

TRAILS

OLATHE EAST CROSS COUNTRY

VOL 25, NO. 8 SILVER ANNIVERSARY STATE MEET SPECIAL!!!!

“You know, this bus doesn’t sound right....”

All season long we have talked about emotional control at the big meets, the ability to stay cool and do your job when it counts. Last week at regional we showed that, especially as the girls met their biggest challenge of the season, running away from a team that had beaten us by 170 points, and beating them by 30. A two hundred point reversal only happens with steely eyed warrior women! The boys took the field and shook it till it wanted no more. This weekend we have control over ourselves and our actions. Remain in emotional control.

Our first All-State runner was present Olathe school board member Shannon Wickliffe. Now if there was ever a runner who had some built in excuses, it was Shannon. He played football Friday night as a starting defensive end, then ran Saturday morning as a cross country Hawk. But nothing could equal going first time to the state meet at Rimrock Farm in 1992.....

First of all, the bus (well, half-bus, we had a small team) showed up late by fifteen minutes. It was also spewing black smoke. When we got on board, the bus driver told me “You know, this bus doesn’t sound right....” I asked if there was another one near, he said no, and I said get going. At the bottom of the hill, (at that time the ONLY entrance to East, think about that for a minute..) the bus went BAM!!! Black smoke poured out of the engine, and the bus driver turned to me and said “I don’t think this will make it to Lawrence.” As it had not made it Blackbob, I agreed. He couldn’t raise the bus barn (or anyone else) on his radio, so we ran to my house (at that time on 133rd street, and yes I ran with the team...this was before any of you were born and I was slim and trim and ran marathons...) We piled in my Pathfinder 4 x 4 and drove to Rimrock Farm. Shannon ran very well, but admitted he could do better next time. One of those in the Pathfinder, if my memory is right, was Cameron Rippee’s dad.

The point being that at any point we could have bagged it, given up, and decided that this wasn’t our day. But Hawks, from the beginning of our team back in 1992 we have learned about going with the flow, having control of our emotions, and taking advantage of what we have! This weekend, relax and just run our race!!!! It’s been good enough all season!!!

Results from the Lone Elm Park Regional Championships

Lone Elm Park, Olathe KS, 10/22/2016 Course firm, temps in 60's and sunny

Name (Class)	Time	Place	Race (notes)
Emily Schmeeckle (12)	19:43	7*	Girls 5k
Anna Stovall (9)	20:07	13	""
Rachel Post (11)	20:09	14	""
Sydney Knese (11)	20:53	23	""
Rachel Panther (10)	20:58	25	""
Chloe Jones (10)	21:09	28	""
Hannah Funk (11)	21:43	38	""
Will Tindall (12)	15:55	1**	Boys 5k
Ben Kahnk (11)	16:31	5*	""
Ryan Weishaar (12)	16:32	6*	""
Alex Kirk (11)	16:32	7*	""
Connor Young (10)	16:47	12	""
Austin Rex (9)	17:15	24	""
Jacob Vermillion (10)	17:36	33	""

Team Scores from the Lone Elm Park Regional

Girls	Boys
*Olathe North 39	** OLATHE EAST 31
*Blue Valley North 44	* Olathe South 62
*OLATHE EAST 83	* Olathe North 71
Blue Valley 104	Blue Valley 135
Blue Valley West 115	Blue Valley Northwest 143
Blue Valley Northwest 176	Blue Valley North 148
Olathe South 179	Gardner-Edgerton 148
Gardner-Edgerton 194	Blue Valley West 194

Girls qualify to state for the 14th straight year, 15th overall

Boys win their second straight regional, qualify for the 15th time overall