

TRAILS

OLATHE EAST CROSS COUNTRY

Vol. 23, No. 3; Baldwin Invitational; 9/18/14; akbozarth, ed.

The Mentor

“With great power comes great responsibility....”; “Use the Force, Luke....” “If no one passes you, you get a medal in your first race!!!” These statements by Uncle Ben in Spider-Man, Obi-Wan Kenobi in Star Wars, and my high school cross country coach in 1977 all have certain things in common....they were said by a mentor, by a figure who understood the struggle the hero was involved in and was helping to guide them. Every great hero in literature has someone to help them on their journey, using wisdom and experience to help get the hero through the early dangers of the journey. Think of Athena helping Odysseus in the Odyssey, or even Dumbledore helping Harry Potter to become a great wizard. Almost all classical hero stories have someone coaching them along.

One of the key things that the mentor-coach is doing is this: They are preparing the hero to do it themselves! A good mentor doesn't just guide the hero to do what they say, they prepare the hero for that moment when the mentor isn't there. All heroes have that moment when will face their fears alone. The coach mentor prepares them for that moment. In cross country it's that time when you are all away from the coach, on the backside of the course, where no one can see you....where no one knows if you slow down and give in to the pain.....the key to being a great runner is not to give in to that pain and temptation. The key to being a great team is having each runner not give in to that pain and temptation.

Finally, the mentor guides the hero away from those things that can harm them on the journey, away from the temptation to quit, or to take the easy way out, or to make the wrong choice.....to keep them from turning “To the Dark Side...” to quote Star Wars. A very valuable lesson I learned from my coaches in high school and college was “Don't give up what is right, for what is right now!” It is great advice. It's easy to lose sight of your goals, and who you are when there are so many temptations out there. Cross Country is not easy....it's a lifestyle sport. If you make poor choices with your life, it shows on the cross country course. Living the right type of life is one of the keys to being the right type of runner, and the right type of runner makes the right type of team.

So Hawks remember...You have power and responsibility....You chose the right way. The coaches are always here to help you and guide you. But you must decide to do the right things. Ultimately, the hero must make the choices on his or her own.....

2014 Bishop Miega Invitational Results

9/13/2014 Miega course Girls 4k, Boys 5k

60 and sunny, perfect running weather!

Name (Class)	Time	Place	Race	Notes
Kayla Davis (11)	15:17	1**	Girls Var.	New Course record at Miega
Allison Vermillion (11)	16:17	3*	""	#3 Junior AT at Miega
Emily Schmeeckle (10)	16:17	4*	""	
Emily LaRocco (11)	16:22	5*	""	
Yulissa DellaTorre (11)	16:28	6*	""	1:11 1-5 split
Rachel Post (9)	16:32	7*	""	#2 Frosh AT at Miega
Natalie Haas (11)	16:55	1**	Girls JV	
Jamie Waechter (11)	17:09	9*	Girls Var.	
Paulina Olivas (11)	17:38	2*	Girls JV	
Natalie Friend (11)	17:42	3*	""	
Megan Vollink (11)	18:15	4*	""	1:20 1-5 split
Kaylen Gurwell (11)	18:16	5*	""	
Emily Wetzel (11)	18:19	1**	Girls C	
Renee Roskinski (10)	18:26	2*	Girls C	
Sarah Schmidt (11)	18:30	3*	""	
Gretchen Basham (10)	18:36	6*	Girls JV	
Sydney Knese (9)	18:53	4*	Girls C	
Aubrey Reigel (12)	18:58	10*	Girls JV	
Lauren Stevens (9)	19:31	6*	Girls C	1:15 1-5 split
Chase Winemiller (11)	19:34	7*	""	
Suzannah Burris (11)	19:34	8*	""	
Joanna Raetzel (9)	19:39	9*	""	
Sage Murphy (9)	20:36	13*	""	
Colleen Growney (11)	20:39	14*	""	
Micaela Stohs (11)	20:56	15*	""	
Jordan Blakemore (11)	21:05	16*	""	
Ashton Borger (9)	21:09	17*	""	
Madi Stapleton (12)	21:55	20*	""	
Virginia Cardello (12)	23:02	33	""	
Kaitlynn Mills (9)	23:14	35	""	
Mychaela Burris (9)	23:40	39	""	

NEW GIRLS TEAM TIME RECORD OF 80:41 (16:07 AVERAGE). Old Record 81:39 (2013)

Name (Class)	Time	Place	Race	Notes
Nick Skinner (11)	17:04	1**	Varsity	#3 junior AT at Miego
Ben Kahnk (9)	17:19	2*	"	New Miego frosh record at Miego
Will Tindall (10)	17:26	3*	"	
Anders Hanson (11)	17:59	5*	"	
Josh Hernandez (11)	18:02	6*	"	0:58 1-5 split!! Great Job!
Nate Hornung (12)	18:14	9*	"	
Jeremy Kabler (11)	18:16	11*	"	
Connor Churchill (10)	18:20	1**	JV	
Jake Gartenberg (10)	19:03	2*	"	
Corey Johns (11)	19:06	1**	C team	
Zane Roberts (9)	19:09	2*	"	
Jacob Breon (9)	19:11	3*	"	
Steven Davis (12)	19:13	9*	JV	
Brandon Murray (11)	19:43	18*	"	
Isaac Perkins (10)	19:49	19*	"	1:29 1-5 split JV
Sebastian Negrete (11)	19:21	21*	"	
Landon Shepard (10)	19:53	4*	C Team	
Brock Kaufmann (10)	19:56	5*	"	0:56 1-5 split C team! Great !
Henry Cannon (11)	20:11	7*	"	
Mitch Waldon (11)	20:17	8*	"	
Scott Johns (11)	20:21	9*	"	
Cooper Thomas (9)	20:31	11*	"	
Colby Miller (12)	20:32	27	JV	
Grayson Howell (9)	20:36	12*	C Team	
Sam Ockerhausen (10)	20:36	13*	"	
Trent Kempker (11)	21:11	20*	"	
Tanner Villasenor (10)	21:48	26	""	
Andrew Lawrence (11)	22:01	28	"	
Dakota Darpinian (12)	22:12	32	"	
Josh Ritch (12)	22:17	36	"	
Logan Matters (10)	22:50	38	"	
Adam Thornton (11)	22:53	49	"	
Jacob Benelli (9)	22:57	50	"	
Brock Holmes (12)	23:25	56	"	
Ian Breidenbach (11)	23:50	61	"	
Cole Young (9)	24:05	65	"	
Jason Menegay (11)	24:47	70	"	
Dalton Dressler (9)	24:54	71	"	
Dustin Ngyuen (10)	25:58	75	"	

TEAM SCORES

Varsity Girls: OLATHE EAST 19; Blue Valley North 53, Bishop Miege 70; Kansas City Turner INC; Kansas City Wyandotte INC; Kansas City Schlagle INC; St. Mary's Academy INC;

Varsity Boys: OLATHE EAST 17; Blue Valley North 41; Bishop Miege 96; St. Mary's Academy 100; Kansas City Turner INC; Kansas City Wyandotte INC; Kansas City Schlagle INC

JV Girls: OLATHE EAST 15; Blue Valley North 50; Bishop Miege 85; St. Mary's Academy INC; Kansas City Turner INC; Kansas City Wyandotte INC; Kansas City Schlagle INC

JV Boys: Kansas City (MO) Rockhurst 25; OLATHE EAST 36; Bishop Miege 96; Kansas City Schlagle 97; Kansas City Turner INC; Kansas City Wyandotte INC; St. Mary's Academy INC; Blue Valley North INC

C Team Girls: OLATHE EAST 16; Blue Valley North 47; Bishop Miege 83; Kansas City Turner INC; Kansas City Wyandotte INC; Kansas City Schlagle INC; St. Mary's Academy INC

C Team Boys: OLATHE EAST 16; Kansas City (MO) Rockhurst 53; Blue Valley North 86; Bishop Miege 106; Kansas City Turner INC; Kansas City Wyandotte INC; Kansas City Schlagle, St. Mary's Academy INC



2014 Baldwin Invitational Itinerary

Saturday, 9/20/2014, Baldwin Golf Course, Baldwin KS

6:15 AM....Locker rooms at Olathe East open
 6:30....All runners are to be at Olathe East and help load the busses.
 6:45....Busses leave for Baldwin. Being on time is being ready to run!!
 7:30....Busses arrive at Baldwin Golf Course. Help to set up tent, course walks should be started by 8am.
 9:00....Girls C Team...4k20 medals
 9:30....Boys C Team...5k.....20 medals
 10:00...Girls Varsity....4k....20 medals
 10:30...Boys Varsity....5k....20 medals
 11:00....Girls JV.....4k.....20 medals
 11:30....Girls Varsity.....5k20 medals
 12:00.....Awards Ceremony
 12:30.....Busses load for Olathe East
 1:15... ..Busses arrive at Olathe East. Help unload.....Have a great weekend, Hawks!

Teams Competing: OLATHE EAST, Baldwin, Topeka Highland Park, Lawrence Free State, Lawrence High, Olathe South, Shawnee Mission East, Shawnee Mission South, Shawnee Mission West, St. Thomas Aquinas

Past Results for Olathe East Runners at the Baldwin Invitational

Allison Vermillion
 2012 15:47/ 10*v
 2013 15:57/ 22 v

Kayla Davis
 2013 15:05/ 5*v

Emily Schmeeckle
 2012 15:54/ 20*v

Natalie Kopplin
 2012 17:00/ 35v
 2013 16:08/ 23v

Connor Churchill
 2013 17:41/ 24v

Yulissa DellaTorre
 2013 17:08/ 12*jv

Natalie Haas
 2012 17:06/ 9*jv
 2013 16:45/ 39 v

Joanna Raetzel
 2013 17:24/ 22jv

Megan Vollink
 2013 17:33/ 26jv

Emily LaRocco
 2012 17:30/ 15*jv
 2013 16:21/ 29 v

Anders Hanson
 2012 18:21/ 4*jv
 2013 17:19/ 18*v

Nicole Friend
 2013 17:38/ 30jv

Jeremy Kabler
 2012 19:04/ 26jv
 2013 18:15/ 4*jv

Renee Rosinski
 2013 17:54/ 35jv

Isaac Perkins
 2013 19:42/ 43jv

Emily Wetzel
 2012 19:09/ 25c

Aubrey Reigel
 2012 19:26/ 34c

Colleen Growney
 2012 19:29/ 35c

2013 17:13/ 15*jv

Micaeala Stohs

2012 19:37/ 41c

2013 20:01/ 45c

Ashleigh Sterling

2012 20:01/ 50c

2013 19:16/ 32 c

Jordan Blakemore

2012 20:43/ 69c

2013 21:18/ 73 c

Corey Johns

2012 19:55/ 23c

2013 20:22/ 55jv

Josh Hernandez

2012 19:56/ 24c

2013 18:37/ 14*jv

Brandon Murray

2012 20:41/ 45c

2013 20:04/ 22c

Dylan Mathieu

2012 21:04/ 64c

2013 20:56/ 47c

Cole Griffin

2012 22:30/ 126c

Brock Holmes

2012 23:31/ 145c

2013 23:42/ 139c

Brock Kaufmann

2013 19:17/ 3*c

Dakota Darpinian

2013 20:33/ 32c

Logan Matters

2013 22:17/ 103c

Josh Ritch

2013 23:30/ 137c

Dustin Nguyen

2013 27:11/ 178c

2013 18:34/ 16*C

Abi Dressler

2012 20:00/ 49c

2013 20:59/ 67c

Madi Stapleton

2012 20:33/ 66c

2013 22:36/ 98c

Virginia Cardello

2012 22:34/ 94c

2013 22:40/ 99c

Suzannah Burris

2013 18:41/ 18*c

Colby Miller

2012 20:05/ 31c

2013 22:37/ 113c

Ben Kohl

2013 25:13/ 167c

Molly Lenhausen

2013 19:55/ 41c

Jennifer Oliveira

2013 23:08/ 105c

Max Bilyeu

2012 23:56/ 151c

2013 22:16/ 99c

Landon Shepard

2013 19:39/ 8*c

Cole Marsee

2013 20:51/ 43c

Austin Lee

2013 22:34/ 117c

Jason Umpierre

2013 24:01/ 149c

2013 20:35/ 57c

Chase Winemiller

2013 18:17/ 10*c

Gretchen Basham

2013 18:24/ 14*c

Emily Tucker

2012 23:45/ 116c

2013 21:40/ 85c

Paulina Olivas

2013 18:54/ 23c

Henry Cannon

2012 20:26/ 39c

2013 20:31/ 31c

Scott Johns

2012 20:56/ 55c

2013 20:43/ 39c

Kim Rosa

2013 21:23/ 78c

Will Tindall

2013 18:47/ 1**c

Jonathan Warriner

2012 24:45/ 166c

2013 23:11/ 135c

Trent Kempker

2013 20:09/ 23c

Sebastian Negrete

2013 21:07/ 53c

Tanner Villasenor

2013 22:41/ 116c

Bobby Schoonover

2013 24:15/ 156c

Past Team Results for Olathe East at the Baldwin Invitational

2012 Varsity Girls: 4th out of 8
Varsity Boys: 3rd out of 8

2013 Varsity Girls 3rd out of 8
Varsity Boys 4th out of 8
JV Girls 2nd out of 8
JV Boys 3rd out of 8
C Team Girls 3rd out of 8
C Team Boys 1st out of 8

Top Three Performances for the Baldwin Invitational

Freshman Boys

1. Anders Hanson...18:21....2012
2. Connor Churchill...18:40....2012
3. Jeremy Kabler...19:04...2012

Sophomore Boys

1. Nick Skinner....16:41....2013
2. Anders Hanson..17:19...2013
3. Jeremy Kabler...18:15...2013

Junior Boys

1. Nick Hinrichs....16:42....2012
2. Shale Morris....17:11....2012
3. Tyler Brennecke...18:15....2012

Senior Boys

1. Elias Wade...17:06...2012
2. Tyler Brennecke...17:15...2013
3. Grant Johns....17:32....2012

Freshman Girls

1. Allison Vermillion...15:47....2012
2. Emily Schmeeckle...15:54....2013
3. Alie Carr....16:36...2012

Sophomore Girls

1. Kayla Davis....15:05...2013
2. Allison Vermillion...15:57....2013
3. Emily LaRocco....16:21....2013

Junior Girls

1. Kelsey Lathrop...15:47...2012
2. Natalie Kopplin...16:08...2013
3. Amanda Sharp...16:36...2012

Senior Girls

1. Kelsey Lathrop....15:34...2013
2. Riley Gay....16:23....2012
3. Jennifer Hale....16:38....2012

Total Time Records for the Baldwin Invitational

Names	Total Time (Av.)	Year
Kayla Davis, Kelsey Lathrop, Emily Schmeeckle, Allison Vermillion, Natalie Kopplin	79:05 (15:48)	2013
Nick Hinrichs, Elias Wade, Shale Morris, Grant Johns, Dylan Watcher	86:10 (17:14)	2012