

Saturday, October 30  
Bethel Park, Columbia, MO  
Secret Undercover Mission for SLUH XC  
Special Agent G -- Operation Jawa Transport

## CONDITIONS

Weather: Perfect, 70 degrees and rising at race time (11:30).

Course: Dry and perfect surface. Flat, fast, maybe a little short. Lots of turns, very few hills. Long, long straight start with slight uphill for 200 meters, then downhill for another 200, then around for a back loop which is also flat w/some bad footing. Turns back on to a long straightaway back near the start area, where 1st mile mark is (actually is the 1600m mark, not measured in miles). Heads out for 2nd mile, fast and flat with several quick turns. Slight upgrade leads to 2nd mile mark (3200m). Course then heads up a short "pop-up" hill and back down on the opposite side of some trees. Third mile has a series (I think three) separate "rabbit ear" style turns, then heads back to the start/finish area. Loops all the way down to the far end of the straightaway where the start was, and then turns back and heads up the same slight incline for a long, slow-inclined finish very much like state, @250m long.

## GENERAL OBSERVATIONS

Well, here I am at the sectional that, in my day, we used to say, "that sectional is brutal", and I must say that I am no longer in such awe. These teams are clearly beatable -- there is only one truly dominant runner among our competitors, and I would have to say that our guys are tougher and more experienced than anyone in the state. Our race is ours to run.

As for the race itself, West Plains obviously had a game plan and executed it. They waited until well after mile 1 to make their move, whereas Jeff City and Kickapoo went out hard. Jeff City meant to dominate this race from the start, but W.P. laid low and used the pack strategy for half of the race, with only Sandfort released from pack duties. W.P. won going away, but J.C. actually made a nice recovery in the third mile after letting West Plains put them away between about 2700-3500m into the race. The times were ridiculous, and the people who laid out the course personally told me the mile marks were "not exact" and that the course was still short, even though they had lengthened it from last year. The race was a competitive one; I did not get the sense either team was holding back for next week, although, as I said, West Plains did some mild "tiger-caging" in the form of pack running through the first half of the race, much like I saw you guys do at conference.

So, here are the times and some more random thoughts. At the end, I did a little juxtaposing -- assuming Sandfort will run around a 16-flat at state (didn't he run about a 16:08 last year?), I have estimated what these times might look like on the state course. I

think you will all see that, although the times are strong, it is clear that if we run our race, we control our own destiny.

#### START (@ 600M IN)

- WP pack is out in front of the bottom third of the racers, with the likes of Rolla and Francis Howell. Clearly "caging"...
- JC goes out hard, pack in the top third, as is Kickapoo pack
- Tanner is going for the big early lead, but Sandfort is in 2<sup>nd</sup> and relaxed

#### @1200M INTO THE RACE

- WP still out slow
- Rough Place Estimates: 1-Tanner; 2-Sandfort; 3-FZS #1; 4-Kickapoo #1; 5&6-Glendale #1&2; 7-9-JC's #1,2&3; 10-Hickman #2; 11-FHN #1; 12-FH #1; 13-JC #4; 14-Hickman #3; 15-Rolla #1; 16-Unk. School; 17-WP pack; 18-FZS pack
- Places above are NOT exact ... WP pack was not as high as 17<sup>th</sup> yet... just gives an indication of how people started.

#### MILE 1 (1600M) SPLITS—some of the more noteworthy ones:

Tanner	4:31
Sandfort	4:32
FZS	:34
2 Glendale	:36
1&2 J.C.	:40
Hickman2	:42
3,4,5 J.C.	:44
FZS#2	:46
JC#6	:48
Kickapoo pack	:50
WP pack	:52 and moving up
Glendale#3	:54
JC#7	:55 and already dropping
FZS#3,4	:59

#### 2000M IN -- quick observations

- Sandfort and Tanner now even
- 2 Glendale/ 1 Kickapoo & 1 Rock Bridge 5 seconds back
- 3 JC together, one other not far behind
- WP pack behind 4<sup>th</sup> JC -- still packed, still waiting, JC still in strong lead

#### HALFWAY MARK: EXACT PLACES & HALFWAY SCORE

1-Tanner	2-Sandfort	3-FZS#1	4-Rock Bridge#1	5-Glendale#1
6-Glendale#2	7-Kickapoo#1	8-JC#1	9-FZN#1	10-Hickman#2
11-FHN#1	12-JC#2	13-JC#3	14-FZS#2	15-Unk. School

16&17-WP#2&3	18-JC#4	19-Kickapoo#2	20-Unk School
21-JC#5	22-Unk School	23-WP#4	24-Unk. 25-WP#5
26-WP#6.....	30-JC#6	31-Kickapoo#3.....	34-WP#7.....38-JC#7

- All places were accounted for, but I only made sure I had the JC and West Plains guys as far as exact teams people were on.
- So, scoring at about 2700m in:
- JC: 8, 12, 13, 18, 21 (30, 38) = 72 unadjusted
- WP: 2, 16, 17, 23, 25 (26, 34) = 83 unadjusted & gas in the tank.....

## 2 MILE SPLITS --- MORE IMPORTANT NAMES/TEAMS

Tanner/Sandfort: 9:34  
 Glendale #1 :43  
 FZS#1 :46  
 Rock Bridge #1 :48  
 Glendale #2 :50  
 Kickapoo #1 :54

JC #1 & 2 other guys 10:01

\*\*Hickman#2; & 2 guys in WP Pack at 10:08 -- JC had 3 in front of WP2 and 5 in front of WP 4 only 600 meters ago, and now two of WP pack has passed all but the JC #1.... some move is made.

JC #2 10:12  
 JC#3 :15  
 JC#4 :16  
 JC#5/ WP#4,5,6 :20  
 JC#6 :24  
 WP#7 :30  
 JC#7--fading way back

## EXACT PLACE COUNTING -- @4000M

1-Sandfort/Tanner	3-Glendale	4-FZS	5-Glendale	6-Rock Bridge
7-Kickapoo	8-JC#1 (L. Kuncce)	9-FZN	10-FHN	11-FZS
12-WP	13-Hickman	14-WP	15-FHN	16-JC
17-Unk. School	18-JC	19-Kickapoo	20-FZN	21&22-WP
23/24-Unk. School	25-Kickapoo	26-WP	27&28-Hickman	29,30,31-JC

last WP guy@34th, last JC guy still fading

So, scoring at 4000m, West Plains takes control...

WP: 1, 12, 14, 21, 22 (26, 34): 70 unadjusted

JC: 8, 16, 18, 29, 30 (31, -way back): 101 unadjusted

## FINISH -- TIMES AND PLACES

Sandfort took control in the last 1000m and burned off Tanner. There was no kick needed in the last 200m to put this one away. JC makes a decent recovery, as against other teams at least, but not as against WP, who actually has moved up even further. I saw that you had the results in your paper, so you can fill in the names I missed. I guess it is more important for me to tell you how the guys after 15<sup>th</sup> place finished. Anyway, here it is:

1-Sandfort, WP	15:16
2-Tanner, CH	15:23
3-FZS	15:36
4-Glendale	15:36
5-Kunce, JC	15:54 -- he came on strong in last 1000m and had a lot left here...
6-Kickapoo	15:56
7-Glendale	15:57
8-FHN	15:59
10-FZN	16:01
11-WP#2	16:15
12/13- WP#3/JC#2	16:20 -- I think the JC guy took him, but either way you have it...
14-JC#3	16:22
15-WP#4	16:24
16-WP#5	16:26
17-Unk.Team	16:28
18-Hickman	16:30
19-Parkview	16:31
20-FHN	
21-Joplin	
22-Kickapoo	
23-F. Howell	
24-JC#4	16:36
25-FZN	16:37
26-Kickapoo	16:39
27-Hickman	16:40
28-Rolla	16:42
29-WP#6	16:46
30-JC#5	16:52
31-JC#6	16:54
32-Rock Bridge	16:55
33-WP#7	16:57
34-Rock Bridge	17:00
35-Lebanon	17:05
36-Kickapoo	17:15
-last JC guy at:	17:58

# FINAL TEAM SCORING

WP: 1, 11, 13, 15, 16 (29, 33): 56 (unadjusted)

JC: 5, 12, 14, 24, 30 (31, way back in the 50+ range): 84 (unadjusted)

## COACH G'S ADJUSTED WP AND JC TIMES

WP: Sandfort	16:00	JC: Kunce	16:39
#2	17:00	#2	17:05
#3	17:05	#3	17:07
#4	17:09	#4	17:21
#5	17:11	#5	17:37
#6	17:31	#6	17:39
#7	17:43	#7	18:43

OK, FOLKS!! That's all the info..... see you all at state. I do, of course, have some parting words of wisdom to share with all of you running this saturday. It may seem funny to say this after giving you all of this information, but.....

Nothing that other teams do, or do not do, will determine how each one of you races. RUN YOUR RACE! Do not let the race run you. You are all experienced runners, and most of you have raced here before. Have confidence in your own ability, and know that the race you are capable of running, the race you will run, is already within you. You need only to not get in its way. Let your confidence be strong and let your will be that of - the TIGER -- he who has been caged and shall be released.....

Peace,

Coach G.