Summer is under way and we have had good turnouts at our first runs. Last Tuesday we had another dozen or so runners show up. The guys have the lead so far in total appearances, so girls, you’ve been challenged to surpass the guys turnout! Right now, through 2 runs, the guys hold a 20-11 summer run lead! Can the girls make a comeback?!?!?

Last Monday, the jr high had a terrific turnout including several new runners. Right now we have 26 runners on our junior high list! OUTSTANDING! The jr high will continue to meet on Mondays at 6:30 PM at the track. If you know of anyone who is interested, let them know. We also had a good number of varsity runners come out that night as well. I think we are off to a good start. If you haven’t been training, now is the time to start! Join us for a good summer run if you can.

Hopefully, I’ll be off the disabled list soon and able to run with everyone. I picked up a respiratory infection in late May and have been unable to shake it so far. I have resorted to seeing my doctor, so I am hoping we can get to the bottom of this. I’ve been going crazy not being to run these past couple of weeks!

ANNOUNCEMENTS & REMINDERS

Please share this with your parents or your son/daughter if they do not check email regularly.

Mountwood run this Saturday, June 26th – provided we have enough drivers, we plan on meeting at the high school at 8 AM and then carpooling over to Mountwood Park for a trail run this Saturday. Let me know if you can drive and how many people you can transport.

Intra-squad/Alumni team race – stay tuned for further details, but I am working on an idea for the first ever Warren Cross Country Intra Squad & Alumni 1 Mile Race. My initial plan is to split our boys and girls teams into about 3 teams each, and hopefully have 1 or 2 alumni teams, and score it as a meet. The winning boys and winning girls team will get a special privilege or reward…Here’s the kicker though, I will not tell you who is which team until maybe that day! That way you need to encourage and support everyone!

Varsity Mountain Run Challenge: The date has changed - Friday, July 30th. Please let me know by July 1 if you are planning to go. Unless I can arrange a school bus, the most I can fit in a van is 13. So far, the following people have indicated that they are planning to make the trip: Lana, Annie, Wes and Gage. Anyone else? It’s 7 miles from bottom to top of Bickle Mountain. The first 13 to confirm with me get a spot, unless I can get a bus or another driver with a mini-van or van.

Physicals – need to be completed and turned in to the school athletic trainer by July 19th.

New Runner Alert – Welcome to Aaron Van Noy – Aaron came out last week and ran both Monday on the jr high night and again on Tuesday. FANTASTIC!

Watches – if you’re looking for an inexpensive wristwatch with a stopwatch function, Big Lots has them for $5, and Wal-Mart had several different types for $16.

Schedule change - The SEOAL Meet is apparently going to be hosted on the school grounds of the new Gallia Academy HS instead of at Rio Grande.

Shoes – remember, if you have old running shoes, I will recycle them either as gold shoe awards, or to a group that sends them to underprivileged people in other countries. Also, if you have spikes that you plan on replacing, pass them on to me and I can see if anyone else needs them, such as new jr high runners.

Welcome to our new team managers: Lauren Grey & Ashton Beckett will be helping out this coming season, from taking care of uniforms at meets, water, timing at meets/practices, & a variety of other tasks that will help me do a better job of coaching you. Welcome to Lauren & Ashton!

CROSS COUNTRY PARENTS & SUPPORT ASSOCIATION

I would be interested in forming a formal CROSS COUNTRY PARENTS & SUPPORT ASSOCIATION to help with fundraising, the home meet, team dinners, and a variety of other team activities. I have hundreds of ideas on things we can do to build our program and enhance the experience of the kids on the team. And not just from a running standpoint, but from an overall experience view, providing valuable life lessons to team members. I also believe that cross country could become a vehicle to help many students (I know, it sounds crazy, but I think it’s possible) health-wise and academically. If interested in being involved in the CROSS COUNTRY PARENTS & SUPPORT ASSOCIATION, please contact me.

Look for a hidden message within this e-letter about something I did recently. The first 3 runners to email me back what I did, will get brownie points which, if you ask previous runners, literally means, they get brownies.

POSITIVES

I’ve been encouraged by what I’ve seen so far – for example, after the runs I have seen that the HS runners are doing strides, accelerations, or the short hill sprints. These little things add up, and make a big difference. Annie was out at 5:30 AM running last week. She ran twice that day. Brad
was doing 2-a-days to make up for days he would miss for his wisdom teeth…several of the guys have been meeting regularly in the evening at the school to run together...Wes ran a double so that a couple of his teammates wouldn’t have to run alone.

**CHUCK CORNELIUS RACE** for 2010 is now in the books. After some early morning showers and on a soggy course, alumus **Tyler Cantley**, now running for Ohio University won once again. Runner-up was our own **Brad Ullman**, who ran over a minute faster than he did last year at “The Chuck.” Thank you to all of our volunteers and the River City Runners Club for their help. We raised well over $1500 for the scholarship fund. We continue to seek out sponsors and groups to help this race grow. If you or someone you know, someone you work for, would be interested in providing sponsorship or assistance, please contact me. Dr. Gilmore’s Orthodontics practice has come on board in the past 2 years and been a huge help providing backpacks and popsicles as well as other support.

I want to mention something I saw at the Chuck C race. During the race, several of our runners and alumni who were helping or had run the race, went back out on the course to find a walker who had fallen behind the pack, and walked the last mile or so with her all the way to the finish, providing encouragement and support. That was such a positive thing to see and I want to let you know how proud I was to see that. Thanks also to Halle Richards for going out and running the course afterwards and collecting all the flags.

**BEGINNERS TRAINING TIP #1**
For newcomers to our sport, it is important that you recognize that in the beginning, your most important goal is consistency and regularity in training. I have given you several different training schedules to follow from which you can choose. I would rather you choose the one that you feel you can follow most easily and remain consistent than get in over your head and quit out of frustration.

**BEGINNERS TRAINING TIP #2**
When beginning, it is ok to combine walking and running. Two of the beginner’s schedule I gave you are structured walk run programs. I like to structure the walk run combination because it is too easy to let the walking dominate if you just let “feel” guide you. In order to get better and become more comfortable running, I think you need to be able to gradually increase the amount of running you are doing and decrease the amount of walking. When we do this without a plan, we wind up just stopping and walking a lot every time we get tired. Combining running and walking is fine when you are starting out, but you need to have a plan to gradually increase the amount of running you are doing.

**BEGINNERS TRAINING TIP #3**
Use the “talk test” as your guide. If you are not able to carry on a conversation, if you are huffing & puffing, then you are running too fast! Our experienced runners will often exceed that, but they have more background & have specific workouts to take them above that level. For beginners, just remember the talk test. The running should be comfortable pace & you should always feel like you could do more when you are finished.

**EXPERIENCED RUNNERS TRAINING TIP #1**
Long runs – if you are an experienced runner, on most of your long run days I have scheduled some strides. I would recommend that you do those strides either during the run as pickups, or afterwards. I would also suggest that you pick up the pace for the last 5-10 minutes of your long run. Not all out, but faster than normal pace. This will stretch out the leg muscles a little, and also build the physical & mental strength to overcome fatigue.

**EXPERIENCED RUNNERS TRAINING TIP #2**
How many times have you heard people yell “Be tough” or “You have be to get tough” during a race? As if, suddenly, you are going to get mentally tough because someone suggested it and you told yourself “I have to be mentally tough now!” Mental toughness is a skill, a trait, developed over time and cannot just be turned on. How do we develop mental toughness? By bouncing back from bad days and bad seasons, injuries, illnesses, and just plain getting beat by someone better. By completing workouts, even if you have to modify them. By being consistent, running when it’s hot, cold, raining, snowing, humid, plagued by locusts, or other obstacles. If you run when you only feel perfect or the weather is perfect, you’ll run maybe twice a year. I’ve told many of you my story, my first ever cross country meet I was maybe 3rd from last at the end of the race. But I stuck with it through ups and downs, and by my senior year finished 2nd at the state championship. Frank Shorter, Gold and silver medalist in the marathon, has been quoted as saying “Nothing teaches perseverance and mental toughness like being a freshman cross country runner, and the gun goes off and at the first turn you’re in 195th place.” Mental toughness is a process. Start the process today.

**YES - CROSS COUNTRY IS A TEAM SPORT**
I believe cross country is the ultimate team sport. People look at me and think I’m insane when I say that. They look to the other sports and suggest that they are the ultimate team sport. I’m not knocking other sports, but we always get knocked as an “individual sport”. Let me explain further – but first, I went blueberry picking on Saturday – email that to me and you might get brownie points. I’ll kindly disagree, and here is why. In cross country, yes, it is true that you can succeed as an individual, but if you are good teammate, you are offering support and push and encouragement to your teammates with no expectation of receiving anything in return. You’re not passing the ball to someone to get an assist in your stats, or to get a pass back from that person later so you can score. Further, you are never “away from the action” in cross, so when you let down. You not only let yourself down, but you lose points for the team. In other sports, when the ball is going the other way, there are times when you can slack and it doesn’t affect the outcome. You support, encourage, and push each other for no ulterior reason or motive, just because you are teammates, kindred spirits, blood brothers and sisters against the wind.

**RANDOM THOUGHT**
Distance running gets a bad rap – “nobody watches”, or “it’s boring” or “it doesn’t draw crowds.” I’ll argue that, to the contrary, distance running is unique in that the people who are involved, excited, and energized by it, are actually participating in it, instead of just sitting idly by in the stands or on the couch watching as with other sports, NASCAR, and so forth.
TO YOUR GOOD HEALTH

Iron deficiency and anemia can be a huge detriment to your performance as a distance runner. Recent research indicates that perhaps as many as 80% of all athletes are iron deficient. Iron is a vital element involved in transporting oxygen to and within the muscles, and also is involved in producing energy and maintaining bone and tendon health. We lose it when we run, we break it down, we sweat it out, and then we eat less red meat and other foods with iron or we restrict our diets too much, we drink too much coffee and tea and can't absorb as much iron, and then we start lose iron stores in the bone and blood. Symptoms can include fatigue, tired, increased sensation of effort, disturbed sleep, Shortness of breath during exercise (even during a simple exercise like walking), recurrent illnesses and injuries, pale skin on the lining of the eyes, the inner mouth, gums and the nails, and finger nails become thin brittle and white. A person suffering from iron deficiency can be cured by some relatively simple and effective treatments like taking iron supplements (tablets or capsules under the direction of a doctor) and increasing iron from food sources (liver, meat, beans, nuts, dried fruits, whole grains, fish, poultry, green leafy vegetables and enriched cereals). To detect it, simple blood tests including a CBC (complete blood test) and serum ferritin and serum iron can be done. If these symptoms are familiar to you, contact me and we can discuss it more. I've seen runners suffering from iron deficiency improve their cross country times 2-3 minutes once they got it diagnosed & treated.

THIS WEEKS GOOD READING LIST FROM YOUR CD


RANDOM ACTS OF KINDNESS – MAKE THE WORLD A BETTER PLACE ONE ACT AT A TIME

Send a thank you note to a person who has helped you in the past. Pick up some garbage in the road which would otherwise be lying around.

VIDEOS OF THE WEEK


Lunge exercises: http://www.coachjayjohnson.com/2010/04/lunge-matrix-as-warm-up/ These are part of your dynamic warm-up. Watch how to do them correctly here.

QUOTE OF THE WEEK

Little achievements accumulate each day. Emil Zatopek (won 3 gold medals in the 1952 Olympics and a silver and gold in 1948) said, "When a person trains once, nothing happens. When a person forces themselves to do a thing a hundred or a thousand times, then they certainly have developed in more ways than physical. Is it raining? That doesn't matter, Am I tired? That doesn't matter either. At this point willpower will be no problem." http://en.wikipedia.org/wiki/Emil_Z%C3%A1topek

PHONE LIST- Call a teammate or two and arrange to meet for a run today! Use your email, Facebook, and other capabilities to set up runs, etc. Veterans should be demonstrating leadership and organizing some group runs. Call a new runner or someone you don't know well and set up a run! Team building starts in the summer.

1. Megan Blevins 350-7447
2. Kalli Ross 678-8084
3. Brittany Zeller 678-8520
4. Lana Sydenstricker 551-2739
5. Halle Richards 678-7449
6. Annie Kubala 678-8213
7. Cassandra Thompson 503-4765
8. Rachel Hawkins 438-9279
9. Megan Hutchinson 373-9490 / 336-4049
10. Dakota Peckens 749-3048
11. Amber Ullman 445-5020
12. Gari Kiggans ??
15. Mckenzie Stauffer 678-8560
16. Taylor Balachowski 445-5037
17. Candace Durham 423-7326

1. Gage Freeman 989-0029
2. Marcus Harding 896-3298
3. Wes Cochran 374-7179
4. Derrick Kettering 749-3048
5. Jacob Freeman 989-0029
6. Bradley Ullman 445-5020
7. Billy Howell 678-7133
8. Brandon Daughety 678-2215
9. Chris Truax 629-3063
10. Perry Henry 678-2936
11. Greysen Cantley 678-8378
12. Nick Carver 678-0841
13. Kyle Conley 678-0946
14. Andrew Gaughan 373-4209
15. Jake Murphy 678-2936
16. Logan Ross 678-8084
17. Aaron Vannoy 373-1747

Don’t forget, if you are looking to set up group runs or find a running partner, you can post on our message board http://excoboard.com/warrencc, or on our Facebook page. We have a good group for the upcoming season. There’s still time though for new people to join up. Keep talking it up and encouraging brothers, sisters, cousins, friends, and anyone else you know to give it a try.

Until next time, good running.