**Punxsy XC Relays Runner Summary**

 **Name 2 mile time Projected 5k time Overall Place # of Runners**

Ethan B. 11:05 17:49 5 40

Owen 11:10 17:55 6 40

Jake 11:17 18:05 7 40

Ethan M. 11:47 18:53 10 40

Corbin 12:12 19:31 12 40

Liam 12:18 19:39 13 40

Alex 12:26 19:53 15 40

Evan 12:30 20:00 16 40

Kevin 12:56 20:41 25 40

Jacob 13:28 21:30 28 40

Sam 14:24 22:55 34 40

Luke 15:48 25:10 37 40

Copeland 21:39 40 40

Assorted thoughts on this race:

1. I thought the times you ran were outstanding-be proud of your effort and understand that it is just the beginning.
2. If you are unhappy with your result, it is time to move on. You should typically get about 15 minutes to be “ticked off” about a race, then you need to let it go. Some of you did not do the proper amount of training this summer as recommended in the summer running booklet, so keep that in mind as other runners who trained more may be ahead of you at this time.
3. Hopefully you were able to get in the appropriate amount of warming up and cooling down. I know it’s tough with so much time spent waiting to run, but it is all part of gaining experience and learning how to prepare for all circumstances that may arise.
4. The projected 5k times are by no means suggesting you will run those types of times for 5k, but will all things being equal those are equivalent performances. Tuesday’s course is more challenging with rolling hills and a couple pretty steep climbs, so don’t necessarily expect to run that fast on Tuesday.
5. I normally would have gotten your mile split since the course was 2 exact loops, and I apologize for not getting them on Friday. However, I typically don’t recommend you concern yourself with splits in cross country as it is more of an effort-based activity. There is usually no real use for splits in cross country since the courses are all different. For example, what if the first mile of a course is mostly uphill, then it flattens or is slightly downhill for mile 2. Your times may indicate a slow first mile, but does that mean you went out too slow? Obviously not-the course was harder so you ran slower. All I’m trying to say is don’t fret too much about your paces and instead focus on your own effort and of course use the competition to bring out the best in you. Since we want to run mostly even pace during a race, focus instead on slightly increasing your effort during the latter part of a race in order to keep from slowing down significantly.
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7. I did not have much time to see what everyone was doing on Friday, but normally you will begin warm-ups together and try to stay together as much as is reasonable. I understand you will all warm-up at different paces, but stay in the same general area so you can be with your teammates. I certainly hope that everyone is supportive and encouraging of one another. The slowest runners should encourage the fastest and vice versa. I get the sense that some of you only associate with those runners on the team who are your “equal” as far as running ability goes, and that needs to not be the case. We don’t want to have this team affected by the “disease of me”, as the saying goes.
8. Overall I was very pleased with how things went, and I hope you were satisfied with your efforts as well. As we can see, Elk County is a very strong team. It never hurts to get humbled just a bit in life-perhaps we all need to invest just a bit more to get the results we want to achieve.