

DISTRICT STRATEGY

PETER: COVER THE LEADERS. IN MILE ONE.
ONMS EVEN IN MILE TWO & MAKES A
VERY SPECIFIC BREAK & SUSTAINS
UNTIL SEPARATION. STAYS
STRONG UP NOT OUT OF THE WOODS.

5:10

5:20

DREW
ALLEN

SEPARATION
COVERS BUNA & HELGSON, ONMS EVEN
& MOVES, WORKS AT DESIGNATED POINT

5:12

5:20-25

PARK

IN 6TH

BUNA, SCHEMER, BELL, HELGSON
DREW NOBLOT

MILE ONE

- GROUP FRONT

STAY

5:15

5:25-5:30

10:40-45

MILE TWO KNOW MUNTERS LEAD

HIT THE SECOND MILE BEST
OF CAREER

WORK OUT OF WOODS TO THE TOP

LINSH DOWN

JV