**Kane Preview and race plan 10/4**

Here are the results from last Tuesday’s dual meet. Kane did not race this weekend. Expect them to provide a better test than last Tuesday, as they were coming off a weekend race in New Jersey and I’m sure they were tired (not that we weren’t but you get the idea).

1. Brentham(P)17:42
2. Bartlebaugh(P)17:52
3. Dinger(P)18:25
4. Barr(K)18:55
5. Shaw(K)18:55
6. Wolfe(K)18:57
7. Hunt(K)19:04
8. May(P)19:04
9. Eberhart(P)19:08
10. Ecksrom(K)19:27
11. Bernecky(K)19:36
12. Heitzenrater(P)19:39
13. Harris(K)19:48
14. Bish(K)20:04;
15. States(P)20:19
16. Ingros(P)21:03
17. Barr(K)21:06
18. Newton(K)21:48
19. Ostander(K)21:50
20. Good(P)21:52
21. Smith(K)21:55
22. Rodgers(P)22:10
23. Johnsen(K)23:49
24. Poole(P)24:38;
25. Pierotti(K)25:38
26. Whitfield(P)31:50
27. Pierotti(K)33:20

Their course is a nice one, in my opinion. It’s pretty flat, with no significant hills. They have a nice wooded section as well.

1. **I suggest re-reading the race strategy info I gave you earlier in the season.** You need to have something in mind before you start the race. I strongly suggest you work with a teammate at the beginning and try to stay together for at least a mile, especially if you tend to go out too hard and fade. **Re-read the article I gave you about the Iowa women’s team and pack running.** We will see Kane again at Ridgway on Saturday, so this dual meet is not the ultimate goal this week.
2. Although I don’t want you to have to race all-out too many times during the season, I do recommend you race a hard effort on Tuesday in an effort to win the meet. After Ridgway on Saturday you won’t have to run another hard effort to win a meet until Districts. We will not race all-out next Tuesday when Brockway visits, but probably will put in a quality effort in our last dual meet of the season against Brookville at home.
3. In looking at Tuesday’s results, we obviously took 1-2-3 and they took 4-5-6-7. I don’t necessarily know that we can take 1-2-3 again, but if we do we can’t lose the meet. It would be nice if we could break up their pack of four with at least one of our guys outside the top three.
4. We are doing a workout of 200’s after the race-please get on the track fairly quickly after your race and time your 200’s on your own.
5. The weather looks good-temps in the low 70’s with maybe some sunshine. Please wear your performance tees on top of your singlet-have the socks ready to go for Saturday’s Invitational.
6. Make sure you know the pace of your 200’s and what the warm-up/cooldown will be for the day. It is staying the same so you should have no problems. It is your job to know what is required to prepare and recover for our races. You need to time your own warm-up/cooldowns and don’t rely on anyone else to do it for you.