

# Muscrat Invitational CC Classic

**September 9, 2023**

7:15 am Girls Bus Leaves DHS  
8:30 am Boys Bus Leaves DHS  
9:00 am MS Girls Race  
9:15 am MS Boys Race  
9:30 am Girls Varsity D1 Race  
10:30 am Boys Varsity D1 Race  
11:30 am Girls D1 JV Race  
12:00 pm Boys D1 JV Race  
After all races Team Awards



**The Course:** STONY CREEK  
EASTWOOD BEACH  
4300 MAIN PARK DRIVE  
SHELBY TWP. MI 48316

The course is 2 loops of the Eastwood beach and Southdale picnic area parks. It has rolling hills with a downhill finish. It consists of open grass fields and wooded sections. This is also where the Macomb County Meet of Champions will be run.

## **Awards**

- Plaques to the top 3 teams in each varsity race
- Medals to the top 40 in each Varsity race
- Medals to the top 30 in the JV races
- Ribbons to places 31-100 in the JV Races
- Medals to the top 25 in the MS races

## **Notes**

- T-shirts will be for sale
- NO DOGS are allowed on school property.

**BOX Assignments:** Boys =10 Girls = 10

## **WEATHER FORCAST for Shelby Twp., MI**

Sat 16

72°/52°



Mostly Sunny

11%

W 9 mph

Cougars  
»««

Cougars  
»««

Cougars  
»««









Cougars  
»««

Cougars  
»««









Cougars  
»««

## Teams competing

### Michigan Region 7

-  South Lyon
-  New Baltimore Anchor Bay
-  Port Huron
-  Port Huron Northern
-  Rochester Hills Stoney Creek
-  Roseville
-  Warren DeLaSalle
-  Warren Woods Tower

### Michigan Region 8

-  Auburn Hills Avondale
-  Bloomfield Hills
-  Lake Orion
-  Sterling Heights
-  Sterling Heights Stevenson
-  Utica
-  Utica Ford
-  Warren Cousino

### Michigan Region 9

-  Clinton Twp. Chippewa Valley
-  Grosse Pointe North
-  Grosse Pointe South
-  Harrison Twp. L'Anse Creuse
-  Lakeview St. Clair Shores
-  Macomb Dakota
-  Macomb L'Anse Creuse North

## Dakota Top Times at Stony Creek Eastwood Beach (Reverse Course)

BOYS			GIRLS		
Matthew Singer	16:31	2019	Jayden Harberts	18:28	2022
Jack Mathers	16:43	2022	Jayden Harberts	18:35	2021
Carter Fox	16:46	2022	Mariah Belmont	19:19	2021
Joseph Jaster	16:49	2018	Jayden Harberts	20:01	2020
Jacob Harberts	16:49	2019	Hannah Faustyn	20:09	2017
Matthew Singer	17:04	2019	Emma Myziuk	20:10	2019
Jacob Harberts	17:06	2019	Ava LaMilza	20:23	2022
Alfonso Moceri	17:08	2019	Lidia Clancy	20:30	2022
Ethan Soave	17:17	2018	Heidi Palmer	20:34	2018
Alexander Kraus	17:23	2019	Emma Myziuk	20:37	2018
Simon Davis	17:24	2022	Heidi Palmer	20:43	2019
Carson Gilbertson	17:28	2022	Heidi Palmer	20:44	2019
Jacob Williams	17:32	2018	Katelyn Slone	20:46	2018
Cameron Stermer	17:33	2019	Katelyn Slone	20:54	2019
Alexander Kraus	17:34	2019	Ava LaMilza	20:55	2019
Jacob Harberts	17:41	2018	Chelsea Harvey	21:04	2021
Alfonso Moceri	17:43	2019	Lindsay Harvey	21:13	2021
Jacob Sand	17:45	2019	Katelyn Slone	21:25	2019
Cameron Stermer	17:55	2018	Chelsea Harvey	21:25	2019
Cameron Stermer	17:58	2019	Izabella Gowen	21:28	2018
Nathan Vohs	17:59	2019	Lindsay Harvey	21:28	2019
Jacob Harberts	17:59	2020	Lindsay Harvey	21:28	2022

\*\*new course in 2017



# DAKOTA CROSS COUNTRY

## Pre-Race Planning Sheet



Name: \_\_\_\_\_

Grade: \_\_\_\_\_

Year: 2023

Race: Muskrat Classic

Course: Stony Creek Eastwood Beach

What is your Personal Record time for cross country?

What training or mental benefit do you hope to gain by running in this race?

What is your race plan for the first mile of the race, in terms of time or position?

What will you do if you get separated from your training group at some point in the race?

What is the one thing you will **FOCUS** on during the second mile of the race?

What will help you be mentally prepared to move up (pass runners) during the last mile?

What is one thing you can use from a previous race or workout that you can apply to this race?

What is your individual expectation in terms of performance (not time or place)?

What's **one word** you would like someone to use to describe your race in this meet?

**Amazing** Awesome **Bold** Boundless **Brave** Breakout **Champion** Competitive **Confident** Daring **Dazzling** Determined  
**Electrified** Elite **Enjoyable** Epic **Exquisite** Fabulous **Fascinating** Fast **Fearless** Focused **Fun** Great **Grit** Happy  
**Hardworking** Impressive **Joy** Kick A\$\$ **Legendary** Lively **Marvelous** Masterful **Motivating** Natural **Optimistic** Outstanding  
**Phenomenal** Poised **Polished** Positive **Powerful** Prepared **Quality** Quick **Refute** Relaxed **Remarkable** Rewarding **Skillful**  
Smart **Spirited** Strong **Success** Super **Superb** Talented **Terrific** Thrilling **Upbeat** Vibrant **Victorious** Wonderful **X-cellent**  
Yes **Zealous**



**DAKOTA CROSS COUNTRY**  
Post-Race Analysis Form



Name: \_\_\_\_\_ Grade: \_\_\_\_\_ Year: 2023

Race: Muskrat Classic Course: Stony Creek Eastwood Beach

What was your overall Place? \_\_\_\_\_ Time? \_\_\_\_\_

Grade your mental preparation for this race:      A      B      C      D      E

Was your thinking **positive and focused** during the warm-up?      Yes      No

Did you follow your race plan?      Yes      No

Did you pass more people in the race than passed you?      Yes      No

Did you compete fiercely down the stretch?      Yes      No

Did you move up in the last mile?      Yes      No

Did you move up in the last 100?      Yes      No

List 2-3 positive aspects of your race/performance.

What **ONE WORD** would you use to describe your race?

Was this the same word as you picked PRERACE?      Yes      No

How would you grade your *focus* last week?      A      B      C      D      E

How would you grade your *commitment* last week?      A      B      C      D      E

How was your *sleep* last week?      A      B      C      D      E

Is there anything differently *you* plan to do in preparation for the next race?

Is there anything your coaches can do to help you achieve your goals in the next race?

Is there anything else you would like to tell us or want us to know?

# GIRLS PRE-RACE SCHEDULE

Minutes Before Race	What To Do	
At Home or on the bus	Adjust spikes	
Upon arrival	Set up tent/ Find Bathrooms	
10 Minutes after arrival	Meet w/ Coaches (Put race # on Uniform/chips on spikes) Get additional instruction	
<b>55 min</b>	10 min light jog on course (w/ training groups)	
<b>45 min</b>	Stretch / restroom	
<b>30 min</b>	5 min Progressive run	
<b>25 min</b>	<b>Dynamic</b> Stretching / restroom	
<b>20 min</b>	Change shoes/put jersey on	
<b>18 min</b>	3-minute jog to starting line	
<b>15 min</b>	<b>Arrive at Starting Line</b>	<b>Run-outs, Strides, Drills</b>
<b>10 min</b>	Team Huddle	
<b>2 min</b>	Strip down to Uniform	
<b>0 min</b>	Bang!!!!	

# GIRLS POST-RACE SCHEDULE

Minutes after Race	What To Do
0 min	Catch breath, cheer on team, get water
10 min	Meet with Coach at predetermined point on course
15 min	Return to tent, change shoes/clothes
15 min	Check in with family/friends
25 min	Cool Down <b>w/ groups</b> (5-20 min) <b>away from the course</b>
45 min	Static Stretching, Rolling (10 minutes minimum)
55 min	Clean up Tent /Garbage
	Abs / core strength /lower leg exercises
	Attend Awards
On bus	Complete post-race analysis form
At home	Ice, additional stretching, etc.

**Note: Your race is not finished until you exit the chute!**

# MEN'S PRE-RACE SCHEDULE

Minutes Before Race	What To Do	
At Home or on the bus	Adjust spikes	
Upon arrival	Set up tent/ Find Bathrooms	
10 Minutes after arrival	Meet w/ Coaches (Put race # on Uniform/spikes) Get additional instruction	
<b>60 min</b>	5 min light jog on course (w/ training groups)	
<b>55 min</b>	Stretch / restroom	
<b>40 min</b>	10 min Progressive run	
<b>30 min</b>	<b>Dynamic</b> Stretching / restroom	
<b>27 min</b>	Change shoes/put jersey on	
<b>22 min</b>	2-minute jog to starting line	
<b>20 min</b>	<b>Arrive at Starting Line</b>	<b>Run-outs, Strides, Drills</b>
<b>10 min</b>	Team Huddle	
<b>2 min</b>	Strip down to Uniform	
<b>0 min</b>	Bang!!!!	

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STONY CREEK

PARKING Lot

BATHROOM

Finish

2nd LAP

START

5K

Eastwood Beach

2 mile

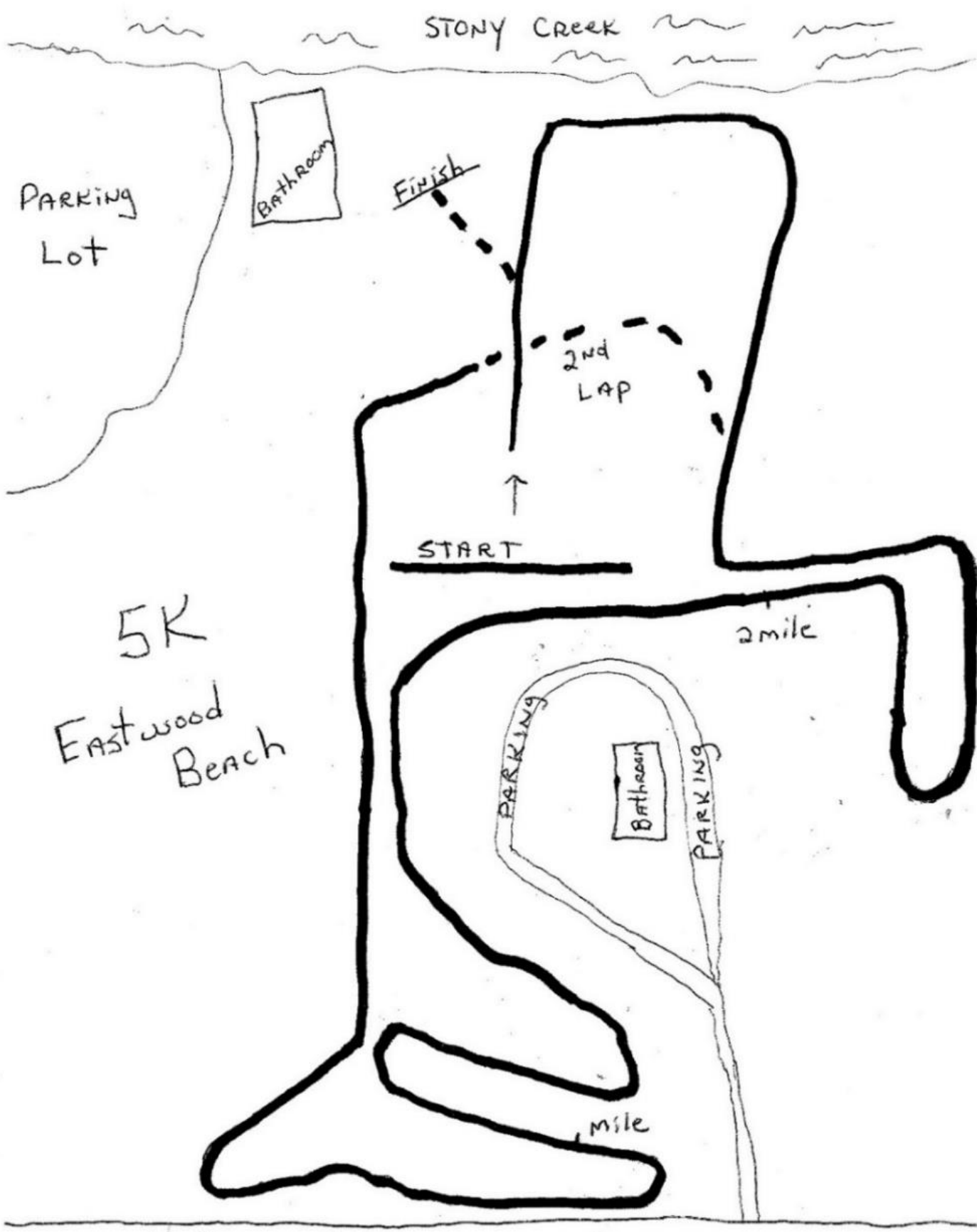
PARKING

BATHROOM

PARKING

1 mile

PARK ROAD



The background of the image is a dark, moody landscape. In the upper left, a large, bright full moon hangs in a dark blue sky. Below the moon, a group of people is seen running away from the viewer towards the horizon. The ground is dark and appears to be a dirt or gravel path. The overall tone is somber and urgent, fitting the theme of a zombie apocalypse survival guide.

***RUN.***  
***BECAUSE ZOMBIES WILL EAT THE***  
***UNTRAINED ONES FIRST!***

— ZOMBIE APOCALYPSE SURVIVAL GUIDE