**Tuesday’s race plan and additional info for the week of 9/12-18**

1. For Tuesday’s race, we don’t have to worry too much about beating Saint Marys and we don’t have a realistic chance of beating ECC, so we are going to run the race a bit less aggressively at the beginning. I am asking that you run your first mile at no faster than your 5k average pace and then you can proceed from there at your preferred pace. This is based on your 5k seasonal best, which is realize is not an exact science because of the conditions we’ve dealt with the last couple races. I may end up using your 5k equivalent from the 2 mile relay race since the conditions were much more favorable.

I will be at the mile and give you your time, and you can write down or memorize what pace you should have ran. It’s just something to try, so give it your best attempt. For most of you this will mean going slower than you want for the first mile only, but that’s the idea for this competition.

**Name 5k Seasonal best/equiv. Avg pace per mile based on seasonal best**

Ethan B. 17:49 5:43

Owen 17:55 5:45

Jake 18:05 5:49

Ethan M. 18:53 6:04

Corbin 19:31 6:16

Liam 19:39 6:20

Alex 19:53 6:23

Evan 20:00 6:26

Kevin 20:41 6:40

Jacob 21:30 6:55

Sam 22:55 7:22

Luke 25:10 8:06

Copeland 33:38 10:50

If you are willing to go out controlled and gradually increase your effort throughout the race I think you can hold the pace shown for the entire distance or even possibly negative split the race. I think most of you would be pretty satisfied if you ran the time listed, so if you can run close to even pace that is what you will get. I realize there are hills and things that will affect your time, but overall the Saint Marys course is fairly flat and it should be possible to run fairly even splits.

1. Make sure you are familiar with the warm-up and cooldown procedure for Tuesday. I still think that some of you are not getting enough running on race days. There needs to be a couple runners or more who are willing to speak up and gather the team to complete these procedures. Remember to go to the bathroom first, then start on the course together. After the race, get as many teammates as you can within 10-15 minutes after you finish and get going on your cooldown.
2. The weather looks nice-remember to wear Punxsy xc clothing or school-issued warm-ups. I would prefer no other stuff if at all possible. Your shorts over your racing shorts should be red or gray if possible. Do not wear your own sweats please-school-issued only.
3. Remember that it is your responsibility to get ahold of me if you have to miss a practice/meet for any reason. Having a parent relay the message isn’t the best method. All you have to do is at least text me personally if there is an issue. If you can tell me in person or call me directly.
4. For the PIAA foundation meet on 9/24, we are scheduled to take a bus leaving early on Saturday morning. This was the only way we could take the whole team as per the athletic office. We will probably have to leave around 6:00 am or so-just wanted to give you an early heads up. The varsity race begins at 12:00 for our division, with the jv race to follow. More info regarding this meet will be handed out at a later date.