| 9/22/17 at Naperville Invite (Naperville North) |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | Athlete | Mile 1 | 2 Miles | Mile 2 | Finish | Mile 3 ${ }^{\text {P }}$ | Place | Open | Varsity Place |  | $\begin{aligned} & \text { Mile to } \\ & \text { Go } \end{aligned}$ | $\begin{aligned} & \text { Last } \\ & \text { Year PL } \end{aligned}$ | Last Year Times | Split from \#1 | Last Year Difference |
|  | Flammersfeld, Abby | 6:04 | 12:28 | 6:24 | 18:53 | 6:25 |  |  |  |  |  |  |  |  |  |
| You ran with a confidence today that we haven't seen in a while! Keep It going! Don't doubt making moves, but be confident that you have that 2nd move in your legs and will still have a finishing kick. So good to see you putting yourself with the top group in this race! Great job! | Standish, Kendra | 6:13 | 12:46 | 6:33 | 19:06 | 6:20 |  |  |  |  |  |  |  |  |  |
| This was a solid race for you, and you are still capable of more. You guys ran smart the first mile, and then went back and forth with guys ran smart the first mile, and then went back and forth with and then pull away throughout that last mile. That's kind of what that pack did to us. It would have been greatif we would have had our 3 -5 you are getting out faster mile 1 (although it was smart today). Great ob! | Sim, Katherine | 6:15 | 12:52 | 6:37 | 19:23 | 6:31 |  |  |  | 17 |  |  |  |  |  |
| It was clear you weren't feeling 100\% today, but it was still a solid race for you. Let's touch base this week regarding your back/side and see if been able to run with Katherine or Kendra int the last mile of the race, so stay confident, keep working, and let's get you healthy for next week! | Ede, Morgan | 6:15 | 12:51 | 6:36 | 19:32 | 6:41 |  |  |  | 23 |  |  |  |  |  |
| For the last 2 meets, you have been in the 5th scoring position. It can be both a blessing and a curse. If you get disconnected from our other 4, you might feel pressure--"you have to get 5 more for example. does not finish as well. The solution? Stay relaxed and stay with your pack You have been running great Keep it up, and to lessen the pressure of the team finish, stay as close to our \#4 or \#3 runner as possible! didn't beat Lockport's pack this time, but I think we can get them the next time around! | Webb, Kara | 6:17 | 13:05 | 6:48 | 19:59 | 6:54 |  |  |  | 37 |  |  |  |  |  |
| Better race for you today, but you have to be more confident and sure of yourself in that first mile. Eveyrone was out a little slower today because of the heat, and I know you can handle it whether it's rain because of the heat, and I know you can handle it whether it's rain or super warm temperatures. When you get disconnected from the start, then 2nd mile feels harder. You did bounce back well in mile 3, but that just shows if you had been with the group on mile 1, you would have been in the mix with our first 5 today. | Gyori, Isabella | 6:31 | 13:29 | 6:58 | 20:18 | 6:49 |  |  |  | 48 |  |  |  |  |  |
| Mile 1 was great! Overall, your race today was better, but you have to any good to fall off the pack and run on your own. Your form and posture changes, and it looks like you are trying to hang on, rather than trying to actually race. Workouts have been great lately, so your confidence should be back! Know that you are good enough to stay you in there! | Gall, Elyssa | 6:17 | 13:20 | 7:03 | 20:28 | 7:08 |  |  |  | 52 |  |  |  |  |  |
|  | Bonczkowski, Amanda | 6:37 | 14:13 | 7:36 | 21:25 | 7:12 |  |  |  | 73 |  |  |  |  |  |
| Very proud of the way you attacked the race today. When you get out well like you did, you have to learn to stick through the tough parts of the race. During miles 2 and 3 , you have to know you are just as good as the other girls, and you have to keep your splits under 7 min. I know t was hot, but you just have to stay focused on the outcome you desire, and you can make it happen! Overall, you got after it and raced race. | Nepereny, Alyssa | 6:35 | 14:02 | 7:27 | 21:33 | 7:31 |  |  | 12 |  |  |  |  |  |  |
| Your times have been super consistent lately...which means...you are ready to pop off a fast time at our next meet! You finished strong mile 3. Pick someone to stay with from the gun (Alyssa), and work mile 2 a bit more. If you get to a tough point in the race, starting thinking about numbers (pi?) to get your mind off the actual race. You should be able to distract yourself enough that you forget you're actually racing and you just stick! | Sim, Kathleen | 6:55 | 14:30 | 7:35 | 21:40 | 7:10 |  |  | 16 |  |  |  |  |  |  |
| After mile 1, I was super excited that you guys looked very relaxed and that the time was very smart and within your abilities, even on a hot day. It looked like mile 2 was just more uncomfortable than it should have been. Make sure you are hydrating and fueling with enough calories during the day. Your 2nd and 3 rd miles are typically stronger than the were today, so rest up, and get ready to get back on track next week! | Garcia, Sammie | 6:44 | 14:32 | 7:48 | 22:03 | 7:31 |  | 25 |  |  |  |  |  |  |  |
|  <br> still finished in the top 30. Let's get back on track and keep those times coming down! Youre having a great season! | Mckillip, Emma | 6:44 | 14:30 | 7:46 | 22:05 | 7:35 |  | 26 |  |  |  |  |  |  |  |
| You pretty much maintained your position throughout a lot of the race. (was hoping that you guys catching Sammie and Emma meant that lyas hoping that you guys catching Sammie and Emmatheant ao move up to them. You should have those 2 in your sights and try to close the gap. Realize that as teammates, if someone is having an off day, you can lift the team by helping them out and even pushing past them. Make a move and make them go with you. Don't be afraid to help your teammates! You've been doing a good job of not falling back, but $I$ want to see you more aggressive in pushing to the front! | Mendoza, Liliana | 6:49 | 14:33 | 7:44 | 22:10 | 7:37 |  | 30 |  |  |  |  |  |  |  |
| You and Lili had very similar races. We have a very strong pack with you 4 when you run together. You let Sammie and Emma get away fitte too much at the beginning, and then they came back to you towards the end. If you had all been together from the beginning, you could have pushed one another past those difficult points in the race and helped the entire group finish faster. It wasn't a bad race today. but it wasn't the best I've seen you race either. | Murphy, Meghan | 6:54 | 14:32 | 7:38 | 22:12 | 7:40 |  | 33 |  |  |  |  |  |  |  |
| Fuel fuel fuel. I just know you are better than your races lately, so we need to make sure you have enough fuel to get you through the race. sure you are getting enough protein, veggies, and starches. Even without gluten, you can eat a lot of rice, potatoes, and lean meats that you should be able to have enough energy to get through the race. Your job for the next week is to eat less crackers and have more meals that you have to prepare at home. | Scheerenberger, Kitty | 6:42 | 14:33 | 7:51 | 22:26 | 7:53 |  |  |  | 88 |  |  |  |  |  |
|  | Dillman, Alexandra | 7:17 | 15:31 | 8:14 | 23:54:00 | 8:23 |  |  | 71 |  |  |  |  |  |  |
| You race and run better with a little chip on your shoulder. You are better than the times that you ran today. Believe that, and keep a positive attitude during miles 2 and 3 . You train hard for a reason. Alexandra was just ahead of you most of the race, but you were alone. Run as a team, and we will be stronger for it, and it will be more fun for you! you! | Stonehocker, Anna | 7:27 | 15:42 | 8:15 | 23:57:00 | 8:15 |  |  | 73 |  |  |  |  |  |  |
| Time to get out of your comfort zone! You have been pretty consistent with your races. Given the heat and your consistent times, that means with your races. Given the heat and your consistent times, that means you are due for a fast one next week! Stay positive, keep working, and tell yourself you are faster than 8 minute pace! You were our 5th scorer today, which means your points determine the team score. You need to be as close to our top group as possible. Let your teammates need to be as close to our top group as possible. Let your teamma help you because you don't have to race alone! Keep moving up! | Salmeron, Emily | 7:13 | 15:44 | 8:31 | 24:02:00 | 8:18 |  | 68 |  |  |  |  |  |  |  |
| You ran strong today, but 1 know you have more power in those legs! Your goal should be to stay with Emily and to keep your miles below 8 minute pace. . know you can do mit! You are adjusting to the 3 miles pretty well, so stay determined to meet your goals! | Allen, Naylah | 7:26 | 16:01 | 8:35 | 24:35:00 | 8:34 |  | 88 |  |  |  |  |  |  |  |
| admire the way you are still trying to race when you are in pain. You're silly though.. RUN WITH YOUR TEAMMATES! It is so much easier and more tun. You were not far behind them at all throughout the race, but you didn't take the literal steps to catch up to them. If you are able to keep racing, your job is to run with your teammates. No more racing alone! | Patterson, Maddie | 7:33 | 16:20 | 8:47 | 24:48:00 | 8:28 |  |  | 89 |  |  |  |  |  |  |
| This was definitely an improvement today! Your times are getting way more consistent, so good job. Now--you know you have to get out faster and work a little more during the race. We still know that you are so much faster than you've been racing. Stop fighting it! It's okay for a race to hurt a little bit. You need to stick with Emily and Naylah next race. No excuses! | Patterson, Ellery | 7:55 | 16:29 | 8:34 | 24:59:00 | 8:30 |  | 99 |  |  |  |  |  |  |  |
| Im excited for the day you figure out how good you can be. You work hard, and you like to run. You just need to put it together and push yourself past your comfort zone. There is no reason you can't keep up with Naylah and Emily when it comes to races. Challenge yourself nex race, and don't settle for $8: 30$ pace when you are so much faster than that. It's a race, and it's supposed to hurt a little. I want to see you beat people (and I know that you can)! | Goduto, Angie | 7:50 | 16:32 | 8:42 | 25:12:00 | 8:40 |  | 05 |  |  |  |  |  |  |  |
| Your comfort zone appears to be then 10 minute mile. Mile 1 was good. Next race, you need to keep miles 2 and 3 at 9 minutes. It should still feel somewhat comfortable, because you train way faster than that every day. I know you can do it, and it takes practice convincing yourself to push harder the entire race. If it helps, break the race into 400 meter sections and focus on your form and running tall 400 meters at a time! | Krapez, Marie | 8:25 | 18:41 | 10:16 | 28:49:00 | 10:08 |  |  | 142 |  |  |  |  |  |  |
|  | Lopez, Jessica | 8:58 | 20:00 | 11:02 | 31:07:00 | 11:07 |  | 90 |  |  |  |  |  |  |  |
|  | Lee, Rosie |  |  |  | sick |  |  |  |  |  |  |  |  |  |  |
|  | Weizeorick, Shannon |  |  |  |  |  |  |  |  |  |  |  |  |  |  |



