

# TRAILS

## OLATHE EAST CROSS COUNTRY

A.K. Bozarth, Ed.; Vol. 27, No. 1 8/26/2018

### BEGINNINGS

Welcome, Running Hawks, to the 2018 cross country season. Beginnings are always delicate and important times. It is when your goals, your work ethic and your habits are formed. For good or bad, how you start something is often how you finish it. And if that is true, we are going to finish in wonderful fashion, because you are off to a very good start. From lots of you at summer runs, to your willingness to hurt and push yourself in workouts, to your bonding with your team-mates, you are starting the season in great shape!

There will be challenges ahead, and some wonderful times, and some that will be tough for us. But all of that is part and parcel of the greatness of a team, a sport, and of friends. Together we began our season and together we will finish. Keep doing what you are doing! Push and pull each other along. Be great team-mates doing what you can to reach greatness yourself, and bring your team-mates with you. Accept nothing but your best effort and the same from your team-mates. Live to the highest standards. Be great from the beginning, Hawks!

## RULES OF THE PACK

When we talk about competing on the Olathe East cross country team, about seeking our best together, that involves pack running. At East we have a long, long tradition of pack running. This is very intimidating to other teams we run against, when they see the Hawks warm up as a team, do drills as a team, and start the race in a pack as a team. Our goal as a pack is to put ourselves in a position to win the team race no matter what race we are in, varsity, JV or C team and to help ourselves to the best places and times we can get by mutually supporting each other. **Ideally, we want our #1 finisher to finish in as low a place as they can, then bring in our scoring 5 within 45 seconds and the whole pack of 7 within one minute.** Even in races where we have a wide range of abilities, there may not be one Hawk Pack, but MANY Hawk Packs. The philosophy stays the same. So here, Hawks, are the Rules of the PACK

- 1) **NO VISITORS ARE WELCOME IN THE HAWK PACK!** Run as close as possible, close enough to touch each other by reaching out. This is especially important through the first mile AND AT THE START. Don't be afraid to tell opposing runners to get out of our pack. (There is no rule against running in another team's pack, but often runners will simply be intimidated into falling back.)
- 2) **IN A RACE, NEVER SLOW DOWN OR HOLD BACK TO KEEP A TEAMMATE WITH YOU.** If you do, gradually the whole pack will slow down and fall back. That's recipe for disaster. If you feel good, keep going and bring the pack up to you!
- 3) **NEVER ALLOW A TEAMMATE TO FALL BACK WITHOUT ENCOURAGING THEM.** When things get tough, and you sense a teammate falling back, talk to them! Tell them to come back up. Tell them to keep up just a little longer: "10 seconds" or "Stay with me to the tree." Then pick another landmark. Sometimes a stronger runner can pull another runner through a race this way, and both have a great finish.
- 4) **WHEN YOU PASS A TEAMMATE, TELL THEM TO GO WITH YOU!** As a strong starter can sometimes pull a teammate through a race, those of you who come on strong at the end have the same responsibility to PUSH runners through a race as you come up on them. Tell them to stay with you for "10 seconds" or "to that tree". And keep encouraging them.
- 5) **HAVE A TEAM PLAN FOR THE START.** Know who's going to lead the pack out, and line up so we get a good start. Plan the pack. Know where you want to be at the first critical turn, bridge, or narrowing of the course. Having a group of runners with a plan for the first minute of a race is a HUGE advantage. Remember you seven second start.
- 6) **WARMUP WITH YOUR PACK AND COOLDOWN WITH THEM.** The mentality and attitude of the pack starts when we begin to warmup and walk the course together. Get with your team and start to think like a pack! You can often predict how a team will race by watching them warmup and course walk. Does one kid hang off by themselves. Do they divide into cliques as they go? They will race the same way. We have a BIG team of Hawks. Use it to our advantage.

# Corrected TRIP ITINERARY FOR THE OLATHE EAST CLASS CLASSIC

Wednesday, August 29<sup>th</sup>, 2018

Johnson County Community College XC Course, 12345 College Blvd.  
West side of the campus, Overland Park KS

- 1:45 High school students released from Class. Go directly to the locker room and change quickly. **HELP LOAD UP!**
- 2:00 Bus leaves for JCCC. Do not be late. If the bus leaves you, you don't run. **BEING ON TIME IS PART OF BEING PREPARED.**
- 2:20 Bus arrives at JCCC. **ALL OF YOU ARE EXPECTED TO HELP SET UP THE TENT AND CAMP, AND TAKE IT DOWN AFTER THE MEET.** Use the restroom and get back.  
Course walks will start at approximately 2:40 or so.
- 3:30 Coaches meeting at the shelter house
- 4:00 Freshman/ Sophomore Girls race (run together, scored separately.)
- 4:30 Freshman/ Sophomore Boys race (run together, scored separately.)
- 5:00 Junior/ Senior Girls Race race (run
- 5:30 Junior/ Senior Boys race (run together, scored separately).
- 6:00 Awards at the **STARTING LINE AREA.**
- 6:40 Load busses for Olathe East. You are responsible to help load all equipment and to pick up our area.
- 7:10 Bus arrives at Olathe East. Regular practice on Thursday and Friday!

**PRACTICE REGULAR TIME AT 3:30 ON MONDAY!!!!  
SPECIAL TEAMS DO SPECIAL THINGS!!!!**

**Teams Competing: OLATHE EAST, Lawrence Free State, St. James Academy, Raytown**

**NOTE TO PARENT WORKERS: We will meet at the starting line at 3:00 to go over duties. With chip timing there will be different duties this year.**

***Class Records for the Olathe East Class Classic (girls ran 2 miles till 2015). All times are from the Lone Elm Park Course.***

Senior Girls Top Three

1. Kayla Davis.....14:28.....2015
2. Emily LaRocco 15:33...2015
3. Yulissa DellaTorre....15:56...2015

Senior Boys Top Three

1. Nick Skinner....12:24....2015
2. Anders Hanson...12:33...2015
3. Josh Hernandez....12:45...2015

Junior Girls Top Three

1. Emily Schmeeckle...15:33...2015
2. Rachel Post.....16:27.....2016
3. Meg Voigt.....16:45.....2016

Junior Boys Top Three

1. Will Tindall....12:48...2015
2. Ben Kahnk.....13:00....2016
3. Nick Skinner....13:10...2016

Sophomore Girls Top Three

1. Rachel Post.....15:41.....2015
2. Sydney Kneese...16:38....2015
3. Meg Voigt.....16:45.....2015

Sophomore Boys Top Three

1. Ben Kahnk....12:34....2015
2. Alex Kirk.....12:42....2015
3. Nick Skinner....12:57...2013

Freshman Girls Top Three

- 1. Melody Ochana...16:12....2017**
- 2. Anna Stovall.....17:24....2016**
- 3. Allison Weishaar....18:10....2015**

Freshman Boys Top Three

1. Will Tindall....14:16....2013
2. Ben Kahnk....14:19...2014
3. Jake Gartenberg...14:32..2013

***Total Time Team Record for the Olathe East Invitational***

(Top Five Times Combined).

Girls: Kayla Davis, Emily LaRocco, Emily Schmeeckle, Rachel Post, Yulissa DelaTore  
77:11 (15:26 per runner) 2016

Boys: Nick Skinner, Anders Hanson, Ben Kahnk, Alex Kirk, Josh Hernandez  
62:58 (12:36 per runner) 2016

***Past Team Results for the Olathe East Class Class Classic***

2012: Boys **1<sup>st</sup> of 3** Girls **1<sup>st</sup> of 3**  
2013: Boys **2<sup>nd</sup> of 5** Girls **2<sup>nd</sup> of 5**  
2014: Boys **2<sup>nd</sup> of 6** Girls **2<sup>nd</sup> of 6**  
2015: Boys **1<sup>st</sup> of 5** Girls **3<sup>rd</sup> of 5**  
2016: Boys **1<sup>st</sup> of 4** Girls **1<sup>st</sup> of 4**  
2017: Boys **2<sup>nd</sup> of 4** Girls **3<sup>rd</sup> of 4**

Past Performances for OE runners at the Olathe East Invitational. Number in parenthesis is the class race they were in. Freshman-sophs and junior-seniors ran in combined races but were placed according to class. A star beside the place indicates that performance medaled!

Allison Weishaar	18:10/ 10* (9)/ 2015 18:22/ 6* (10)/ 2016 18:49/ 8* (11)/ 2017	Melody Ochana	16:12/ 2* (9)/ 2017
		Brooke Walters	19:28/ 7* (9)/ 2017
Elisa Hernandez	18:33/ 14 (9)/ 2015 19:28 10* (10)/ 2016 17:51/ 6* (11)/ 2017	Rachel Sterner	20:12/ 11 (9)/ 2017
		Allie Kaufmann	20:33/ 13 (9)/ 2017
Anna Stovall	17:24/ 4* (9)/ 2016 16:59/ 6* (10)/ 2017	Jackie DeLaFuente	20:43/ 26 (10)/ 2017
		Makenzie Burritt	20:48/ 16 (9)/ 2017
Rachel Stuart	22:14/ 40 (9)/ 2015 21:42/ 19 (10)/ 2016 21:17/ 18 (11)/ 2017	Jane Hampleman	22:42/ 23 (9)/ 2017
		Sammy Carr	31:47/ 26 (9)/ 2017
Trey Gurwell	15:33/ 5* (9)/ 2015 18:20/ 44 (10)/ 2016 18:41/ 42 (11)/ 2017	Joel Baier	17:15/ 22 (9)/ 2015 16:12/ 22 (11)/ 2017
		Jaime Diaz	14:32/ 6* (10)/ 2017
Austin Rex	14:13/ 1** (9)/ 2016 14:38/ 7* (10)/ 2017	Adam Kahnk	15:17/ 3* (9)/ 2017
Cameron Rippee	15:35/ 6* (9)/ 2015 15:16/ 10* (10)/ 2016 15:03/ 8* (11)/ 2017	Clay Brookerd	15:18/ 4* (9)/ 2017
		Grant Huntsman	16:40/ 22 (10)/ 2017
Colton Wheatley	15:01/ 5* (9) 2016 14:03/ 2* (10) 2017	Coby Morrone	17:43/ 34 (11)/ 2017
		Joe Byard	17:57/ 14 (9)/ 2017
Jacob Vermillion	16:04/ 10* (9)/ 2015 14:41/ 7* (10)/ 2016 14:03/ 6* (11)/ 2017	Karson Martin	18:24/ 34 (10)/ 2017
Cole Villasenor	16:46/ 17 (9)/ 2015 17:11/ 27 (10)/ 2016 17:43/ 33 (11)/ 2017		
Camden Tews	18:46/ 41 (9)/ 2015 17:45/ 32 (10)/ 2016 18:29/ 40 (11)/ 2017	Nathan Howard	19:11/ 45 (9)/ 2015 23:56/ 58 (11)/ 2017

Kory Mullins 21:21/ 53 (9)/ 2015  
17:02/ 23 (10)/ 2016  
16:27/ 23 (11)/ 2017

Devin Rex 16:17/ 10\* (9)/ 2016  
16:14/ 17 (10)/ 2017

Connor Stanley 17:37/ 17 (9)/ 2016  
15:52/ 13 (10)/ 2017

Silas Rott 17:41/ 18 (9)/ 2016  
16:29/ 20 (10)/ 2017

Ryan Schmideskamp 17:46/ 19 (9) 2016  
15:20/ 12 (10)/ 2017

Hayden Sheehan 18:10/ 25 (9)/ 2016  
16:39/ 21 (10)/ 2017

Brad Boyack 18:14/ 43 (10)/ 2016  
17:49/ 20 (11)/ 2017

Mark Greenhalgh 23:39/ 35 (9)/ 2016  
18:00/ 33 (10)/ 2017

Jason Spaeth 24:02/ 37 (9)/ 2016  
20:30/ 39 (10)/ 2017



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