

2016 Donut Run Results 8/27/16 Course a swamp, running and standing water and mud everywhere. Flash Flood Emergency the night before....75 and clear after early morning rain.

1. Ben Kahnk	CC	11:08	
2. Ryan Weishaar	USA	11:10	
3. Will Tindall	101 D.	11:29	
4. Alex Kirk	PPLB	11:40	
5. Connor Young	SAF	11:57	0:40 1-5 split
6. Jacob Breon	Let's Get.	12:11	
7. <i>Emily Schmeeckle</i>	S. Squad	12:19	
8. <i>Rachel Post</i>	Defe.	12:24	
9. Austin Rex	S. Squad	12:27	
10. <i>Anna Stovall</i>	101 D.	12:33	
11. Porter Adams	Defe.	12:40	
12. Jacob Vermillion	S. Squad	12:49	
13. Cameron Rippee	Let's Get.	12:56	
14. Nick Langdon	101 D.	12:56	
15. <i>Hannah Funk</i>	CC	13:02	
16. Bryce Kaufmann	Let's Get.	13:06	
17. Colton Wheatley	USA	13:14	
18. <i>Sydney Kneses</i>	USA	13:14	0:54 1-5 split
19. Grayson Howell	Defe.	13:18	
20. <i>Meg Voigt</i>	PPLB	13:20	
21. <i>Renee Rosinski</i>	PPLB	13:22	
22. <i>Allison Weishaar</i>	USA	13:40	
23. <i>Sydney Haas</i>	S. Squad	14:13	
24. <i>Meredith Basham</i>	CC	14:18	
25. Jakob Benelli	CC	14:19	
26. Landon Shepard	SAF	14:21	

27. Tony Kosgei	Let's Get.	14:24
28. Jacob Buechler	USA	14:29
29. Devin Rex	Defe.	14:35
30. Tanner Villasenor	CC	14:38
31. Mitch Beyers	S. Squad	14:38
32. <i>Eliza Hernandez</i>	101 D.	14:46
33. <i>Lauren Stevens</i>	SAF	14:47
34. Cole Villasenor	S. Squad	14:49
35. Alex Ge	PPLB	14:52
36. Ryan Schmideskamp	Defe.	14:53
37. Jordan Benelli	PPLB	15:09
38. Carter Tews	Let's Get.	15:24
39. Connor Stanley	S. Squad	15:29
40, Kory Mullins	Defe.	15:34
41, Chris Neighbors	PPLB	15:38
42. <i>Emma Hagen</i>	Let's Get.	15:43
42. Ryan Patterson	USA	15;45
43. Brad Boyack	PPL B	15:49
43, Camden Tews	101 D.	15:54
44. Cole Young	101 D.	15;58
45. Trey Gurwell	USA	16:10
46. <i>Maggie Tindall</i>	USA	16:12
47, <i>Charlotte Edds</i>	S. Squad	16:16
48. <i>Rachel Stuart</i>	SAF	16:17
49. Hayden Sheehan	SAF	16:19
50, Silas Rott	S. Squad	16:45
51. Andrew Pellman	PPLB	16:46
52. <i>Drew Langston</i>	101 D.	17:30
53. <i>Mary Bajich</i>	CC	17:33

54. Dakota Ungerbuehler	CC	17:49
55. <i>Jamie Breon</i>	PPLB	17:55
56. Jason Spaeth	CC	18:19
57. <i>Gabby Keating</i>	Defe.	18:30
58. Adrian Ochoa	101 D.	20:01
59. Jack Ingalls	SAF	20:01
60. <i>Elizabeth Carr</i>	Defe.	21:24

#### Team Scores

Team Name	Places	Score	1-5 split
1. Suicide Squad	7-9-12-23-31	82	2:19
2. Team USA	2-17-18-22-28	87	2:18
3. Crayola Crayons	1-15-24-25-30	95	2:30
4. Let's Get Physical	6-13-16-27-38	100	3:13
5. 101 Dalmations	3-10-14-32-43	102	4:26
6. Defenbaugh	8-11-19-29-36	104	2:29
7. Peter Pan Lost Boys	4-20-21-35-37	117	4:29
8. Shepard and Flock	5-26-33-48-49	161	4:22

Let's analyze the meet results at little....You will notice that even though CC had the first overall finisher, they were third overall. It is important to have a low number up front, but it does not guarantee a win. You must have a strong ENTIRE team, front to back, to win. For the most part, the teams with the highest placing 4-5 runners were the ones who finished up front. Also notice that the 1-5 split (time between the first runner in, and the fifth runner in) matched closely with team place. The bigger the split, the lower the team place. (What about team place six, who had a good 2:29? Well, that is true, but the pack was too far back in the field. Having a low split at the back of the pack does not place high in meets. You need to be up in the field. So what lessons can we learn from the Donut Run?

1. Good teams need balance, and a good strong pack
2. Getting into the race is important, even if your pack is tight.
3. The smaller the split between your first runner and fifth runner (and seventh runner!) the better your team will do in a meet. That is why this week we will learn The Rules of the Pack!