

# TRAILS

## OLATHE EAST CROSS COUNTRY

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### AN HONEST AND FAIR SPORT

Cross Country is a unique sport. It has everyone running the same course, at pretty much the same time and under the same conditions. It has a clock to measure your time, and place to measure your rank. It allows you to measure yourself against yourself, and against others. You can measure your improvement (or regression) from year to year. It is a sport in which, when you dedicate yourself and work hard and steadily, you will improve. But if you skip workouts and training, you will get worse. Your results are directly related to your effort. Things do not get much more honest and fair than that.

Your team-mates and coaches will be counting on you this season. What are we counting on you for? To be honest and fair. To truly give your best effort and your honest best....on the course and off it.

In the classroom and at practice and in school and out in the community, you represent the team and yourself. Be the absolute best you can be in your effort. Be honest with yourself. You are capable of great effort and great results. Show us who you really are.

### 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!

- 1) **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.
- 2) **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.
- 3) **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.
- 4) **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

## **TRIP ITINERARY FOR THE OLATHE EAST CLASS CLASSIC**

**September 4<sup>th</sup>, 2019, Wednesday**

**Johnson County Community College XC Course, 1245 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 together, scored separately)**

**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!**

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

*All times are from the Lone Elm Park Course through 2017. 2018 and on times are from JCCC course.*

*Class Records for the Olathe East Class Classic.*

Senior Girls Top Three

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

Junior Girls Top Three

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

Sophomore Girls Top Three

- 1. Melody Ochana....15:19....2018**
2. Rachel Post.....15:41.....2015
3. Erin Wetterstrom....16:26....2018

Freshman Girls Top Three

- 1. Brooke Wetterstrom...15:56....2018**
- 2. Whitney Post.....15:58.....2018**
- 3. Melody Ochana...16:12....2017**

Senior Boys Top Three

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

Junior Boys Top Three

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

Sophomore Boys Top Three

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

Freshman Boys Top Three

- 1. Matthew Eddy...14:08...2018**
2. Will Tindall....14:16....2013
3. Ben Kahnk....14:19...2014

*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  
2018: Boys 2<sup>nd</sup> of 4 **Girls 1<sup>st</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!

Melody Ochana	16:12/ 2* (9)/ 2017 15:19/ 1** (10)/ 2018	Jordan Benelli	15:37/ 19 (11)/ 2018
Brooke Walters	19:28/ 7* (9)/ 2017 18:08/ 8* (10)/ 2018	Matthew Eddy	14:08/ 6* (9)/ 2018
Rachel Sterner	20:12/ 11 (9)/ 2017 29:08/ 14 (10)/ 2018	Luke Jenkins	14:48/ 9* (9)/ 2018
Allie Kaufmann	20:33/ 13 (9)/ 2017 18:42/ 12 (10)/ 2018	Chris Jackson	14:49/ 7* (10)/ 2018
Jackie DeLaFuente	20:43/ 26 (10)/ 2017 18:36/ 12 (11) 2018	Will Whitehead	14:59/ 10* (9)/ 2018
Makenzie Burritt	20:48/ 16 (9)/ 2017 18:08/ 10* (10)/ 2018	Anthony Kamau	16:09/ 14 (10)/ 2018
Jane Hampleman	22:42/ 23 (9)/ 2017 20:45/ 21 (10)/ 2018	Alec Johnson	16:12/ 15 (10)/ 2018
Jaime Diaz	14:32/ 6* (10)/ 2017 13:29/ 2* (11)/ 2018	Scott Stice	16:15/ 16 (11)/ 2018
Austin Rex	14:13/ 1** (9)/ 2016 14:38/ 7* (10)/ 2017 14:18/ 10* (11)/ 2018	Jack Newham	16:21/ 17 (10)/ 2018
Adam Kahnk	15:17/ 3* (9)/ 2017 14:02/ 5* (10)/ 2018	Pierce Wright	16:28/ 19 (9)/ 2018
Clay Brookerd	15:18/ 4* (9)/ 2017 13:24/ 3* (10)/ 2018	Carson Kinsch	16:35/ 20 (9)/ 2018
		Joe Byard	17:22/ 21 (10)/ 2018
		Drew Blasi	18:03/ 27 (9)/ 2018

Grant Huntsman 16:40/ 22 (10)/ 2017  
15:28/ 17 (11)/ 2018

Colton Wheatley 15:01/ 5\* (9) 2016  
14:03/ 2\* (10) 2017  
13:46/ 6\* (11) 2018

Karson Martin 18:24/ 34 (10)/ 2017  
16:00/ 23 (11) 2018

Devin Rex 16:17/ 10\* (9)/ 2016  
15:59/ 22 (11)/ 2018

Connor Stanley 17:37/ 17 (9)/ 2016  
15:52/ 13 (10)/ 2017  
15:27/ 16 (11)/ 2018

Silas Rott 17:41/ 18 (9)/ 2016  
16:29/ 20 (10)/ 2017  
15:35/ 18 (11) 2018

Hayden Sheehan 18:10/ 25 (9)/ 2016  
16:39/ 21 (10)/ 2017  
17:10/ 31 (11)/ 2018

Mark Greenhalgh 23:39/ 35 (9)/ 2016  
18:00/ 33 (10)/ 2017  
17:29/ 29 (11)/ 2018

Jason Spaeth 24:02/ 37 (9)/ 2016  
20:30/ 39 (10)/ 2017  
17:22/ 27/ (11)/ 2018

Gavin Wareham 18:55/ 35 (9)/ 2018

Brooke Wetterstrom 15:56/ 1\*\* (9)/ 2018

Whitney Post 15:58/ 2\* (9)/ 2018

Erin Wetterstrom 16:26/ 5\* (10)/ 2018

Kirsten Wetterstrom 16:51/ 3\* (10)/ 2018

Emily Wilcox 17:23/ 4\* (9)/ 2018

Kylie Sutherland 19:40/ 13 (9)/ 2018

Sierra Appleba 19:50/ 15 (9)/ 2018

Kayla Jones 21:15/ 17 (10)/ 2018

Sevde Tatli 21:17/ 18 (9)/ 2018

Ryan Schmideskamp 17:46/ 19 (9) 2016  
15:20/ 12 (10)/ 2017  
13:41/ 5\* (11)/ 2018

Reagan Sterner 21:45/ 19 (10)/ 2018



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