

TRAILS

OLATHE EAST CROSS COUNTRY

VOL. 21, NO. 2; BISHOP MIEGE SPECIAL

ATTITUDE

Congratulations on a very successful first meet, Running Hawks!! We fought the dust and the heat and the other teams at Lone Elm Park in a very fine fashion! The girls dominated most of the meet, while the boys were simply one runner passing another away from victory. Most of all, we ran smooth and controlled in very difficult conditions. That ability to keep our head and keep our cool will serve us well in this season and in life!

Today we go to the A in our EAST HAWKS theme. "A" today is for "Attitude". Basically your attitude is your mental view towards the world.....and it is one of the determining factors in your success and happiness in life!

Lots of people think an attitude is in-born, something you are given at birth. But it isn't. IT IS A CHOICE! And it's a free choice. Good attitudes, positive and friendly, cost nothing! But bad, pessimistic attitudes, negativity and a glum view can cost you a great deal. In our sport it is sometimes easy to adapt that negative attitude as a fall back, as a safety valve. If things don't turn out right, it's ok, because you didn't expect them to.....but I think that is totally wrong.

Deciding before-hand that you can't do something serves no purpose at all! I prefer to always take the view that we are going to do great. I think we will be strong, brave, and tough in everything we do on the course and at the meet. I think we will be great team-mates and good friends, and that this will lead us to great results. My purposes are best served by assuming our eventual victory in any situation!! If I am right (and more times than not I am!!) then success comes. If I'm not, then it didn't matter. I'll deal with failure as it comes, make corrections and move on.

One of the things that can really help with attitude is preparation! It is hard to be positive if you know you haven't done the things necessary for success. Therefore, the start to a great attitude is simply to do, one by one, those things you need to do. It's simple in running. Do the workout. Get hydrated. Stay hydrated. Eat well. Rest and sleep. If you simply schedule these things in, you will be AMAZED at your improvement!

And finally, become a part of the WHOLE TEAM! Take some time this weekend to cheer on your team-mates in their races. Every person on this team, regardless of time or place, has their own individual challenge and each squad has their own team challenge this week. Help them to meet those! Make a special effort to get to know a new team-mate this week, and cheer them on at the meet!

You are a great team so far Hawks.....but we must keep reaching. Special teams are just that....special! It means a little extra work, and making the right choices. But it means being part of something unforgettable and something you hold precious the rest of your life!

Results from the Olathe East Class Classic

8/30/2012 Lone Elm Park, Olathe KS

100+ temps....rock hard course .

Name (Class)	Time	Place	Race	Notes
Brenna McDannold (12)	13:06	1 (12)*	11-12	
Riley Gay (12)	13:17	2 (12)*	11-12	
Kelsey Quiring (11)	13:21	1 (11)*	11-12	
Natalie Kopplin (10)	13:22	2 (10)*	9-10	
Alie Carr (9)	13:53	1(9)*	9-10	
Jennifer Hale (12)	13:55	3 (12)*	11-12	
Allison Vermillion (9)	13:57	2(9)*	9-10	
Makenzie Greeley (12)	14:35	5 (12)*	11-12	
Morgan Westervelt (11)	14:37	3 (11)*	11-12	
Emily Harmsen (11)	14:39	4 (11)*	11-12	
Jamie Dickerson (12)	14:41	6 (12)*	11-12	
Amanda Sharp (11)	14:43	5 (11)*	11-12	
Natalie Sturd (12)	15:04	8 (12)*	11-12	
Natalie Haas (9)	15:10	4 (9)*	9-10	
Jordan Wolfe (11)	15:28	6 (11)*	11-12	
Carley Johnson (11)	15:30	7 (11)*	11-12	
Amy Barnes (12)	15:51	11 (12)	11-12	
Aubrey Riegel (10)	16:01	8 (10)*	9-10	
Schyler Slaven (12)	16:04	13 (12)	11-12	
Abi Siglar (10)	16:10	8* (9)	9-10	
Madi Stapleton (10)	16:39	11 (10)	9-10	
Emily Lester (9)	16:47	10 (9)*	9-10	
Abi Dressler (10)	17:11	13 (10)	9-10	
Alex Soliday (12)	17:31	17 (12)	11-12	
Michelle Dobratz (11)	17:35	8 (11)*	11-12	
Mia Rosinski (11)	17:38	9 (11)*	11-12	
Ashleigh Sterling (9)	18:31	18 (9)	9-10	
Jordan Blakemore (9)	19:10	20 (9)	9-10	
Colleen Growney (9)	19:16	21 (9)	9-10	
Lauren Howell (10)	19:20	20 (10)	9-10	
Kim Rosa (10)	19:40	21 (10)	9-10	
Virginia Cardello (10)	20:39	23 (10)	9-10	
Michaela Stohs (9)	20:40	25 (9)	9-10	
Mikeala Hoke (9)	21:58	27 (9)	9-10	
Emily Tucker (9)	22:00	28 (9)	9-10	
Elias Wade (12)	11:13	3 (12)*	11-12	
Shale Morris (11)	11:36	4 (11)*	11-12	
Grant Johns (12)	11:39	6 (12)*	11-12	
Connor Churchill (9)	11:47	1 (9)*	9-10	
Dylan Wachter (12)	11:50	8 (12)*	11-12	
Austin Matters (12)	11:57	9 (12)*	11-12	
Jeremy Kabler (9)	12:02	3 (9)*	9-10	
Wade Rance (9)	12:02	4 (9)*	9-10	
Tyler Brennecke (11)	12:05	7 (11)	11-1	
Anders Hanson (9)	12:09	5 (9)*	9-10	

Austin Bland (10)	12:10	3 (10)*	9-10
Andy Mullany (12)	12:16	10 (12)*	11-12
Zack Darpinian (12)	12:17	11 (12)	11-12
Steven Snodgrass (11)	12:20	9 (11)*	11-12
Jackson Stone (11)	12:21	10 (11)*	11-12
Grant Stevens (12)	12:27	12 (12)	11-12
Nathan Matters (10)	12:35	6 (10)*	9-10
Jackson Turrentine (11)	12:40	15 (11)	11-12
Corey Johns (9)	12:40	7 (9)*	9-10
Bryan Newkirk (11)	12:51	16 (11)	11-12
Shane Martin (12)	13:15	16 (12)	11-12
Nathan Rapue (9)	13:36	15 (9)	9-10
Josh Hernandez (9)	13:37	16 (9)	9-10
Matt Bingesser (12)	13:40	20 (12)	11-12
Colby Miller (10)	13:44	13 (10)	9-10
Andy McLandsborough (11)	13:46	22 (11)	11-12
Emerson Crockett (9)	13:47	17 (9)	9-10
Caleb Wiens (12)	13:53	23 (12)	11-12
Josh Kohl (12)	14:00	24 (12)	11-12
Jake Young (9)	14:06	18 (9)	9-10
Brandon Murray (9)	14:14	20 (9)	9-10
Henry Cannon (9)	14:15	21 (9)	9-10
Riley Burch (9)	14:16	22 (9)	9-10
Luke Lanston (12)	14:23	29 (12)	11-12
Cole Hahn (10)	14:23	14 (10)	9-10
Thomas DeCelle (12)	14:26	31 (12)	11-12
Sean Murray (12)	14:30	32 (12)	11-12
Kevin Trihn (12)	14:32	33 (12)	11-12
Scott Johns (9)	14:41	25 (9)	9-10
Jay Haverty (9)	14:51	30 (9)	9-10
Jarod Kullberg (9)	14:52	31 (9)	9-10
Michael Rini (9)	14:54	32 (9)	9-10
Logan Brochs Schmidt (9)	15:08	35 (9)	9-10
Cole Griffin (9)	15:12	37 (9)	9-10
James Brown (12)	15:16	37 (12)	11-12
Ian Briedenbach (9)	15:26	38 (9)	9-10
Ryley Schools (9)	15:29	39 (9)	9-10
Justin Kimmich (11)	15:30	30 (11)	11-12
Chi Trahn (10)	15:34	20 (10)	9-10
Martin Butler (12)	15:39	38 (12)	11-12
Dylan Mathieu (10)	15:43	21 (10)	9-10
Jacob Butler (10)	15:45	22 (10)	9-10
Neil Greenhalgh (12)	15:48	39 (12)	11-12
Brock Holmes (10)	16:05	23 (10)	9-10
Braden Fain (9)	16:28	41 (9)	9-10
Zach Frieze (9)	16:42	42 (9)	9-10
Max Bilyeu (9)	17:14	43 (9)	9-10
Jonathan Warriner (9)	17:31	44 (9)	9-10
Zach Tarr (9)	17:47	45 (9)	9-10
Elias Jaramillo (9)	18:40	48 (9)	9-10

Girls Team Scores: OLATHE EAST 7, Blue Valley Northwest 27; Blue Valley 43
Boys Team Scores: Blue Valley 12, Blue Valley Northwest 12; OLATHE EAST 14

Top Three Times Class Records for Miego

Freshman Girls

1. Brenna McDannold...15:58...2009
2. Kelsey Quiring.....16:46....2010
3. Natalie Kopplin.....17:07....2011

Girls 2 mile... Amanda Miller...12:39...2003`

Sophomore Girls

1. Brenna McDannold...15:56...2010
2. Brooklyn Ellis....16:05...2009
3. Kelsey Quiring....16:36...2011

Girls 2 mile.... Ashli Kelso.....12:29...2003

Junior Girls

1. Brenna McDannold...15:39...2011
2. Riley Gay.....16:38.....2011
3. Whitney Ashlock....16:46...2010

Girls 2 mile.... Amanda Miller....12:08...2005

Senior Girls

1. Brooklyn Ellis...16:29...2011
2. Brenda Ellis.....16:38....2009
3. Sophia Bachman....16:58.....2011

Girls 2 mile... Mandy Puhak....12:40.....2004

Freshman Boys

1. Nick Hinrichs...17:47...2010
2. Cody Banks.....17:55.....2005
3. Casey Johnson.....18:17.....1997

Sophomore Boys

1. Isaac Allen.....17:03.....1996
2. James Swartz....17:11.....2001
3. Josh Meler.....17:17.....2003

Junior Boys

1. Nick Luft.....16:18.....1995
2. Isaac Allen.....16:24.....1997
3. Bryan Messerly..17:22.....1996

Senior Boys

1. Nick Luft.....16:37.....1996
2. Isaac Allen.....16:48.....1998
3. James Swartz....17:01.....2003

TOTAL TIME TEAM RECORDS FOR THE MIEGE INVITATIONAL

<u>Names</u>	<u>Total Time (Av.)</u>	<u>Year</u>
Nick Luft, Jeremy Street, Josh Keatts, Ryan Brockway, Chris Hockley	86:09 (17:13)	1995
Brenna McDannold, Brooklyn Ellis, Kelsey Quiring, Riley Gay, Sophia Bachman	82:00 (16:20)	2011

TEAM FINISHES FOR EAST AT MIEGE

1992	Boys 5 th out of 10 Girls 5 th out of 10	2009	Varsity Boys 1 st of 8 Varsity Girls 1 st of 8
1993	Boys 5th out of 10 Girls 4th out of 11	2010	Varsity Boys 1st of 9 Varsity Girls 1st of 9
1994	Boys 3 rd out of 13 Girls 3 rd out of 13	2011	Varsity Boys 1 st of 9 Varsity Girls 1 st of 9 JV Girls 1 st of 9 JV Boys 2 nd of 9 C Girls 1 st of 9 C boys 1 st of 9
1995	Boys 2nd out of 10 Girls 2nd out of 10		
1996	Boys 1st out of 10 Girls 2nd out of 10		
1997	Boys 2nd out of 10 Girls 2nd out of 10		
1998	Boys 1st out of 10 Girls 3 rd out of 10		
1999	Boys 1st out of 10 Girls 2nd out of 10		
2000	Boys 1st out of 9 Girls 2 nd out of 10		
2001	Boys 2nd out of 16 Girls 2nd out of 16		
2002	Boys 2 nd of 14 Girls 2 nd of 13		
2003	Boys 1st out of 19 Girls 1st out of 19		
2004	Boys 8th out of 13 Girls 3rd out of 13		
2005	Boys 1st out of 13 Girls 2 nd out of 13		

TRIP ITINERARY FOR THE BISHOP MIEGE INVITATIONAL
SATURDAY 9/8/12
BISHOP MIEGE NORTH CAMPUS, ROELAND PARK KS
5041 Reinhardt Drive, Roeland Park KS

5:45am... Locker rooms open at East
6:05 am... All runners should be at East. BE ON TIME. It is part of being ready to run, and part of being a good Team-mate
6:15 am... Busses leave for Bishop Miege.
6:45 am... Busses Arrive at Bishop Miege
7:30 am... Coaches meeting
8:00 am... JV Girls4k...25 medals
8:30 am... JV Boys....5k...25 medals
9:00 am... Varsity Girls....4k...15 medals...2 team trophies
9:30 am... Open JH Boys/ Girls 1600
9:50 am...Varsity Boys...5k...15 medals.....2 team trophies
10:20 am...C Team Girls.....4k....25 medals
10:50 am...C Team Boys....5k...25 medals
11:30 am....Awards Ceremenoy
12:00 pm...Busses load for trip back to Olathe East
12:30 pm...Busses arrive at East

Teams competing in 2011 meet: **OLATHE EAST**, Bishop Miege, Olathe North, Bonner Springs, Lansing, Kansas City Turner, Kansas City MO Park Hill South, Kansas City MO Pembroke Hill, Kansas City MO Rockhurst (Boys Only)