

8/10 WED 1988 FIRST PRACTICE

MEET AT 8:30

- ① USE SUMMER LIST FOR ATTENDANCE
+ ADD NAMES
- ② BRIEF WELCOME & INTRODUCTION TO
C.C. TEAM
- ③ INTERVIEW EACH KID BRIEFLY

	NAME	RUNNING THIS	SUMMER	PHYSICAL
✓ 1	ANGELO DIRECTO	6.2	LOW	NO
✓ 2	GREG LINHARES	5.5	MED-LOW	YES
✓ 3	KURT MOELLERING	6.0	MED	YES
✓ 4	FRED HELKRICH	4.0	LOW	YES
5	JOHN ROTTER	5.0	LOW	NO
✓ 6	SHAWN HALLEY	5.0	LOW-MED	YES
✓ 7	DAN KRAMER	5.0	LOW	NO
✓ 8	JERRY KESTER	3.0	MED	YES
9	ANDY STEIN	4.0	LOW	YES/NO
✓ 10	BYCE NICHOLS	2.5	LOW	YES
✓ 11	PETE LEUCHTMANN	6.0	MED	YES
12	JIM SPIES	3.0	LOW-MED	YES
✓ 13	STEVE BITTO	5.0	MED	YES
✓ 14	CHARLIE LOTTES	5.0	LOW	YES
✓ 15	PAUL RONZIO	5.0	LOW	YES
✓ 16	MARTY MINNEGERODE	3.5	MED	YES
✓ 17	JOE BARTIN	5.0	LOW-MED	YES
✓ 18	BRIAN LAWLER	7.0	113	YES
✓ 19	JAMIE	6.2/4.0	MED	YES
✓ 20	MICKEY ZUNA	7.0 4.0		YES

- ④ QUESTIONS / PROBLEMS
- ⑤ JOG 1 MILE STRETCH / 4 110'S AT 50%
- ⑥ RUN 4.2 6.2 RUN FOR O.O. DISTANCE
- ⑦ WARM DOWN 1 MILE TO SCHOOL
KILL STRETCH - SHOWER

OVER FOR TIMES
A GROUPS

8/10 cont

G.2 EXTERIOR

PHYS PROB

MICKEY LUNA	43:47
BRIAN LAWLER	44:17
ANGELO DIRECTO	45:48
COACH LINHARES	46:06
JERRY KESTER	47:47
KURT MOELLERING	48:00
JAMIE CUMMINGS	48:44
GREG LINHARES	49:34
PAUL RONZIO	50:00
CHARLIE LOTTES	52:52
STEVE GITTO	54:03

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G.2 TOTEM

JOHN ROTTER	33:37
CHRIS BOYD	34:52
SHAWN HALLEY	39:14
FRED HELFRICH	39:30
PETE LEUCHTMANN	39:22
MARTY MINNEBERGE	36:00
JOE BARTIN	39:56
DAN KRAMER	39:56

*

*

ANDY STEIN — NO FINISH

BRYCE NICHOLS MUNG 32:13

NO SHOWS TO CALL

MUELLER

ODNAHVE

JUN

MILES

BLANKENSHIP

BROOKS

BELROSE

MEDLER

CURT MILES 8/11

8/11

JOG 1 MILE - LAKE / STRETCH / 4 X 110'S
1 MILE STEADY STATE TRIAL w/ PULSE /
TIMED RUNS FOR GROUPS.

GROUP		AT REST B.P.M	1 MILE	STRESS B.P.M	
1	LUNA	54	7:03	140	-
1	LAWLER	82	7:03	155	✓
1	CUMMINGS	108	7:03	155	✓
1	KESTER	108	7:04	152	✓
1	LOTES	86	7:50	—	
1	MILES	90	7:03	144	✓
1	LINTARES	98	7:04	140	-
1	MOELLERING	70	7:03	130	✓
2	HALLEY	100	7:03	142	-
2	BARTIN	96	7:07	152	✓
2	BOYD	86	7:07	150	✓
2	RONZIO	106	7:05	142	-
2	BITTO	72	7:08	146	✓
2	ITELFRICH	96	7:04	146	✓
3	LEUCHTMANN	86	7:03	140	-
2	KRAMER	110	7:08	150	✓
3	MUELLER	118	8:02	188	+
3	NICKELS	94	7:28	160	✓

35 MIN RUNS #1

30 MIN RUNS #2

25 " " #3

- JOG 4 LAPS UPPER FIELD

- STRETCH

8/12

- JOG AVIATION FIELD
- STRETCH AT WATER MOUNTAIN
- RUN PACE WORK OUT

4.0 { DIRECTO

4.0 { VATTEROTT

EASY OVER DISTANCE

- 2.5 { SPIES

GROUP	NAME	INITIAL PULSE	MILE	MILE 1	MILE 2	MILE 3	STRESS PULSE	MILE 4	MILE 5	STRESS PULSE	TWO MILE
- 1	LUNA	60	19:36	6:45	6:37	6:14	170	6:20	6:11	164	12:32
- 1	LAWLER	76	19:36	6:45	6:40	6:11	158	6:20	6:11	170	12:31
- 1	MILES	100	19:52	6:41	6:34	6:37	180	6:22	7:10	176	13:32
- 1	CUMMINGS	108	19:52	6:45	6:40	6:27	188	6:33	6:55	158	13:28
- 1	KESTER	98	19:46	6:45	6:43	6:18	176	6:33	6:34	182	12:32
- 1	MOELLERING	86	20:02	6:45	6:40	6:37	180	6:25		140	
- 1	LINHARES	96	20:43	6:45	7:04	6:54	174	6:57	7:35	178	14:32
- 1	RONZIO	106	20:46	6:45	6:56	7:05	168	6:47	8:22	158	14:59
2	LOTES	82	20:13	6:45	6:53	6:35	166	6:50	7:10	150	—
- 2	HALLEY	84	20:50	6:45	7:04	7:01	180	6:15	7:10	180	—
- 2	BARTIN	82	20:50	7:00	8:23	7:01	158	6:53	7:10	124	—
- 2	BITTO	88	23:06	6:57	8:09	8:00	174	7:10	7:10	150	—
- 2	KRAMER	92	20:50	7:47	8:25	7:01	160	7:02	7:10	178	—
- 2	HELLRIKH	92	20:50	7:33	8:50	7:01	170	7:09	7:10	192	—
- 2	ROTTER	78	22:46	6:45	8:13	7:48	158	7:08	7:10	180	—
- 2	LUECHTMANN	92	20:44	6:45	7:04	6:55	130	6:33	7:10	128	—
3	NICHOLS	90	20:50	7:42	7:59	7:01	166	7:51	7:10	150	—
- 3	MUELLER	106	20:50	8:18	8:20	7:01	155	8:22	7:10	194	—

- JOG RETURN TO SCHOOL
- STRETCH

8/13

GROUP ONE CLAYTON

8/16

JOB / STRETCH / DISTANCE / JOB STRETCH

6.2

LUNA 44:24

MILES 49:04

KESTER 46:19

MOELLERING 50:12

LINHARES 50:12

RONZIO 49:39

5.2 HELFRICH 53:47

STEIN —

5.2 GITTO 53:47

5.2 SPIES 53:47

VATTEROTT —

5.2 HALLEY 53:47

CUMMINGS 46:28

5.2 LOTTES 42:25

5.2 MINNEGERODE 56:00

5.2 LUECHTMANN 53:47

5.2 DIRECTO 36:22

NICHOLS —

BOYD 32:27 (TOTEM)

FRESHMAN 1st PRACTICE

BRYANT

KLENC

BIERLING

DOWD

RUDDY

DWYER

WITTE

8/17

PBE

8/18

8/19

SENIORS

8/17	A	LAWLER	(ABSENT)	✓	1	✓
	A	CUMMINGS	(ABSENT)	✓	1	✓
	✓	GLASS	✓	✓	3	✓
	✓	DIRECTO		✓	1	✓
	A	LOTES			A	
		BLANKENSHIP (ABSENT) WITH KETLAK				
	✓	KESTER	(ABSENT)	✓	1	✓
	✓	LUNA		✓	1	✓
	✓	LINHARES		✓	1	✓
	✓	MILES		GROUP	1 # 1	✓
	✓	ROTTER		✓	2	✓
	✓	HELFRICH		✓	2	✓
	✓	BELROSE				
	✓	KONZIO		✓	1	✓
		KRAMER				✓
	✓	STEIN				
	✓	BALL				✓
	A	NICHOLS		✓	3	
	✓	MUELLER		✓	3	
	✓	MINNEBERODE		✓	3	
	✓	MOELLERING		✓	1	✓
	✓	HALLEY		✓	2	✓
	✓	GITTO		✓	2	✓
	✓	SPIES		✓	2	✓
	A	WATTEROTT		✓	2	✓
	A	BARTIN	(ABSENT)	✓	3	✓
	✓	BOYD	A	✓	2	✓
	✓	LEUCHTMANN	A	✓	1	✓
	✓	BOB BRYANT			A	✓
	✓	VIM KLENC				✓
	✓	JEFF BIERLING				✓
	✓	RORY DOWD				✓
	*	JOSH RUDDY				✓
	✓	JOHN DWYER				✓
	✓	SCOTT WITTE				✓
		MIKE KENNY	8/19	JOHN MILES	8/19	
		NOT YET				

* BLANKENSHIP

* JONES

* SADOLO

*

8/17 WORKOUT

JOB 1 mile

STRETCH

REPEAT WORKOUT

NAME	2 MILE	PULSE	2 MILE	PULSE	1 MILE	PULSE	REST PULSE
LUNA ✓	12:27	170	12:20	172			
DIRECTO ✓	12:31	188	12:20	186			
KESTER ✓	13:08	150 @	13:15	198			
MILES ✓	12:29	178	12:25	170			
ROTTER ✓	13:25	177	13:35	170			
RONZIO ✓	14:08	158	14:58	150			
LINHARES ✓	12:35	172	13:19	180			
HALLEY ✓	12:27	184	13:45	162			
GLASS ✓	14:06	180	~~~~~				
HELFRICH ✓	19:04	162	8:32 ①		~~~~~		
BALL ✓		158			~~~~~		
STEIN ✓	~~~~~	198	~~~~~		~~~~~		
MUELLER ✓	18:44	192	~~~~~		~~~~~		
MINNEBERGER ✓	18:58	198	6:58 ①		~~~~~		
BOYD ✓	14:06	150			~~~~~		
LEUCHTMANN ✓	13:48	134	14:24	162	~~~~~		
MOELLER ✓	12:41	170	12:27	180	~~~~~		
BITTO ✓	13:42	182	14:20	180	~~~~~		
SPIES ✓	14:43	168	~~~~~	7:31	~~~~~		
VATKROTT ✓	12:47	188	12:27	196	~~~~~		

BELROSE, BRANT, KLENC, BIERLING
DOWD, OWYER, WITTE

8/18

SEE PREVIOUS DAY KON GROUPS

GROUP ONE 8 MILE CITY

GROUP TWO 6 MILE INT. BIKE PATH

GROUP THREE TOTEM (5)

8/19

8-20

20

18
153 FORM
TIME
PACE

SENIORS

GLASS	68
LOTTE	70
✓ LAWLER	52
✓ CUMMINGS	78
JONES	78
✓ DIRECTO	62

✓ LUNA	42
✓ MILES	70
KESTER(A)	
✓ LINHARES	72
✓ KONZIO	66
HELFRICH	78
ROTTER	82

✓ MOELLERING	60
KRAMER	82
✓ VATTEROTT	84
✓ HALLEY	80
NICHOLS	68
MINNEBERGDE	70
BALL	76
✓ LUECHTMANN	86
SPIES	72
GITTO	62
BARTIN	72

RUDDY	68
Bierling	70
WITTE	88
DWYER	86
MILES	68
KENNY	74
KLENE	90
BRYANT	88

LOTTE
JONES

SATURDAY

8/20

NAME | 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18

X X X

LAULER X X X 75 75 74 75 75 74 74 X 73 74 74 73 76 —
 LUNA X X X 77 76 75 76 75 75 74 X 74 75 75 77 74 —
 DIRECTO X X X 76 76 75 76 76 75 76 X 74 76 75 77 74 —
 CUMMINES X X X 76 76 75 76 76 76 76 X 74 76 76 76 74 —
 MILES X X X 77 77 76 79 78 79 79 X 77 79 79 79 78 —
 LINHARES X X X 79 79 79 80 80 80 79 X 78 80 79 79 79 —
 ROTTER X X X 77 78 77 79 79 81 84 X 84 89 87 89 84 —
 RONZIO X X X 78 80 80 81 81 83 85 X 87 85 88 88 81 —
 MOELLERIN X X 78 78 77 78 77 76 76 X 75 77 76 77 75 —
 VATTEROTT X X 80 80 80 80 80 81 81 X 80 82 83 84 81 —
 HALLEY X X 79 79 78 80 78 76 74 X 75 80 78 78 76 —
 LUECHTMANN X X 80 80 80 80 80 81 82 X 84 85 86 84 82 —

?
?
?
?
?
?

GLASS 79 79 78 81 79 80 X 95 73
 HELFRICH 82 84 86 86 88 86 85 98 112
 KRAMER 84 89 89 91 89
 NICHOLS 95 98 99 96 92 99
 MINNEBERODE 96 97 102 110 111
 BALL 82 82 91 87 99 90 88 88
 SPIES 86 86 88 94 92 91 89 91 90
 GITTO 75 79 81 80 88 83 85 89 82
 BARTIN 83 83 82 86 88 85 82 92 87
 BIERLING 84 90 100 103 108
 WITTE 97 97 96 96 99 104
 DWYER 84 92 89 90 90
 MILES 90 90 91
 KENNY 89 95 96 96 96 95

RUDY
 LOTTES
 JONES

KLENC 93 91 106
 BRYANT 87 90 90 92 86

8/22

Blankenship 11/11/15 J. A.

Ball $\checkmark \checkmark \checkmark \checkmark \checkmark$ 5

Kenny ✓✓✓ 3

miles rrr ✓ 4

[illegible]

- JOG 5 LAPS
- STRETCH/CAL
- 6410 - 7096

TIMED RUNS

GROUP ONE: 60 MINUTES

DIRECTO
LAULER
CUMMINGS
KESTER
LUNA
LINHARES
MILES
RONZIO
HALLEY
VATTEROTT
MOELLERING
GITTO
BOYD

GROUP TWO: 50 MINUTES

GLASS
JONES
BARTIN
SPIES
LEUCHTMANN
BLANKENSHIP

GROUP THREE 40 MINUTES

HELLRICH
BALL
ROTTER
KRAMER

GROUP FOUR. 40 MINUTES

STEIN
NICHOLS
MINNEGERODE
MUELLER
REITENBACH

GROUP FIVE: 30 MINUTES

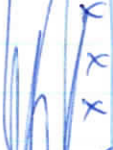
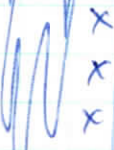
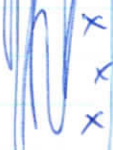
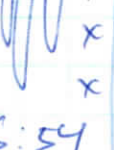
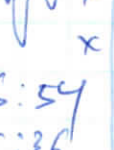
KENNY
BIERLING
RUDY
KLENC

GROUP SIX:

✓ DORSEY (UP)
✓ MEYER
✓ BROCKLAND
✓ WHEELER (UP)
BRYANT
✓ BROOKS (UP)
DOWD
~~BURMAN~~
RUBIN
LINENWEBER (UP)

MILES
DUYER
BRYANT
WITTE

JOG 1 MILE COURSE STRETCH - CAL

NAME	2 MILE	2 MILE	2 MILE	1 MILE	1 MILE	1 MILE
DIRECTO	12:11	12:11	12:10	all	m	m
CUMMINGS	12:36	12:42	13:02	m	m	m
LAULER	12:08	12:05	11:41	m	m	m
KESTER	12:32	12:25	12:52	m	m	m
LUNA	11:36	11:41	11:27	m	m	m
LINHARES	12:36	13:09	13:32	m	m	m
MILES	11:56	12:09	mmmm	m	m	m
ROTTER	12:50	12:57	12:57			
RONZIO	12:59	13:43	13:53			
VATTEROTT	13:17	12:27	12:32			
BOYD	13:40	14:47	14:56			
HALLEY	12:15	15:04	15:43			
MOELLERING	12:32	12:36	12:33			
GITTO	13:41	14:11	15:03			
BLANKENSHIP	13:32	14:13	mmmm	6:54	mmmm	mmmm
JONES	14:05	mmmm	mmmm	6:36	mmmm	mmmm
GLASS	13:44	13:51	mmmm	6:40	mmmm	mmmm
SPIES	14:04	14:56	mmmm	6:50	mmmm	mmmm
LEUCHTMANN	13:34	14:20	mmmm	6:50	mmmm	mmmm
BARTIN	13:26	14:11	mmmm	7:14	mmmm	mmmm
HELRICH	14:20	mmmm	mmmm	6:55	8:13	mmmm
BALL	14:12	mmmm	mmmm	6:55	mmmm	mmmm
MILES	14:07	mmmm	mmmm	6:43	6:53	mmmm
DWYER	13:58	mmmm	mmmm	6:36	6:51	mmmm
KRAMER	14:25	mmmm	mmmm	7:01	7:24	mmmm
NICHOLS	15:09	mmmm	mmmm	7:41	7:42	mmmm
MUELLER	16:55	mmmm	mmmm	8:32	8:15	mmmm
MINNEBRODE	15:56	mmmm	mmmm	8:43	9:15	mmmm
STEIN	15:07	mmmm	mmmm			mmmm
BRYANT	15:16	mmmm	mmmm	7:29	7:51	mmmm
RUDDY	17:53	mmmm	mmmm	8:48	mmmm 9:04	mmmm
WHEELER	15:21	mmmm	mmmm	7:48	7:34	mmmm
KLENC	17:53	mmmm	mmmm	8:48	9:04	mmmm
KENNEY	mmmm	mmmm	mmmm			mmmm
DOWD	18:59	mmmm	mmmm	10:21	mmmm	mmmm
BROOKS	15:23	mmmm	mmmm	8:12	mmmm	mmmm
LINENWEBER	14:01	mmmm	mmmm	6:36	mmmm	mmmm
REITENBAH	14:25	mmmm	mmmm	mmmm	mmmm	mmmm
DORSEY	14:07	mmmm	mmmm	6:43	6:41	mmmm

	2 MILE	2 MILE	2 MILE	1 MILE	1 MILE	1 MILE
MEYER	20:10	~~~~~	~~~~~		~~~~~	~~~~~
BROCKLAND	18:43	~~~~~	~~~~~		~~~~~ ~~~~~	~~~~~ ~~~~~

8/23 - 1 MILE JOG
 - STRECH / CAL
 - 4X 110'S 70%
 - O.D. RUN

GROUP ONE 7.4 CLAYTON
 DIRECTO 51.90 188
 CUMMINGS 58.56
 LAWLER 50.05 176
 KESTER 53.56 196
 LUNA 50.23 160
 LINHARES 58.02 182
 MILES 54.58
 ROTTER 58.02 194
 RONZIO 56.20 182
 VATTEROTT 57.21
 BOYD 58.44 184

GROUP TWO 6.2 KATERIOR
 GLASS 56.09 142
 JONES 50.25 ~~140~~
 HALLEY 58.02 156
 MOELLERIN 47.01 170
 BITTO 47.33 166
 SPIES 57.36 170
 LEUCHTMANN 57.37
~~BARTIN~~
 Bartin 51.38 168

GROUP THREE INTERIOR 5.2
 BLANKENSHIP 43.38 172
 HELFRICH 48.01 168
 BARTIN
 BALL 48.01 174

TOTEM 4.2
 GROUP FOUR ~~MAKER~~ RAY
 KETTERBACH
 STEIN 41.40 212
 NICHOLS 35:30 182
 MUELLER 35:50 192
 KRAMER 35:27 174
 MINNEBERODE 35:47 178
 MILES 33:58 #
 DWYER 33:28 146
 BRYANT 33:57
 WITTE 35:35 185

GROUP FIVE MUMY TWO MILE
 KENNY 25:27 ~~142~~
 BIERLING 25:31 ~~140~~
 RUDDY 28:54
 KLENC 28:53
 WHEELER 30:06 160

TWO MILES
 DOWD 28:13 150
 BROOKS 20:13 190
 LINENWEBER 20:00
 Pulse 150

SADLO 35 minutes

name	2mile	2mile	2mile	1mile	1mile	1mile	2mile	1mile
Directo	156	170	172				Meyer	
Cummings	180	154	162				Brockland	200
Lawler	190	164	142					
Kester	164	170	170					
Lana	160	165	172					
Linhares	160	170	164					
Miles	170							
Rotter	170	174	164					
Ronzio	170	174	164					
Vatterott	160	180						
Boyd	196	160	190					
Halley	180	156	140					
Moellering	160		170					
Gitto	168	170	190					
Blankenship	184	164						
Jones	160							
Glass	180	140						
Spies	155	160						
Leuchtmann	192	174						
Bartin	158	160						
Hellfrich	168							
Ball	172							
Miles	160							
Dwyer	156							
Kramer	176							
Nichols	186							
Mueller	188							
Minnegetode	180							
Stein								
Bryant	134							
Ruddy	160							
Wheeler	148							
Klehc	168							
Kenney								
Dowd	174							
Brooks	158							
Lineaweber	176							
Reitenbach	150							
Dorsey								

5:50

~~10:15~~

~~10:15~~

~~10:15~~

~~10:45~~

~~11:25~~

~~11:35~~

~~11:55~~

~~12:15~~

~~12:35~~

Ruddy

JERRY,

WORKOUT SHOULD BE

ATTENDANCE / JOG AVIATION / STRETCH / 8 X 200 YD
SPRINTS: 1ST TWO AT 65% NEXT 6 AT 90-95% /
ALL RUN EXTERIOR BIKE PATH FOR TIME / JOG
BACK TO SCHOOL + 3 LAPS / STRETCH.
LINHARES AND HALLEY ARE EXCUSED + THE
GUYS RACING TODAY. SEE YW MONDAY.

MAM

NAMES	TIME	PULSE AT FINISH	COMMENTS (keep on skin)
Sadler	48:59		
Jones	48:20	160	
Franklin	48:02	186	
Bartin	51:12	170	
Boyd	47:35		
Jones	42:29	162	
Linhares			
Zimmerman	59:00	120	
Minnigerode	58:59	156	
Muller	51:12	168	
Muller	59:06	164	
Stein			missed his first 3 miles out
Brooks	44:48	44:48 166	
Bryant	48:20	162	
Dwyer	44:26	44:26 160	
Kennedy	44:38	44:38 144	
Kline	54:10	200	
Miller			
Schmidt	42:49	110	
Wheeler	42:39	170	
Biering	45:20	160	
Miles	46:05		

705

14.13

Rietenbach

9.14	2 MILE	2 MILE	2 MILE	1 MILE	1 MILE
LUNA	11:10	11:05	11:00	X	X
DIRECTO	11:54	11:57	11:51	X	X
LAWLER	11:48	11:32	11:20	X	X
KESTER	12:08	12:27	12:40	X	X
VATTEROTT	11:44	11:52	12:08	X	X
SADLO	12:31	13:03	12:11	X	X
ROTTER	13:07	12:46	12:56	X	X
LINHARES	12:21	12:48	13:21	X	X
CUMMINES	13:36	12:56	12:56	5:52	6:28
LOTTE	12:25	14:01	14:29	X	X
BLANKENSHIP	13:38	14:06	13:33	X	7:28
HALLEY	12:33	13:32	13:33	X	X
BOYD	14:12	13:27	13:47	X	X
SPIES	12:57	13:27	13:47	X	X
LEUCHTMANN	13:23	13:54	14:07	X	X
GLASS	12:44	13:14	13:41	X	X
RONZIO	12:55	13:34	14:23	X	X
BARTIN				X	X
GITTO	13:03	13:57	15:17	X	X
KRAMER	14:10	13:29	13:29	X	6:27
DORSEY	13:16	13:29	X	X	6:57
LINENWEBER	13:52	13:52	X	X	7:52
MUELLER	15:37	16:18	X	X	8:13
MINNEGERODE	14:49	16:58	X	X	7:45
NICKELS	14:20	15:55	15:55	X	
STEIN	16:00	16:00	16:00	X	
HELMRICH	13:07	"1080"	1080"	X	
SCHMIOT	12:38	12:38	12:38	5:52	7:09
DWYER	14:13	14:13	14:13	6:20	6:34
BRYANT	12:55	12:55	12:55	6:24	6:05
MILES	13:00	13:00	13:00	6:04	6:05
KENNEY	13:17	13:17	13:17	6:58	7:00
BROOKS	13:45	13:45	13:45	6:51	6:34
KLENC	16:00	16:00	16:00	7:37	6:40
RUDY	15:43	15:43	15:43	7:37	7:20
WHEELER	13:25	13:25	13:25	6:54	6:21
BROCKLAND	13:45	13:45	13:45	7:23	

MUELLER IN 4.4 mile
MILES 11:44

PULSE

	Course time		Before	After
7.6 mile Clayton Run w/o loop	Directo	47:43	66	190
	Cummings	56:33	86	764
	Lawler	47:05	50	142
	Luna	46:13	48	166
	Linhares	52:40	72	170
	Vatterott	55:00	72	160 a good guess
	Kester	47:20	60	180
	Rotter	51:13	70	144 a little rest
	Boyd	56 64:00		155
6.2 mile Bike Path	Blankenship	46:43	80	188
	Glass	47:23	72	
	Sadlo	46:00	68	160
	Blankenship		80	
	Hel Frich	50:00	74	168
	Ronzio	49:00	86	154
	Blankenship		64	
	Blankenship		52	
7.6 Bartin	Batt	64:00	64	104
	Gitto	44:42	68	176
	Spies	47:02	68	144
	Blankenship		52	
	Leuchtman	46:43	60	150
5.2 mile Interior bike path	Strien			
	Nickels			
	Mueller	54:03	78	188
	Minnegerode	54:00	80	184
	Kramer 6.2	50:15	86	125
	Dorsey 6.2	46:33	84	148
	Linenweber	53:56	70	130
	Bryant	53:12	87	120
	Klenc	53:20	82	170
	Bierling	53:56	74	184
Freshmen	Dwyer	51:40	66	180
	Kenney	51:43	91	160
	Brooks	53:00	100	166
	Wheeler	53:16	74	174
	Schmidt	53:16	60	80
				waited

Pulse After 170
49:55 - Coachman 7.2 mile

	1	2	3	4	5	6	7	8	9	10	11	12	1 DB	2 DB
Blankenship	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	4:18 4:18	4:18
Cummings	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	4:10	4:08
Directo	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	3:42	3:44
Glass	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	4:33	4:31
Lawler														
Lawler	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	3:43	3:47
Lottes	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	4:03	4:05
Sadlo	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	4:11	
Franklin	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	4:11	4:10
Helfrich	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	4:35	
Kester	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	3:47	3:45
Linhares	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	4:12	4:07
Luna	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	3:40	3:43
Benzo														
Rotter	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	4:34	4:40
Miller	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	3:50	
Racer X	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓		

Water Break

	TIME	PULSE
BLANKENSHIP	45:27	182
CUMMINGS	53:08	170
DIRECTO	49:50	172
GLASS	56:29	175
JAMES		
LAWLER	53:08	150
SADLO	56:29	170
FRANKLIN	44:12	160
HERTICH		
LUNA	49:59	142
ROTTER	51:10	170
RONRIO	57:18	176
-BOYD	53:03	178
DORSEY	46:48	164
HALLEY	54:24	176
LEUCHTMAN		
LINENWEBER	53:10	166
MIMMERGERODE	46:26	174
MOELERING	53:56	
MUELLER	46:26	182
NICKLES	53:10	180
SPIES	53:16	166
STEE ROETENBACH		164 164
MILES	43:33	154
KEMMEY	40:03	164
SCHMIDT	40:56	110
KLENCE	41:13	200
DWYER	41:12	140
BIERLING	43:50	162 162
HELFRICH		
LINHARES		
KRAMER		
STEIN		140
BROOKS		122
LEUCHTMAN		158

BRYANT	43:33	160
BROCKLAND	45:15	104
RUDDY	45:15	186

WORKOUT:

CAL &
JOG 1 MILE, STRETCH, 6 X 110 AT 85%,
8 HILL CIRCUITS (GROUP ONE) 6 HILL CIRCUITS
(GROUP TWO) REST FOR FIVE-SEVEN
MINUTES & DRINK OF WATER, TWO REPEAT
DOUBLE CIRCUITS FOR TIME, JOG TO
SLUH + 3 LAPS AROUND FIELD, CAL &
STRETCH

Jerry, SCOTT KNOWS WHERE THOSE DOUBLE-CIRCUITS END & THE GUYS
WILL REMEMBER WHERE THEY BEGIN AT THE BOTTOM OF THE HILL.
I'LL LEAVE IT TO YOU TO DECIDE WHO GOES IN GROUP ONE (8) AND
GROUP TWO (6) HOPE IT'S ALL CLEAR. (TANKS COACH. (ARMORED
PERSONNEL CARRIER, COACH)

NAME	1	2	3	4	5	6	7	8	5-7 MIN REST	CIRCUIT ONE	5 MIN REST	CIRCUIT TWO
Helfrich	✓	✓	✓	✓	✓	✓	✓	✓		4:28		
Gitto	✓	✓	✓	✓	✓	✓	✓	✓		4:26		5:18
Kramer	✓	✓	✓	✓	✓	✓	✓	✓		5:21		
Minnegerode	✓	✓	✓	✓	✓	✓	✓	✓		5:22		5:38
Linenweber	✓	✓	✓	✓	✓	✓	✓	✓		5:08		4:59
Nickeb	✓	✓	✓	✓	✓	✓	✓	✓		5:36		5:59
Bryant	✓	✓	✓	✓	✓	✓	✓	✓		4:07		4:52
Dwyer	✓	✓	✓	✓	✓	✓	✓	✓		4:41		4:59
Kenney	✓	✓	✓	✓	✓	✓	✓	✓		4:47		4:58
Miles	✓	✓	✓	✓	✓	✓	✓	✓		4:31		4:28
Wheeler												
Wheeler	✓	✓	✓	✓	✓	✓	✓	✓		4:37		4:23
Shmidt	✓	✓	✓	✓	✓	✓	✓	✓		4:30		4:34
Shtien	8	✓	✓	✓	✓	✓	✓	✓				
Mueller	8	✓	✓	✓	✓	✓	✓	✓		5:32		6:37
Klenc		✓	✓	✓	✓	✓	✓	✓		5:48		5:28
Bierling		✓	✓	✓	✓	✓	✓	✓		5:18		5:56
Ruddy	8	✓	✓	✓	✓	✓	✓	✓		5:31		5:21
Brooks		✓	✓	✓	✓	✓	✓	✓		4:44		5:03
Brockland		✓	✓	✓	✓	✓	✓	✓		4:50		

9/20

GROUP ONE	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	
LUNA	✓	✓	70	72	/	/	/	/	/	/	/	/	/	/	/	/	72 69
LAWLER	✓	✓	69	70	69	70	70	69	✓	69	71	69	69	70	69	69	70 ON 67
KESTER	✓	✓	72	73	73	73	73	73	✓	72	74	73	73	72	72	74	75 UNDER
DIRECTO	✓	✓	71	72	71	72	71	71	✓	70	72	70	71	71	71	70	72 UNDER
CUMMINGS	✓	✓	73	74	74	74	72	74	✓	72	74	73	73	73	74	73	74 ON
LINHARES	✓	✓	74	75	74	75	74	74	✓	74	75	75	75	74	74	76	76 UNDER
ROTTER	✓	✓	77	78	77	78	77	78	✓	77	78	77	78	77	78	71	78 ON 74
HALLEY	✓	✓	80	76	73	76	74	81	✓	83	86	84	87	89	86	87	76 OVER 72
BLANKENSHIP	✓	✓	80	78	78	77	78	78	✓	76	78	80	86	84	/	/	82 ON 75
LUECHTMANN	✓	✓	79	80	80	81	/	/	✓	82	86	86	86	86	86	85	80 OVER 77
SPIES	✓	✓	81	81	83	83	81	81	✓	81	81	81	82	81	81	79	85 UNDER 75
BOYD	✓	✓	80	80	82	83	/	/	✓	80	81	84	83	75	84	78	83 ON
GITTO	✓	✓	79	81	85	88	85	88	✓	87	86	89	91	92	91	92	10 81 OVER 78
GLASS	✓	✓	77	76	77	76	75	75	✓	77	77	76	77	75	77	77	77 ON 73
LOTTE	✓	✓	74	75	74	75	74	74	✓	74	75	74	75	74	74	65	80 UNDER 71
HELLRICH	✓	✓	83	83	87	85	85	✓	71	77	93	94	/	/	/	/	88 ON-OV
RONZIO	✓	✓	74	75	81	86	87	✓	96	96	96	96	95	96	/	/	81 OVER 76
REITENBACH	✓	✓	85	87	87	88	87	✓	89	90	88	/	/	/	/	/	87 ON
BARTIN	✓	✓	84	82	81	80	80	✓	82	80	79	80	95	92	/	/	84 UNEVEN 80
STEIN	✓	✓	80	86	87	110	96	✓	82	99	96	105	101	85	/	/	93 UNEVEN 85
NICKELS	✓	✓	88	88	88	87	86	✓	88	87	76	86	86	87	/	/	90 UNDER 80
MUELLER	✓	✓	96	98	94	98	97	✓	103	105	103	106	105	101	/	/	96 OVER 90
MINNEGERODE	✓	✓	89	89	91	92	90	✓	95	95	91	94	88	76	/	/	95 UNDER 87
LINENWEBER	✓	✓	88	89	89	90	90	✓	92	91	88	90	92	92	/	/	90 UNDER 84
KLENC	✓	✓	85	85	86	90	91	✓	91	94	102	100	101	97	/	/	90 UNDER 84
BIERLING	✓	✓	87	94	94	98	100	✓	100	104	103	105	115	106	/	/	92 OVER 84
DWYER	✓	✓	75	79	80	81	82	✓	80	81	79	81	78	78	/	/	87 UNDER 77
SCHMIOT	✓	✓	79	83	83	82	82	✓	82	83	84	83	79	81	/	/	85 UNDER 77
RUDY	✓	✓	94	93	94	99	97	✓	96	96	96	96	86	81	/	/	95 ON 88
KENNEY	✓	✓	86	87	86	86	85	✓	86	87	88	85	88	88	/	/	92 UNDER 80
MILES	✓	✓	80	83	82	82	83	✓	82	83	85	85	83	84	/	/	85 UNDER 77
BROOKS	✓	✓	84	86	86	84	86	✓	89	86	81	90	89	86	/	/	89 UNDER 71
WHEELER	✓	✓	82	84	82	84	85	✓	82	82	83	82	82	83	/	/	89 UNDER 77
BROCKLAND	✓	✓	87	90	90	92	92	✓	92	92	91	96	X	X	/	/	92 ON 79

FRANKLIN, 73⁴ SADOLO, 72 VATTEROTT, 72 MOELLERING 73

9. 21

[illegible]

2 MILE JOG + 110'S
3 1 MILES ON CURSE
+ REPEATS ON SURPRISE
HILL
1 MILE JOG

9.26

JOG	1 MILE	START	110	et	90-85%
NAME	1	2	3	4	5
LUNA	5:14	5:15	5:16	5:15	5:10
KESTER	5:27	5:33	5:33	5:33	5:32
LAWLER	5:21	5:22	5:21	5:19	5:15
HALLEY	6:12	7:05	7:42	7:42	7:42
CUMMINGS	5:28	5:29	5:39	5:25	5:29
ROTTER	5:49	5:56	5:45	5:58	5:54
SADLO	6:25	6:41	6:35	5:32	5:08
DIRECTO	5:27	5:26	5:28	5:28	5:20
LOTTE	5:34	5:35	5:35	5:40	5:51
MOELLERING	5:40	5:42	5:43	5:43	5:43
SPIES	5:58	5:58	5:45	5:53	5:47
BARTIN	6:10	6:33	7:22	7:08	6:46
RONZIO	5:57	6:21	6:19	6:10	5:59
GATTO					
LINENNEBER	6:31	6:40			
BLANKENSHIP	6:04	6:08	6:24	6:42	6:26
NICKELS	6:24	6:38	6:47	6:40	6:54
BOYD	6:05	6:27	6:23	6:34	5:58
HELFRICH	6:43	7:20	7:20	7:20	7:20
KRAMER	6:31	6:48	6:55	6:55	6:43
WINNEBERG	7:05	X	7:00	X	7:26
LEUCHTMANN	6:13	X	6:53	X	6:44
REITENBACH	5:57	6:13	6:13	X	6:17
FRANKLIN	5:20	5:27	5:25	X	5:36
DORSEY	6:12	X	6:28	X	6:39
MUELLER	7:23	X	7:46	X	8:07
STEIN	7:23	7:23	6:15	6:15	6:52
BIERLING	6:52	X	7:20	X	7:16
BROCKLAND	6:17	X	7:07	X	.
BROOKS	6:05	X	6:28	X	6:46
BRYANT	5:51	X	6:12	X	6:13
Dwyer	6:19	X	6:59	X	
KENNEY	6:23	X	6:33	X	
KLENC	6:51	X	7:27	X	7:39
MILES	6:05	X	6:14	X	6:27
RUDDY	7:13	X	7:26	X	7:22
SCHMIOT	6:10	X	6:26	X	6:19
WHEELER	5:47	5:58	5:56	X	

+ 2 LAKE
JOG & IN
- STRETCH
-

5:00 from
last person

#laps

1
1
3/4 mile
2 1/2 mile
3 1/4 mile
6 1/8 mile
3 1/4 mile
2 1/2 mile
3/4 mile

Pyramid

Coach, Please
don't do these.

comments

Pah-leeze
Pah-leeze

Nobody likes to
stay until 6:00

1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18

[illegible]

9/31

GROUPS ONE AND THREE
T

NAME	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	GOAL
BLANKENSHIA	✓	✓	✓	78	80	80	80	80	81	84	77	82	80	84	85	87	X	X	X	X	85
DIRECTO	✓	✓	✓	74	75	74	74	74	73	X	✓	73	74	74	74	73	72	72	72	72	75
CUMMINGS	✓	✓	✓	75	75	74	75	74	75	83	73	77	76	79	91	77	80	81	89	88	76
LAWLER	✓	✓	✓	74	74	73	73	73	72	77	70	72	73	73	73	11	71	71	70	69	74
JONES	✓	✓	✓	78	78	79	78	79	77	96	79	80	85	84	80	85	X	X	X	X	85
KESTER	✓	✓	✓	76	77	75	75	75	74	79	73	75	74	75	74	74	74	75	75	78	78
LUNA	✓	✓	✓	74	74	73	74	73	72	95	70	73	73	74	73	74	73	74	73	73	75
LINHARES	✓	✓	✓	76	78	74	78	79	77	99	77	77	78	74	78	78	80	81	80	79	79
MILES	✓	✓	✓	75	75	75	75	75	74	108	73	75	74	79	74	75	77	75	75	75	78
ROTTER	✓	✓	✓	82	81	81	80	81	80	103	82	80	80	80	81	80	80	80	80	80	82
RONZIO	✓	✓	✓	76	82	83	72	82	82	113	83	84	83	87	88	91	89	92	93	88	83
ITALLEY	✓	✓	✓	78	78	78	78	79	77	113	79	80	80	84	84	87	84	87	90	88	78
MOELLERING	✓	✓	✓	76	77	76	76	76	76	111	76	76	76	76	75	75	75	76	75	74	77
VATTEROTT	✓	✓	✓	75	77	74	78	79	77	110	76	77	77	78	77	77	77	78	79	76	79

	1	2	3	4	5	6	7	8	9	10	11	12	13	
BRYANT	✓	✓	✓	92	92	95	90	94	92	90	90	90	90	90
KLENC	✓	✓	✓	94	93	94	99	108	104	108	107	X	X	93
BIERLING	✓	✓	✓	97	96	98	96	96	98	95	99	X	X	97
DOWD	✓	✓	✓								X	X	X	99
RUDDY	✓	✓	✓	98	97	99	100	99	97	100	90	X	X	99
DWYER	✓	✓	✓	83	86	87	87	87	86	82	88	90	83	90
WITTE														
KENNEY	✓	✓	✓	84	89	84	88	89	87	89	84	X	X	95
MILES	✓	✓	✓	84	89	89	89	89	89	85	89	87	86	90
BROOKS	✓	✓	✓	91	92	92	97	95	95	95	100	X	X	92
WHEELER	✓	✓	✓	83	89	89	88	84	88	83	90	92	85	92
MEYER														
BROCKLAND	✓	✓	✓	92	93	92						X	X	95
LINENWEBER	✓	✓	✓	93	93	96	94	95	94	93	95	93	93	95
SCHMIDT	✓	✓	✓	91	91	91				X	X	X	X	99

91 85 7
55

10-6 STRECH, 4 X 200, 6.2 or 5.2 4X 200
EXT INT

JOB HOME + 4 LAPS STREET

(1) LUNA	137:30	170
DIRECTO	38:30	178
LAWLER	38:45	140
GLASS	41:32	186
BLANKENSHIP	42:10	182
LOTTE	39:35	140
SADLO	41:18	134
FRANKLIN	46:00	162
FRANKLIN		
KESTER	39:07	180
ROTTER	39:07	132
RONZIO	42:25	184
HALLEY	—	—
VATTEROTT	39:40	
MUELLERING	47:40	150
LEUCHTMANN	51:45	156
SPIES	43:30	158

(2) JONES	39:10	
LINHARES	47:40	160
BARTIN	36:30	150
DORSEY	36:40	140
GITTO	36:07	178
LINENWEBER	35:39	180
MINNEBERGE	40:40	170
MUELLER	40:07	188
NICKELS	35:40	172
STEIN	46:10	140
BIERLING	—	—
BROCKLAND	45:35	204
BROOKS	40:06	180
BRYANT	36:40	148
DYER	40:02	110
KENNEY	36:32	140
KLENC	46:10	154
RUDY	45:38	178
WHEELER	35:05	160

(?) FRANKLIN		
LINHARES	41:35	192
REITENBACH		
SCHMIDT		

~~5~~

~~182~~

NAME	1	2	3	4	5	GOAL 5 min. rest / SPRINTS BEFORE & AFTER (200's)
ONE(S)						
LUNA	5:19	5:14	5:20	5:12	5:07	5:10 -
CUMMINGS	5:45	5:36	5:50	5:52	5:25	5:25 --
DIRECTO	5:39	5:22	5:25	5:24	5:20	5:20
LAWLER	5:23	5:20	5:21	5:19	5:24	5:15 "take 1 second off, oh, make that 6 seconds"
LOTES	5:35	5:27	5:35	5:31	5:35	5:30
SADLO	X	X	X	X	X	5:30
KESTER	5:35	5:31	5:34	5:33	5:29	5:25 tired, very tired went off running
GLASS	6:05	6:00	6:12	6:12	5:41	5:45 c'mon, turn it on
BLANKENSHIP	6:15	6:04	6:08	6:04	6:12	6:00 tired, very tired
FRANKLIN	6:11	6:15	6:17	6:07	5:56	5:30 "going to catch Spies' ass."
RONZIO	6:34	6:24	6:30	6:26	6:28	6:10 asking "when am I done?"
RUTTER	5:52	6:09	6:31	6:49	6:37	5:40 suck it in + do what you can
BOYD	6:44	6:45	X	X	X	6:00 sick, sick, sick, sick and tired, "I'm going home"
LECHTMANN	6:13	6:55	6:04	6:08	6:05	5:55 "that's '6:15' not '6:50'"
MOELLERING	5:40	X	5:36	X		5:35 "It's hell to run in the cold"
SPIES	5:51	5:53	5:52	5:48	5:47	5:45 "I don't care, he'll never catch me."
VATTEROTT	5:40	5:32	5:36	5:43	5:41	5:30
Jones	6:40	6:37	6:41	X	X	SUB 7 "sounds kinky, like \$100,000 pyramid
TWO(S)						you win a trip to Cancun or Barbados
DORSEY	6:23	6:15	6:19	6:13	6:16	6:20 ++
GETTO	6:27	6:28	6:34	6:38	6:46	6:00 "off my sweat's THIS!"
LINENWEBER	6:22 6:22 6:22 6:22 6:22					
MINNEBRUDE	7:06	7:08	6:59	7:22	6:58	7:00
MUELLER	7:12	7:02	7:02	6:56	6:40	7:25 +
NICKELS	6:34	6:40	6:38	6:35	X	6:35 +
STRIN	6:27	7:01	6:35	X	6:47	6:40 "Who cares?"
BIERLING	7:00	7:11	7:09	7:28	7:34	7:05
BROCKLAND	6:21	6:33	6:23	X	6:10	6:35
BROOKS	6:20	6:25	6:43	6:33	6:50	6:20 - 15
BRYANT	6:19	6:15	6:22	6:11	5:55	6:10 - 15 +
DWYER	5:56	6:05	6:17	6:13	6:43	6:00
KENNEY	6:22	6:26	6:33	6:35	6:30	6:20
KLENC	7:54	7:13	7:27	7:03	7:05	7:15 +
MILES	6:14	6:13	6:13	6:04	6:21	6:00 - 10 +
RUDDY	7:53	7:14	X	X	X	7:15
WHEELER	5:58	6:10	6:06 5:56	5:59	5:59	5:50 - 100 + where is he?

Mr Herp
Coachman

"Nope, nope, nope, not me, I don't have quotes." Little does he know.
"C'mon only 342 more to go."

10/7

	1	2	3	4	5	6	7	8	9	10	11	12	
LUNA	74	68	68	67	68	69	68	69	68	68	68	67	
LAWLER	68	68	65	66	68	69	68	69	68	68	69	67	
KESTER	71	70	70	69	70	70	70	69	70	70	71	68	
DIRECTO	69	68	67	67	68	69	68	69	68	68	68	68	legom crampum
ROTTER	81	74	75	76	82	85	84	84	90	88	85	86	
HALLET	88	75	76	76	71	71	73	73	73	101F	92	72	
LOTTE	77	69	68	68	70	70	70	72	72	72	72	70	
SADLO	77	69	68	67	68	69	68	69	74	74	74	74	
LINHARES	73	72	73	71	72	72	73	73	74	73	74	72	
MOELLERING	84	72	72	71	71	70	71	71	72	72	72	70	
VATTEROTT	73	72	72	72	72	72	72	73	74	74	74	72	
FRANKLIN	71	69	69	69	70	70	70	69	69	68	68	64	
BLANKENSHIP	74	74	74	74	74	74	74	74	74	74	74	72	
GLASS	84	72	72	72	72	72	72	72	74	73	73	72	
SPIES	74	73	73	74	74	74	74	74	74	75	74	75	
LEUCHTMANN	78	74	74	74	74	76	75	76	77	77	80	77	
RONZIO	77	74	75	76	74	77	76	80	80	77	77	77	
Dorsey	83	80	79	81	82	80	78	83	81	81			
GETTO	75	76	76	77	74	78	77	80	80	81			
BARTIN	79	89	83	93F	91F	90F	77	90F	77	77			
STEIN	*72	78	78	90	82	73	77	76	79				
NICKELS	74	75	76	76	76	76	77	79	77	78			
MINNEBERGE													
MINNEBERGE	87	87	84	85	84	85	85	85	85	85			
LINENWEBER	82	79	78	79	80	81	80	85	84	85			
KLENC	87	85	84	84	81	90	87	95F	95F	94			
BIERLING	86	85	83	84	86	87	86	90	91	87			
DWYER	75	75	85	75	73	76	73	75	76	75			
SCHMIDT	85	76	78	84	82	76	73	75	76	75			
RUDDY	87	85	83	81	80	82	83	83	84	76			
KENNEY	82	84	82	81	81	83	80	84	84	84			
MILES	77	77	78	79	79	81	83	79	81	78			
WHEELER													
WHEELER	74	73	75	78	77	77	79	78	77	75			
BROCKLAND	77	77	77	78	77	80	80	78	77	75			
Bryant	76	76	76	76	76	80	79	80	79	80			

F="form"

10-10-88

JOB - STRETCH - 6 X 200 @ 85-95
 WORKOUT - JOB TWO - LAKE - STRETCH
 LUNA 2:08 2:04 2:59

HILLS

								1/2 repeats					
								REST	1	2	3	4	
								7min					
LUNA	1	2	3	4	5	6	7	8	1:20	1:01			1:59
LAWLER	✓	✓	✓	✓	✓	✓	✓	✓	2:06	2:01	2:00		1:59
DIRECTO	✓	✓	✓	✓	✓	✓	✓	✓	2:06	2:02	1:59		1:59
3 CUMMINGS	✓	✓	✓	✓	✓	✓	✓	✓	2:16	2:23	2:08		
4 LOTTES	✓	✓	✓	✓	✓	✓	✓	✓	2:11	2:08	2:05		1:59
4 SADOLO	✓	✓	✓	✓	✓	✓	✓	✓	2:04	1:59	1:57		1:55
4 BLANKENSHIP	✓	✓	✓	✓	✓	✓	✓	✓	2:16	2:12	2:10		2:14
4 GLASS	✓	✓	✓	✓	✓	✓	✓	✓	2:19	2:18	2:16		1:59
4 FRANKLIN	✓	✓	✓	✓	✓	✓	✓	✓	2:07	2:05	2:01		
4 KESTER	✓	✓	✓	✓	✓	✓	✓	✓	2:04	2:04	1:59		2:00
4 LINHARES	✓	✓	✓	✓	✓	✓	✓	✓	2:14	2:08	2:09		2:11
3 RONZIO	✓	✓	✓	✓	✓	✓	✓	✓	2:34	2:18	2:10		
3 ROTTER	✓	✓	✓	✓	✓	✓	✓	✓	2:28	2:21	2:09		
3 BOTO	✓	✓	✓	✓	✓	✓	✓	✓	2:39	2:23	2:25		
3 DORSEY	✓	✓	✓	✓	✓	✓	✓	✓	2:32	2:27	2:18		
3 HALLEY	✓	✓	✓	✓	✓	✓	✓	✓	2:45	2:33	2:20		
3 LEUCHTMANN	✓	✓	✓	✓	✓	✓	✓	✓	2:31	2:22	2:14		
3 MOKLERING	✓	✓	✓	✓	✓	✓	✓	✓	2:12	2:05	2:00		
3 SPIES	✓	✓	✓	✓	✓	✓	✓	✓	2:17	2:12	2:11		
4 VATTEROTT	✓	✓	✓	✓	✓	✓	✓	✓	2:14	2:08	2:05		
3 JONES	✓	✓	✓	✓	✓	✓	✓	✓	2:36	2:27	2:20		
3 GITTO	✓	✓	✓	✓	✓	✓	✓	✓	2:37	2:31	2:26		
3 LINENWEBER	✓	✓	✓	✓	✓	✓	✓	✓	2:37	2:26	2:18		
3 NICKELS	✓	✓	✓	✓	✓	✓	✓	✓	2:36	2:25	2:23		
3 STEIN	✓	✓	✓	✓	✓	✓	✓	✓	2:32	2:19	2:18		
3 MUELLER	✓	✓	✓	✓	✓	✓	✓	✓	3:00	2:37	2:32		
MINNEBERGER	✓	✓	✓	✓	✓	✓	✓	✓					
BIERLING	✓	✓	✓	✓	✓	✓	✓	✓	2:48	2:24			
BROCKLAND	✓	✓	✓	✓	✓	✓	✓	✓					
BROOKS	✓	✓	✓	✓	✓	✓	✓	✓	2:32	2:24			
BRYANT	✓	✓	✓	✓	✓	✓	✓	✓	2:41	2:07			
DWYER	✓	✓	✓	✓	✓	✓	✓	✓	2:15				
KENNEY	✓	✓	✓	✓	✓	✓	✓	✓	2:43	2:31			
KLENC	✓	✓	✓	✓	✓	✓	✓	✓	2:44	2:31			
sort → MILES	✓	✓	✓	✓	✓	✓	✓	✓	2:22	2:20			
RUDY	✓	✓	✓	✓	✓	✓	✓	✓	2:43	2:33			
SCHMIOT	✓	✓	✓	✓	✓	✓	✓	✓	2:34				
WHEELER	✓	✓	✓	✓	✓	✓	✓	✓	2:16	2:11			

7:20-7:30 (EXT GRASS)

LUNA 7:16/57:07
LAWLER 7:16/57:07
DIRECTO 7:16/57:07
KESTER 7:16/57:07
CUMMINGS 7:16/57:07
LINHARES 7:16/57:07
~~WATTS~~
ROTTER 7:16/57:07
~~HAGGARD~~

MUELLER 7:16/57:07
LOTTES 7:16/57:07

7:40-50 (INTERIOR)

BLANKENSHIP
GLASS 7:30/43:57
RONZIO 7:21/44:21
KRANKLIN 7:17/43:49
BARTIN 7:21/47:22
GITTO 7:22/46:35
SPIES 7:14/45:59
LECHTMANN ——— Did not Finish
HALLEY 8:28
BOTO 7:15/50:33
LINENWEBER 7:21/55:21
HELRICH 7:21/58:20

8:00-8:10 (GOTEM)

STEIN

NICKELS 8:47/1
MUELLER 8:47/1
MINNEGEROUE 8:47/44:44
KRAMER 7:24/39:51
BRYANT 7:32/42:23

KLENC

BIERLING 7:37/46:26
RUDDY 8:00/48:47
DUYER 8:00/42:00
KENNEY 7:22/39:26
MILES 7:32/42:23

BROOKS 7:38/42:05 BROCKLAND 8:10/48:48
WHEELER 7:39/37:37 SCHMIDT 7:38/42:05

TIMED ON GRASS: SADOLO

REITENBACH

10-18

	1/2	1/2	1/4	1/4	220	1/4	1/4	1/2	1/2
Jones	2:43	2:50	73	79	30 33 31	88	88	3:19	
Sadlo	2:40	2:30	65	66	27 32 33	66	67	2:34	
Linhares	2:42	2:43	71	70	30 32 31	73	74	2:47	
Franklin	2:42	2:41	68	68	27 28 28	68	73	2:42	
Wuechtmann	2:45	2:46	75	76	32 32 33	77	80	2:50	
Ronzo									
Boyd	2:50	2:52	79	76	32 30 33	81	80	2:58	
Bartin	2:49	2:46	80	77	31 31 36	88	90	3:19	
Linenweber	2:57	2:56	81	77	34 34 35	81	80	3:00	
LiHo	2:45	2:45	77	74	31 30 34	78	81	2:51	
Dorsey	3:00	2:56	79	77	33 32 34	83	83	3:01	
Nickels	2:50	2:45	75	77	31 32 32	84	85	3:07	
Stien	3:04	3:04 ^{urinating}	71	76	36 35 33	82	85	3:15	
Minnegerode	3:09	3:05	84	83	33 31 31	91	88	3:25	
Dwyer	3:05	2:46	73	70	31 31 32	74	74	2:51	
Wheeler	2:51	2:49	76	76	34 34 37	80	81	2:51	
Miles	2:58	2:55	80	80	34 35 36	81	84	3:00	
Bryant	2:54	2:49	78	76	31 33 33	82	81	2:54	
P Schmidt	2:50	2:47	75	75	33 34 34	75	77	2:45	
Kenney	3:03	2:56	83 80	80	34 35 35	84	85	2:56	
Brooks	2:50	2:50	75	77	32 34 34	81	83	3:04	
Klenc	3:10	3:05	83	83	29 32 34	103	102	3:40	
Mueller	3:11	3:15	87	90	37 37 37	100	96	3:30	
Moellering	2:42	2:37	70	69	29 31 29	68	70	2:38	
					1 2 3 4				

GOAL
100-50

	1	2	3	4	5	6	7	8	9	10	GOAL
LUNA	78	67	69	67	69	67	67	67	67	67	66
LAWLER	70	64	67	66	70	67	69	67	73	73	66
KESTER	76	68	69	67	69	67	68	67	67	68	68
DIRECTO	71	64	66	66	68	67	67	66	67	65	66
CUMMINGS	66	73	71	71	72		72	67	75	69	68-7
SADLO	73	64	67	66	67	67	65	65	66	65	68
POTTER	73	71	72	71	75	78	72	76	79	78	71-2
LOTTE	66	64	66	67	64	73	76	69	72	69	68
HALLEY	74	73	76	75	78	80	79	81	83	85	71-0
VATTEROTT	78	70	71	71	71	73	75	74	75	74	70
LINHARES	81	70	71	70	71	72	71	72	72	71	71
FRANKLIN	74	63	64	67	70	67	68	67	70	70	67
GLASS	87	70	71	70	72	74	71	73	75	72	70
SPIES	79	71	71	71	73	72	72	72	73	74	72
RONZIO	83	67	72	75	77	75	73	74			74
LEUCHTMANN	78	74	74	75	77	77	78	78			73
GITTO	79	67	72	74	75	77	78	78			74
DORSEY	80	74	75	79	81	79	81	78			76-7
BARTIN	82	73	75	74	73	73	76	80			78
NICKELS	78	75	76	78	80	78	81	80			75-4
MINNEBERGE	89	82	81	81	85	83	83	84			83
LINENWEBER	79	78	75	76	79	73	76	78			78-7
(1) BLANKENSHIP	74	69	72	71	72	72	73	72	72	72	72
(1) MOKLERING	85	70	71	70	78	70	69	69	71	70	71
(2) MUELLER	92	88	87	88	91	89	92	88			88
(2) BOYD	82	73	75	74	73	73	76	74			77

Form

10 - ~~THU~~ 21

BLANKENSHIP
JONES
BARTIN
BOYD
DORSEY
GITTO
LINENWEBER
MINNEGERODE
MUELLER
NICKELS
STEIN
BROCKLAND
BRYANT
KENNEY
KLENC

$\frac{1}{2}$	$\frac{1}{4}$	$\frac{1}{4}$	220	220	220	220	220	220	220	$\frac{1}{4}$	$\frac{1}{2}$
2:37	69	69	32	32	32			29		66	2:44
2:47	70	72	30	34	35			30	—	80	
2:42	73	72	29	33	37			31	—	100	3:30
2:52	74	75	30	32	32			34	—	76	2:58
2:51	75	76	32	33	34			32	—	83	3:09
2:48	70	74	31	32	32			31	—	81	2:57
2:52	78	78	34	34	36			35	—	75	2:49
3:09	82	83	30	35	38			36	—	98	3:24
3:15	88	89	35	38	43			39	—	103	3:40
—	—	—	—	—	—			—	—	—	—
3:15	79	79	38	41	39			38	—	94	3:02
2:52	75	81	—	—	—			—	—	73	3:55
2:50	74	75	32	34	33			33	—	76	3:05
3:05	80	81	35	37	37			39	—	89	3:09
3:01	78	81	31	33	37			35	—	100	3:39

10/ ~~24~~ 24
 JOG 1 MILE
 8X110 AT 65-70 THEN 95% PYRAMID OR DISTANCE, WARM DOWN

NAME	1/2	1/4	1/4	220	220	220	220	FL110'S	220	220	220	1/4	1/2
LUNA	2:35	67	68	29	30	31	31		31	30	29	69	2:35
SADLO	2:35	64	69	X	X	X	X						
KESTER	2:35	68	69	29.5	30	29	30		30	31	30.5	69	2:42
DIRECTO	2:37	67	68	28	29	27	28		28	30	29	67	2:32
CUMMINGS	2:40	67	69	28	31	30	30		30	30	29	68	2:38
LAWLER	2:35	64	67	29	31	Forcast time	28		28	29	28	65	2:30
SPIES	2:42	71	72	31	34	X	X						
FRANKLIN	2:40	66	67	27	29	27	27		29	29	28	65	3:04
LINITARES	2:43	70	71	29	30	31	31		33	31	29	72	2:55
MOELLERING	2:40	68	69	28	30	31	30		30	29	28	68	2:45
VATTEROTT	X												
STEIN	2:52	80	85	33	33	36	37		35	37	34	82	
GLASS	2:41	69	69	29	30	31	30		33	31	28.3	69	2:39
LOTES	2:42	69	70	29	30	29	29		29	30	29	67	2:39

RUNNING THE MICRO MINI-MARATHON

- BARNES	- 36:04	BIERLING - 40:35
- BARN	- 37:38	BRUKLAND - 45:51
- BOYD	- 40:09	BROOKS - timin'
- BIPPO	- 37:59	BRYANT - 41:33
- LECHTMAN	- 41:18	DWYER - 41:02
- LINENWIEBER	- 45:14	KENNEY - 41:20
- MINNEBOBE	- 41:52	KLENC - 49:00
- NICKELS	- 42:12	MILES - 36:08
- Blankenship	- 38:00	RUDY - 46:37
- Jones	- 40:00	SCHMOT - 40:00
- Riephagen	- 41:00	

	$\frac{1}{2}$	$\frac{1}{2}$	$\frac{1}{4}$	$\frac{1}{4}$	ZZO'S	$\frac{1}{4}$	$\frac{1}{4}$	$\frac{1}{2}$
LAWLER	2:25	2:24	66	66				
LUNA	2:27	2:26	67	67				
DIRECTO	2:27	2:27	67	67				
CUMMINGS	2:29	2:32	68	69				
KESTER	2:32	2:34	74	72				

	1	2	3	4	5	6	7		
Sadlo	2:53	2:49	2:54	2:53	2:52	2:20	2:30	2:47	✓
Directo	2:39	2:36	2:32	2:31	2:34	2:20		2:26	✓
Cummings	2:42	2:48	2:35	2:35	2:36	2:25		2:30	✓
Franklin	2:51	2:44	2:36	2:31	2:32	2:44	2:42	2:26	X
Kester	2:42	2:38	2:32	2:32	2:28	2:34	2:40	2:23	X
Linhares	2:51	2:43	2:46	2:45	2:48	2:37		2:38	✓
Blankenship	2:50	2:50	2:48	2:51	2:48	2:54	2:52	2:43	X
Jones	2:56	2:56	2:57	3:01	3:14	3:02	X	2:51	?
Lottes	2:53	2:47	2:47	2:45	2:56	2:32		2:42	LEAVE
Luna	2:39	2:35	2:32	2:31	2:27	2:23	2:25	2:22	X
Renzio	2:47	2:53	2:56	2:57	2:56	2:40		2:42	GOOD
Rotter	2:56	2:49	2:48	2:51	3:27	2:26		2:43	CARBON
Moellering	2:50	2:42	2:41	2:37	2:34	2:24		2:29	PAPER
Spies	2:46	2:45	2:42	2:43	2:42	2:42	2:47	2:37	X
Vatterott	2:45	2:40	2:39	2:37	2:34	2:28		2:29	✓
Glass	3:09	3:09	3:04	3:03	2:53	2:54	3:09	2:48	X

	1	2	3	4	5	6	7		
Gitto	2:48	3:01	2:57	3:00	3:04	2:47	X		
Bartin	2:44	2:52	2:51	2:54	3:12	2:49	X		
Boyd	2:44	2:52	3:02	2:54	2:53	2:52	X		
Dorsey	2:55	3:02	2:59	3:01	2:54	2:50	X		
Leuchtmann	2:59	2:54	2:57	2:57	3:00	2:45		2:49	✓
Linenweber	3:08	3:12	3:05	2:58	2:59	2:38	X		
Minnegerode	3:14	3:21	3:21	3:18	3:16	X	X		
Mueller	3:30	3:27	3:31	3:33	3:33	X	X		
Nickels	3:14	3:16	3:24	3:24	3:25	2:44	X		
Stein	2:56	3:04	3:21	3:27	3:03	X	X		
Bierling	3:08	3:16	3:17	3:29	3:04	X	X		
Brockland	3:04	3:16	X	X	X	X	X		
Brooks	X	X	X	X	X	X	X		
Bryant	2:50	2:57	2:55	2:56	2:40	X	X		
Dwyer	2:48	3:05	2:53	2:45	2:45	X	X		
Kenney	3:14	3:16	3:13	3:03	3:10	X	X		
Klenc	3:12	3:16	3:22	3:37	3:00	X	X		
Miles	3:00	2:56	2:55	3:00	3:00	X	X		
Ruddy	3:15	3:21	3:41	3:16	3:18	X	X		
Schmidt	2:50	2:48	2:48	2:51	2:40	X	X		