As we start into the month of July, we should be starting to move our training into the next gear to prepare for the upcoming season. Last week we had 6 girls show up for the Tuesday night run, which may be a record. Kalli, Megan, Taylor, Amber, Lana, Annie and Cassandra have been regulars. I know it’s not always easy to make the summer runs, so I hope you are running on your own, or meeting up with teammates at other more convenient times. You girls have the opportunity to do something special this fall if you are consistent as a team this summer. As for the guys, we continue to maintain a consistent summer presence. We should be striving to take us to the next level, but we cannot overlook the SEOAL. I am sure Marietta will want to make a statement in their final year in the league. I think we could potentially put 8 guys in the top 10, and maybe 10 in the top 15 this fall at SEOAL, with a good summer of training. But we can also advance well past where we did last year. As of July 4\textsuperscript{th}, the guys hold a 44-22 edge in summer run appearances.

**Elevate Your Expectations**

Often, we complain and moan about our lack of recognition. Part of it is our own fault! York High School did not automatically get the attention and notoriety at their school. They earned it! We are judged by what people see. Perception becomes reality. Look, it’s ok to have some fun and enjoy ourselves at practice, we don’t have to around with frowns on our faces every day. But…when people see xc runners walking, see them goofing off during practice, see them shuffling along, see them sliding down the hill on tires, see them running running down the road with a pizza, see them running around with a bow, they automatically discredit everyone on the team, their efforts, and their accomplishments. The perception becomes “cross country must be easy to do well in because I see those guys and girls goofing off all the time” so whatever we do, whatever we accomplish, becomes tarnished, becomes devalued. And perception becomes reality in the eyes of outsiders. And things we ask for get put off because, really, what kind of needs, what do we deserve, if our practices consist of sliding on tires and hiding in the woods or under bridges? And the principal and the AD see these things. They talk to me about what they see. Mr. Leffingwell tells me about the fort. The AD would tell me about people he sees walking or goofing off. And I know we work hard, but we can work harder and better. And you see, yes, I know people in other sports slack too, but that can be less obvious than if you see a runner walking. So, if we want respect, we need to continue to work to earn it. If we want notoriety, we need to gain it. Not through talk. Not through moaning. Not through whining. But through hard work, blood, sweat, and sometimes some tears.

**Something Bigger Than Yourself**

Of course, we all choose to do an activity, whatever that may be, because of the value it holds for us, and the benefits we receive from doing that activity. We run, and compete, because we gain fitness, better health, stress relief, fulfillment, sometimes a trophy or a medal. But sometimes, as much as we value those things, to get the best out of ourselves, we need to run for something bigger than ourselves. And that something bigger is the TEAM. When the chips are down, when the fatigue is screaming through your legs, when your brain is shouting “No more, no more” – it’s easy to give in when all that is at stake is your individual performance. But when you know that you have a team that is depending on you, and you are depending on them, and that you support them, and they support you, and that you have all cast your lot together, then it becomes easier to push through one more hill, to hold on to one more place, to force yourself to hold the pace for 5 more seconds. When you’re struggling in a race, think of your teammates out there who are fighting through the same fatigue, burning legs, scorched lungs, and they are doing it in part for you, for the team. When you’re not sure about running, think about your teammates out there training, and it will make it easier to get out the door. And finally, the time to start building these bonds is now, during the summer. Call, text, or email a teammate today and set up a run together. Call someone you don’t know on the team and go for a run.

Continue to promote our sport and invite and encourage others to join us. I anticipate that we will have the largest Warren Cross Country in school history this year. And we have a lot of very good runners. I am satisfied with the group we have, but I think we could benefit from having more people on the team to have bigger training groups, and truthfully, I think there are many students at the school who could benefit by joining us. It’s never too late to join cross country, so if someone is thinking about it, or if you know of someone who might be a good candidate, tell them about us or get their info to me. Running is not for everyone, but it could be for a lot more people if given a chance or some encouragement.

**Getting out the door**

Sometimes the hardest part of a run is getting out the door and getting started. Once you start, you inevitably feel better, and you always feel better and feel a sense of accomplishment once you’ve finished. Keep those things in mind and they will help you get out the door. A little trick I use sometimes, I promise myself that I’ll go 15 minutes, and if I don’t feel better, I’ll stop. 99 times out of 100, after 15 minutes, I’m feeling much better and I’ll finish the workout.

**Announcements**

Mountain Run is still tentatively scheduled for Friday, July 30\textsuperscript{th}. We might change to Saturday, July 31\textsuperscript{st}, depending on how many people are going and travel arrangements. Please let me know by the end of this week if you are planning to go so I can finalize plans. The following have indicated they are going: Brad, Wes, Derrick, Marcus, Gage, Billy, Lana, Annie, Cassandra. Tentatively, we will leave at 7 AM, arrive around 10 AM, run the mountain, take a soak in the mountain stream, grab lunch at Scotties, and maybe take a quick tour of Davis & Elkins College since I know you all want to see where I went to college.

Derrick Kettering’s phone number – There was a typo in last newsletter – Derrick’s phone # is 749-3648 or 525-3006.

A reminder, I will not be at the runs this week as I am on vacation. Read further for this week’s hidden message on where I am going for vacation,
and the first 3 people to email me back where I am at will receive brownie points (which is an actual brownie).

Intra-Squad Alumni 1 Mile Race – Still working on details. But I am looking into having it at the Big Blue Picnic on August 13th so the rest of the Warrior nation can see what we’re truly about and our ability and tenacity. Let’s be prepared to put on a good show, with a good summer of training.

Fundraising- we have a couple of fundraisers in the works. More details to come.

**Flexibility in Training**

Training schedules need to be flexible. If you’re extremely tired, injured, sick, taking medications, traveling, and so forth, adjust the training schedules as needed. Just because a certain workout is scheduled to be done on Tuesday, if there are conflicts or issues, adjust and move the workout to Monday or Wednesday or as necessary. Consistency is good, but rigidness can lead us into problems.

**Consistency**

By far the biggest key to being successful in cross country at your age is consistency. And consistency over a long period of time. Fitness for distance running is quite possibly the hardest and slowest attribute to develop, and if you take long periods of time off between seasons, you lose a large part of the fitness you gained during the season. While I encourage everyone to choose activities they enjoy, the reality is if you have big goals or want to seek your full potential as a high school distance runner, you will benefit from training year round. If you have big goals, don’t let big gaps develop in your running.

**Injuries**

If you are experiencing any injuries, unusual aches or pains, swelling of the joints, let me know so we can work to correct it now. Too often runners wait until it’s too late. A day or two off now, or some strengthening work now, can prevent a lot of problems later. I also often see new runners get an ache or pain or some swelling, and they get frustrated or overly concerned, and give up, without getting some guidance or help. Often it’s something simple. Please let me know if you need some guidance in this area. I have a physical therapist at OU that I work with who can help if needed – 3 of our runners have seen her and been provided free biomechanical testing and orthotics.

**Good vibes**

Send an email or Facebook message or postcard or text message to a teammate today and see how their summer is going, invite them for a run, or encourage them in their training. It’s what sports psychologist Terry Orlick calls “pinging” a teammate. You “ping” someone, they feel better, they “ping” someone else, and so on and so on. It’s sort of like paying it forward. And while you’re at it, help someone out for no reason today, a neighbor, grandparent, parent. They’ll appreciate the help and you’ll feel better too.

**Course tweaking**

I’m going to tweak the course just a little this year, nothing major. The area where we finish is getting swampier every year, and I am concerned that if we get some good rain before our home meet, we’ll be ankle deep in mud at the finish. So, I’m going to adjust the course a little in 2 places to move the finish line back down the hill a little. Also, I think I am going to take the 1st creek crossing out of the jr high course and turn the jr high course earlier to make it an official 2 miles.

**Videos of the Week**

For those of you worship at the altar of PREfontaine, here are some videos of some real runners who actually accomplished something other than crashing their car. Bob Schul (1964 5K), Dave Wottle (1972 800m), and Billy Mills (1964 10K) all actually won gold medals in the Olympics, and have gone on to successful careers and lives and are wonderful role models. Bob Schul and Dave Wottle are Ohio natives.

Dave Wottle  [http://www.youtube.com/watch?v=5LHid-nC45k](http://www.youtube.com/watch?v=5LHid-nC45k)
Bob Schul  [http://www.youtube.com/watch?v=66jWlwUKr0](http://www.youtube.com/watch?v=66jWlwUKr0)
Billy Mills  [http://www.youtube.com/watch?v=uOj0zjPzg-c](http://www.youtube.com/watch?v=uOj0zjPzg-c)

For another clip on Billy Mills and his mental training for this surprise performance, go here: [http://www.youtube.com/watch?v=t5vOhMwRQwI](http://www.youtube.com/watch?v=t5vOhMwRQwI)

**Good Health**

If you feel like you would benefit from nutritional counseling, let me know. I can make arrangements with a colleague at Ohio University. They do an initial appointment and assessment for $30, and then follow-up appointments for $15. Some of our runners have already taken advantage of this opportunity. We also have a cross country alum who is a dietician who we are working to find a time for her to speak to the team this season.

**Alumni**

I have been working on developing a database of Cross Country alumni to serve as career and college mentors. As you begin to think about what you’d like to do for a career or job, or where you might want to go to college, let me know and we can see if we have anyone in our database who can give you some good information. For instance, we have nutritionists, engineers, teachers, counselors, military, business and marketing, and several other careers, and numerous colleges. I hope this can be a valuable resource for you.
Safety - Running on the Roads

PLEASE – if you are going to run on the roads during the summer, OBETH the following rules….If there are sidewalks, RUN ON the sidewalks!...Run single file, NOT spread out across the road...Run FACING the traffic.

These are for YOUR SAFETY. If a car tops the hill or comes around a turn and people are spread out across the road, it's not going to be good. This is why cross country is confined to school grounds during the season – one year the principal came over the hill on Warrior Drive and there was a group of runners all over the road, and since that day about 10 years ago, the runners have been confined to school grounds and the sidewalk.

Also, people are watching. This is one reason why we can't get permission to run off–campus during the season, because principals, superintendents, and others see runners spread out across the road, and so they have a reason to turn down my proposals. Just like 2 years ago when I got a call about one of our runners running along 339 carrying a pizza. Sure it seems funny, but when I ask for permission to give us some different areas to run, we just get told no because of those incidents.

On your CD, and as a handout at the meetings, you were given road running safety guidelines. You should review those and follow them. If you are with a group and they are following safe procedures, step up and be a leader and take charge and correct them!

The Basics of Being a Student

Last year we had 16 of our 24 team members achieve a 3.5 GPA. This year I would like to see EVERYONE ON THE TEAM strive to achieve that same goal. I am confident this is a reasonable objective. The same skills we use to achieve in cross country can be applied to your academic life.

Prioritize your life: Doing well in school is be your top priority…Study: There is no substitute…Always attend class. …..Do all of the homework and assigned reading….Develop self-discipline and manage your time. No matter how you slice it, there are only 24 hours in a day….

Good time-management requires: Not taking on more than you can handle. ….Reasonably estimating the time required to perform each of the tasks at hand….Actually doing what needs to be done.

Only you can do these things. A couple of thoughts, though, that may help spur you on:

A minute now is as precious as a minute later. You can't put time back on the clock….If you're not ahead of schedule, then you're behind schedule. Because, if you try to remain right on schedule, then any mishap or misjudgment will cause you to fall behind—perhaps right at the deadline, when no recovery is possible…

Take command of, and responsibility for, yourself….Form a positive self-image: Students often have doubts about how well they will do. Try to do well immediately to instill an expectation of continuing to do well. Settle for nothing less. Nevertheless, try not be restricted by your past performance and experiences, good or bad. Learn from the past, but don't be bound by it. Seek out your weaknesses and attack them. Be realistic about your limitations; but, don't let this lead to becoming satisfied with them.

Warren Cross Country – a no walk zone...

Quote of the week

From Coach Joe Vigil: 17 times International Coach, 14 times Coach of Year, 350 All-Americans, 87 Individual National Champions, a 3013-176 won-loss record, coach of the only team to score a perfect 15 at the national championships. (I am going to be in Asheville, North Carolina)

“…Excited about the new year we are starting now, we are going back to our teams, we are going to really challenge ourselves, and the individuals that we work with, about what lies ahead….Too often they are just satisfied with making the team. I want to share a story with you about not letting athletes relax. At Adams State College the school that I used to coach at, for 29 years, it got to the point where if our kids didn't run 1000 miles in the summertime, they couldn't come and try out for the team. Now you may ask the question, how did you know if they ran 1000 miles? I really didn't. Yes, I kept track of everyone of them, they'd write me a postcard this is what I did in week number 1 and week number 2 and so on and so forth, but you see, I wanted anyone who came out for the team, to feel privileged that they were on that team. And once they ran the 1000 miles, then we’d have a test the very first weekend they’d get there, and if they couldn't run 10 miles in 55 minutes, that’s 5:30 pace (at 7800 feet altitude), to run 10 miles in 55 minutes is quite a challenge, but it should be, they were going to be on the best team in the country, and we wanted them to realize that if they ran that time, then they had an opportunity to try and make the team. And of course those that didn't make the mark we set for them, we tell 'em hit the road, try again next year. Because there is no way you can make the team showing up the first day and that's exactly what's going on in America today, people show up and they want to be on the team and they don't even let the coach know that they're interested. And who do they think they are that they can show up and be a vital member of the team that's been very very successful where all other team members have worked very very hard to try and make that team. It's just like people showing up in algebra 2 without taking algebra 1, what do you think would happen there? They wouldn't let them in class. And I think if we took more pride in the way we conduct our business and make them pay the price to be a part of the team, then they would understand that they have to do the work, and they have to do it right.”
Until next time, good running and be safe.