

998 SLUH XC ATTENDANCE and LOCKER ASSIGNMENTS

Name	Seinors	Name	Soph. (cont.)
REILLY	821		
ABBOTT	813		
BURNS	935		
SENN	937		
GLEASON	909		
SPIESER	926		
HILLIARD	929		
KOHLER	944		
CROW	936		
CRANE	943		
MR. GUNNIS	939		
RUTTER	927		
Juniors	923		
JONES	952		
BRICE	820		
O'BRIEN	815		
MONDA	828		
SOLBERG	967		
GRASSER	827		
ILWERT	971		
OTTENAD	951		
DENNY	830		
LESLUND	968		
KNODER	948		
LEWIS	922		
TOWNE	909		
NIXON	950		
HOFFMAN	962		
Sophomores			
TOWERS	816		
CRANE	954		
DAVIS	965		
ROTH	829		
HATCH	923		
ROSENBERG	932		
LEINER	970		
GUDAR	812		
HILL	924		
HADLER	942		
GRAY	811		
JOSEPH	947		
KNOWSEN	946		
LUZICKY	810		
GLOAN	949		
CHADWICK	945		
SNIVELY	963		
GARCIA	966		
Freshmen			
PAAR	959		
LEINER	961		
Junior			
KUNNIE			
FREEMAN			
Interested			
PITLYK, MATT			
COOPER, DAN			
STEINWAY, PAT			
ALLEN, NICK			
SKOSKY, ANDY			
O'BRIEN, TIPPEN	820		
COOPER	825		
POLICH	930		
FOURIE	826		
FREEMAN	933		
SKOSKY	818		
LEITCHMAN	953		
CRUISE	817		
WARR	838		
GILMORE	958		
KIM, PAT	931		

A = Unexcused E = Excused

A E U

1997 SLUH XC ATTENDANCE

Name		Name	
Seinors		Sophomores	
Chris Abbott	00 0 J 54	Adam Chadwick	62 V VO
Sean Burns	24 V V 62 64	Chris Crews	56 V V 57 53 V
Jon Crane	40 0 V 42 44 40 44	Nick Davis	58 V V 54 V 56
Matt Crow	52 48 54 54 V 56	Mike Garcia	54 54 56 54 58
John Gleeson	54 V 64 66 V 64	David Godar	46 V V 60 V 58
Nick Hilliard	62 0 V 65 68 66	Ben Gray	58 58 54 50 54
Marty Koehler	60 64 60 60 56	Geoff Hadler	60 58 60 64 58 60
Greg Leuchtmann	V 60 V V 60	Ryan Hatch	56 56 60 54 60 60
John McGinnis	58 0 62 0 58 56	Geoff Hill	52 52 54 54 54
Ken Reichert	38 38 38 38 38 38	Raj Joseph	64 70 68 68 72 70
Phil Rutterer	V 52 V 52 V E	Pat Knudsen	58 V V 58 V V
Matt Schaefer	48 0 46 46 54 46	Dan Leinauer	V 58 V 60 64 V
John Senn	52 V 58 54 48 58	Matt Luzecky	60 0 66 58 60
Alex Speiser	V V 56 53 51	Ryan Oldani	64 63 V 64 V
ERIC BRUNZINGER	V V	Jason Roehr	50 54 52 52 48 48
Juniors		Mark Rosenkranz	64 62 0 62 V
Matt Brice	0 58 0 62 58	Matt Snively	V 64 62 V V
Hamilton Callison	V V 61 58 58	Jason Towers	V 48 48 50 V
Andy Denny	50 50 52 V J 50	MARC BROWN	V
Mike Fournie	V 52 V 50 48	Freshmen	
Bill Freeman	V 62 54 50 V	Steve Armstrong	0 V V V V
Ryan Jones	60 64 61 58 56 62	Ken Chik	V 48 52 52 48 50
Joe Hoffman	E E E	Sean Denny	V V 66 V 61 V
Scott Hilton	V V 64 62 58	Conor Hagen	0 0 V V 60 62
Tim Huegerich	V 50 52 0 48 V	Pat Kim	V V V V V
Dan Graesser	44 44 44 0 46 42	Bobby Lacky	V V V V V
Mike Lovinguth	64 54 60 57 V	Pat Leinauer	52 52 V 52 52 52
Mark Monda	V 62 V 64 56 60	Joe Nielsen	V E V 0 V V
David Nischwitz	62 62 62 V J 62 E	John Paar	0 60 60 59 61 V
Murphy O'Brien	V V V V V	Matt Siegel	V V V V V
Jason Ottenad	42 46 46 46 V	Andy Wahl	V V 60 61 58
Matt Solberg	V 54 56 58 60	Matt Palach	V 48 54 58 58 60
Ted Snodgrass	V V V V V	INTERESTED	
Nathan Tower	42 46 46 48 44 42	ANDY SKOSKY	0 V V V 48 60
Dan Westlund	52 52 V 54 54	Interested	0
BEDARD DAN	50 58 60 58	Matt PITYLIK	0
Steve Loford	V 60 60 60	Dan COOPER	V V V 48 V
		Pat Stienway	0
		Wick Allen	0
		TIPPER O'BRIEN	V V V V 66 65
		Jason Jacoby	V V V V 60
		Brian Gilmore	V V V V V
		RICHARD SPICER	V 67
		JOHN BROWN	V
		Ryan Wessels	V V 58 48
		Brendan Boyle	V
		EARZO LEWIS	V
		JOHN SALEEM	V
		JOE BARTZELL	V 62
		PAT	
		JOE HARVATH	V
		MARK DIGMAN	V
		JEFF SLOTS	V

A = Unexcused E = Excused

22 29 36 9, 11, 12, 19

08 SLUH XC INITIAL STATS

	A	B	C	D	E	F	G	H	I	J	K	L
1	Name	GRP	Phys	tot mlg	avg dist	longest	lifting	weight	push ups	scrunch	shoes	comment
2	Seniors											
3	ABBOTT, CHRIS	C	✓	187	5	7	✓	150	80	80	✓✓	
4	KOENIGER, MARY	C	✓	130	4	6		164	30	60	✓	
5	HILLARD, MICK	D	✓	105	4	6		167.5	51	62	✓	
6	BURNS, SEAN	B	✓	252	0	0	✓	139	47	97	✓	
7	GLEASON, JOHN	C	✓	200	5	7	✓	133	60	50	✓	
8	RECHERT, KEN											
9	RECHERT, KEN	B	✓	146	5	6	✓	164	69	122	✓	
10	SPIESER, ALEX	A	✓	300+	6	8	✓	165	41	48	✓	
11	CROW, MARY	A	✓	401	8	10	✓	140	44	60	✓	
12	SENN, JOHN	A		401	7	10	✓	132	50	50	✓	
13	MCGINNIS, JON	B	✓	270	7	8	✓	154			✓	
14	CRANE, JON	C	✓	230	7	8	✗	172				
15	RUTHERFORD, PHIL	C	✓	206	4	5	✓	143				
16	SCHAEFER		✓	453	7	13	✓				✓	
17												
18												
19												
20												
21												
22												
23												
24												
25	Juniors											
26	WESTLUND, DAN	B	✓	220	6	6	✓	157	54	93	✓	
27	SNODGRASS, TED	A	✓	332	6	9	✓	136	63	78	✓	
28	SOLBERG, MATT	C	✓	205	6	7		131.5	50	73	✓	
29	OTTENAD, JASON	C	✓	180	5	6	✓	107	41	71	✓	
30	TOWER, NATHAN	A	✓	501	8	10	✓	152	50	201	✓	
31	DENNY, ANDY	C	✓	213	5	6	✓	132	34	65	✓	
32	BEARD, DAN	B	✓	289	6	9	✓		52	63	✓✓	
33	JONES, RYAN	C	✓	220	5	7	✓	121	25	75	✓	
34	GRAESSER, DAN	A	✓	401	8	9	✓	143	51	53	✓	
35	O'BRIEN, MURPH	A	✓	376	6	8	✓	120.5	72	136	✓	
36	MATTHEW, TIM	B	✓	258	6	8	✓	120	49	100	✓	
37	MONDA, MARK	A	✓	403	4	5	✓	124	49	52	✓	
38	LOVINGBATH, MIKE	D		100	4	5		153.5	29	100	✓	
39	BRICE, MATT	C	✓	234	6	10	✓	124			✓✓	
40	NISCHWITZ, D	C	✓	157	4	6	✗	111			✓	
41	HOFFMAN				4	4	✗				✓	
42	FOURNIE, MIKE											
43	FREEMAN, BILL		✓	✓	✓	4					✓	
44	Steve Liford											
45												
46												
47												
48												
49	COACH H							155				
50	Runner X							128				
51	COACH F			100	4	5		174.5	49	55		
52	COACH B							171	30	31	← NOT MARKS	
53	COACH L								100	80		

1998 SLUH XC INITIAL STATS

[illegible]

8/10/98 1st PRACTICE @ Coach Flanagan's: Check in, talking points, Jog to park/ Cal Test /Stretch/Cal, Plyos; V=2 x's plyos/ Street loops at training pace:8, 6,4,2 cal, jog, stretching all together, ROUTINE

Name	Grp	pu	cr	Dist	time	pulse	Name	Grp	pu	cr	Dist	time	pulse
SUDARASS	8				49:10	150							
GRAESSER	8				54:30	174							
TOWER	8				49:10	154							
MURPHY	8	5											
MONDA	8				57:22	188							
SENN	8				55:18	165							
HATCH	8				52:55	182							
CROW	8				55:18								
SPIESER	8				55:16	164							
TOWERS	8	4											
INGERICH	8				56:18	184							
REILHERT	6				44:45	120							
JOSEPH	6				52:14	145							
DENNY	6				55:10	185							
ABBOTT	6				44:45	180							
BURNS	6				50:30	152							
ROHR	6				44:45	186							
OLDANI	6				55:05	156							
GOBAR	6				7	186							
WESBUND	6				44:45	180							
SOLBERG	6				44:45	180							
HILL	4				29:45	184							
CHARWICK	4				29:00	3							
KNUDSEN	4				32:40	95							
VLZECKY	4				29:55	180							
CRUBE	4				3	3							
ELFASON	4				23:47	180							
WILLIAR	4				29:30								
ROSENKRANTZ	4				3	112							
JONES	4				35:18	150							
DAVIS	4			35	35	168							
HAGLER	4				2								
OTTENAD	4				29:41	163							
LAINGATH	4				32:00	2							
BEARD	4				32:18	160							
WOLTER	4				30:35	158							
P. LEINAVEL	4				32:40	176							
J. PAAR	4				35:35	165							
O. LEINAVEL	2				15:46	182							
BRICE	6				44:57	132							

① TRACKS

② BERRY

③ SA WOODMAN

④ E. JEWELL

WATER

6-8

4

2

end

8/12/98 Jog /Cal /Stretch//Cal, plyos w butt kicks, knee proofing, Grass loops, cal, jog , stretch

Name	Grp	cal #'s	Dist	time	pulse	Comments
SPIESER	5	43-73	8	60:45	172	7:36 ✓
CROW		45-65	8	59:10	148	7:24 ✓
SENN		45-40	8	60:10	156	7:31 ✓
SNODGRASS		50-10	8	61:40	164	7:43 -
TOWER		50-181	8	59:10	129	7:24 *
WALKER		53-55	8	59:10	154	7:24 ✓
O'BRIEN		53-114	8	61:40	162	7:43 ✓
MUNDA		49-64	8	61:40	182	7:43 ✓
HATCH		70-120	8	59:10	150	7:24 *
HUBERICH		45-80	8	60:10	182	7:31 ✓
TOWERS		53-62	6	46:50	NP	7:48 ✓
BRANS	6	41-67	6	43:43	176	7:17 *
REICHERT		71-125	6	43:33	114	7:15 *
MCGINNIS		31-31	6	43:22	170	7:14 *
WESTRUND			6	44:40	178	7:27 ✓
BOGARD						
WALKER						
LUZICKY		45-45	5	41:40	172	?
OLDANI		47-67	5	41:44	156	?
CRANE		45-80	6	43:33	160	7:15 *
BRILL		68-83	6	45:00	178	7:30 ✓
ROEHR		46-201	6	44:14	182	7:22 *
ABBOTT	4	80-86	4	31:09	148	7:48 -
KOENLER		35-175	4	36:18	184	8:04 9:04 ?
GILKINSON		70-70	4	32:10	173	8:02 ✓
CRANE						
RYTTERER		37-49	4	31:28	164	7:52 ?
SOLBERG	6	44-72	6	44:40	168	7:27 ✓
OTTENAD		43-69	4	32:08	156	8:02 ✓
DENNY		36-64	4	31:23	150	7:51 ✓
JONES		35-70	4	36:18	170	8:04 9:04 ?
CRANE						
JOSEPH		45-77	4	31:17	152	7:49 ✓
GOAR		50-40	4	28:29	186	7:07 *
CREWS		40-53	4	35:14	132	8:49 -
CRANE						
GRAY		61-201	4	31:30	168	7:52 ✓
D LEINAWER		49-107	4	31:45	182	7:56 ✓
ROEHR						
PAAR		51-186	4	31:17	150	7:49 ✓
P LEINAWER		50-101	4	31:17	160	7:49 ✓
CHADWICK	4	30-80	4	31:30	200	7:52 ILLNESS
LOVINATH	4	25-79	4	35:25	184	8:51 ✓
HILLIARD	3	49-65	3	24:7	148	7:16 *
CONWAY						
DAVIS		30-70	3	22:24	170	7:28 ✓
HILL		42-93	3	21:49	146	7:16 ✓
STODOLSKY						
KNUDSEN		40-103	3	21:57	138	7:19 *
HADLER		36-51	3	22:07	188	7:22 ✓
ROSEKRANTZ		43-63	3	21:57	186	7:19 ✓
COACH F			3	21:47		7:16
COACH B			4	31:09	170	7:42 *
COACH H			4	30:44	172	7:41 *

end

28:30

28:45 28:48

8/13/98 Jog /Cal /Stretch//Cal, plyos w butt kicks, knee proofing, Grass loops at hard aerobic pace, cal, jog, stretch

Name	Grp	cal #'s	Dist	time	pulse	Comments
Snodgrass			8	52:27	170	7:00 7:00 (6:33) *
Gracsser				59:10	176	7:15 (7:16) ✓
Speiser				55:27	176	7:25 (6:56) *
Crow				55:27	168	7:15 (6:56) *
Senn						7:15
Tower				52:27	154	7:00 (6:33) *
O'Brien				59:12	168	7:25 (7:24) ✓
Monda				59:12	176	7:25 (7:24) ✓
Hatch				57:42	160	7:15 (7:13) ✓
Hugewich				59:03	180	7:25 (7:23) ✓
SCHAFER						
Towers			6	43:57	168	7:30 7:30 (7:20) *
Burns				44:13	182	7:15 (7:22) ✓
Reichert 4	4			47:15	178	7:00 (6:49) *
McGinnis				44:13	186	7:15 (7:22) ✓
Westlund				43:40	(52)	7:25 (7:17) * Good sign!
Luzesky						7:30
Oldani				51:21	176	7:30 (8:33) -
Crane				42:40	160	7:15 (7:07) *
Brie				43:40	184	7:30 Eng 7:15 pace *
Roehr				43:57	170	7:25 (7:20) ✓
Salberg				44:31	172	7:25 (7:24) ✓
Abbott			4	28:41	180	7:25 (7:10) *
Koehler				34:16	190	8:30 (8:34) ✓
Gleason				37:20	196	7:45 (8:08) ✓
Rutterer				31:30	178	7:30 (7:52) -
Rothenad				32:17	162	7:45 (8:04) -
Denny				29:52	162	7:30 (7:28) ✓
Jones						8:30
Joseph				30:13	150	7:30 (7:34) ✓
Golan				27:52	186	7:15 (6:58) *
Crews				33:13	188	7:45 (8:18) ✓
Gray				31:00	186	7:45 (7:45) ✓
Templeton						7:45
Park						7:30 DNF
Lemaver, Pat				31:01	156	7:30 (7:05) -
Chadwick				31:00	190	7:45 (7:45) ✓
Larmouth				33:30	178	8:30 (8:20) ✓
Nichwitz				32:35	176	7:30 (8:00) ✓
Hillard			3	20:03	216	Faster 20 sec/mile ✓
Davis				22:11	172	10 ✓
Hill				21:46	150	20 ✓
Knudson				20:33	184	30 * ✓
Holler				22:03	184	Stay ✓
Rosenkrantz				22:03	176	Stay ✓
Limeron				20:35	182	✓
Coach H			4		164	7:25

8/14/98 Jog /Cal /Stretch//Cal, knee proofing fartlek 6 mi. 5mi 4mi 3mi ON FOR 90
 plyos w/ lunges, timed runs 60, 50, 40, 30 cal, jog, stretch OFF FOR 3:30

Name	Grp	cal #s	Duration	pulse	Comments
TOWER			6 MI	36:36	167
SUDGRASS			6 MI	36:36	174
GRAESSER			6 MI	40:10	186
SPEISER			6 MI	40:10	156
ORON			6 MI	40:10	172
SENN			6 MI	40:10	172
DIBRIEN			6 MI	40:10	176
MANDA			5.5	34:20	184
LATON			6 MI	37:00	163
HUGGERICH			6 MI	40:10	182
SCHAFER			6 MI		DNF
TOWERS			5 MI		
BURNS			4.5	32:04	179
REICHERT			5	30:39	148
MCGINNIS			4.5	32:04	170
WESTUND			5	33:42	150
LUTZKY			5	28:42	178
OLDANI			5		Not Here
CRANE			5		Not Here
BRICE			5		Not Here
ROENR			5	33:42	186
SOLBERG			5	33:47	188
ALBOTT			4 MI		NOT PRESENT VACATION
KOTHLER			4	33:00	188
GERSON			4	30:48	184
RUTTERER			4		NOT HERE
OTTEND			4	30:27	182
DEMY			4	29:49	172
TONES			4		DNF
JOSEPH			4	29:49	190
GODAR			4.5	33:42	182
CREWS			4	30:48	200
GRAY			4	30:27	190
LEINWEBER			4		NOT HERE SICK
LEINWEBER			4		NOT HERE DIRECTION DAY
PAAR			4	30:48	172
CHADWICK			4	29:50	200
LOVINGUTH			4	33:00	173
NISCHWITZ			4	30:27	184
HILLARD			3 MI	21:45	
DAVIS			3	22:46	168
HILL			3	21:50	186
KHADSON			3		DNF
HADLER			3	22:18	206
ROSENKRANTZ			3	22:56	
SMIVELY			3		DNF

end

8/17/98 Jog /Cal /Stretch//Cal, plyos w ~~running~~, knee proofing, Grass loops, cal, jog , stretch

Name	Grp	cal #'s	Dist	time	pulse	Comments
Tower			8	51:51	160	6:28 7/8
Snodgrass			6	42:17	—	Helped Schaeffer
Graesser			4	57:52	173	
Crow			8	—	—	
Senn			8	—	—	DNF
O'Brein			8	60:00	166	
Monda			8	61:30	174	
Hatch			4	57:30	160	
Hugerich			8	59:12	190	
Scaeffe		55?	4	30:42	180	DNF
Towers			6	43:35	186	
Burns			5	34:45	134	
Reichert			6	41:45	172	
McGinnis			4	30:25	184	
Westlund			5	46:37	168	
Luzecky			4	57:03	176	
Oldani			6	44:06	178	
Crane			6	43:49	176	
Brice			4	32:18	192	
Roehr			4	33:10	180	
Solberg			5	39:34	168	
Abbott			4	31:20	174	
Koehler			5	30:55	160	
Gleeson			4	34:53	160	
Rutterer			5	39:59	162	
Ottenad			6	41:45	190	
Denny			4	31:18	—	
Jones			4	31:28	176	
Joseph			3	23:24	190	
Godar			4	31:38	200	
Crews			4	32:00	216	
Gray			4	30:59	172	
Leinauer			4	29:46	164	7:26
Chadwick			4	33:14	176	
Lovinguth			4	33:03	171	
Nischwitz			3	27:15	158	
Hilliard			3	27:19	184	
Davis			3	27:21	186	
Hill			3	22:49	180	
Knudsen			3	23:24	184	
Hadler			4	34:35	180	
Rosenkrantz			3	23:23	157	
Snively			8	56:55	174	
Fournie Mike (Jr)			4	34:33	135	
Freeman			3	21:44	180	
Garcia Mike (So)			3	21:23	—	
SPENCER						
BEARD						
Coach B						
Coach P						
						end

8-18-97 Handouts, Jog, cal, record #'s, stretch, cal, plyo, 200's, ^{2,4,5,6,8} hard grasscourse, cal, jog, stretch

New Freshman: Sign in, lockers, handouts, Q and A, Jog, cal, slow routine, plyos, 200's, 2

Name	cal	jog	stretch	Course	Time	Pulse	Pace	cal	Name	Course	Time	Pace	Pulse	cal
Snodgrass				8	51:37	166	6:27							
Graesser				8	55:27	168	6:56							
Crow				6	42:49	146	7:08							
Senn				6	42:14	172	7:02							
O'Brein				6	39:50	162	6:38							
Monda				82	17:40	—	8:50	Freshman						
Hatch				8	55:54	166	6:59	John Paar	4	30:10	172	7:33		
Hugerich				8	57:14	184	7:09	Pat Leinauer	4	30:11	176	7:33		
Schaeffer				8	54:01	172	6:45	Joey Neilson	2					
Towers				6	42:01	162	7:00	Steve Armstrong			108			
Burns				5	36:45	172	7:21	Pat Kim			114			
Reichert				5	33:34	142	6:43	Andy Wahl			120			
McGinnis				4	28:20	192	7:05	Sean Denny						
Westlund				6	DNF	—	—	Connor Hagen						
Luzecky				—	—	—	—	Bobby Lackhy						
Oldani				4	30:19	170	7:35	Ken Chik			100			
Crane				8	55:43	174	6:58	Matt Seigel						
Brice				4	30:34	198	7:39	Matt Paluch			100			
Roehr				6	42:20	174	7:03	Tipper O'Brien			63			
Solberg				6	44:12	170	7:22	Brian Gilmore						
Abbott				—	—	—	—	Andy Skosky			117			
Koehler				4	31:40	188	7:55	Richard Spicer						
Gleeson				4	30:44	184	7:41	Jason Jacoby			105			
Rutterer				5	38:14	178	7:39							
Ottenad				4	30:12	174	7:33							
Denny				4	29:15	172	7:19							
Jones				4	31:58	172	7:59							
Joseph				4	31:38	166	7:55							
Godar				6	40:28	174	6:45							
Crews				4	31:20	178	7:50							
Gray				4	30:10	182	7:33							
Leinauer Dan				4	31:06	194	7:47							
Ghadwick				—	—	—	—							
Lovinguth				4	31:20	?	7:50							
Nischwitz				4	31:00	180	7:45							
Hilliard				4	31:00	166	7:45							
Davis				4	33:04	170	8:16							
Hill				4	31:14	168	7:49							
Knudsen				4	31:57	178	7:59							
Hadler				4	31:26	200	7:52							
Rosenkrantz				4	31:54	192	7:59							
Snively				4	30:09	178	7:32							
Fournie				2	17:40	190	8:50							
Freeman				3	19:06	186	6:02							
Garcia				4	31:48	142	7:57							
Centiman				4	29:43	178	7:26							
Tower				8	51:37	160	6:27							
Spicer				8	55:41	176	6:58							
Callison				4	29:29	162	7:22							
Hilton				2	17:25	168	8:43							
Litford				2										
														clear

8/18/98 FRESHMEN DAY 2: Jog to aviation, jog and teach aviation loop /Cal (record #'s) /Stretch//Cal/
Demo and teach plyos/ Do one or two mile aviation training loop at aerobic training pace, cal, jog to SLUH
long stretching routine lead by coach.

Name	Cal #'s	rest pulse	1 mile	2 mile	str pulse	Comments
Freshmen						
John Paar						
Pat Leinauer	52-137	52			178	2 miles: 15'31, bt mile split: 7:30
Joey Nielsen	45-25	144				
Steve Armstrong		m				
Pat Kim	55-94	120	6:45		210	
Andy Wahl	47-62	94	8:15		168	
Sean Denny	19-51	68	12:05		87	
Conor Hagen		m				
Bobby Lacky	50-150	128	6:42		180	
Ken Chik	40-45	92	6:47		110	
Matt Siegel		100	9:00		148	
			10:06			
Additional names:						
Matt Palanich	40-60	104	7:22		160	
Jipper O'Brien	40-60	110	6:59		154	
Brian Gilmore		m				
Andy Skosky		m				
Richard Spicer		m				
Jason Jacoby		136	12:10		186	

8/19/98 Jog /Cal /Stretch//Cal, cal #'s/ plyos w/ lunges, knee proofing, Grass loops long: 10, 8, 6, 5, 4, cal, jog, stretch

Name	Grp	cal #'s	Dist	time	pulse	Comments
Tower		—	10	75:32	144	—
Snodgrass		—	10	75:34	162	—
Graesser		55-57	10	75:40	170	—
Crow		—	9	75:10	156	—
Senn		45-45	10	75:00	146	—
O'Brein		—	8	60:15	158	7:32
Monda		—	10	75:02	180	—
Hatch		75-120	10	75:32	170	—
Hugerich		—	6	45:04	192	7:31
Schaeffer		—	10	75:45	164	—
Towers		—	8	—	DNF	—
Burns		43-72	8	63:01	182	—
Reichert		72-125	6	44:28	138	+7:24
McGinnis		—	—	—	—	CAIF CRAMPS - Injured
Westlund		—	6	45:00	164	+7:30
Luzacky		52-61	4	28:42	174	(STOPS-MANV)
Oldani		41-52	6	50:15	162	-8:22
Crane		—	6	45:20	158	7:32
Brice		—	—	—	—	—
Roehr		—	8	61:10	174	—
Solberg		48-82	8	63:01	164	—
Abbott		—	—	—	—	—
Koehler		35-200	5	47:17	196	—
Gleeson		60-60	5	43:31	180	—
Rutterer		—	6	45:35	164	—
Ottenad		44-74	6	50:40	164	—
Denny		42-52	6	50:00	154	—
Jones		35-100	5	42:00	160	—
Joseph		50-90	8	64:18	162	—
Godar		70-100	6.5	37:50	180	—
Crews		24-49	5	45:30	170	—
Gray		—	6	50:40	178	—
Leinauer		47-101	4	33:15	168	—
Chadwick		35-75	4	37:50	208	—
Lovinguth		38-106	4	35:40	189	—
Nischwitz		57-65	5	43:29	170	—
Hilliard		48-65	4	38:50	118	-?
Davis		30-70	4	35:31	172	—
Hill		54-110	4	34:45	162	—
Knudsen		42-80	4	33:15	172	—
Hadler		43-62	4	34:52	186	—
Rosenkrantz		33-74	4	34:33	168	—
Snively		40-70	4	34:30	180	—
Fournie		35-40	3	23:39	—	—
Freeman		—	—	—	—	—
Garcia		35-80	4	—	DNF	—
LEWIS-MANN		53-70	6	49:30	160	—
SPENCER		43-80	10	75:02	160	—
REDARD		57-82	3	23:39	—	—
GALLISON		50-??	5	41:00	172	—
COACH B		—	5	37:41	184	7:32
COACH P		—	4	29:00	180	7:15
COACH L		—	5	40:20	168	8:04

Backwards

8-19-98 Jog/ cal/ record #'s/ stretch/ cal/ plyo w lunges/ kneeproofing/ grass loops at easier aerobic pace/ 8- 6 -5-4-3-2/ cal/jog, stretch

Name	Course	Time	Pulse	Pace	cal	Name	Course	Time	Pace	Pulse	cal
Snodgrass	8	63:31	154		—	Liford	2	17:30		160	
Graesser	8	63:31	120		—						
Crow	6	46:32	176		—						
Senn	6	48:44	152	8:07	—						
O'Brein	6	48:11	177		—						
Monda	6	48:11	174		—	Freshman					
Hatch	8	63:31	138		—	John Paar	4	31:10		152	61-200
Hugerich	8	63:31	160		—	Pat Leinauer	4	31:32		160	52-104
Schaeffer	8	63:31	132		—	Joey Neilson	2	28:00		152	35-30
Towers	6	47:17	160		—	Steve Armstrong		15:25		150	35-50
Burns	6	48:44	154	8:07	—	Pat Kim		15:25		159	60-60
Reichert	6	45:15	132		—	Andy Wahl		17:21		160	35-60
McGinnis	6	48:44	150	8:07	—	Sean Denny	1	—		168	20-34
Westlund	—				—	Connor Hagen		27:30		—	7-3
Luzecky	—				—	Bobby Lackhy		15:25		120	50-100
Oldani	5	45:09	172		35-50	Ken Chik		16:12		128	45-65
Crane	6	48:07	150		—	Matt Seigel		27:00		148	6-12
Brice	6	46:10	188		—	Matt Paluch		1R		—	50-70
Roehr	6	46:37	150		—	Tipper O'Brien		16:13		168	25-40
Solberg	6	48:05	158		—	Brian Gilmore		17:54		138	25-25
Abbott	—				—	Andy Skosky		15:27		149	30-30
Koehler	4	32:39	184		35-200	Richard Spicer					
Gleeson	4	32:31	184		60-60	Jason Jacoby	2	20:20		195	25-45
Rutterer	5	40:44	168		—	DAN COOPER	1001	—		172	50-40
Ottenad	4	33:50	151		—	RYAN WESSELS	2	17:25			25-25
Denny	6	48:31	154		—						
Jones	84	34:34	160		35-100						
Joseph	4	32:31	140		—						
Godar	8	63:31	162		—						
Crews	5	41:53	188		29-63						
Gray	4	33:23	158		—						
Leinauer	4	32:54	160		47-103						
Chadwick	—				35-85						
Lovinguth	4	53:03	195		35-101						
Nischwitz	84	33:45	176		50-55						
Hilliard	5	40:40	168		48-67						
Davis	3	23:11	168		30-75						
Hill	4	30:55	172		43-111						
Knudsen	4	32:57	154		57-72						
Hadler	4	31:05	204		47-62						
Rosenkrantz	—				—						
Snively	4	32:34	140		—						
Fournie	3	22:20	182		33-42						
Freeman	4	31:30	164		30-40						
Garcia	4	24:16	157		34-65						
Leuchtmann	5	40:40	180		54-74						
Tower	8	63:31	108		—						
Speiser	6	46:32	160		—						
Callison	5	41:48	178		—						
Hilton	3	22:00	160		30-50						

clear

8/22/98 Jog/Cal/Stretch/Cal, plyos+ heel flicks, Fartlek on Lake Loop:6-5-4-3, Frosh distance only, arrange groups by pace/ 5 minute cycle: 3 min, 90 secs on 30 sec recovery cal, jog, stretch.

Name	Grp	mileage	pulse	Time	Comment	Name	Grp	mileage	pulse	Time	Comment
TOWER	A	6	162	35.36	++	ARMSTRONG	2				1R
SWAN GRASS	A	6	174	35.36	++	CHIK	2	138	14:10		
SPEISER	B	6	180	38.24	+	S. DENNY	2				
CROW	B	6	178	38.24	+	HAGEN	2				
SENN	B	6	182	38.24	+	KIM	3	133	2:22		
MO'BRIEN	A	45	152	29.58	+	LACKY	2				
MONDA	B	6	189	37.30	+	P. LEINAUR	4	180	2:40		
HATCH	B	6	170	37.38	+	PARR	254	151	17:45		
HAEGERICH	B	6		37.30	+	SIEGEL	2	184	18:56		
SCHAEFER	A	6	188	35.36		PARACH	X				
ABBOTT		4				SKOSKY	2	120	14:10		
BURNS	C	5	184	34.17	✓	COOPER	2		18:50		
CRANE	B	5	160	32.10	+	T. O'BRIEN	2	132	14:25		
GLEESON	D	4	188	27.43	✓	JACOBY	2	183	17:17		
KOEHLER	E	4	198	30.36		GILMORE	2	165	16:16		
LECHTMANN	C	54	182	28.10		WESSELS	2	140	14:40		
MCGINNIS	B	5	210	32.31	6.30						
RUTTERER	C	4	182	28.12							
BRICE	C	4	188	26.40		HAMEL		162	13:30		
CALLISON	C	4	190	38.12		COACH B.	4	183	26.33	6.38	
ADENNY	C	4	182	28.10							
FOURNIE	E	3	180	22.45							
FREEMAN	D	4	176	27.37							
JONES	E	3	160	24.25							
HILTON	E	3	172	22.40							
GRAESSER	B	6	178	37.38							
LOVINEUTH	E	4	192	30.36							
NISCHWITZ	DC	4	182	29.05							
OTTENAD	C	4			DNF						
SOLBERG	C	5	178	34.17							
WESTLUND	X										
BEDARD	D	3	166	23.13							
LIFORD	E	32	126	14:25							
CREWS	D	4	174	27.31							
DAVIS	E	3	176	22.49							
GARCIA	D	3	167	22.27							
GODAR	B	5	190	32.39							
GRAY	C	4	186	29.45							
HADLER	D	3	206	22.25							
HILL	D	3	183	21.40							
JOSEPH	DC	4	178	29.05							
KNUDSEN	D	3	188	21.43							
D. LEWNER	D	4	188	27.40							
LUZECKY	OD	43	184	22.34							
OLDANI	D	4	180	27.33							
ROENR	B	5	186	38.39							
ROSENKRANTZ	OD	3	176	26.12							
SNIVELY	C	3	178	22.31							
TOWERS	B	5	188	32.37							
HILLIARD	C	4	1164	27.08	27.08						
REICHERT	A	5	144		29.55						

end

8/24/98 Check in/Jog /Cal /Stretch//Cal / plyos ,+ lunges/Grass loop distance: 8,6,5,4,3,2 cal, jog, stretch

VERY HOT, HUMID 93+

Name	Grp.	pu	cr	Dist	time	pulse	Name	Grp.	pu	cr	Dist	time	pulse
Snodgrass	6				37:43	164	KEUZYINGER	4			DNF		
Graesser	6				39:30	146	SPIDESSA	6				46:32	164
Crow	6				37:18	178	LEUCHMANN	4				30:58	154
Senn	5				37:18	180	CALLISON	4			DNF		
O'Brein	5				39:30	160	HILTON	2				16:30	178
Monda	6				47:01	192	N. TOWER	6				43:59	148
Hatch	6				44:10	154	BEDARD	2				13:31	170
Hugerich	6				43:59	198	LIAORD	2				DNF	
Schaeffer	6				48:07	156							
Towers	4				31:34	202	ARMSTRONG	2				15:42	171
Burns	4				30:23	172	CITR	2				16:30	120
Reichert	5				36:22	130	DENNY	1				8:42	
McGinnis	4				30:25	130	HAGEN	1				11:30	
Westlund	4				27:42	186	KIM	2				15:40	200
Luzacky	4				45:54	182	LACKEY	2				16:30	180
Oldani	4	30 min				164	LEINAUER	2				16:43	154
Crane	4				30:23	154	NEILSON	1				11:50	
Brice	4				30:57	184	PARR	4				36:00	112
Roehr	4				29:50	180	WALL	1				7:45	
Solberg	4				32:35	168	SIEGEL	1				9:39	
Abbott	4				30:56	170	PALUCH	2				19:20	176
Koehler	4				18:50	192	SKOSKY	1				7:09	
Gleeson	4				34:05	188	COOPER	1				8:37	
Rutterer	4				33:18	172	ALLEN	1				8:30	
Ottenad	3				25:25	163	O'BRIEN	2				16:15	150
Denny	4				31:46	148	JACOBY	2				19:53	187
Jones	2				18:33	155	GILMONE	2				17:56	144
Joseph	4				32:11	146	SPICER	1				3	
Godar	4				29:40	190	WESSELS	1				6:34	144
Crews	2				17:16	180	BARTLE	1				8:42	
Gray	4				36:02	160	BOYLE	2				19:02	96
Leinauer	2				16:39	170							
Chadwick	X												
Lovinguth	2				18:30	108	COACH B	4				32:00	180
Nischwitz	2				18:15	190	COACH F	2				18:22	180
Hilliard	4				30:23	164							
Davis	2				16:42	172							
Hill	2				16:4	136							
Knudsen	2				16:36	136							
Hadler	2				17:41	208							
Rosenkrantz	2				16:33	176							
Snively	2				16:49	130							
Fournie	2				16:30	174							
Freeman	2				16:03	152							
Garcia	2				16:57	144							

8/25/98 Weights/Lockers to new people/Jog /Cal /Stretch//Cal, Plyos w/ butt kicks/ Tempo run on aviation:5,4,3,2,1 with one coach per group at aggressive aerobic pace/ cal jog,stretch at area

Name	vol	goal	pace	time	pace	pulse	Name	vol	goal	pace	time	pace	pulse
1							MADON BRESKIN	3	2		15:50	175	154
Ted Snodgrass	4			24:30	160	6:08	Dan Bedard	2			15:50	755	168
Nathan Tower	4			24:00	168	6:00	Mike Liford	2			16:06	8:03	151
Ken Reichert	4			24:45	158	6:11	Ryan Oldani	3			22:08	7:22	160
Matt Crow	4			X			Ryan Jones	2			16:03	8:01	172
John Senn	3			20:04	195	6:41	Marty Koehler	3			25:10	8:23	192
Alex Speiser	4			26:24	188	6:36	Chris Crews	2			15:28	7:44	—
Murphy O'Brien	3			19:04	144	6:21	Dan Leinauer	2			14:26	7:13	182
Mark Monda	3			19:43	210	6:34	Mike Lovinguth	3			24:05	8:01	182
Ryan Hatch	4			25:49	178	6:27	David Nischwitz	3			22:30	7:30	200
Murphy O'Brien							Nick Davis	3			23:45	7:55	178
Ted Snodgrass							Geoff Hill	3			24:47	8:15	176
Tim Huegerich	4			25:30	200	6:22	Pat Knudsen	3			22:21	7:21	174
Dan Graesser	4			25:30	194	6:22	Geoff Hadler	3			24:04	8:01	202
Matt Schaefer	4			25:04	192	6:16	Mark Rosenkrantz	3			23:06	7:42	186
David Godar	3			18:50	184	6:16	Matt Snively	2			14:32	7:16	188
Dan Westlund	3			18:50	186	6:16	Mike Fournie	2			15:52	7:50	182
2							Mike Garcia	2			15:28	7:44	182
Sean Burns	3			19:52	198	6:37	Scott Hilton	2			15:02	7:31	166
Jon McGinnis	3			19:52	212	6:37	Hamilton Callison	3			22:18	7:26	184
Matt Luzacky	3			23:30	174	7:50	PLAN WESSLES	4	1		7:34		160
Matt Brice	3			19:23	198	6:27	JOHN PAAR	3			22:00	7:20	170
Jason Roehr	3			19:56	188	6:38	PAT LEINAVER	3			22:24	7:28	176
Matt Solberg	3			20:58	170	6:59	PAT KIM	2			12:50	6:25	180
Chris Abbott	3			19:52	200	6:37	ANDY WAHL	1			8:05		170
Phil Rutterer							BOBBY LACH	2			12:52	6:26	190
Andy Denny	DNF						KEN CHIK	2			13:10	6:35	148
Raj Joseph	3			20:53	156	6:57	MATT PALUCH	1			7:40		—
Nick Hilliard	3			19:52	188	6:37	TIPPER O'BRIEN	2			13:46	6:39	155
John Gleeson	3			23:25	180	7:51	STEVE ARMSTRONG	2			13:00	6:30	174
Ben Gray	3			23:57	184	7:39	ANDY SKOSKY	2			13:40	6:50	240
Bill Freeman	3			20:57	194	6:59	5						
Eric Grunzinger	3			23:01	196	7:40	JOEY NIELSEN	1			9:25		154
Greg Leuchtman	3			20:00	186	6:40	SEAN DENNY	1			8:40		120?
JAN CRANE	3			19:23	176	6:27	CONOR HAGEN	✓			8:15		—
JASON RIVERS	3			19:50	202	6:36	MATT SIEGEL	1			9:20		120?
MARK							DAN COOPER	1			8:33		162
							NICK ALLEN	1			7:41		170
							JASON JACOBY	1			8:22		177
							BRENDAN BOYLE	2			17:26		824
							JOE BARTELL	1			8:47		—
							RICHARD SPICER	1			7:41		192
							BRIAN GILMORE	1			7:46		141
							COY PEOPLE	2					—
							JOHN BROWN	1			8:10		—
							JOE HARVATH	1			6:40		216
							MARK DIGMAN	1			8:03		—
							JEFF SCOTT	1			7:47		158
							EARZO LENIOR	1			11:06		—
							MATT PYTECK	1			7:58		—

end

8/26/98 Jog /Cal /Stretch /Cal, Plyos w/ Lunges / Knee Proofing/Grass Looops:8,6,5,4,3,2
Cal /jog,stretch at area

Name	vol	goal	pace	time	pace	pulse	Name	vol	goal	pace	time	pace	pulse
1						144	20 3						
Ted Snodgrass	8			59:50		142	Dan Bedard	4			35:50		147
Nathan Tower	8			59:50		136	Steve Liford	4			38:00	35:40	174
Ken Reichert	6			44:18		128	Ryan Oldani	5			41:47		168
Matt Crow	8			58:14		180	Ryan Jones	4			36:10		160
John Senn	8			58:33		160	Marty Koehler	4			33:00		178
Alex Speiser	8			59:50		176	Chris Crews	4			36:06		177
Murphy O'Brien	8			59:50		156	Dan Leinauer	5			38:27		166
Mark Monda	6			46:24		192	Mike Lovinguth	4			33:00		204
Ryan Hatch	8			59:50		150	David Nischwitz						
Tim Huegerich	8			59:50		182	Nick Davis	4			32:27		178
Dan Graesser	8			59:50		160	Geoff Hill	4			35:29		153
Matt Schaefer	8			59:50		144	Pat Knudsen	4			32:14		174
David Godar	8			59:50		152	Geoff Hadler	4			31:46		202
Dan Westlund	4			30:35		158	Mark Rosenkrantz	4			31:46		188
2							Matt Snively	4			39:40		150
Jon Crane	5			36:50		160	Mike Fournie	4			33:00		182
Jason Towers	8			59:50		160	Mike Garcia	4			31:14		172
Sean Burns	6			42:35		174	Scott Hilton	4			32:06		168
Jon McGinnis	8			58:08		172	Hamilton Callison	5			40:28		178
Matt Luzacky	165			38:25		188	Marc Breslin	45			39:23		184
Matt Brice	8			58:08		158	13 4						
Jason Roehr							Ryan Wessels				14:41	140	+
Matt Solberg	6			46:08		160	John Parr	5			41:47		154 +
Chris Abbott	6			45:05		180	Pat Leinauer	4			31:57	151	+
Phil Rutterer	6			45:10		182	Pat Kim	4			31:57	170	+
Andy Denny							Andy Wahl						+
Raj Joseph	8			46:30		144	Bobby Lacky	2			14:30	150	+
Nick Hilliard	5			39:19		160	Ken Chik	2			14:25	129	+
John Gleeson	54			40:08		184	Matt Paluch	2			16:50	160	✓
Ben Gray	5			38:25		178	Tipper O'Brien	2			14:15	135	+
Bill Freeman	4			32:18	166		Steve Armstrong	2			14:05	159	+
Eric Grunzinger	4			31:49	168		Andy Skosky	2			15:20	180	✓
Greg Leuchtman	164			31:41	154		Joe Harvath	2			15:38	192	✓
							Brendan Boyle	2			17:08	132	
							14 5						
Coach B	54			36:24	186		Joey Nielsen	2			20:30	192	
Coach S	4			35:25			Sean Denny	2			20:16	164	
Coach H	6			44:48	184		Conor Hagen	2			21:00	166	
							Matt Siegel	2			20:33	180	
							Dan Cooper	2			20:00	168	
							Nick Allen	2			16:21	196	
							Jason Jacoby	2					
							Joe Bartell	2			20:02	185	
							Richard Spicer	2			15:41	200	
							Brian Gilmore	2			16:20	168	
							Mark Digman	2			19:03	194	
							Jeff Scott	2			18:27	174	
							Earzo Lenior	2			21:06	165	
							Matt Pytyk	2			19:20	188	
							TAN HUDSON	2			19:57	192	
													end

000001 01500

8/27/98 Jog /Cal record #'s/Stretch /Cal / Knee Proofing/Hills for groups 1 and 2: 12- 10- 8-6 circuits alternating lydiard-racing on hills. Remainder groups go hard on Grass Loops:hilly 6-5-4-3-2 /cal/jog/stretch at area

Name	Cal #'s	#hills	X	pulse	Name	Cal #'s	course	time	pulse
1					3 B				
Ted Snodgrass	71/90				Dan Bedard	66/81			
Nathan Tower	53/264				Steve Liford	25/70			
Ken Reichert	42/131				Ryan Oldani	48/53			
Matt Crow	55/80				Ryan Jones	35/100			
John Senn	45/55				Marty Koehler	35/250			
Alex Speiser	43/103				Chris Crews	35/63			
Murphy O'Brien	82/143				Dan Leinauer	51/106			
Mark Monda	53/67				Mike Lovinguth	35/121			
Ryan Hatch	75/120				David Nischwitz	85/66			
Tim Huegerich	57/90				Nick Davis	30/72			
Dan Graesser	61/77				Geoff Hill	62/127			
Matt Schaefer	74/122				Pat Knudsen	45/100			
David Godar	72/72				Geoff Hadler	62/83			
Dan Westlund	42/53				Mark Rosenkrantz	46/123			
2					Matt Snively	40/80			
Jon Crane	45/90				Mike Fournie				
Jason Towers	30/65				Mike Garcia	42/100			
Sean Burns	47/121				Scott Hilton	50/80			
Jon McGinnis	40/60				Hamilton Callison	60/64			
Matt Luzecky	54/63				Marc Breslin	40/65			
Matt Brice	76/91				4A				
Jason Roehr	32/88				Ryan Wessels				
Matt Solberg	52/91				John Parr				
Chris Abbott	92/115				Pat Leinauer				
Phil Rutterer	44/49				Pat Kim				
Andy Denny	48/73				Andy Wahl				
Raj Joseph	46/90				Bobby Lacky				
Nick Hilliard	45/65				Ken Chik				
					Matt Paluch				
					Tipper O'Brien				
3A					Steve Armstrong				
John Gleeson	73/109				Andy Skosky				
Ben Gray	50/250				Joe Harvath				
Bill Freeman	46/50				Brendan Boyle				
Eric Grunzinger	45/100				Nick Allen				
Greg Leuchtmann	55/79				Richard Spicer				
					Brian Gilmore				
					4 B				
					Joey Nielsen				
					Sean Denny				
					Conor Hagen				
					Matt Siegel				
					Dan Cooper				
					Jason Jacoby				
					Joe Bartell				
					Mark Digman				
					Jeff Scott				
					Earzo Lenior				
					Matt Pytlyk				
					Ian Hudson				

8/27/98 Jog /Cal record #'s/Stretch /Cal / Knee Proofing/Hills for groups 1 and 2: 12- 10- 8-6 circuits alternating lydiard-racing on hills. Remainder groups go hard on Grass Loops:hilly 6-5-4-3-2
/cal/jog/stretch at area

Name	Cal #'s	#hills	X	pulse	Name	Cal #'s	course	time	pulse
1					3 B				
Ted Snodgrass					Dan Bedard		4	29:29	172
Nathan Tower					Steve Liford		4	34:08	153
Ken Reichert					Ryan Oldani		5	39:10	176
Matt Crow					Ryan Jones		4	34:30	170
John Senn					Marty Koehler		4	32:00	189
Alex Speiser					Chris Crews		4	32:07	170
Murphy O'Brien					Dan Leinauer		5	38:40	184
Mark Monda		2	15:33	166	Mike Lovinguth		4	36:09	195
Ryan Hatch		2	16:33		David Nischwitz		4	30:20	180
Tim Huegerich					Nick Davis		4	30:54	180
Dan Graesser					Geoff Hill		4	30:24	172
Matt Schaefer					Pat Knudsen		4	30:38	189
David Godar					Geoff Hadler		4	28:26	218
Dan Westlund					Mark Rosenkrantz		4	28:26	208
2					Matt Snively		5	38:08	180
Jon Crane					Mike Fournie				
Jason Towers					Mike Garcia		5	38:52	190
Sean Burns					Scott Hilton		4	32:13	168
Jon McGinnis					Hamilton Callison		4	28:50	181
Matt Luzecky					Marc Breslin		4	30:22	184
Matt Brice					4A				
Jason Roehr					Ryan Wessels		3	40/40	21:36 144
M Solberg					John Parr		5	45/205	39:10 192
Abbott					Pat Leinauer		4	52/134	29:30 180
Phil Rutterer					Pat Kim		4	60/75	38:34 180
Andy Denny					Andy Wahl		2	25/75	16:56 200
Raj Joseph					Bobby Lacky		3	50/125	21:15 160
Nick Hilliard					Ken Chik		3	45/75	21:22 156
					Matt Paluch		2	60/70	17:31 160
					Tipper O'Brien		3	50/50	21:10 155
3A					Steve Armstrong		3	50/65	21:15 165
John Gleeson		4	31:59	172	Andy Skosky		3	35/70	21:27 180
Ben Gray		5	38:52	176	Joe Harvath			A	
Bill Freeman		4	29:12	168	Brendan Boyle		2	50/50	16:43 189
Eric Grunzinger		4	29:12	180	Nick Allen		3	20/35	22:29 200
Greg Leuchtmann		4	28:14	182	Richard Spicer		3	50/60	23:13 194
					Brian Gilmore		3	30/70	22:50 160
					4 B				
					Joey Nielsen		2	35/30	20:37 184
					Sean Denny			16/40	21:05 188
					Conor Hagen			25/90	26:16 174
					Matt Siegel			3/17	20:26 184
					Dan Cooper			50/50	21:05 172
					Jason Jacoby			30/55	18:53 192
					Joe Bartell			35/70	18:45 180
					Mark Digman			20/45	21:01 192
					Jeff Scott			45/100	18:47 165
					Earzo Lenior			30/35	25:55 188
					Matt Pytlyk			40/40	18:41 140
					Ian Hudson			E	

8:00
7:32

7:37
7:44
7:36
7:39
7:07
7:07

8:03
7:12
7:36

7:12
7:50
7:52
8:09

8:23
7:05
7:09

8:45
7:03
7:05
7:09

8:21
7:28
7:44

8/31/98 Weights /Jog /Cal /Stretch /Cal / Plyos Grass Loops:hilly 10-8- 6-5-4-3-/cal/jog/200's: 6-4-2/stretch at area

Name	Cal #'s	course	time	pulse	Name	Cal #'s	course	time	pulse
1					3 B				
Ted Snodgrass		8	53:25	174	Dan Bedard				
Nathan Tower		8	1:01	128	Steve Liford		4	31:43	177
Ken Reichert		8	1:01	120	Ryan Oldani		6	48:35	164
Matt Crow		6	45:05	160	Ryan Jones		4	31:43	160
John Senn		6/5	41:17	130	Marty Koehler		5	45:30	180
Alex Speiser		8	1:01	140	Chris Crews		5	40:53	172
Murphy O'Brien		8	1:01	152	Dan Leinauer		5	40:53	180
Mark Monda		8	1:01	168	Mike Lovinguth		5	55:30	174
Ryan Hatch		8	57:57	150	David Nischwitz		4	33:30	160
Tim Huegerich		8	1:01	176	Nick Davis		4	32:05	176
Dan Graesser		8	1:01	140	Geoff Hill		X		
Matt Schaefer		8	1:01	132	Pat Knudsen		5	45:32	162
David Godar		8	1:01	170	Geoff Hadler		5	42:54	186
Dan Westlund		8	1:01	168	Mark Rosenkrantz		X		
2					Matt Snively		X		
Jon Crane		6	57:52	168	Mike Fournie		2	46:43	160
Jason Towers		8	DNF	—	Mike Garcia		5	42:54	163
Sean Burns		6	47:08	158	Scott Hilton				
Jon McGinnis		8	57:52	170	Hamilton Callison				
Matt Luzecky					Marc Breslin		4	30:30	180
Matt Brice		8	56:49	172					
Jason Roehr		8	1:01	152	4A				
Matt Solberg		8	1:01	170	Ryan Wessels		3	24:30	132
Chris Abbott		6	47:25	138	John Parr				
Phil Rutterer		6	47:25	158	Pat Leinauer		5	41:31	160
Andy Denny		6	49:42	142	Pat Kim		4	31:04	160
Raj Joseph		6	49:03	150	Andy Wahl		3		
Nick Hilliard		6	49:42	162	Bobby Lacky				
					Ken Chik		4	32:54	168
					Matt Paluch				
					Tipper O'Brien		4	31:32	150
3A	Cal #'s	course	time	pulse	Steve Armstrong		3	22:56	146
John Gleeson		6	48:37	180	Andy Skosky		3	24:20	140
Ben Gray		5	43:32	170	Joe Harvath				
Bill Freeman		5	41:51	162	Brendan Boyle		3	24:20	142
Eric Grunzinger		5	46:30	152	Nick Allen		3	25:14	196
Greg Leuchtmann		6	45:01	172	Richard Spicer		3	25:18	120
Ofernod		4	33:31	164	Brian Gilmore		3	25:27	148
Coach F		4	32:16	168					
C" L		4	31:00	166	4 B				
C" H		4	31:00	174	Joey Nielsen		2	19:42	180
C" B		5	35:45	180	Sean Denny		2	19:51	148
					Conor Hagen				
					Matt Siegel				
					Dan Cooper				
					Jason Jacoby		2	19:43	128
					Joe Bartell		2	18:08	180
					Mark Digman			17:59	184
					Jeff Scott				
					Earzo Lenior				
					Matt Pytlyk		3	25:18	—
					Ian Hudson		2	18:30	180

9/1/98- Lockers /Check-in / Jog /Cal /Stretch /Cal / Plyos with Lunges / ^{EASY}Hard Loops: hilly 10-8-6-5-4-3 / cal / jog / 200's: 6-4-2 / stretch at area / back to school / Ice

Name	Cal #'s	course	time	pulse	Name	Cal #'s	course	time	pulse
1				152	3 B				
Ted Snodgrass		10	74:11	152	Dan Bedard	INJURED			
Nathan Tower	NICE GROUP	8	61:00	130	Steve Liford	4	33:28	133	
Ken Reichert	NICE GROUP	8	61:00	124	Ryan Oldani	6	47:07	160	
Matt Crow		8	58:52	168	Ryan Jones	4	33:28	155	
John Senn		6	46:52	152	Marty Koehler	Flat 5	43:26	180	
Alex Speiser		8	58:52	164	Chris Crews	6	49:08	174	
Murphy O'Brien	NICE GROUP	8	61:00	152	Dan Leinauer	6	47:17	163	
Mark Monda	NICE GROUP	8	61:00	170	Mike Lovinguth	6	48:40	180	
Ryan Hatch		10	74:11	160	David Nischwitz	4	32:24	170	
Tim Huegerich	NICE GROUP	8	61:00	178	Nick Davis	4	33:14	176	
Dan Graesser	NICE GROUP	8	61:00	136	Geoff Hill				
Matt Schaefer		10	74:11	152	Pat Knudsen	5	42:26	177	
David Godar	NICE GROUP	8	61:00	164	Geoff Hadler	4	31:12	148	
Dan Westlund	NICE GROUP	8	61:00	150	Mark Rosenkrantz	2	DNF-I		
2					Matt Snively	2	DNF-I		
Jon Crane	No Stops	6	44:32	162	Mike Fournie	4	34:20	168	
Jason Towers		0	30:00	easy	Mike Garcia	4	33:23	162	
Sean Burns		6	46:52	164	Scott Hilton	4	35:09	172	
Jon McGinnis	No stops	6	44:32	170	Marc Breslin	4	37:50	164	
Matt Luzecky		6	50:42	180					
Matt Brice		8	59:30	174	4A				
Jason Roehr	NICE GROUP	8	61:00	154	Ryan Wessels	4	34:58	146	
Matt Solberg		6	46:27	162	John Parr	6	50:40	142	
Chris Abbott		6	46:52	159	Pat Leinauer	5	39:08	164	
Phil Rutterer		5	40:04	168	Pat Kim	4	29:17	160	
Andy Denny	INJURED				Andy Wahl	3	23:18	160	
Raj Joseph		4	33:32	160	Bobby Lacky	4	32:26	172	
Nick Hilliard		6	46:52	140	Ken Chik	4	29:17	170	
Greg Leuchtmann		5	39:45	138	Matt Paluch				
					Tipper O'Brien	5	34:08	160	
					Steve Armstrong				
3A	Cal #'s	course	time	pulse	Andy Skosky	4	32:26	128	
John Gleeson		6	51:06	178	Brendan Boyle	3	25:00	140	
Ben Gray		6	50:42	176	Nick Allen	3	25:30	180	
Bill Freeman		5	39:39	158	Richard Spicer	3	23:16	184	
Eric Grunzinger		5	40:11	190	Brian Gilmore	3	25:01	154	
Jason Ottenad		4	35:15	164					
Hamilton Callison		6	46:42	160	4B				
Coach Flanagan		3	22:16	164	Joey Nielsen	3	27:00	176	
Coach Linhares		4	31:00	172	Sean Denny				
Coach Behm		4	31:00	171	Conor Hagen				
Coach Starkey		4	39:38	174	Matt Siegel				
Coach Hamel		0	30:00	easy	Dan Cooper	3	25:02	178	
					Jason Jacoby	3	25:56	212	
					Joe Bartell				
					Mark Digman	3	25:30	203	
					Jeff Scott				
					Earzo Lenior	lost 3	29:40	183	
					Matt Pytlyk	3	24:08		
					Ian Hudson	3	27:11	184	

9/2/98- Jog /Cal /Stretch(w/ toe taps) /Cal / Knee Proofing / Tempo Run:5-4-3-2 / cal/ 200's: 6-4 / jog / stretch/ice

Name	vol	goal	pace	time	pace	pulse	Name	vol	goal	pace	time	pace	pulse	
1							3 B							
Ted Snodgrass	1	5	6:00	29:55	5:59	164	Steve Liford	D	3	7:40	28:23	7:28	159	
Nathan Tower	2	5	6:00	IR			Ryan Oldani	C	4	7:10	29:11	7:18	192	
Ken Reichert	4	5	6:00	31:41	6:20	144	Ryan Jones	D	3	7:40	23:03	7:41	176	
Matt Crow	8	4	6:15	25:53	6:28	180	Marty Koehler	D	3	7:50	24:00	8:00	196	
John Senn	4	5	6:25	25:57	6:29	186	Chris Crews	D	3	7:20	20:48	6:56	186	
Alex Speiser	11	5	6:25	33:11	6:38	184	Dan Leinauer	C	4	7:00	28:59	7:45	196	
Murphy O'Brien	3	5	6:00	30:00	6:00	174	Mike Lovinguth	D	4	7:40	31:50	7:59	198	
Mark Monda	6	5	6:15	31:44	6:21	196	David Nischwitz	C	3	7:10	21:20	7:07	190	
Ryan Hatch	10	5	6:20	32:11	6:26	180	Nick Davis	D	3	7:40	22:05	7:22	184	
Tim Huegerich	7	5	6:15	32:11	6:26	186	Pat Knudsen	C	4	7:10	21:37	7:12	188	
Dan Graesser	9	5	6:20	33:18	6:40	188	Geoff Hadler	C	3	7:10	22:05	7:22	220	
Matt Schaefer	5	5	6:05	31:16	6:15	184	Mike Fournie	D	3	7:40	23:42	7:54	182	
David Godar	5	5	6:20	32:24	6:28	186	Mike Garcia	C	3	7:20	22:41	7:32	194	
Dan Westlund	5	5	6:25	32:11	6:26	184	Scott Hilton	D	3	7:20	22:20	7:27	172	
2							4A							
Jon Crane	4	6:25	25:57	6:29	170		Ryan Wessels	D	3	7:20	22:20	7:27	172	
Sean Burns	4	6:25	27:00	6:45	194		John Parr	C	3	7:00	DNF			
Jon McGinnis	4	6:25	26:07	6:32	176		Pat Leinauer	C	3	7:00	20:27	6:49	172	
Matt Luzecky	4	6:100					Pat Kim	C	3	7:00	20:22	6:47	180	
Matt Brice	4	6:25	25:49	6:27	178		Andy Wahl	D	3	7:20	23:00			
Jason Roehr	4	6:25	26:21	6:35	186		Bobby Lacky	C	3	7:00	22:01	7:20	180	
Matt Solberg	4	6:40	28:24	7:06	166		Ken Chik	C	3	7:00	20:49	6:56	169	
Chris Abbott	4	6:30	26:07	6:32	198		Matt Paluch	D	3	7:40				
Phil Rutterer	4	6:30	28:12	7:03	192		Tipper O'Brien	C	3	7:00	20:09	6:43	150	
Raj Joseph	4	6:45	27:58	7:00	190		Steve Armstrong	C	3	7:00	21:13	7:04	174	
Nick Hilliard	4	6:30	26:50	6:43	182		Andy Skosky	C	3	7:00	21:32	7:10	176	
Greg Leuchtmann	4	6:25	25:49	6:26	186		Brendan Boyle	D	3	7:30	JOINED ANKLE			
3A							Nick Allen							
John Gleeson	4	7:25	30:37	7:37	184		Richard Spicer	D	3	7:20	21:50	7:17	164	
Ben Gray	4	7:25	30:45	7:41	184		Brian Gilmore	D	3	7:30	24:46	8:15	160	
Bill Freeman	4	6:40	27:32	6:53	188		COACH (E) 4 B							
Eric Grunzinger	4	7:00	27:32	6:53	190		Joey Nielsen	E	2	8:30	17:12	8:36	180	
Jason Ottenad	3	7:35	22:37	7:32	174		Matt Siegel	E	2	8:30	21:25	10:43	200	
Hamilton Callison	4	6:30	29:59	7:30	168		Dan Cooper	E	2	7:40	16:15	8:08	178	
								Jason Jacoby	E	2	7:40	16:50	8:28	183
								Mark Digman	E	2	7:40	15:40	7:50	198
								Matt Pytlyk	E	2	7:40	8:14	8:06	DNF
								Ian Hudson	E	2	8:30	17:07	8:34	186
								EARZO LEMORE	E	2	8:30	20:00+		
								JOE BARTLE			DNF			
Recovering:														
Jason Towers														
Adam Chadwick														
Dan Bedard														
Mark Rosenkrantz														
Andy Denny														
Geoff Hill														
Matt Snively														
Joe Hoffman														
Sean Denny														
Conor Hagen														
Joe Bartell														

A = LINTARES
B = BENH
C = HAMEL

D = STANLEY
E = PLANAGAN

9/3/98- Weight Lifting / Jog /Cal /Stretch(w/ toe taps) /Cal / ~~Phy's~~ (highknees) / 200s: 6-4
 Timed Runs 60,50,40, or 30 mins / Cal / stretch / ice

Name	Cal	Time	Pulse	Name	Cal	Time	Pulse
1	60			3 B	40		
Ted Snodgrass				Steve Liford			
Nathan Tower				Ryan Oldani			
Ken Reichert				Ryan Jones			
Matt Crow				Marty Koehler			
John Senn				Chris Crews			
Alex Speiser				Dan Leinauer			
Murphy O'Brien				Mike Lovinguth			
Mark Monda				David Nischwitz			
Ryan Hatch				Nick Davis			
Tim Huegerich				Pat Knudsen			
Dan Graesser				Geoff Hadler			
Matt Schaefer				Mike Fournie			
David Godar				Mike Garcia			
Dan Westlund				Scott Hilton			
2				Marc Breslin			
Jon Crane				4 A			
Sean Burns	50			John Parr			
Jon McGinnis				Pat Leinauer	30		
Matt Luzecky	0	REMOVED		Pat Kim			
Matt Brice				Andy Wahl	0		
Jason Roehr				Bobby Lacky			
Matt Solberg				Ken Chik			
Chris Abbott				Matt Paluch			
Phil Rutterer				Tipper O'Brien			
Raj Joseph				Steve Armstrong			
Nick Hilliard				Andy Skosky			
Greg Leuchtmann				Brendan Boyle			
3 A				Richard Spicer	0		
John Gleeson				Brian Gilmore	0		
Ben Gray	40			4 B			
Bill Freeman				Joey Nielsen			
Eric Grunzinger				Matt Siegel			
Jason Ottenad				Dan Cooper	0		
Hamilton Callison				Jason Jacoby			
				Nathan Tower			
				Matt Pytlyk			
				Ian Hudson	0		
				Joe Bartell			
Recovering:							
Jason Towers							
Adam Chadwick							
Dan Bedard							
Mark Rosenkrantz							
Andy Denny							
Geoff Hill							
Matt Snively							
Joe Hoffman							
Conor Hagen							
Nathan Tower							

9/4/98- Jog /Cal /Stretch(w/ toe taps) /Cal / Plyo's (highknees) / Fartlek Run 6,5,4 or 3 miles; 3min off, 2min on (freshman 3.5, 1.5) / Cal / Jog / Stretch / Ice

Name	Distance	Time	Pulse	Name	Distance	Time	Pulse
1 laps				3 B			
Ted Snodgrass				Steve Liford	5	18:40	
Ken Reichert	12	38:11	154	Ryan Oldani	8	27:18	180
Matt Crow	10	32:12	180	Ryan Jones	5	18:51	174
John Senn	4 laps	12:42		Marty Koehler	8		196
Alex Speiser	10	32:12	178	Chris Crews	DNF		
Murphy O'Brien	12	38:11	162	Dan Leinauer	4	14:32	152
Mark Monda	DNF	18:44		Mike Lovinguth			
Ryan Hatch	12	39:00	182	David Nischwitz	8	29:06	200
Tim Huegerich	12	39:15	196	Nick Davis	6	22:01	184
Dan Graesser	9	30:11	188	Pat Knudsen	4	14:02	176
Matt Schaefer	10	31:52	174	Geoff Hadler	DNF	lower calf	
David Godar	6	19:39		Mike Fournie	4 mi	33:50	178
Dan Westlund	12	39:15	188	Mike Garcia	DNF		
2				Scott Hilton	5	18:33	180
Jon Crane	10	32:12	174	Marc Breslin			
Sean Burns	4 5			4 A			
Jon McGinnis	6	20:04	180	John Parr	8	27:25	158
Matt Luzacky	3 mi			Pat Leinauer	8	27:25	168
Matt Brice	8	26:32	184	Pat Kim	6	21:20	170
Jason Roehr	8	26:32	174	Andy Wahl	5	15:56	181
Matt Solberg	8	27:49	170	Bobby Lacky	DNF		
Chris Abbott	10	34:50	172	Ken Chik	6	21:26	168
Phil Rutterer	10	34:53	180	Matt Paluch	5	15:53	178
Raj Joseph	8	28:00	165	Tipper O'Brien	6	21:30	
Nick Hilliard	10	34:50	178	Steve Armstrong	6	22:29	172
Greg Leuchtmann	6	19:46	184	Andy Skosky	6	21:40	212
3 A				Brendan Boyle	2		
John Gleeson	8	28:12	188	Richard Spicer +	6	21:26	160
Ben Gray	6	23:00		Brian Gilmore	6	24:21	176
Bill Freeman	8	27:11	188	4 B			
Eric Grunzinger	8	27:16	204	Joey Nielsen			
Jason Ottenad	6	22:17	182	Matt Siegel			
Hamilton Callison	10	34:45	182	Dan Cooper	6	25:30	178
Recovering:				Jason Jacoby	3	11:30?	
Jason Towers	2 mi	12:54		Mark Dignan			
Adam Chadwick				Matt Pytyk	6	22:59	200
Dan Bedard				Ian Hudson			
Mark Rosenkrantz				Joe Bartell			
Andy Denny				EARL 20 LENIORO	4	19:15	223
Geoff Hill							
Matt Snively							
Joe Hoffman							
Conor Hagen							
Nathan Tower							

Break halfway

Plyo's (lunges) 200's: 6JV -4 Frosh/ cover entire course at easy pace/ cal / Jog home/stretch / ice

[illegible]

9/10/98- Jog /Cal /Stretch(w/ toe taps) /Cal / Plyo's (lunges) 200's: 6JV -4 Grass Loops: Racers easier, rest somewhat harder 10,8,6,5,4 cal/jog/stretch/ice

Name	cal	dist	time	pulse	Name	Cal	dist	time	pulse
1					3 B				
Ted Snodgrass		5	39:26	130	Steve Liford	4	35:30	171	
Nathan Tower					Ryan Oldani	8	1:03:43	164	
Ken Reichert			39:48	120	Ryan Jones	4	32:15	158	
Matt Crow			40:35	156	Marty Koehler	5	42:39	180	
John Senn			40:35	164	Chris Crews	EX			
Alex Speiser			38:35	158	Dan Leinauer	8	1:04:12	176	
Murphy O'Brien			40:10		Mike Lovinguth	5	41:59	188	
Mark Monda			39:40	162	David Nischwitz	4	31:51	168	
Ryan Hatch	4		32:13	146	Nick Davis	4	34:32		
Tim Huegerich			39:30	158	Pat Knudsen	6	46:55	166	
Dan Graesser			39:26	136	Geoff Hadler	5	40:23	168	
Matt Schaefer			39:26	126	Mike Fournie	4	31:50	150	
David Godar					Mike Garcia	PT			
Dan Westlund					Scott Hilton	5	38:48	174	
2					Marc Breslin	4	32:56	152	
Jon Crane	8		100:00	160	4A				
Sean Burns	5		40:35	142	John Parr	6	49:13	141	
Jon McGinnis	8		1:00:00	180	Pat Leinauer	6	46:55	174	
Matt Luzecky	PT				Pat Kim	5	43:40	160	
Matt Brice	8		58:22	158	Andy Wahl	4	34:25	176	
Jason Roehr	8		1:00:20	168	Bobby Lacky	4	32:07	188	
Matt Solberg	8		1:00:20	162	Ken Chik	4	32:48	124	
Chris Abbott	6		46:43	160	Matt Paluch	3	22:48	165	
Phil Rutterer	6		46:43	160	Tipper O'Brien	5	43:20	158	
Raj Joseph	6		49:47	160	Steve Armstrong	4	32:07	132	
Nick Hilliard					Andy Skosky	4	32:29	144	
Greg Leuchtmann	5		38:35	152	Brendan Boyle	4	35:09	150	
3A					Richard Spicer	4	32:48	142	
John Gleeson	6		47:56	180	Brian Gilmore	4	39:00	180	
Ben Gray	PT				4B				
Bill Freeman	6		46:55	154	Joey Nielsen	3	29:39	176	
Eric Grunzinger					Matt Siegel	3	32:40	164	
Jason Ottenad	PT				Dan Cooper	4			
Hamilton Callison	6		49:13	190	Jason Jacoby	4	40:02	210	
					Jason Jacoby				
					Matt Pytlyk	4			
					Ian Hudson	PT			
					Joe Bartell	4	39:00	180	
Recovering:									
Jason Towers	4				COACH F	3	21:40	164	
Adam Chadwick	2		18:10	210	COACH D	4	40:25	190	
Dan Bedard	4		31:32	159	COACH B	4	40:05	135	
Mark Rosenkrantz									
Andy Denny	4		33:49	146					
Geoff Hill	4								
Matt Snively									
Joe Hoffman	2		17:57	184					
Conor Hagen	2		20:15	196					
Nathan Tower	4		32:13	128					

9/14/98- Jog to area direct to knee proofing/Cal /Stretch(w/ toe taps) /Cal /Plyo's with butt kicks/ 200's: 6 V,JV 4B, none to injured/ Grass Loops: 8,6,5,4, 3 only for injured or problems cal/jog/stretch/ice

Name	cal	dist	time	pulse	Name	Cal	dist	time	pulse
1					3 B				
Ted Snodgrass		8			Steve Liford	5		42:33	177
Nathan Tower		8 6	41:42	150	Ryan Jones	5		42:33	170
Ken Reichert		8	61:32	128	Marty Koehler	5		46:47	180
Matt Crow		8			Mike Lovinguth	5			
John Senn		8	61:32	154	Nick Davis	5		43:15	180
Alex Speiser		8	59:37	166	Pat Knudsen	5		40:08	170
Murphy O'Brien		8	59:57	158	Geoff Hadler	5		44:15	162
Mark Monda		8	59:57	144	Mike Fournie	5		44:08	160
Ryan Hatch		8 6	41:44	166	Mike Garcia	8	3	27:52	152
Tim Huegerich		8	59:57	184	Scott Hilton	5		44:08	160
Dan Graesser		8	59:57	168	Marc Breslin	5			
Matt Schaefer		8	57:21	152	Denny	6		45:30	156
David Godar					4 A				
Dan Westlund		8	59:57	170	John Parr	6		54:04	124
Jason Towers	DNF	8	DNF		Pat Leinauer	6		45:30	176
Greg Leuchtman		8	61:47	154	Pat Kim	6		45:27	160
Sean Burns		8	60:16	186	Tipper O'Brien	6		54:04	120
2					4 B				
Jon Crane		8	59:39	168	Andy Skosky	5		41:00	180
Jon McGinnis		8	59:31	180	Bobby Lacky	5			
Matt Brice		8	60:20	148	Ken Chik	5		DNF	DNF
Jason Roehr		8	60:18	150	Matt Paluch	5			
Matt Solberg		8	61:07	154	Andy Wahl	5		34:03	168
Chris Abbott		8	61:32	174	Steve Armstrong	5		41:00	147
Phil Rutterer		8	61:53	174	Brendan Boyle	8 4		40:30	115
Nick Hilliard		8	61:47	168	Richard Spicer	5			
Ryan Oldani		8	63:04	144	Matt Pitlyk	8 4		35:35	128
Bill Freeman		8	61:07	174	4 C				
David Nischwitz		6	46:17	184	Joey Nielsen	8 7		Lost	
Eric Croninger					Matt Siegel	8 7		Lost	
					Dan Cooper	4		40:32	174
3 A					Jason Jacoby	4		40:32	192
John Gleeson		6	47:58	180	Ian Hudson	8 7	RECOVERING		
Ben Gray		8 4	35:20	158	Joe Bartell	4		40:32	190
Hamilton Callison		8	61:29	182	Conor Hagen	8 7	LOST ON COURSE		
Raj Joseph		6	47:17	158	Brian Gilmore	4		35:36	153
Cris Crews		6	48:42	177	EARZO LEMOR	7		Lost	
Dan Leinauer		6	35:11	144	COACH B	5		41:00	171
Geoff Hill		6	47:06	148	COACH F	5	FLAT	40:00	164
Recovering:									
Matt Luzecky									
Adam Chadwick		3	21:21						
Dan Bedard		3	22:55	122					
Mark Rosenkrantz									
Andy Denny									
Jason Ottenad									
Matt Snively									
Joe Hoffman									

Gray
Veruiz

9/15/98- Jog to area (Frosh to XC course) /Cal /Stretch(w/ toe taps) /Cal / 200's: 6 V, 4 JV+C, none to injured/ Hills: 12,10,8,6 (Frosh run course at easy over distance pace) / cal / jog / stretch / ice

[illegible]

9/17/98- Jog to area /Cal /Stretch(w/ toe taps) /Cal / 200's: 6 V, 4 JV+C, none to injured/ Hard Bike Paths- 6.2, 5.2, 4.0 / cal / jog / stretch / ice

[illegible]

9/17/98- Jog to track /Cal /Stretch(w/ toe taps) /Cal / 200's: 6 V, 4 JV+C, none to injured/ Cruise 400's - 18 or 14 / cal / jog / stretch / ice

Name	cal	dist	time	pulse	Name	Cal	dist	time	pulse
1					3 B				
Ted Snodgrass		5	29:57	160	Steve Liford		4	31:10	153
Nathan Tower		5	30:16	166	Ryan Jones				
Ken Reichert		5	30:56	148	Marty Koehler		3	29:04	180
Matt Crow		5	32:28	178	Mike Lovinguth		4	31:43	213
John Senn		5	32:36	180	Nick Davis		4	29:49	184
Alex Speiser		5	32:46	184	Pat Knudsen		4	28:57	162
Murphy O'Brien		5	30:56	168	Geoff Hadler		4	27:33	210
Mark Monda		5	31:20	198	Mike Fournie				
Ryan Hatch					Mike Garcia		4	30:47	192
Tim Huegerich		5	31:01	192	Scott Hilton		4	29:42	172
Dan Graesser		5	32:10	185	Dan Bedard		4	30:13	164
Matt Schaefer		5	30:35	188					
David Godar					4 A				
Dan Westlund		5	31:50	182	John Parr				
Jason Towers		5	32:36	180	Pat Leinauer				
Sean Burns					Pat Kim				
2					Tipper O'Brien				
Jon Crane		5	32:36	170	4 B				
Jon McGinnis		5	32:40	175	Andy Skosky				
Matt Brice		5	32:19	188	Bobby Lacky				
Jason Roehr		5	32:53	184	Ken Chik				
Matt Solberg		5	33:34	180	Matt Paluch				
Chris Abbott		5	33:13	184	Andy Wahl				
Phil Rutterer		5	34:21	176	Steve Armstrong				
Nick Hilliard		5	34:09	184	Brendan Boyle				
Ryan Oldani		5	35:29	168	Richard Spicer				
Bill Freeman		5	34:09	179	Matt Pitlyk				
David Nischwitz		4	28:44	172	4 C				
Eric Grunzinger		5	33:53	168	Joey Nielsen				
					Matt Siegel				
3 A					Dan Cooper				
John Gleeson		4	28:38	184	Jason Jacoby				
Ben Gray					Ian Hudson				
Hamilton Callison		5	35:27	182	Joe Bartell				
Raj Joseph		4	26:46	174	Conor Hagen				
Cris Crews		3	21:32	174	Brian Gilmore				
Dan Leinauer		4	29:37	172					
Geoff Hill		4	29:42	172					
Andy Denny									
Recovering:									
Matt Luzecky									
Adam Chadwick									
Mark Rosenkrantz									
Jason Ottenad									
Matt Snively									
Joe Hoffman		40	30:10	192					
Ian Huson									

9/18/98- Jog / Cal / Stretch / Plyo- Double set for group one / Non-Frosh: O. D. 8-6-5 w/ 6 200's after / Frosh: 4-3 Cruise Miles / Cal / Jog / Stretch.

Name	dist	time	pulse	Name	cal	dist	time	pulse		
1				3 B						
Ted Snodgrass				Steve Liford						
Nathan Tower				Ryan Jones						
Ken Reichert				Marty Koehler						
Matt Crow				Mike Lovinguth						
John Senn				Nick Davis						
Alex Speiser				Pat Knudsen						
Murphy O'Brien				Geoff Hadler						
Mark Monda				Mike Fournie						
Ryan Hatch				Mike Garcia						
Tim Huegerich				Scott Hilton						
Dan Graesser				Dan Bedard						
Matt Schaefer				Joe Hoffman						
David Godar				Matt Snively						
Dan Westlund				Jason Ottenad						
Jason Towers										
Sean Burns				4A	Mile 1	Mile 2	Pulse	Mile 3	Mile 4	Pulse
2				John Parr	6:16	6:19	168	7:01	SHOE	OFF
Jon Crane				Pat Leinauer	6:16	6:06	172	6:00	180	
Jon McGinnis				Pat Kim	6:15	6:03	180	6:24	X	
Matt Brice				Tipper O'Brien	6:17	6:08	155	6:03	160	
Jason Roehr				4 B						
Matt Solberg				Andy Skosky	6:25	6:23	156	6:40	182	
Chris Abbott				Bobby Lacky	6:30	6:16	180	6:32	200	
Phil Rutterer				Ken Chik	6:20	6:32	148	6:35	152	
Nick Hilliard				Matt Paluch						
Ryan Oldani				Andy Wahl						
Bill Freeman				Steve Armstrong	6:24	6:16	168	6:34	178	
David Nischwitz				Brendan Boyle	7:00	7:03	188	6:41	190	
Eric Grunzinger				Richard Spicer	6:18	6:21	162	7:01	164	
				Matt Pitlyk	6:32	6:46	170	6:51	X	
3A				4C						
John Gleeson				Joey Nielsen	7:21	7:44	172	7:46	172	
Ben Gray				Matt Siegel	8:14	9:12	140	10:13	200	
Hamilton Callison				Dan Cooper	7:20	8:24	174	8:35	172	
Raj Joseph				Jason Jacoby						
Cris Crews				Ian Hudson						
Dan Leinauer				Joe Bartell	8:16	8:55	180	9:09	X	
Geoff Hill				Conor Hagen	8:08	9:12	185	10:03	180	
Andy Denny				Brian Gilmore	7:08	7:18	136	7:19	168	
Adam Chadwick				Farzo Lenoir						
Matt Luzecky										
Recovering:										
Matt Luzecky										
Adam Chadwick										
Jason Ottenad										
Matt Snively										
Ian Huson										
Andy Wahl										
Andy Denny										

Ben Gray

9/18/98- Jog / Cal / Stretch / 6 200's / Non-Frosh: Flat 4 or 5 miles / Frosh: 6 or 8 hill circuits / Cal / Jog / Stretch.

Name	dist	time	pulse	Name	Cal	t	time	pulse
1				3 B				
Ted Snodgrass	4	30:50	140	Steve Liford		3	24:30	174
Nathan Tower	4	30:50	122	Ryan Jones		4	34:45	160
Ken Reichert	4	34:37	120	Marty Koehler		NO TIME/PULSE		
Matt Crow	4	34:30	150	Mike Lovinguth		3	24:46	161
John Senn	4	34:30	138	Nick Davis				
Alex Speiser	4	32:26	156	Pat Knudsen		4	32:15	156
Murphy O'Brien	4	35:05	130	Geoff Hadler		NO TIME/PULSE		
Mark Monda	4	35:05	144	Mike Fournie		4	36:46	134
Ryan Hatch				Mike Garcia		4	35:02	132
Tim Huegerich	4	30:50	165	Scott Hilton				
Dan Graesser	4	34:37	140	Dan Bedard		4	36:46	154
Matt Schaefer	4	32:30	122					
David Godar				4A				
Dan Westlund	4	36:06	122	John Parr		7		
Jason Towers	4	34:30	140	Pat Leinauer		7		
Sean Burns	4	34:37	144	Pat Kim		7		
2				Tipper O'Brien		7		
Jon Crane	4	34:37	120	4 B				
Jon McGinnis				Andy Skosky		7		
Matt Brice	4	34:30	122	Bobby Lacky		7		
Jason Roehr	4	32:15	144	Ken Chik		7		
Matt Solberg	4	35:05	142	Matt Paluch		6		
Chris Abbott	4	34:30	128	Andy Wahl		6		
Phil Rutterer	4	33:00	154	Steve Armstrong		7		
Nick Hilliard	4	32:25	148	Brendan Boyle		6		
Ryan Oldani	4	36:30	136	Richard Spicer		7		
Bill Freeman	4	36:46	158	Matt Pitlyk		6		
David Nischwitz	4	36:24	140	4C				
Eric Grunzinger	4	32:25	158	Joey Nielsen		6		
				Matt Siegel		6		
3A				Dan Cooper		6		
John Gleeson	4	32:28	180	Jason Jacoby		6		
Ben Gray				Ian Hudson		6		
Hamilton Callison	4	36:24	162	Joe Bartell		6		
Raj Joseph	4	35:13	143	Conor Hagen		6		
Cris Crews	4	33:05	166	Brian Gilmore		6		
Dan Leinauer	4	34:33	160	Earzo Lenoir		6		
Geoff Hill	4	34:37	132					
Andy Denny	4	32:20	142	Coach B		4	35:05	141
Recovering:								
Matt Luzecky								
Adam Chadwick	3	23:22	180					
Mark Rosenkrantz								
Jason Ottenad								
Matt Snively								
Joe Hoffman		24:15	192					
Ian Huson								

9/22/98- Jog / Cal / Stretch / Plyo w/ lunges- Double set for top group w/ butt kicks / Non-Frosh: Cruise Miles 5-4 / Frosh: 4 miles easy / 200's after 6-4 / Cal / Jog / Stretch.

Name	Mile1	Mile2	Pulse	Mile3	Mile4	Mile5	Pulse	Name	Mile1	Mile2	Pulse	Mile3	Mile4	Pulse
1 A								3 B						
Ted Snodgrass								Steve Liford						
Nathan Tower								Ryan Jones						
Ken Reichert								Scott Hilton						
Matt Crow								Mike Lovinguth						
Alex Speiser								Dan Bedard						
Murphy O'Brien								Pat Knudsen						
Mark Monda								Geoff Hadler						
Ryan Hatch								Mike Fournie						
Tim Huegerich								Marty Koehler						
Dan Graesser								Nick Davis						
Matt Schaefer								Ben Gray						
Dan Westlund								Matt Snively						
1 B								Jason Ottenad						
Sean Burns								4 A						
Jon McGinnis								cal	dist	time	pulse			
Jon Crane								4	4	32:19	124			
John Senn								4	4	32:19	124			
Matt Brice								4	4	32:19	140			
Jason Towers								4	4	32:19				
David Godar								4 B						
2								Andy Skosky	4	4	32:19	144		
Jason Roehr								Bobby Lacky	4	4	32:19	110		
Matt Solberg								Ken Chik	4	4	32:19			
Chris Abbott								Matt Paluch	4	4	32:19			
Phil Rutterer								Andy Wahl	4	4	32:19			
Nick Hilliard								Steve Armstrong	4	4	32:19			
Bill Freeman								Brendan Boyle	4	4	32:19	146		
David Nischwitz								Richard Spicer	4	4	32:19	121		
Eric Grunzinger								Matt Pitlyk	4	4	35:18	164		
Hamilton Callison								4 C						
3 A								Joey Nielsen	4	37:05	172			
Ryan Oldani								Matt Siegel	4	38:45	164			
John Gleeson								Dan Cooper	4	36:15	160			
Joe Hoffman								Jason Jacoby	4	36:25	200			
Raj Joseph								Ian Hudson	4	36:35	180			
Cris Crews								Joe Bartell	4	36:56	175			
Dan Leinauer								Conor Hagen	4	35:42	140			
Geoff Hill								Brian Gilmore	4	35:42	140			
Andy Denny								Recovering:						
Adam Chadwick								Matt Luzecky						
Matt Luzecky								Adam Chadwick						
								Jason Ottenad						
								Matt Snively						
								Ian Huson						
								Andy Wahl						
								Andy Denny						
								Ben Gray						
								Nick Davis						
								David Godar						
								Matt Paluch						
								Marty Koehler						

9/23/98- Jog / Cal / Stretch / Plyo w/ High knees- Double set for top group / Frosh: At Hazelwood East
/Non-Frosh: Grass Loops 5 or 6 miles / 200's after 8-6 / Cal / Jog / Stretch.

Let's really focus on those 200's!!

Name	Cal	Distance	Time	Pulse	Name	Cal	Distance	Time	Pulse
1A					3B				
Ted Snodgrass pd	✓	6F	47:00	160	Steve Liford	57	84	35:19	159
Nathan Tower	✓	6F	47:00	144	Ryan Jones	✓	4	34:06	140
Ken Reichert	38	6F	50:44	120	Scott Hilton	62			
Matt Crow	53	4	29:07	160	Mike Lovinguth	✓	4	35:34	180
Alex Speiser	✓	6	45:05	148	Dan Bedard	58	4	35:27	154
Murphy O'Brien	✓	6F	50:45	—	Pat Knudsen	60	6F5	39:03	152
Mark Monda Pd	66	6F	50:45	162	Geoff Hadler	58	5		
Ryan Hatch	70	6	44:00	160	Mike Fournie	✓	43	23:45	—
Tim Huegerich	50	4	29:07	170	Marty Koehler	66	43	23:45	—
Dan Graesser	✓	6F	47:00	148	Nick Davis	✓			
Matt Schaefer	48	6F	47:55	146	Ben Gray	✓			
Dan Westlund	52	6F	50:41	164	Matt Snively				
1B					Jason Ottenad	50			
Sean Burns	62	6F	50:41	152					
Jon McGinnis	62	6F	50:41	144					
Jon Crane	✓	6F	44:00	160					
John Senn	56	6F	50:41	140					
Matt Brice pd	58	Breasted							
Jason Towers	64	6F	44:00	200					
David Godar	✓								
2									
Jason Roehr Pd	52	6	45:35	154					
Matt Solberg	62	4	31:01	148					
Chris Abbott Pd	56	6F	50:44	148					
Phil Rutterer	52	6F	50:43	148					
Nick Hilliard	58	6F	50:45	164					
Bill Freeman	✓	6F5	36:50	154					
David Nischwitz Pd	✓								
Eric Grunzinger	✓	6F	50:45	158					
Hamilton Callison Pd	✓	4	29:01	162					
3A									
Ryan Oldani	60	6F	50:44	152					
John Gleeson	60	6F	50:45	172					
Joe Hoffman	✓	4	30:13	184	Recovering:				
Raj Joseph	74	5	39:04	164	Matt Luzecky	68			
Cris Crews	53	54	31:31	181	Adam Chadwick	62			
Dan Leinauer pd	58	6F5	39:04	158	Jason Ottenad	✓			
Geoff Hill	✓	5	36:50	162	Matt Snively				
Andy Denny					Ian Huson				
Adam Chadwick	✓	5	36:50	174	Andy Wahl				
Matt Luzecky	✓				Andy Denny				
					Ben Gray	✓			
					Nick Davis	✓			
					David Godar	✓			
					Matt Paluch				
					Marty Koehler	✓			

9/24/98- Jog / Cal / Stretch / Plyo w/ lunges- Double set for top group w/ butt kicks / Grass Loops 8,7 or 6 miles (Frosh: 6,5 or 4 miles) / 200's after 8 or 6 / Cal / Jog / Stretch.

Hit those 200's again !

Name	Cal	Distance	Time	Pulse	Name	Cal	Distance	Time	Pulse
1 A					3 B				
Ted Snodgrass		8	61:22	164	Steve Liford			42:13	177
Nathan Tower		8	57:57	150	Ryan Jones			42:18	162
Ken Reichert		8	61:22	122	Scott Hilton			42:23	172
Matt Crow		6	44:02	160	Mike Lovinguth			31:57	177
Alex Speiser		8	58:59	160	Dan Bedard				
Murphy O'Brien		6	45:20	152	Pat Knudsen		6	46:37	164
Mark Monda		8	62:00	162	Geoff Hadler				
Ryan Hatch		8	58:13	162	Mike Fournie		4	32:40	135
Tim Huegerich		8	61:22	165	Marty Koehler				
Dan Graesser		8	61:22	158	Nick Davis				
Matt Schaefer		8	61:22	140	Ben Gray				
Dan Westlund		8	57:57	170	Matt Snively				
1 B					4 A				
Sean Burns		6	45:32	162	John Parr		8	61:22	152
Jon McGinnis		6	46:05	170	Pat Leinauer		4	29:37	152
Jon Crane		6	46:11	150	Pat Kim		4	29:02	140
John Senn		6	44:02	163	Tipper O'Brien		4	29:56	160
Matt Brice		8	56:18	178	4 B				
Jason Towers		8	61:22	148	Andy Skosky			29:56	124
David Godar					Bobby Lacky				
2					Ken Chik		4	29:56	120
Jason Roehr		8	60:25	180	Matt Paluch				
Matt Solberg		6	46:11	152	Andy Wahl		4	35:15	176
Chris Abbott		6	44:02	160	Steve Armstrong		4	29:56	132
Phil Rutterer		6	45:16	164	Brendan Boyle		4	34:30	118
Nick Hilliard		8	61:22	156	Richard Spicer				
Bill Freeman		6	47:45	158	Matt Pitlyk		4	32:47	180
David Nischwitz		5	40:21	174	4 C				
Eric Grunzinger		8	61:22	158	Joey Nielsen		4	37:00	164
Hamilton Callison		5	40:21		Matt Siegel		4	39:23	196
3 A					Dan Cooper		4	35:15	158
Ryan Oldani		8	61:52	152	Jason Jacoby		4	33:20	174
John Gleeson		6	46:35	160	Ian Hudson				
Joe Hoffman		5	35:00	192	Joe Bartell		4	36:41	158
Raj Joseph		6	47:37	168	Conor Hagen				
Cris Crews		5	36:00	168	Brian Gilmore		4	32:47	144
Dan Leinauer		6	47:36	164	Recovering:				
Geoff Hill		6	44:45	168	Matt Luzecky				
Andy Denny					Adam Chadwick		5	35:45	186
Adam Chadwick		5	35:45	186	Jason Ottenad				
Matt Luzecky					Matt Snively				
Coach B		6	41:23	183	Ian Huson				
Coach F	No Speed	6	48:15	180	Andy Wahl		4	35:15	176
Coach L		6	44:40	178	Andy Denny				
Coach G		4	30:09	172	Ben Gray				
					Nick Davis				
					David Godar				
					Matt Paluch				
					Marty Koehler				

9/25/98- Jog / Cal / Stretch / Racers: Timed runs 30 mins / Cal / 4 200's (2 easy, 2 moderate) / Jog / Stretch
Non-Racers: Cal/ Plyos w/ Butt kicks/ Hill circuits 10,8 or 6/ Cal/ 4 200's (2 easy, 2 moderate) / Jog / Stretch

Name	Time	Name	Time		
1 A		3 B			
Ted Snodgrass		Steve Liford			
Nathan Tower		Ryan Jones			
Ken Reichert		Scott Hilton			
Matt Crow		Mike Lovinguth			
Alex Speiser		Dan Bedard			
Murphy O'Brien		Pat Knudsen			
Mark Monda		Geoff Hadler			
Ryan Hatch		Mike Fournie			
Tim Huegerich		Marty Koehler			
Dan Graesser		Nick Davis			
Matt Schaefer		Ben Gray			
Dan Westlund		Matt Snively			
1 B		Jason Ottenad			
Sean Burns		4 A	Time (If Racing)	# of Hills	Pulse
Jon McGinnis		John Parr	TEMPO	3	20:40
Jon Crane		Pat Leinauer	R		
John Senn		Pat Kim	R		
Matt Brice		Tipper O'Brien	R		
Jason Towers		4 B			
David Godar		Andy Skosky	R		
2		Bobby Lacky	R		
Jason Roehr		Ken Chik	R		
Matt Solberg		Matt Paluch			
Chris Abbott		Andy Wahl	R		
Phil Rutterer		Steve Armstrong	E		
Nick Hilliard		Brendan Boyle	ABSENT		
Bill Freeman		Richard Spicer	R		
David Nischwitz		Matt Pitlyk	TEMPO	3	22:44
Eric Grunzinger		4 C			
Hamilton Callison		Joey Nielsen	TEMPO	3	25:06
		Matt Siegel	TEMPO	3	27:06
3 A		Dan Cooper	TEMPO	3	25:20
Ryan Oldani		Jason Jacoby	TEMPO	3	28:12
John Gleeson		Ian Hudson			
Joe Hoffman		Joe Bartell	TEMPO	3	25:56
Raj Joseph		Conor Hagen	TEMPO	3	25:57
Cris Crews		Brian Gilmore	R		
Dan Leinauer					
Geoff Hill		Recovering:			
Andy Denny		Matt Luzecky			
Adam Chadwick		Adam Chadwick			
Matt Luzecky		Jason Ottenad			
		Matt Snively			
		Ian Huson			
		Andy Wahl			
		Andy Denny			
		Ben Gray			
		Nick Davis			
		David Godar			
		Matt Paluch			
		Marty Koehler			

188

172

196

168

150

185

170

9/28/98- Jog / Cal TEST / Stretch / Plyo w/ Butt kicks/high knees- Double set for top group/ / 200's after 8-6-4 / Cal / Jog / Stretch.

Name	CAL:	Dist	time	pulse	# 200's	Name	CAL:	Dist	time	pulse	# 200's
1A						3B					
Ted Snodgrass		8	53:52	160		Steve Liford		5	40:55	168	
Nathan Tower		8	53:57	160		Ryan Jones		5	40:50	166	
Ken Reichert						Scott Hilton		5	40:55	174	
Matt Crow		8	56:00	186		Mike Lovinguth					
Alex Speiser		8	57:41	176		Dan Bedard					
Murphy O'Brien		8	55:45	172		Pat Knudsen		6	45:34	178	
Mark Monda		8	55:38	182		Geoff Hadler		5	38:36	212	
Ryan Hatch		8	56:10	170		Mike Fournie					
Tim Huegerich		8	55:09	192		Marty Koehler					
Dan Graesser		8	56:23	162		Nick Davis					
Matt Schaefer		8	55:10	174		Ben Gray					
Dan Westlund		8	55:30	144		Matt Snively					
Matt Brice		8	56:23	172							
1B						Jason Ottenad					
Sean Burns		8	57:55	168		4A cal dist time pulse					
Jon McGinnis		8	43:56	180		John Parr		6	49:12	104	
Jon Crane		8	56:02	176		Pat Leinauer		8	60:30	172	
John Senn		6	44:33	170		Pat Kim		6	43:20	180	
Jason Towers		8	63:30	160		Tipper O'Brien		6	49:12	170	
David Godar						4B					
2						Andy Skosky		5	40:20	170	
Jason Roehr		8	56:23	172		Bobby Lacky		5	38:00	130	
Matt Solberg		8	57:20	174		Ken Chik		6	45:23	156	
Chris Abbott		8	56:23	170		Cal					
Phil Rutterer		8	58:34	178		Steve Armstrong		5	40:20	168	
Nick Hilliard		8	58:45	170		Brendan Boyle			39:50	124	
Bill Freeman		8	58:15	178		Richard Spicer					
David Nischwitz		6	45:11	188		Matt Pitlyk		4	36:11	160	
Eric Grunzinger		8	59:48	134		4C					
Hamilton Callison		6	48:52	166		Joey Nielsen		4	37:41	176	
3A						Matt Siegel		4	42:04	180	
Ryan Oldani		8	61:08	176		Dan Cooper		4	34:55	166	
John Gleeson		6	46:13	172		Jason Jacoby		4	36:09	200	
Joe Hoffman		6	46:11			Ian Hudson					
Raj Joseph		6	45:13	166		Joe Bartell		4	37:30	180	
Cris Crews	4	33:26	168			Conor Hagen		4	39:16	168	
Dan Leinauer						Brian Gilmore		4	32:57	141	
Geoff Hill		6	45:10	162		Recovering:					
Andy Denny						Matt Luzecky					
Adam Chadwick		5	36:04	180		Jason Ottenad					
Matt Luzecky						Matt Snively					
						Ian Huson					
COACH L		4	29:00	180		Andy Wahl		4	32:03	184	
COACH F		4	31:16			Andy Denny					
COACH B		6	42:22	178		Ben Gray					
COACH H		5	36:24	188		Nick Davis					
COACH G		4	32:09			David Godar					
						Marty Koehler					

9/29/98- Jog / Cal / Stretch / Plyo w/ lunges- Double set for top group w/ butt kicks / Mile Repeats: 5-4 / 200's after 6-4 / Cal / Jog / Stretch.

Name	Mile1	Mile2	Pulse	Mile3	Mile4	Mile5	Pulse	Name	Mile1	Mile2	Pulse	Mile3	Mile4	Pulse
51A Ted Snodgrass *	519	510	164	506	518	521	174	FLAN 3-4 3 B Chris Crews	611	709	184	—	—	—
Nathan Tower *	525	523	162	523	538	535	158	Pat Knudsen	608	615	182	618	—	194
Ken Reichert	—	—	—	—	—	—	—	Geoff Hadler	614	627	228	650	—	—
Matt Crow	538	553	182	545	616	—	—	Andy Wahl	619	638	196	654	—	—
Murphy O'Brien	—	—	—	—	—	—	—	Matt Pitlyk	629	643	200	—	—	—
Mark Monda	546	553	208	543	610	—	—	Geoff Hill *	605	613	192	618	626	212
Tim Huegerich *	529	535	186	524	539	539	192	Adam Chadwick	616	621	180	626	—	180
Matt Schaefer *	526	523	170	514	534	544	186	Andy Skosky *	625	627	160	621	633	204
Dan Westlund	536	538	188	541	—	—	—	Bobby Lacky	—	—	—	—	—	—
1 B Alex Speiser 4-5	548	544	192	550	612	—	200	Ken Chik	615	620	148	613	629	164
Dan Graesser *	549	543	182	542	552	—	198	Steve Armstrong	605	617	164	623	—	172
Ryan Hatch *	548	545	178	546	554	—	180	Richard Spicer	—	—	—	—	—	—
Sean Burns	544	543	202	556	—	—	—	Game 3 4 Joey Nielsen *	714	724	188	724	—	180
Jon McGinnis	553	547	200	544	615	—	228	Matt Siegel *	309	747	150	754	—	160
Jon Crane *	550	546	184	542	554	—	190	Dan Cooper *	715	725	178	718	—	180
John Senn	553	549	200	551	615	—	214	Jason Jacoby	650	730	220	840	—	200
Matt Brice *	554	547	198	542	558	—	—	Joe Bartell	716	751	175	—	—	—
Jason Towers	553	557	168	609	—	—	—	Conor Hagen *	814	800	186	802	—	181
Tipper O'Brien	609	603	135	614	—	—	150	Brian Gilmore *	700	657	150	652	—	180
Bill Freeman	554	548	194	549	609	—	184	Steve Liford	641	640	168	649	—	183
Eric Grunzinger	—	—	—	—	—	—	—	Ryan Jones *	648	645	172	650	—	182
Chris Abbott	609	—	—	—	—	—	—	Scott Hilton *	648	704	174	650	—	178
Nick Hilliard	602	553	—	556	618	—	188	Mike Lovinguth	700	724	144	809	—	165
4 2 Jason Roehr *	603	556	182	553	556	—	192	Dan Bedard	—	—	—	—	—	—
Matt Solberg	611	607	174	556	631	—	178	Brendan Boyle	641	639	160	—	—	—
Phil Rutterer	611	608	186	616	633	—	188							
Hamilton Callison	608	613	170	629	612	—	172							
John Parr	—	—	—	—	—	—	—	Recovering:						
Pat Leinauer *	604	557	176	558	606	—	188	Jason Ottenad	4	37:00	152	—	—	—
Pat Kim *	602	605	160	610	559	—	165	Matt Snively	—	—	—	—	—	—
David Nischwitz	612	615	182	619	638	—	190	Ian Huson	—	—	—	—	—	—
Ryan Oldani	612	612	180	616	622	—	184	Andy Denny	—	—	—	—	—	—
John Gleeson	615	624	184	646	654	—	180	Ben Gray	—	—	—	—	—	—
Joe Hoffman *	612	614	200	613	612	—	204	Nick Davis	—	—	—	—	—	—
Raj Joseph	614	611	170	618	623	—	175	David Godar	4	3220	196	—	—	—
Dan Leinauer	608	607	196	616	629	—	194	Marty Koehler	—	—	—	—	—	—

MIKE FOARNE

[illegible]

10/01/98- WEIGHTS Jog / Cal / Stretch /Cal/ Plyo w/ high knees, Double set for top group w/ butt kicks
 Prescribed fartlek run on lake course, one at race pace, one hill and downhill, one sprint transition eve
 mile: 5,4,3 Cal / 4-6 200 striders/Jog / Stretch / Ice.

Name	Cal	Dist	Time	Pulse	Name	Cal	Dist	Time	Pulse
1		5			4		4		
Ted Snodgrass		5	28.29	170	Chris Crews		4	26.33	176
Nathan Tower		5	28.45	176	Pat Knudsen		4	26.24	180
Ken Reichert	28.55	5	28.55	184	Geoff Hadler		4	28.55	186
Matt Crow		5	29.30	184	Andy Wahl		4	27.22	188
Murphy O'Brien		5	28.50	166	Matt Pitlyk		4	28.48	180
Mark Monda		5	29.40	178	Geoff Hill		4	29.07	178
Tim Huegerich		5	29.34	184	Adam Chadwick		4	27.15	166
Matt Schaefer		5	29.26	174	Andy Skosky		4	29.49	164
Dan Westlund		5	29.45	178	Ken Chik		4	26.17	164
Alex Speiser		5	29.45	184	Steve Armstrong			27.12	172
Dan Graesser		5	29.44	178	Richard Spicer				
Ryan Hatch					Brendan Boyle		4	30.21	184
2		5			5		3		
Sean Burns		5	32.05	182	Joey Nielsen		3	22.17	192
Jon McGinnis		5	32.30	192	Matt Siegel		3	25.07	194
Jon Crane		5	30.34	168	Dan Cooper		3	21.55	168
John Senn					Jason Jacoby		3	22.09	180
Matt Brice		5	30.48	194	Joe Bartell		3	23.31	168
Jason Towers		5	30.14	168	Conor Hagen		3	25.44	163
Bill Freeman		5	32.05	198	Brian Gilmore		3	21.18	165
Eric Grunzinger		5	32.18	188	Steve Liford		3	21.01	159
Chris Abbott		5	32.05	178	Ryan Jones		3	20.33	174
Nick Hilliard					Scott Hilton		3	21.35	172
Jason Roehr		5	31.48	172	Mike Lovinguth		3	22.02	183
3		4							
Matt Solberg		4	25.44	160					
Phil Rutterer		4	25.41	178					
Hamilton Callison		5	32.06	176	Recovering:				
David Nischwitz		4	25.44	160	Jason Ottenad				
John Gleeson		4	27.00	184	Matt Snively				
Joe Hoffman		4	25.44	164	Ian Huson				
Ryan Oldani		4	26.41	158	Andy Denny				
Raj Joseph		4	26.14	170	Ben Gray				
Dan Leinauer		4	26.40	158	Nick Davis				
Pat Leinauer		4	25.42	140	David Godar				
Tipper O'Brien					Marty Koehler				
John Parr		4	26.41	156	Dan Bedard				
Pat Kim		4	25.45	180	Mike Fournie				
					Bobby Lacky				

160

10/2/98- Jog / Cal / Stretch / Cal / 200's before 6-4 / Timed runs 30 minutes ending at SLUH / Stretch / 100 / Maps.

Start Times: Van leaves 7:00am; JV arrives by 7:20, race at 9:00; Varsity arrives at 8:20, race at 10:10; Frosh arrive at 8:45, race at 11:10; awards at 12:15; Van returns to SLUH at 1:15pm.

Name	Time	Name	Time	Name	Time
1A		3 B			
Ted Snodgrass	4 30:32.00	Steve Liford	30	Recovering:	30
Nathan Tower		Ryan Jones		Matt Luzecky	
Ken Reichert	4 32:00	Scott Hilton		Adam Chadwick	
Matt Crow		Mike Lovin		Jason Ottenad	4 31:30 170
Alex Speiser		Dan Bedard		Matt Snively	
Murphy O'Brien	4 32:00	Pat Knudsen		Ian Hudson	
Mark Monda		Geoff Hadler		Andy Wahl	
Ryan Hatch		Mike Fournie		Andy Denny	4 31:46 162
Tim Huegerich		Marty Koehler		Ben Gray	
Dan Graesser		Nick Davis		Nick Davis	
Matt Schaefer		Ben Gray		David Godar	4 29:30 182
Dan Westlund		Matt Snively		Matt Paluch	
1 B		Jason Ottenad		Marty Koehler	
Sean Burns		4A			
Jon McGinnis		John Parr			
Jon Crane		Pat Leinauer			
John Senn		Pat Kim			
Matt Brice		Tipper O'Brien			
Jason Towers		4 B			
David Godar		Andy Skosky			
2		Bobby Lacky			
Jason Roehr		Ken Chik			
Matt Solberg		Matt Paluch			
Chris Abbott		Andy Wahl			
Phil Rutterer		Steve Armstrong			
Nick Hilliard		Brendan Boyle			
Bill Freeman		Richard Spicer			
David Nischwitz		Matt Pitlyk			
Eric Grunzinger		4C			
Hamilton Callison		Joey Nielsen			
		Matt Siegel			
3A		Dan Cooper			
Ryan Oldani		Jason Jacoby			
John Gleeson		Ian Hudson			
Joe Hoffman		Joe Bartell			
Raj Joseph		Conor Hallen			
Cris Crews		Brian Gilmore			
Dan Leinauer					
Geoff Hill					
Andy Denny					
Adam Chadwick					
Matt Luzecky					

10/05/98- Jog / Cal / Stretch / Cal / Plyo w/ High knees, Double set for top group w/ butt kicks
 / Over distance-Easy 4 for those racing at Metro tomorrow, Mile Repeats for all healthy people not racing
 Metro / Cal / 6 200 striders for non-racers /Jog / Stretch / Ice.

Name	Mile1	Mile2	Pulse	Mile3	Mile4	Mile5	Pulse	Name	Cal	Dist	Time	Pulse
1								4		4		
Ted Snodgrass	5:18							Chris Crews		4	32:55	146
Nathan Tower	5:24							Pat Knudsen		4	32:35	156
Ken Reichert	5:24							Geoff Hadler				
Matt Schaefer	5:26							Andy Wahl		4	32:36	164
Murphy O'Brien	5:54							Matt Pitlyk		4	35:12	174
Mark Monda	5:32							Adam Chadwick		4	32:38	140
Tim Huegerich	5:29							John Gleeson		4	33:25	142
David Godar	5:38							Andy Skosky		4	32:20	124
Jason Towers	5:52							Steve Armstrong		4	32:59	136
	Cal	Dist	Time	Pulse				Richard Spicer?				
		4						Brendan Boyle		4	35:00	118
Matt Crow		4	35:05	134				5		4		
Dan Westlund		4	34:02	116				Joey Nielsen		4	36:00	168
Alex Speiser		4	32:22	140				Matt Siegel				
Dan Graesser		4	32:43	122				Dan Cooper		4	35:12	158
Ryan Hatch		4	32:38	146				Jason Jacoby				
2								Joe Bartell				
David Godar								Conor Hagen		4	36:00	162
Sean Burns		4	32:22	146				Brian Gilmore				
Jon McGinnis		4	33:48	140				Steve Liford		4	35:31	144
Jon Crane		4	34:07	136				Ryan Jones		4	35:31	150
John Senn		4	34:08	140				Scott Hilton		4	33:35	126
Matt Brice		4	34:36	116				Mike Lovinguth		4	34:02	164
Jason Towers												
Bill Freeman		4	35:00	138								
Eric Grunzinger?												
Chris Abbott		4	34:06	108				Recovering:				
Nick Hilliard ?								Jason Ottenad		4	35:00	142
Jason Roehr		4	32:35	146				Matt Snively		2	17:11	174
3								Ian Huson		2	17:15	166
Matt Solberg		4	35:06	136				Ben Gray		4	34:09	158
Phil Rutterer		4	35:50	144				Nick Davis				
Hamilton Callison?								David Godar				
David Nischwitz		4	35:00	150				Marty Koehler				
Joe Hoffman		4	33:47	164				Dan Bedard				
Ryan Oldani		4	32:35	138				Mike Fournie				
Raj Joseph		4	35:49	144				Bobby Lacky		4	32:20	160
Geoff Hill												
Dan Leinauer		4	33:55	140				MAT LUZEKY		4	34:09	162
Pat Leinauer		4	33:08	144								
Tipper O'Brien ?												
John Parr		4	34:02	134				COACH G		4	32:08	156
Pat Kim		4	35:49	140								
Ken Chik		4	32:20	142								
Andy Denny		4	32:34	148								

* MILE REPEATS
 ? ABSENT ?
 []

10/6/98-Jog mile on track, go to storage area /Cal /Stretch /Cal /striders on track/400's - 18 or 14 / cal / jog / stretch / ice. Freshmen: a hard distance loop on interior bike path or join us for 400's

Name	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18
1																		
Ted Snodgrass	1																	
Nathan Tower	2																	
Ken Reichert	3																	
Matt Crow	4																	
John Senn	X																	
Alex Speiser	5																	
Murphy O'Brien	X																	
Mark Monda	6																	
Ryan Hatch	7																	
Tim Huegerich	8																	
Dan Graesser	9																	
Matt Schaefer	10																	
David Godar																		
Dan Westlund	11																	
Jason Towers	X																	
Sean Burns																		

Frosh:

BRICE

OTTENED X

CRANE

~~PERSON~~

GRAY X

O'BRIEN X

LEINER

KIM

PARR

SKOSKY

CHIK

LACKEY X

WAHL

RAMP
Excellent workout

80-72
TOP GROUP

85-74
Bottom Group

end

10/12/98- Jog / Cal / Stretch / Cal / Plyo w/ High knees, Double set for top group w/ butt kicks
/ 200 Stiders - 4 / Mile Repeats on Hilly Course, 4-3 / Cal / Extended Jog / Stretch / Ice.

Name	Mile1	Mile2	Pulse	Mile3	Mile4	Pulse	Name	Mile1	Mile2	Pulse	Mile3	Mile4	Pulse
1							4	37:17					
Ted Snodgrass	8	1:02:11	152		8		Chris Crews	4	38:00	160			
Nathan Tower	4	31:09	134		4		Pat Knudsen	6	48:30	168			
Ken Reichert	8	1:02:11	122		8		Geoff Hadler	6	51:35	164			
Matt Schaefer	8	1:02:11	144		8		Andy Wahl	6	49:23	168			
Murphy O'Brien					6		Matt Pitlyk	5	45:48	160			
Mark Monda	6	46:30	160		6		Adam Chadwick	6	46:47	174			
Tim Huegerich	8	1:02:11	160		8		John Gleeson	6	48:26	160			
Matt Crow					—		Steve Armstrong	6	48:27	135			
Dan Westlund	6	46:25	144		6		Richard Spicer	D					
Alex Speiser					—		Brendan Boyle	5	47:00	118			
Dan Graesser	6	46:25	154		8			5					
Ryan Hatch	8	1:02:11	150		8		Joey Nielsen	3	5	49:55	150		
2							Matt Siegel	3					
David Godar	6	45:34			6		Dan Cooper	3	5	44:45	158		
Sean Burns	5:46	6:00	198	6:11	6	46:25	Jason Jacoby	3	5	47:50	170		
Jon McGinnis	5:54	5:56	194	6:12	5:55	199	Joe Bartell	3	5	47:50	172		
Jon Crane							Conor Hagen	3	5	48:30	168		
John Senn							Brian Gilmore	3	6	51:05	180		
Matt Brice	5:48	5:45	202	5:45	8	1:02:11	Steve Liford	4	6	49:52	156		
Jason Towers	5:47	5:43	204		8	1:05:16	Ryan Jones	4	6	49:52	172		
Bill Freeman	5:42	5:46	194	5:55	6	45:34	Scott Hilton	4	5	43:45	158		
Eric Grunzinger	4	52:20	194				Mike Lovinguth	4					
Chris Abbott	5:48	5:46	188										
Nick Hilliard	4	32:20	172										
Jason Roehr	6:01	5:56	182	5:58	8	1:02:11							
3							Recovering:						
Matt Solberg	6	44:30	140		6		Jason Ottenad	4	4	35:05	152		
Phil Rutterer	5:53	5:53	188				Matt Snively	D					
Hamilton Callison	8	1:02:11	146		8		Ian Huson	X					
David Nischwitz	6:04	6:10	188	6:32	6	49:30	Ben Gray	D	4	31:30	170		
Joe Hoffman	6:01	6:03	204	6:06	6:03	196	Nick Davis	X					
Ryan Oldani	6	44:23	140				David Godar	4	6	45:34	176		
Raj Joseph	6	51:40	154				Marty Koehler	X					
Geoff Hill							Dan Bedard	X					
Dan Leinauer	6:04	6:13	204	6:15	X	206	Mike Fournie	X					
Pat Leinauer	5:51	5:51	188	5:56	8		Bobby Lacky	3	4	38:00	138		
Tipper O'Brien	6:08	5:53	160		6:11	160	LUZACKY	4	4	31:29	168		
John Parr	6:05	6:05	180	6:13	8		Leinauer (Dan)	6	6	48:55	150		
Pat Kim	6	50:36	120		6		Joe Hoffman	6	6	46:25	184		
Ken Chik	6	47:42	138		6		John Parr	8	8	1:05:16	140		
Andy Denny	4	35:03	172				Tipper O'Brien	8	8	1:05:16	165		
Andy Skosky	6	51:04	124		6		PAT LEINAUER	8	8	1:05:16	156		



10/12/98- Jog / Cal / Stretch / Cal / Plyo w/ High knees, Double set for top group w/ butt kicks
/ 200 Stiders - 4 / Mile Repeats on Hilly Course, 4-3 / Cal / Extended Jog / Stretch / Ice.

Name	Mile1	Mile2	Pulse	Mile3	Mile4	Pulse	Name	Mile1	Mile2	Pulse	Mile3	Mile4	Pulse		
1							4								
Ted Snodgrass	1	5:14	5:13	162	5:14	5:09	174	Chris Crews	3	6:06	6:07	no	6:10	6:15	no
Nathan Tower	1	5:24	5:40	182				Pat Knudsen	3	6:03	6:11	186	6:15		
Ken Reichert	1	5:24	5:23	144	5:19	5:17	150	Geoff Hadler	4	6:35	6:38	198	6:44	6:57	202
Matt Schaefer	1	5:31	5:26	174	5:21	5:19	186	Andy Wahl		6:48		no	7:01	6:53	184
Murphy O'Brien		5:35	5:25	164	5:27	5:20	170	Matt Pitlyk		7:02	7:01	no	6:52	6:43	186 200
Mark Monda	1	5:29	5:30	186	5:39	5:38	190	Adam Chadwick	4	6:20	6:25	no	6:32	6:41	170
Tim Huegerich	1	5:30	5:28	188	5:33	5:35	182	John Gleeson	4	6:29	6:45	no	6:51	7:04	184
Matt Crow	1	5:41	5:40	180	5:39	5:38	184	Steve Armstrong	4	6:28	6:24	no	6:31	6:38	174
Dan Westlund	1	5:38	5:34	180	5:39	5:20	184	Richard Spicer							
Alex Speiser	1	5:42	5:41	192	5:43	5:43	192	Brendan Boyle		7:01	6:58	150			
Dan Graesser	1	5:45	6:01	186	6:00	6:00	196		5						
Ryan Hatch	1	5:40	5:42	182	5:54	5:53	184	Joey Nielsen		7:21	7:23	182	7:21	X	200
2								Matt Siegel	5	7:47	8:12	no	8:37	X	184
David Godar	1	5:36	5:41	190	5:54	X	X	Dan Cooper		7:09	7:30	no	7:28	X	180
Sean Burns	2	5:46	6:00	198	6:11	X	X	Jason Jacoby		6:53	7:03	no	6:52	X	X
Jon McGinnis	2	5:54	5:56	194	6:12	5:55	199	Joe Bartell		7:51	7:54	no	8:12	X	180
Jon Crane	2	5:41	5:41	182	5:41	5:40	190	Conor Hagen	5	8:02	7:52	192	8:31	X	209
John Senn			over distance					Brian Gilmore		6:43	6:45	no	6:43	X	188
Matt Brice	2	5:48	5:45	202	5:45	5:40	200	Steve Liford	4	6:40	6:51	no	7:09	X	177
Jason Towers	2	5:47	5:43	204	6:09	6:22	no	Ryan Jones	4	6:38	6:51	190	7:08	X	184
Bill Freeman	2	5:42	5:46	194	5:55	5:56	180	Scott Hilton	4	6:42	6:51	no	7:08	6:55	165
Eric Grunzinger								Mike Lovinguth	5	7:06	7:26	201	8:00	7:24	182
Chris Abbott	2	5:48	5:46	188	5:45	5:39	190								
Nick Hilliard															
Jason Roehr	2	6:01	5:56	182	5:58	5:57	188								
3								Recovering:							
Matt Solberg	3	6:12	6:04	160	6:08	6:02	162	Jason Ottenad		6:34	6:36	no	6:44	6:34	182
Phil Rutterer	2	5:53	5:53	188	6:07	6:08	190	Matt Snively	5	7:06					
Hamilton Callison		6:04	6:09	162	6:15	6:15	182	Ian Huson							
David Nischwitz	2	6:04	6:10	188	6:32	X	X	Ben Gray		Dis.	4mi	32:15	#7		
Joe Hoffman	2	6:01	6:02	204	6:06	6:03	196	Nick Davis							
Ryan Oldani	3	6:16	6:17	172	6:20	6:22	172	David Godar							
Raj Joseph	3	6:18	6:18	no	6:31	6:27	186	Marty Koehler							
Geoff Hill	4	6:33	6:15	182	6:42	6:19	168	Dan Bedard							
Dan Leinauer	2	6:04	6:13	204	6:15	X	206	Mike Fournie							
Pat Leinauer	2	5:51	5:51	188	5:56	5:53	192	Bobby Lacky		6:42	6:20	6:21		X	
Tipper O'Brien	2	6:08	5:53	160	6:03	6:01	160	Matt Leuzecky		4mi	32:15	178			
John Parr	2	6:07	6:05	180	6:13	6:19	X								
Pat Kim	3	6:12	6:12	210	6:30	6:22	210								
Ken Chik	4	6:32	6:24	152	6:30	6:21	162								
Andy Denny	3	6:08	6:12	178	6:23	6:27	192								
Andy Skosky	4	6:39	6:32	180	6:23	6:21	172								

10/14/98- Jog / Cal / Stretch / Cal / easy 200's: 2, Speed Loop on Hilly Course w accelerations:6,5,4
Extended Jog 2 mile jog / Stretch / Ice.

Name	# loops	time	pulse	fatigue	Name	# loops	time	pulse	fatigue
1	6				4				
Ted Snodgrass	6	20:06	154		Chris Crews	5	17:48	182	
Nathan Tower					Pat Knudsen	5	17:57	160	
Ken Reichert	6	20:07	140		Geoff Hadler	4	15:04	172	
Matt Schaefer	6	20:18	172		Andy Wahl	5	18:15	176	
Murphy O'Brien	6	20:16	148		Matt Pitlyk	4	15:16		
Mark Monda	6	20:10	190		Adam Chadwick	5	18:21	184	
Tim Huegerich	6	20:09	188		John Gleeson	5	19:27	184	
Matt Crow	6	20:21	174		Steve Armstrong	5	18:15	160	
Dan Westlund	6	20:09	180		Richard Spicer	4	16:01	184	
Alex Speiser	6	20:12	170		Brendan Boyle	4	15:11	142	
Dan Graesser	6	20:20	164		5	4			
Ryan Hatch	6	20:12	178		Joey Nielsen	4	16:05	176	
2	6				Matt Siegel	4	16:25		
David Godar					Dan Cooper	4	15:21	164	
Sean Burns	6	20:12	182		Jason Jacoby	4	15:27	180	
Jon McGinnis	6	20:59	202		Joe Bartell	4	16:30	180	
Jon Crane	6	20:12	158		Conor Hagen	4	18:20	184	
John Senn					Brian Gilmore	4	15:01	168	
Matt Brice	6	20:12	182		Steve Liford	4	15:07	180	
Jason Towers					Ryan Jones	4	14:52	174	
Bill Freeman	6	20:18	164		Scott Hilton	4	15:08	164	
Eric Grunzinger	6	20:14	194		Mike Lovinguth	4	15:37	196	
Chris Abbott	6	20:15	188						
Nick Hilliard									
Jason Roehr	6	20:02	174						
3					Recovering:	4			
Matt Solberg	6	21:02	170		Jason Ottenad	5	18:19	179	
Phil Rutterer	6	21:09	178		Matt Snively				
Hamilton Callison	5	17:48	165		Ian Huson				
David Nischwitz	5	17:24	184		Ben Gray				
Joe Hoffman	6	21:12	200		Nick Davis				
Ryan Oldani	5	18:13	156		David Godar				
Raj Joseph	5	18:09	152		Marty Koehler				
Geoff Hill	5	18:17	162		Dan Bedard				
Dan Leinauer	6	21:30	188		Mike Fournie				
Pat Leinauer	6	21:05	176		Bobby Lacky	5	18:03	170	
Tipper O'Brien									
John Parr	6	21:41	156						
Pat Kim	5	17:32	156						
Ken Chik	5	16:18	158						
Andy Denny	5	17:51	172						
Andy Skosky	5	18:15	145						

WEIGHTS

DISTANCE LOOPS w/ second half - PICKUP

10, 8,
6, 5

10/19/98- Jog / Cal / Stretch / Cal / easy 200's: 2, Speed loops on hill, course w/ accelerations: 8, 5, 4

Extended Jog / ~~Stretch~~ / Stretch / Ice.

HIT 8-6-4 200'S AFTER

Name	# loops	time	pulse	fatigue	Name	# loops	time	pulse	fatigue
1					4				
Ted Snodgrass ✓	8	101:33	140		Chris Crews ✓				
Nathan Tower ✓	6	42:19	158		Pat Knudsen 54	6	45:10	182	
Ken Reichert ✓	8	1:01:32	120		Geoff Hadler (E)				
Matt Schaefer (V)	8	55:11	164		Andy Wahl 46	5	41:58	172	
Murphy O'Brien	6	45:25	162		Matt Pitlyk (V)	5	43:37	168	
Mark Monda 60	6	45:25	164		Adam Chadwick 60	6	47:02	170	
Tim Huegerich 50					John Gleeson ✓	6	47:03	180	
Matt Crow (V)	8	59:07	164		Steve Armstrong (V)	5	42:27		
Dan Westlund (V)	8	1:01:32	168		Richard Spicer (V)				
Alex Speiser (V)	8	59:27	164		Brendan Boyle (V)	5	45:30	138	
Dan Graesser 46	8	56:26	178		5				
Ryan Hatch (E)					Joey Nielsen (V)				
2					Matt Siegel (V)	LOST	1:01:08		
David Godar	6	42:29	186		Dan Cooper ✓	5	45:37	142	
Sean Burns ✓	8	58:49	162		Jason Jacoby (V)	5	45:34	184	
Jon McGinnis ✓	6	44:57	182		Joe Bartell ✓	5	45:33	172	
Jon Crane (V)	8	59:07	158		Conor Hagen 66	3	25:00		
John Senn ✓					Brian Gilmore (V)	5	40:58	180	
Matt Brice (V)	8	58:07	158		Steve Liford 60	5	44:57	192	
Jason Towers (V)	6	45:25	180		Ryan Jones 58	5	41:58	180	
Bill Freeman (V)	8	1:01:32	158		Scott Hilton 56	5	39:43	176	10 min back
Eric Grunzinger (V)	6	45:38	190		Mike Lovinguth (V)	6	47:15	177	5 min back
Chris Abbott (V)	8	1:01:32	154						
Nick Hilliard ✓	6	45:32	160						
Jason Roehr 54	8	58:03	166						
3					Recovering:				
Matt Solberg 58	6	46:22	168		Jason Ottenad 47	OK 6	46:20	172	
Phil Rutterer 48	6	45:02	178		Matt Snively (V)	✓			
Hamilton Callison (V)	5	45:00		breathing trouble	Ian Huson (V)	✓	MANAGER		
David Nischwitz 58	6	45:00	164		Ben Gray (V)	✓ 2	19:00	156	
Joe Hoffman ✓	6	45:32	180		Nick Davis ✓	✓			
Ryan Oldani (V)	8	1:02:16	152		David Godar (V)	OK			
Raj Joseph (V)	6	45:27	188		Marty Koehler ✓	✓			
Geoff Hill (V)	6	45:18	162		Dan Bedard 62	✓			
Dan Leinauer ✓	8	1:01:32	160		Mike Fournie ✓	✓ 2	19:30	162	
Pat Leinauer 50	6	44:40	150		Bobby Lacky (V)	OK 5	42:27	140	
Tipper O'Brien (V)	6	44:46	160						
John Parr (V)	6	44:40	150		Coach L	4	30:30	170	
Pat Kim 60	5	47:55			Coach B	4	30:30	176	
Ken Chik 50	6	46:27	154		COACH H	6	44:15	166	
Andy Denny 48	6	46:20	154						
Andy Skosky 60	5	40:56	184						

10/21/98- Announce Cal Test/Jog /Cal Test / Stretch / Cal / Plyos w/ heel flicks&high kness/ distance loops at training pace 6,5/ cal/200's 1st two easy next w/bursts 6,4/ jog / Stretch / Ice(get ice in big cooler)

Name	cal test	dist	time	pulse	notes	Name	cal test	dist	time	pulse	notes
1						4					
Ted Snodgrass		6	39:03	162		Chris Crews		5	40:58	170	
Nathan Tower		6	43:14	136		Pat Knudsen		5	39:34	170	
Ken Reichert		4	32:00	122		Geoff Hadler		5	39:54	184	
Matt Schaefer		6	39:53	162		Andy Wahl					
Murphy O'Brien		6	47:30	—		Matt Pitlyk					
Mark Monda		5	40:05	156		Adam Chadwick		5	40:15	160	
Tim Huegerich						John Gleeson		5	42:22	172	
Matt Crow		5	38:56	152		Steve Armstrong					
Dan Westlund		6	43:19	172		Richard Spicer					
Alex Speiser		6	44:30	156		Brendan Boyle					
Dan Graesser		6	47:30	+		5					
Ryan Hatch		6	41:30	150		Joey Nielsen					
2						Matt Siegel					
David Godar		4	26:52	180		Dan Cooper					
Sean Burns		5	38:17	148		Jason Jacoby					
Jon McGinnis		5	38:56	156		Joe Bartell					
Jon Crane		6	40:52	160		Conor Hagen					
John Senn						Brian Gilmore					
Matt Brice						Steve Liford		5	42:18	165	
Jason Towers		6	46:41	184		Ryan Jones		5	42:18	170	
Bill Freeman		5	39:58	142		Scott Hilton		5	40:48	156	
Eric Grunzinger		6	49:35	138		Mike Lovinguth		6	49:12	148	
Chris Abbott		5	39:58	150							
Nick Hilliard		6	49:55	132							
Jason Roehr		6	44:40	160							
3						Recovering:					
Matt Solberg		6	47:30	156		Jason Ottenad		6	45:54	172	
Phil Rutterer		5	38:17	166		Matt Snively					
Hamilton Callison		4	35:33	168		Ian Huson					
David Nischwitz		4	35:33	180		Ben Gray	2.0	17.3			
Joe Hoffman		6	44:40	168		Nick Davis					
Ryan Oldani		6	46:52	132		David Godar					
Raj Joseph		6	50:12	156		Marty Koehler					
Geoff Hill		5	40:20	170	34.31	Dan Bedard					
Dan Leinauer		5	40:20	122		Mike Fournie	2.67	2.5	19:17	180	
Pat Leinauer		5	40:20			Bobby Lacky					
Tipper O'Brien						Matt Lutzcky		4	31:23	156	
John Parr											
Pat Kim											
Ken Chik											
Andy Denny		4	32:34	154							
Andy Skosky											

10/23/98- Top group to district site. Others:/Jog /Cal / Stretch / Cal / Those racing go easy three w 4x 200 striders. Those not racing: 2 striders easy/ 4 - 5 half repeats w/ 6 min rest at 1st mile goal pace faster than race pace, w/ last two going negative 5 - 10 secs/Extended jog/Stretch / Ice

Name	goal	1	2	3	4	5	Name	goal	1	2	3	4	5
1							4						
Ted Snodgrass							Chris Crews	259	257	255	258	251	251 ✓
Nathan Tower							Pat Knudsen	301	254	253	253	249	249 ✓
Ken Reichert							Geoff Hadler						
Matt Schaefer							Andy Wahl	304	259	258	302	255	258 ✓
Murphy O'Brien							Matt Pitlyk	311	310	303	309	302	300 ✓
Mark Monda							Adam Chadwick	303	304	300	304	300	257 -
Tim Huegerich							John Gleeson	310	324	311	312	309	301 -
Matt Crow							Steve Armstrong	311	310	306	308	258	254 *
Dan Westlund							Richard Spicer						
Alex Speiser							Brendan Boyle	320	323	314	311	314	307
Dan Graesser							5						
Ryan Hatch							Joey Nielsen						
2							Matt Siegel	340	340	332	340	334	329 ✓
David Godar							Dan Cooper	330	323	315	321	319	316 -
Sean Burns							Jason Jacoby	330	345	319	322	325	310
Jon McGinnis	250	245	247	247	244	237	Joe Bartell	340	340	329	332	328	334
Jon Crane							Conor Hagen	344	336	330		338	322
John Senn							Brian Gilmore	322	313	310	311	305	301 ✓
Matt Brice							Steve Liford	312	311	314	312	314	307 -
Jason Towers							Ryan Jones	312	311	310	309	302	259 *
Bill Freeman							Scott Hilton	315	310	309	311	304	259 *
Eric Grunzinger	250	249	246	246	243	240	Mike Lovinguth						
Chris Abbott							BOBBY LACRY	258	319	308	301	300	254
Nick Hilliard	250	250	247	249	248	250							
Jason Roehr													
3							Recovering:						
Matt Solberg							Jason Ottenad						
Phil Rutterer							Matt Snively						
Hamilton Callison	255	259	253	252	255	254	Ian Huson						
David Nischwitz							Ben Gray						
Joe Hoffman							Nick Davis						
Ryan Oldani							David Godar						
Raj Joseph							Marty Koehler						
Geoff Hill							Dan Bedard						
Dan Leinauer							Mike Fournie						
Pat Leinauer	255	251	249	250	248	246	Bobby Lacky						
Tipper O'Brien	253	254	249										
John Parr													
Pat Kim	307	301	300	253	255	251							
Ken Chik	300	309	256	257	302	256							
Andy Denny													
Andy Skosky	304	311	300	305	303	300							

10/28/98 - Jog full aviation/hit cal set to max/ 2 x easy strider from 800 loop start. Run 6 anaerobic capacity
200 intervals with 400 jog between each at NO FASTER THAN 6 - 12 seconds faster than goal race pace.
Use chart. Example: 16:35 = 5:20 pace - 12 secs = 5:08 pace or 77 secs per quarter = @ 38. The pack
should hit them between 37 - 39 secs. Run 2 x 800 (eg. 2:40 for 16:35) at race pace NO FASTER! 5 min
rest between each. Run final 800 1st half at same pace, last 400 surge to 1st mile pace and kick last turn to
finish. EXTENDED JOG TO FINDLEY COURSE TO WATCH RACE. Stretch/Ice

Name	200	200	200	200	800	Bid	800	800	Bid	Bid	comment
Ted Snodgrass	39	37	39	38	35	33	232	231	231	1630	520 240 38
Nathan Tower	38	37	39	38	36	34	235	232	231	1645	520 240 38
Ken Reichert	39	37	39	40	36	34	246			1630	520 240 38
Murphy O'Brien	39	37	39	38	36	34	233	232		1630	520 240 38
Mark Monda	38	37	39	40	36	34	240	238	234	1645	520 240 38
Tim Huegerich	39	37	39	39	36	34	236	234	234	1645	520 240 38
Matt Schaefer	39	37	39	40	36	34	234	231	227	1630	520 240 38
Dan Westlund	39	37	39	39	36	34	236	234	234	1645	520 240 38