

RACE STRATEGY MCC

16:30 - EVEN PHASE = 5:19 RACE 5:10 5:24 5:2

PETER: COVERS THE LEADER. DOES SO BEHIND HIM AT A CONTACT POSITION LIKE SPIT 5:10 - ~~4:50~~ MOVES INTO POSITION AT SHOULDER EARLY IN MILE TWO AND GAPS HIM ON EAST DOWNHILL ON SOUTH, LOSTS HIM ON STADIONA HILL BEHIND TWO MILE. TO BUHA SHOULDER

DREW: DOES NOT BREAK PACK IN MILE ONE / ASSUMES LEADERSHIP ^{MOVES TO LEAD} OF PACK IN MILE TWO. RUNS TO BREAK ^{BUHA EARLY} IN MILE THREE AND ~~RECOVERS~~ ^{BUHA SHOULDER}. THEN ~~BREAKS WITH~~ ^{BETWEEN BACK} ~~SETTLED AND MADE~~ FINISHES W/O A FADE

ALEX: RUNS IN PACK MILE ONE. COVERS ~~OVER~~ DREW'S MOVE

KEVIN: LEADS PACK IN MILE ONE - DOES NOT LAY BACK AND WAIT OR HANG ON. COVERS MOVE OF ALEX AND DREW IN MILE TWO. ENCOURAGE HELDING ONE ANOTHER

MATT
SUB 17

KYLE
SUB 17

GEORGE
SUB 17

RACE STRATEGY FOR DISTRICT

• PETER COVERS LEADER SPLITS AT @ 5:10

1) • PACK GETS INTO POSITION BEHIND PETER, BUHA, BELL, HELGESON BUT NO OTHER RUNNER SPLITS @ 5:15

BOTH PETER ^ PACK ARE FOULSED ON BEING CONTAINED, "CAGING THE TIGER."

2) PETER PICKS A BREAK POINT POSSIBILITY 1) THE HILL AFTER THE MILE 2) THE END OF THE WOODS AND PUTS A LONG, SUSTAINED FAST BREAK ALONG THE FIELDS, A SUSTAINED SURGE UP THE HILL, INTO THE WOODS, A LOOSE, OPEN RECOVERY ON THE DOWNHILL TO THE TWO MILE, PREPARING FOR A LONG SUSTAINED EFFORT OUT OF THE WOODS TO THE FIELD. HE SHOULD BE IN SOLID POSSESSION OF THE LEAD