

10/14/17 SPC Conference at Channahon

	Athlete	Mile 1	2 Miles	Mile 2	Finish	Mile 3	Fr/So Place	Open Place	Varsity Place	Mile to Go	Last Year PL	Last Year Time	Split from #1	Last Year Difference
Nice race today! You did exactly what you needed to...ran smart mile 1, moved at the 1.5, and took off mile 3. Way to get past the parts last year that didn't go so well and get to that finish line. Top 3 in conference! Way to go! Next week you should see yourself in the top 3 as well. Great job, Abby!	Flammersfeld, Abby	5:54	12:19	6:25	18:22	6:03			3		18		0:00	
What an amazing race for you today! That chip on your shoulder proved to help you out and get you in that top 18--and shooting for the top 10. You are one of the very, very few athletes who actually PR'd today, which shows how much better you are than even some of the times you've run this year. Way to step up and lead our pack to a great race today. Keep it up the next 3 weeks, and all those goals will be achieved--just like becoming All Conference! Congrats!	Bonczkowski, Amanda	6:05	12:37	6:32	18:50	6:13			11		19		0:28	
You ran strong today, Morgan! You should see yourself with the top girls in our conference, and this was a big step forward. Way to work with our pack and keep pushing towards the front. Mile 2 was a little slower, which isn't surprising, but something to keep working on for next week. You should see yourself in the top 10-15 in our Regional too! Great job!	Ede, Morgan	6:02	12:37	6:35	19:04	6:27			14		28		0:42	
Week after week, you are running well and should be gaining so much confidence! You are ready for a big PR in the weeks to come. Keep working with our pack, moving to the front of the race as the race goes on. In the next few weeks, make sure to go with the race so we can really do some damage up front! Keep it up, Katherine! Great job! Congrats on your first All-Conference honor!	Sim, Katherine	6:05	12:41	6:36	19:07	6:26			15	5 FS			0:45	
Whew! Congratulations! Take a deep breath...getting that race under your belt, accomplishing All Conference, and running so well should give you so much confidence! We'll keep working in the weeks to come to make sure that continues to happen. Remember, you have done the foundation work and the miles all season, and this is why! You ran great, and have even better races ahead in the weeks to come! Stay on top of your conditioning/exercises. Great job, Kendra!	Standish, Kendra	6:04	12:40	6:36	19:08	6:28			16		23		0:46	
Nice job kiddo! All Conference! Congratulations! Looking at how the race progressed, you dropped back a little more than we would have liked. You are good enough, strong enough, and fast enough to stick right in our pack--and we need you in there! You ran great and accomplished a big goal. The weeks to come should be focused on racing with our pack and pushing to the front of the race. Think about making that move at the 1.5 mile mark and then trying to roll a little more mile 3. Great job!	Webb, Kara	6:05	12:47	6:42	19:22	6:35			18	4 FS			1:00	
You ran strong today, even though I know you are faster! You were a little compromised, which I think is where the slower splits came from. In the weeks to come, you have to stick with our pack early so you can continue to move with them during the later stages in the race. If you get disconnected too early, it's so hard to make up ground. We also need 7 strong in the race, and you have worked too hard to not put yourself in with our other 6 runners. You can do it! Stick stick stick!	Gyori, Isabella	6:18	13:29	7:11	20:30	7:01			32		30		2:08	
You have had a great season! I know you're disappointed, but you still ran very strong and finished in the top 15 in the conference! Even with as much improvement as you have had, you still haven't tapped into your full potential yet. Keep working, and it will definitely pay off! Great job! For the weeks to come, keep focused like you are racing...you need to be mentally prepared to race, which is a challenge I know you are up to!	McKillip, Emma	6:36	13:49	7:13	20:54	7:05	15							
You moved up very well in this race! Unfortunately, the first mile was a little slow, so you didn't see the race reflected in your time. You moved up in the race better this time. Be very happy with the 2nd and 3rd miles but know that your first one could have been a little quicker to maintain contact earlier on. Overall, great job!	Nepereny, Alyssa	7:02	14:01	6:59	21:00	6:59			3					
You got after this race like you should. Don't lose confidence! Think about how hard you have trained, week in and week out. Your body is capable of more than you think--it's the head that needs to follow! Keep working your butt off, and you will be one of the big reasons we meet our team goals in the weeks to come! I think in this race, a little physical pain and a little loss of confidence in the middle of the race is what causes you to lose steam. The best runners are the ones who push through it and get everything out of their training possible. That has to be the only thing on your mind mile 2. Stick stick stick!	Gall, Elyssa	6:21	13:54	7:33	21:01	7:07			4					
You came back strong in the 3rd mile, but lost a little ground mile 2. I know the past few weeks have been tough--which is expected when you go from junior high to high school and think about how much you have done, dating back to summer. You have trained this hard for a reason, and it definitely paid off. You have a lot to be proud of and a lot to look forward to!	Garcia, Sammie	6:43	14:09	7:26	21:04	6:55	16							
This was a better race for you--getting back into racing well again! It was great to see you at the front of the race where you should be! You are strong enough to have a faster mile 2, but I know you know that. Think about your form and pushing through those tough patches. In your mind, it helps to break the race up into smaller chunks, which could be really helpful. Keep up the great work and great training, and the races will follow! Great job!	Scheerenberger, Kitty	6:35	14:09	7:34	21:17	7:08			6					
Miles 1 and 3 were great! Based on splits, it looks like you lost a little focus and probably had some pain during mile 2. This is something to keep working on. You have pushed so hard in practice to get to this point, so don't forget that in the middle of a race and take a break. 3 miles is 3 miles, so you might as well give it all you've got and keep your focus on getting to that line and beating people in those rough patches. Nice job being in the top 18!	Sim, Kathleen	6:36	14:38	8:02	21:44:00	7:06:00			11					
From last year's conference meet to this year, you ran almost a minute faster! You had so much improvement this year, and I know there is even more improvement you will see in the seasons and years to come. Your work ethic is what's going to make that possible, so keep working hard and being your positive self! You've had a great season, and I'm very proud of you!	Murphy, Meghan	6:42	14:19	7:37	21:45	7:26	21							

