. Don’t forget to wear only school-issued warm-ups or Punxsy xc clothing over your uniform. If you have no cross country or even track and field clothing please just wear your team issued sweats.
7. Make sure you support your teammates as much as possible. After you finish, walk back and cheer on teammates and other runners still finishing. No one should should be standing around talking while their teammates are still running.