

# TRAILS

## OLATHE EAST CROSS COUNTRY

Vol. 27, No. 5 9/29/19 A.K. Bozarth, Ed.

### From a Crisis Comes the Hero

When you watch a classic movie like Star Wars, or hear a classic myth like Little Red Riding Hood, or read any good story like The Hunger Games, you notice that just before a triumph, the situation looks the darkest. Strangely enough, if you watch enough cross country meets, you see the same thing. There is always a point in the race, usually between three fourths of the way in the race and the finish, where runners enter “the critical zone”. This is a phrase coaches use where the distance in the race and speed of race combine to make things very tough mentally and physically. Even though as a coach you can see the end is very near, the runner mentally feels like “how do I get there?” Runners react two ways.....they either back away, or they go through the critical zone and triumph---not just over other runners, but over that part of your brain that yells “slow down!!!”

In the story of Jonah and whale, Jonah gets swallowed by a huge fish, and spends three days in the belly of the fish. He has a task he was assigned (like a race) and he didn't finish it, in fact backed away from it. In that moment of crisis, he realizes the only way out, is to do what he has to do. In Star Wars, just before the Death Star blows up from Luke Skywalker's shot, he is dead in the sights of Darth Vader. But he hangs on, stays the course and the Death Star is destroyed and his friends are saved.

Almost every great adventure story has heartbreak, failure and redemption. The redemption comes at the end, when the hero or heroine (ladies are included here!) raises up, faces their fears, and realizes what they truly want. They set aside past failures, doubts and hurt. They step up and accomplish their task. They return as heroes.

In practice we push you this points. Hard days are meant to be hard for just this purpose. Work in practice on pushing past your limits. If it can be done in practice, it can be done in the meet.

There is nothing wrong with fear and doubt in a race, as long as you don't allow that to dictate your actions. You are all brave, capable human beings, ready to run fast and compete hard. You are all capable of running through the crisis, and becoming the hero.

# Canis Lupus Cup Meet Results

BVSW XC Course 9/25/19

Course firm, Warm, 75 and Sunny

Name (Class)	Time	Place	Notes
Will Whitehead (10)	18:01	2*	
Carter Stanley (10)	18:21	6*	
Anthony Kamau (11)	18:22	7*	
Chris Jackson (10)	18:24	9*	
Luke Jenkins (10)	18:59	22	0:58 1-5 split!!
James Mwihaki (11)	19:19	25	
Ben Lodge (9)	19:46	33	1:45 1-7 split
David Giem (9)	19:47	34	
Jordan Benelli (12)	19:56	37	
Timothy Young (12)	19:59	40	
Carson Kinsch (11)	20:09	44	
Isaac Thompson (10)	20:10	45	
Grant Huntsman (12)	20:17	46	
Pierce Wright (10)	20:26	49	
Nate Patterson (9)	20:29	51	
Jack Broockerd (9)	20:37	54	
Matthew Eddy (10)	20:40	58	
Karson Martin (11)	20:40	59	
Connor Stanley (12)	20:45	61	
Ryan Spaeth (10)	20:49	63	
Silas Rott (12)	21:09	75	
Jack Newham (10)	21:10	77	
Drew Blasi (10)	21:23	83	

Devin Rex (12)	21:23	85
Luke Nelson (10)	21:34	98
Luke Matson (9)	21:35	101
Jayson Spaeth (12)	21:50	110
Hayden Sheehan (12)	22:10	122
Joe Byard (11)	22:34	134
Scott Boyack (11)	22:53	139
Gavin Wareham (10)	23:18	146
Mark Greenhalgh (12)	27:03	201
Juila Whittaker (11)	25:01	25
Kylie Sutherland (10)	26:57	44
Emma LaCoste (10)	27:13	48
Jane Hampleman (11)	30:41	80

#### TEAM SCORES

Boys: OLATHE EAST 46, Olathe West 64, Olathe South 65, Blue Valley Southwest 94, Shawnee Mission South 122, Olathe Northwest 150, Gardner-Edgerton 202, Blue Valley 245, Blue Valley West 273, St. James 301

Girls: Blue Valley Southwest 36, Shawnee Mission South 42, Olathe West 72, Gardner-Edgerton 98, Olathe South 120, Blue Valley 182, Blue Valley West 184, St. James 209, OLATHE EAST INC, Olathe N

**Trip Itinerary for the Topeka Seaman Invitational**  
**Saturday, October 5<sup>th</sup> 2019; Shawnee North Activity Center Topeka KS**  
**½ mile east of North Topeka Blvd on 43<sup>rd</sup> street.**

5:30 am.....Locker rooms open at OEHS. Be sure all spikes, sweats, rain gear and uniforms are taken care of the night before.

5:45 am....All runners to be at OEHS.

6:00 am....Bus leaves for Topeka. LATENESS WILL NOT BE TOLERATED. IF YOU ARE LATE, DON'T EXPECT TO RUN. Being on time is being ready to run, and part of being a good teammate. Relax on the trip, but stay quiet and prepare to run. Get ready mentally! This is a tough meet! Every team in this meet is well coached and has good runners!

7:30 am.....Bus arrives at SNAC. Everyone helps set up the camp. This course has a lot of blind turns (remember to pick up your pace 10 steps after a blind turn). Walk the course and plan your race. KNOW THE COURSE!! Where will you be tough? Where will you do a pickup? Where will you kick home from?

8:30 am....Coaches meeting

9:00 am.....Varsity Girls Race 5k....20 medals...1<sup>st</sup> place plaque

9:40 am....Varsity Boys Race...5k...20 medals...1<sup>st</sup> place plaque

10:15 am.....JV Girls Race (all runners not in varsity race run here)...5k...10 medals

11:00 am.....JV Boys Race (all runners not in varsity race run here)...5k...10 medals

11:30 pm.....Awards Ceremony

12:00 pm.....Pizza feed at the course site after the awards and camp is picked and packed up! Thank the parents for bringing the pizza!! Be SURE TO PICK UP TRASH!

12:40 pm...Bus loads up and leaves for OEHS.

2:00 pm...Bus arrives at OEHS. Have a great weekend!

## TEAMS INVITED TO TOPEKA SEAMAN

**Olathe East**      DeSoto  
Topeka Shawnee Heights  
Topeka Washburn Rural

Lawrence      Leavenworth  
Topeka High      Topeka West  
Topeka Seaman      Haysville Campus

## CLASS TOP THREE TIMES FOR SEAMAN

### Freshman Boys

1. Nick Hinrichs...16:47.....2010
2. Austin Rex.....17:14....2016
3. Matthew Eddy...17:37....2018

### Freshman Girls

1. Melody Ochana....19:35...2017
2. Brooke Wetterstrom...20:23...2018
3. Whitney Post.....20:34....2018

### Sophomore Boys

1. Nick Hinrichs....16:33.....2011
2. Ben Kahnk.....16:37...2015
2. Isaac Allen.....16:37....1997

### Sophomore Girls

1. Melody Ochana...19:23...2018
2. Rachel Post...20:26....2015
3. Erin Wetterstrom...20:45...2018

### Junior Boys

1. Ben Kahnk.....16:22...2016
2. Ryan Weishaar...16:31...2015
3. Isaac Allen.....16:37....1997

### Junior Girls

1. Emily Schmeeckle...19:55..2015
2. Rachel Post....20:36...2016
3. Gracyn Carmean....20:41...2017

### Senior Boys

1. Nick Skinner.....15:51...2015
2. Ryan Hocker.....16:09....2009
3. Jacob Vermillion..16:11...2018

### Senior Girls

1. Kayla Davis....18:55....2015
2. Yulissa DelaTorre...19:39..2015
3. Allison Vermillion...19:55...2015

## TOP FIVE TOTAL TIME RECORDS FOR TOPEKA SEAMAN

### Names Total Time (ave.) Year

Nick Skinner, Anders Hanson, Ryan Weishaar, 82:10 (16:26) 2015  
Ben Kahnk, Josh Hernandez

Kayla Davis, Yulissa DelaTorre, Emily  
Schmeeckle, Allison Vermillion, Emily LaRocco 98:20 (19:40) 2015

# PAST RESULTS AT TOPEKA SEAMAN FOR PRESENT EAST RUNNERS

Girls times for 4k through 2014, started 5k in 2015

V=varsity JV=Junior Varsity **Bold type = medalist**

## **Austin Rex**

2016: 17:14/ **19v**  
2017: 17:35/ 23v  
2018: 17:02/ **10v**

## **Melody Ochana**

2017: 19:35/ **1v**  
2018: 19:23/**1v**

## **Allie Kaufmann**

2017: 25:22/ 32jv  
2018: 23:50/ 22jv

## **Jane Hampleman**

2017: 27:54/ 63jv  
2018: 31:24/ 67jv

## **Jaime Diaz**

2018: 16:46/ **7v**

## **Matthew Eddy**

2018: 17:37/ 26v

## **Clay Broockerd**

2017: 18:18/ **1jv**

## **Carson Kinsch**

2018: 20:03/ 40jv

## **Pierce Wright**

2018: 20:15/ 44jv

## **Mark Greenhalgh**

2016: 26:28/ 148jv  
2017: 21:38/ 86jv

## **Brooke Walters**

2017: 23:21/ **10jv**

## **Adam Kahnk**

2017: 18:50/ **8jv**  
2018: 17:26/ **17v**

## **Jackie DeLaFuentes**

2017: 24:49/ 46jv  
2018: 22:23/ **6jv**

## **Grant Huntsman**

2017: 20:17/ 42jv

## **Brooke Wetterstrom**

2018: 20:27/ **3v**

## **Makenzie Burritt**

2017: 24:53/ 47jv  
2018: 22:18/ **4jv**

## **Karson Martin**

2017: 20:39/ 50jv  
2018: 19:36/ 27jv

## **Whitney Post**

2018: 20:34/ **4v**

## **Rachel Sterner**

2017: 25:12/ 31jv  
2018: 23:27/ 16jv

## **Erin Wetterstrom**

2018: 20:45/ **6v**

## **Kirsten Wtterstrom**

2018: 20:51/ **8v**

## **Colton Wheatley**

2016: 18:16/ **5jv**  
2017: 16:57/ **8v**

## **Devin Rex**

2016: 19:44/ 32jv  
2018: 20:41/ 62jv

## **Chris Jackson**

2018: 18:06/ **1jv**

## **Grant Huntsman**

2018: 19:49/ 33jv

## **Jack Newham**

2018: 20:23/ 49jv

## **Mark Greenhalgh**

2018: 22:00/ 96jv

## **Silas Rott**

2016: 20:13/ 41jv  
2017: 20:36/ 47jv  
2018: 19:49/ 23jv

## **Jordan Benelli**

2016: 21:12/ 76jv  
2018: 19:30/ 24jv

## **Joe Byard**

2017: 22:14 102jv  
2018: 21:30/ 85jv

## **Ryan Schmideskamp**

2016: 21:13/ 78jv  
2017: 18:58/ 14jv  
2018: 17:19/ **14v**

## **Hayden Sheehan**

2016: 21:46/ 94jv  
2017: 20:36/ 47jv  
2018: 21:08/ 74jv

## **Luke Jenkins**

2018: 18:18/ **4jv**

## **Connor Stanley**

2016: 21:58/ 102jv  
2017: 20:00/ 37jv  
2018: 19:30/ 23jv

## **Carter Stanley**

2018: 18:56/ 12jv

## **Will Whitehead**

2018: 19:04/ 15jv

**Jason Spaeth**  
2016: 29:32/ 158jv  
2017: 25:14/ 139jv  
2018: 21:33/ 87jv

**Anthony Kamau**  
2018: 19:23/ 20jv

**Ryan Spaeth**  
2018: 21:15/ 78jv

**Drew Blasi**  
2018: 22:08/ 99jv

**Gavin Wareham**  
2018: 22:12/ 101jv

**Emily Wilcox**  
2018: 21:05/ 1jv

**Kylie Sutherland**  
2018: 24:26/ 26jv

**Sierra Appleba**  
2018: 25:01/ 30jv

**Emily LaCoste**  
2018: 26:07/ 39jv

**Kayla Jones**  
2018: 26:57/ 43jv

**Sevde Tatli**  
2018: 27:39/ 49jv

## OLATHE EAST TEAM PERFORMANCES AT SEAMAN

1993: Varsity Boys: 8th out of 10  
Varsity Girls: 9th out of 10

1994: Varsity Boys: 6th out of 10  
Varsity Girls: 6th out of 8

1995: Varsity Boys: 4th out of 9  
Varsity Girls: 7th out of 9

1996: Varsity Boys: 2<sup>nd</sup> out of 8 **Nick Luft Individual Champion**  
Varsity Girls: 7<sup>th</sup> out of 10

1997: **Varsity Boys: 1<sup>st</sup> of 8**  
Varsity Girls: 5<sup>th</sup> out of 9

1998: Varsity Boys: 2<sup>nd</sup> out of 8  
Varsity Girls: 5<sup>th</sup> out of 9

1999: Varsity Boys: 8<sup>th</sup> out of 10  
Varsity Girls: 2<sup>nd</sup> out of 9

2000: Varsity Boys: 7<sup>th</sup> out of 10  
Varsity Girls: 3<sup>rd</sup> out of 10

2001: Varsity Boys: 5<sup>th</sup> out of 9  
Varsity Girls: 3<sup>rd</sup> out of 9

2002: Varsity Boys: 5<sup>th</sup> out of 9  
Varsity Girls: 5<sup>th</sup> out of 9

2003: Varsity Boys: 4<sup>th</sup> out of 10  
Varsity Girls: 2<sup>nd</sup> out of 10

2004: Varsity Boys 3<sup>rd</sup> out of 8  
**Varsity Girls: 1<sup>st</sup> out of 8**

2005: **Varsity Boys 1<sup>st</sup> of 8**  
Varsity Girls 4<sup>th</sup> of 8

2006: **Varsity Boys 1<sup>st</sup> of 9**

Varsity Girls 3<sup>rd</sup> of 9 **Amanda Miller Individual Champion**

2007: Varsity Boys 2<sup>nd</sup> of 12

Varsity Girls 2<sup>nd</sup> of 12

2008: Varsity Boys 3<sup>rd</sup> of 14

**Varsity Girls 1<sup>st</sup> of 14**

2009: Varsity Boys 4<sup>th</sup> of 11

**Varsity Girls 1<sup>st</sup> of 11**

2010: Varsity Boys 4<sup>th</sup> of 11

**Varsity Girls 1<sup>st</sup> of 11 Brenna McDannold Individual Champion**

2011: Varsity Boys 2<sup>nd</sup> out of 10

**Varsity Girls 1<sup>st</sup> out of 10 Brenna McDannold Individual Champion**

2012: **Varsity Boys 1<sup>st</sup> out of 11 Nick Hinrichs Individual Champion**

**Varsity Girls 1<sup>st</sup> out of 11 Brenna McDannold Individual Champion**

2013: Varsity Boys 3<sup>rd</sup> out of 10

**Varsity Girls 1<sup>st</sup> out of 10 Kayla Davis Individual Champion**

2014: **Varsity Boys 1<sup>st</sup> out of 10 Nick Skinner Individual Champion**

**Varsity Girls 1<sup>st</sup> out of 10 Kayla Davis Individual Champion**

2015: **Varsity Boys 1<sup>st</sup> out of 8 Nick Skinner Individual Champion**

**Varsity Girls 1<sup>st</sup> out of 9 Kayla Davis Individual Champion**

2016: **Varsity Boys 1<sup>st</sup> out of 10 Ben Kahnk Individual Champion**

**Varsity Girls 1<sup>st</sup> out of 10**

2017: **Varsity Boys 1<sup>st</sup> out of 10**

Varsity Girls 2<sup>nd</sup> out of 10 **Melody Ochana Individual Champion**

2018: **Varsity Boys 1<sup>st</sup> out of 10 Jacob Vermillion Individual Champion**

**Varsity Girls 1<sup>st</sup> out of 10 Melody Ochana Individual Champion**

**JV Boys 1<sup>st</sup> out of 10 Chris Jackson Individual Champion**

**JV Girls 1<sup>st</sup> out of 10 Emily Wilcox Individual Champoin**