

# VARSITY RACING NOTES FOR CAPITOL CITY INVITE

MUNTGES  
LINHARES  
FLANAGAN  
OLIVER  
SAMSON  
CARLSON  
MURPHY-BAUM

- NO SLUM LEADER IN THE FIRST 400. WE RUN A RELAYED BUT AWARE START

- MUNTGES IMMEDIATELY ON HIS OWN TO COVER THE LEAD. CAUTION: IF THE "LEADER TEMPO" FEELS WAY TO FAST AND UNLIKELY, LET IT GO AND WATCH THE GAP.

ONLY MOVES INTO THE LEAD BEFORE THE 1.5 (IF) THE PACK IS IRRESISTIBLY SLOW, BUT WHEN HE DOES TAKE IT, RUNS TO BREAK WITH AEROBIC STRENGTH. AIMS TO BE CLEAR WITH HALF M TO GO. WORKS TO BREAK BEFORE 1/4 IF CHALLENGED.

- LINHARES STAYS WITHIN PACK DURING MILE ONE READY TO LEAD MIDDLE OF RACE UNLESS MARKER MAN (SPECKING) ~~OR~~ MOVES TO BREAK. IF HE DOES BETS ARE OFF & HE MOVES WITH HIM, HOPES TO CATCH MUNTGES & LEADERS. RUN TO FRONT. OTHERWISE BECOMES KEY TO "BAD SEGMENT" AT 1.5 AND LEADS "FINISH" STRATEGY.

- FLANAGAN RUNS THE PACK STRATEGY. PACK TUCKS IN JUST AFTER THE LEADERS AIMING FOR 5:15-5:20 M. WHEN ~~POINT~~ KEY THIRD SEGMENT POINT CROSSED, PACK MOVES TOGETHER MAKING MAJOR ERROR NOT TO LET GAPS OPEN UP. REMAINING PLACES BETWEEN PACK AND APPROX 10TH PLACE ARE CLOSED UP. LEADERSHIP FINISHING OLIVER SAMSON CARLSON MURPHY BAUM