PIAA Foundation Invitational Summary and DuBois/Hollidaysburg/Kane Preview

Here are your 2.5k/5k splits from Saturday:

Ethan B.-9:04/9:04

Owen-9:03/9:09

Jake-9:20/9:42

Alex-9:35/10:08

Corbin-9:46/10:03

Ethan M.-10:07/10:18

Evan-10:12/10:50

Kevin-10:41/11:28

Jacob-10:45/12:05

Sam-11:17/11:59

Luke-12:07/12:16

Copeland-16:11/16:27

These splits would be more meaningful if they were on a flat track or similar, but they still can provide you with some good information. Most of you ran pretty evenly, which is good. No one negative splitted, and Ethan B. was exactly even based on these splits. See what you think and keep trying to find a race strategy that works best for you. Even pace is almost always going to be your best bet, or at least even effort for cross country racing.

Items from Saturday needing addressed:

Warm-ups and cooldowns still seem to be a bit disorganized. No one should be interrupting their warm-ups/cooldowns to go to the bathroom. These should be started and finished at pretty much the same time for the entire team. I saw two of our runners off by themselves for the cooldown. Why is that? Warm-up and cooldown as a team!

In my opinion, there is no such thing as a “bad race.” If you are training correctly and warming up properly and are not sick, you should rarely if ever have a bad race. I understand that things happen on occasion, such as not feeling well, but that should happen rarely. You need to be consistent in all areas and your races will reflect that. This team needs runners they can count on, not runners who may not “show up” for a race as a matter of routine.

I am disappointed at what I perceive as self-centered behavior by our team. Many of you had no interest in how the junior varsity team was doing, and I did not see anyone out on the course cheering them on (some of you may have been, but I might just have missed it). I can’t for sure that the jv runners were supporting the varsity runners either. Hayley and Sophia were out there on that final hill cheering people on every time I was there during the races. We need to do better in taking an interest in each other. Whenever possible do not leave a meet with a parent until everyone on our team has competed.

We need to stay off the phones and similar distractions at invitationals. Leave your phone in the tent and get out and experience the event. I understand you need to conserve your energy and can’t be out running around all day, but I saw too much time spent on devices that isolate you from what is happening and from spending meaningful time with your team.

No football at meets, please, and no cards or similar stuff on the bus. All you need to do is sit and talk with the person beside you. Do not be leaning out into the isle or turned around in your seat. Have some discipline and follow these basic requests.

Remember to wear only team issued sweats/tops, etc. There is nothing wrong with what the school has given us, so either wear those or don’t wear anything (as far as warm-ups go I mean).

Overall I thought we had a good day, but if you want to the best you can be and possibly go to states as a team we need to do better. Commit to the team for the next five weeks and good things will happen.

DuBois/Hollidaysburg/Kane Preview:

Below are the most recent results from each of these 3 teams. As you can see, all teams have good-sized squads, with Kane looking like the best team of the three. I am not too thrilled about you having to race hard again so soon after having two tough races last week, but we will have some time to recover after this race so hopefully it will be ok.

There will be a lot of runners out there to compete with, so consider a strategy that will work best for you. If you like passing runners, go out under control and work your way up through the pack. If you want to go out a bit harder and be up near the front, give it a try and see how it goes. I do not want anyone to race Foradora-he is too fast for anyone to stay with so don’t even consider it for Tuesday. You have had two hard races in less than a week, so let him go and race the other competitors. If for some reason he doesn’t race hard then that is a different story, but it shouldn’t take long to figure that out once the race begins.

Perhaps this would be a good race to work in pairs/groups of three, etc.

Owen/Ethan B/Jake could work together for most of the race for two miles before racing the last mile

Alex/Ethan M/Corbin could do the same

Evan/Kevin possibly

Sam/Jacob/Luke

Copeland-maybe stick with Pierotti from Kane?

Something to consider-this strategy can work well if everyone is fairly evenly partnered up and you give it a chance.

**Hollidaysburg results from 9/17 at the Altoona XC Invitational-a fairly quick course.**

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| M 5000m | 51 | [Noah Frank](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 19:28.77 | 49 |
| M 5000m | 67 | [Michael Elder](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 19:48.95 | 65 |
| M 5000m | 76 | [Zach Grabill](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 20:09.68 | 74 |
| M 5000m | 79 | [Izaac Wilkinson](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 20:16.42 | 77 |
| M 5000m | 84 | [Nick Young](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 20:27.69 | 82 |
| M 5000m | 86 | [Walt Wedel](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 20:28.57 | 84 |
| M 5000m | 88 | [Trevor Morris](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 20:33.36 | 86 |

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| M 5000m | 9 | [Patrick McClain](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 20:41.70 | 8 |
| M 5000m | 14 | [Will Tyndall](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 21:13.02 | 13 |
| M 5000m | 19 | [Kyle Whitaker](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 21:42.51 | 16 |
| M 5000m | 39 | [Theodore Diehl](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 22:57.77 | 30 |
| M 5000m | 42 | [Adam Elder](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 23:08.70 | 32 |
| M 5000m | 48 | [Dane Holtz](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 23:33.72 | 35 |
| M 5000m | 71 | [Parker Grigg](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 26:13.30 | 46 |

**Kane Results from this past Saturday-they ran in New Jersey!**

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| 18:06.00 |  | [Ryan Hunt](http://nj.milesplit.com/athletes/3673574) | 18th | [*Boys Varsity E*](http://nj.milesplit.com/meets/245239/results/471417/auto) |
| 18:11.00 | SB | [Trac Shaw](http://nj.milesplit.com/athletes/5486531) | 20th | [*Boys Varsity E*](http://nj.milesplit.com/meets/245239/results/471417/auto) |
| 18:17.00 | SB | [John Wolfe](http://nj.milesplit.com/athletes/5516471) | 24th | [*Boys Varsity E*](http://nj.milesplit.com/meets/245239/results/471417/auto) |
| 18:28.00 | SB | [Tyler Bernecky](http://nj.milesplit.com/athletes/5486529) | 29th | [*Boys Varsity E*](http://nj.milesplit.com/meets/245239/results/471417/auto) |
| 18:32.00 | SB | [Colton Barr](http://nj.milesplit.com/athletes/3673591) | 30th | [*Boys Varsity E*](http://nj.milesplit.com/meets/245239/results/471417/auto) |
| 18:36.00 | SB | [Nate Eckstrom](http://nj.milesplit.com/athletes/3673576) | 32nd | [*Boys Varsity E*](http://nj.milesplit.com/meets/245239/results/471417/auto) |
| 19:03.00 | SB | [Hayden Barr](http://nj.milesplit.com/athletes/3673577) | 9th | [*Boys JV C*](http://nj.milesplit.com/meets/245239/results/471414/auto) |
| 19:19.00 | SB | [Robert Bish](http://nj.milesplit.com/athletes/3673575) | 46th | [*Boys Varsity E*](http://nj.milesplit.com/meets/245239/results/471417/auto) |
| 19:24.00 | SB | [Ryan Harris](http://nj.milesplit.com/athletes/2875639) | 18th | [*Boys JV C*](http://nj.milesplit.com/meets/245239/results/471414/auto) |
| 20:31.00 | SB | [Mitchell Ostrander](http://nj.milesplit.com/athletes/6107446) | 58th | [*Boys JV C*](http://nj.milesplit.com/meets/245239/results/471414/auto) |
| 20:50.00 | SB | [Joseph Newton](http://nj.milesplit.com/athletes/4079947) | 75th | [*Boys JV C*](http://nj.milesplit.com/meets/245239/results/471414/auto) |
| 21:41.00 | SB | [Jacob Jensen](http://nj.milesplit.com/athletes/6402801) | 114th | [*Boys JV C*](http://nj.milesplit.com/meets/245239/results/471414/auto) |
| 22:05.00 |  | [Brennan Smith](http://nj.milesplit.com/athletes/4554258) | 137th | [*Boys JV C*](http://nj.milesplit.com/meets/245239/results/471414/auto) |
| 23:24.00 | SB | [Kyle Pierotti](http://nj.milesplit.com/athletes/2875642) | 168th | [*Boys JV C*](http://nj.milesplit.com/meets/245239/results/471414/auto) |
| 30:31.00 | SB | [Kieran Pierotti](http://nj.milesplit.com/athletes/4554265) | 236th | [*Boys JV C*](http://nj.milesplit.com/meets/245239/results/471414/auto) |

DuBois ran at the Sharpsville Invit on Saturday-the times for most runners seemed fast so I believe it to be a fairly easy course.

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| **DUBOIS AREA** | **ALL RESULTS** |
| **EVENT** | **PLACE** | **ATHLETE** | **RESULT** | **POINTS** |
| M 5000m | 10 | [Peter Foradora](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 16:41.55 | 10 |
| M 5000m | 93 | [Kaleb Stevens](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 18:23.82 | 89 |
| M 5000m | 170 | [Jonathan Russell](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 19:26.19 | 164 |
| M 5000m | 177 | [Curtis Thomason](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 19:31.87 | 171 |
| M 5000m | 207 | [Keith Fatula](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 20:18.92 | 198 |
| M 5000m | 214 | [Layton Yarus](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 20:25.63 | 205 |
| M 5000m | 227 | [Nolan Fairman](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 20:44.92 | 218 |

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| **DUBOIS AREA** | **ALL RESULTS** |
| **EVENT** | **PLACE** | **ATHLETE** | **RESULT** | **POINTS** |
| M 5000m | 62 | [Patrick Kirkwood](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 20:29.84 | 46 |
| M 5000m | 67 | [Brady Johnson](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 20:34.30 | 50 |
| M 5000m | 92 | [Trenton Donahue](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 21:14.76 | 68 |
| M 5000m | 113 | [Izic Moate](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 21:39.11 | 82 |
| M 5000m | 136 | [Tryston Benko](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 22:32.11 | 93 |
| M 5000m | 177 | [Jake Landini](http://pa.milesplit.com/athletes/%24%7BAthleteID%7D) | 25:03.26 | 106 |

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| **KANE AREA** | **ALL RESULTS** |
| **ENT** | **PLACE** | **ATHLETE** | **RESULT** | **POINTS** |
| M 5000m | 32 | [Chris Udovich](http://nj.milesplit.com/athletes/%24%7BAthleteID%7D) | 17:41.00 | 32 |
| M 5000m | 35 | [Hunter Yasurek](http://nj.milesplit.com/athletes/%24%7BAthleteID%7D) | 17:51.00 | 35 |
| M 5000m | 91 | [Trac Shaw](http://nj.milesplit.com/athletes/%24%7BAthleteID%7D) | 19:13.00 | 90 |
| M 5000m | 92 | [Ryan Hunt](http://nj.milesplit.com/athletes/%24%7BAthleteID%7D) | 19:13.00 | 91 |
| M 5000m | 100 | [Colton Barr](http://nj.milesplit.com/athletes/%24%7BAthleteID%7D) | 19:27.00 | 99 |
| M 5000m | 120 | [Ryan Harris](http://nj.milesplit.com/athletes/%24%7BAthleteID%7D) | 20:15.00 | 119 |
| M 5000m | 121 | [Hayden Barr](http://nj.milesplit.com/athletes/%24%7BAthleteID%7D) | 20:19.00 | 120 |