

DATE: Thursday October 18, 2018

TIME SCHEDULE:

11:00 am Boys Bus Departs
11:45 am Girls Bus Departs
1:00 pm Boys Varsity
1:45 pm Girls Varsity
2:30 pm Boys JV
3:00 pm Girls JV
4:00 pm Awards

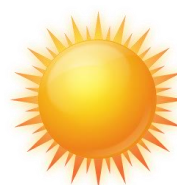


COURSE: Lake St. Clair Metropark (point area)

STARTING BOXES: BOYS #23, GIRLS # 30

WEATHER FORECAST FOR HARRISON TWP., 48045

<i>HIGH/LOW</i>	<i>PRECIP</i>	<i>WIND</i>	<i>CONDITIONS</i>
50° / 40°	0%	WSW 9 MPH	SUNNY



Awards:

- Medals and All Conference honors to top 19 varsity runners.
- Trophies to the 1st place teams in each division.
- Medals to the top 30 JV runners, Trophies to top 2 teams overall in JV

Dakota Top Times at Metro Beach						
BOYS				GIRLS		
Nick Culbertson	15:43	2010		Marah Pugh	18:31	2013
Ryan Sucharski	16:01	2001		Kayla Dobies	19:01	2015
Chase Fedolak	16:02	2016		Jenni Culbertson	19:06	2002
Nick Culbertson	16:04	2010		Lauren Burnett	19:10	2011
Jordan Staley	16:05	2010		Christina Micale	19:18	2012
Brad Bates	16:12	2013		Kayla Dobies	19:18	2014
Ian Demrose	16:14	2014		Christina Micale	19:19	2011
Jordan Staley	16:18	2010		Kathryn Ugorowski	19:34	2011
Blake Ryan	16:19	2010		Hannah Faustyn	19:35	2016
Joseph Jaster	16:19	2018		Janell Herrick	19:36	2005
Mitch MacDonald	16:24	2016		Christina Micale	19:38	2011
Will Saiz	16:29	2013		Jennie Froelich	19:43	1998
Chase Fedolak	16:32	2015		Janell Herrick	19:51	2006
Stephen Orr	16:35	2011		Ally Slone	19:55	2016
Alex Fauer	16:35	2012		Hannah Faustyn	19:56	2017
Brendan Koch	16:35	2015		Marisa Weller	19:57	2014
Josh VanSlambrouck	16:35	2017		Hannah Faustyn	19:58	2015
Josh Jaster	16:36	2016		Christina Micale	20:04	2010
David Carnago	16:36	2017		Hannah Faustyn	20:07	2018
David Carnago	16:36	2017		Tara Geralt	20:15	2008

**MAC
FED
MEET**

In 1996-1997 Dakota was in the MAC Gold Division

In 1998-1999 Dakota was in the MAC White Division

In 2000-present Dakota is in the MAC Red Division

Dakota Team Results					
BOYS			GIRLS		
YEAR	PLACE	PTS	YEAR	PLACE	PTS
1996	8 th of 9	nts	1996	n/a	nts
1997	9 th of 9	nts	1997	1 st of 8	43
1998	6 th of 8	140	1998	4 th of 8	140
1999	1 st of 8	47	1999	3 rd of 8	86
2000	4 th of 8	102	2000	6 th of 8	180
2001	4 th of 8	92	2001	5 th of 8	133
2002	7 th of 7	142	2002	6 th of 7	123
2003	4 th of 7	96	2003	6 th of 7	145
2004	5 th of 7	121	2004	7 th of 7	178
2005	6 th of 7	137	2005	6 th of 7	131
2006	3 rd of 7	85	2006	6 th of 7	162
2007	6 th of 7	134	2007	6 th of 7	173
2008	4 th of 7	92	2008	7 th of 7	165
2009	1 st of 7	38	2009	5 th of 7	112
2010	1 st of 7	45	2010	5 th of 7	95
2011	3 rd of 7	77	2011	3 rd of 7	73
2012	2 nd of 8	66	2012	6 th of 8	141
2013	2 nd of 8	61	2013	6 th of 8	127
2014	1 st of 8	59	2014	6 th of 8	143
2015	1 st of 8	47	2015	4 th of 8	97
2016	1 st of 8	37	2016	5 th of 8	107
2017	4 th of 8	83	2017	4 th of 8	90
2018					

DAKOTA COUGARS BOYS ALL-CONFERENCE RUNNERS

1999	Rob Mette, Jimmy Dunn, Jeff Sredzinski, Ryan Sredzinski, Jason Schindler
2000	Ryan Sucharski
2001	Ryan Sucharski-MVP
2002	Chris Vagasky, Jeff Green
2003	Jeff Green
2004	Jimmy Moylan
2005	James Courtney
2006	Nick Fowler, Brian Paul
2007	Phil Baldick
2008	Nick Culbertson, Phil Baldick
2009	Nick Culbertson, Kyle Allinder, Vince Ferranti, Blake Ryan
2010	Nick Culbertson-MVP , Blake Ryan, Stephen Orr, Jordan Staley
2011	Stephen Orr, Tim Szymanski, Alex Fauer
2012	Alex Fauer, Zack Thomas, Brad Bates, Will Saiz
2013	Brad Bates, Will Saiz, Brennan Buckner
2014	Ian Demrose, Jimmy Hoefler, Jake Kalahar, B.Koch, C.Fedolak, Mitch MacDonald, Dan Knapp
2015	Chase Fedolak, Brendan Koch, James Hoefler, Mitch MacDonald, Zachary MacDonald
2016	C. Fedolak-MVP , M. MacDonald, Josh Jaster, Z. MacDonald, T. Szymanski, D. Walker, S. Kisha
2017	David Carnago, Josh VanSlambrouck, Joseph Jaster
2018	

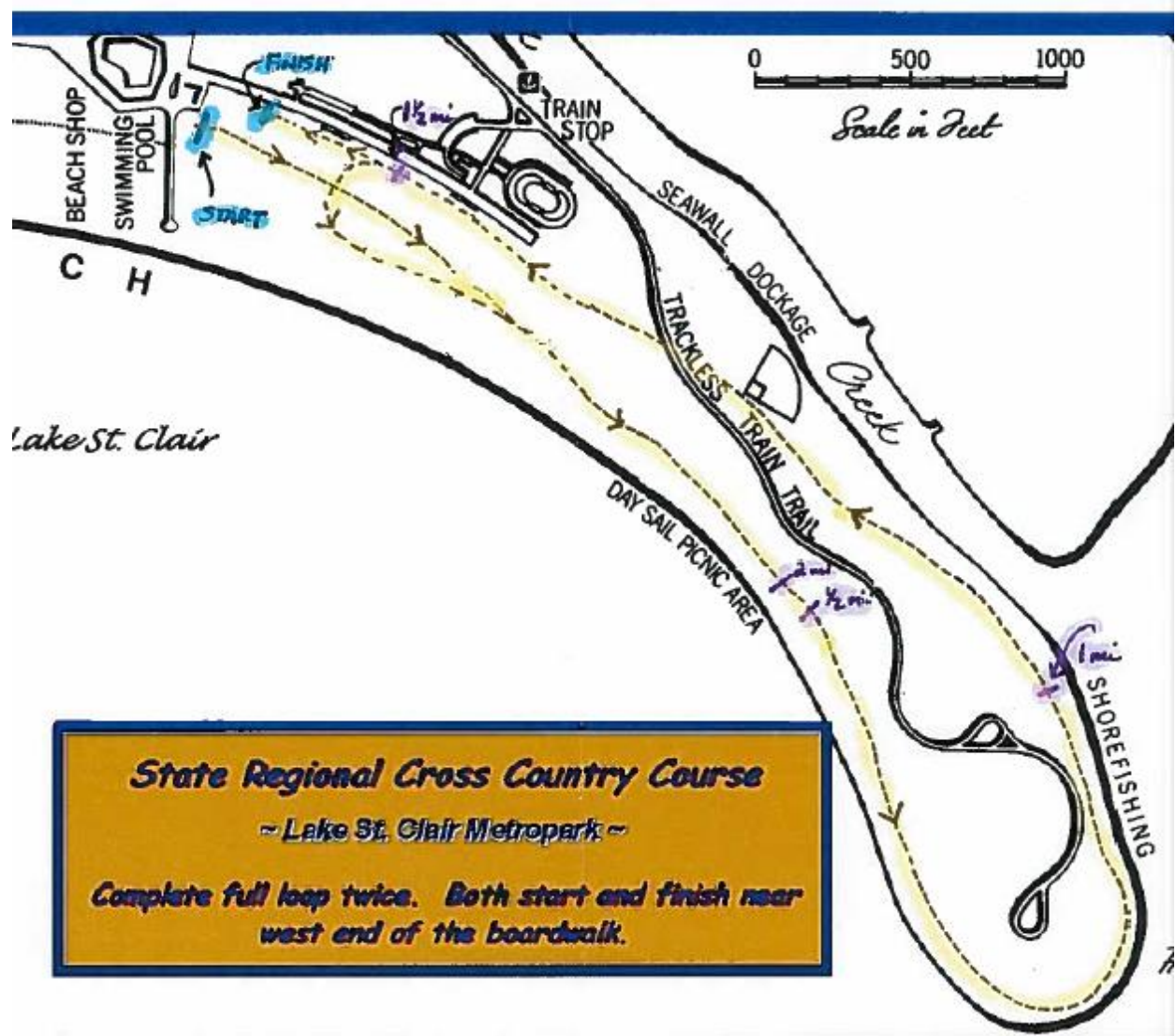


DAKOTA COUGARS GIRLS ALL-CONFERENCE RUNNERS

1996	Tara Soho
1997	Jennie Froelich, Kristen Leszczynski, Tara Soho, Alena DeLuca,
1998	Jennie Froelich, Tara Soho
1999	Jennie Froelich
2001	Jenni Culbertson, Heather Johnston
2002	Jenni Culbertson-MVP
2005	Janell Herrick
2006	Janell Herrick
2009	Tara Geralt
2010	Christina Micale
2011	Lauren Burnett, Christina Micale, Kathryn Ugorowski
2012	Christina Micale
2013	Marah Pugh
2014	Kayla Dobies
2015	Kayla Dobies, Hannah Faustyn
2016	Hannah Faustyn, Allison Slone
2017	Hannah Faustyn, Rylie Yager, Heidi Palmer
2018	



Dakota JV Team Results					
<u>BOYS</u>			<u>GIRLS</u>		
<u>YEAR</u>	<u>PLACE</u>	<u>PTS</u>	<u>YEAR</u>	<u>PLACE</u>	<u>PTS</u>
2009	5 th of 13	124	2009		Nts
2010	3 rd of 17	101	2010	8 th of 11	195
2011	4 th of 17	119	2011	8 th of 12	241
2012	7 th of 16	199	2012	6 th of 12	185
2013	2 nd of 23	72	2013	5 th of 15	162
2014	1 st of 22	23	2014	5 th of 15	139
2015	1 st of 22	36	2015	4 th of 19	158
2016	1 st of 22	34	2016	4 th of 17	113
2017	3 rd of 24	91	2017	4 th of 17	88
2018					



Clair Metropark: 31300 Metro Parkway Mt Clemens, MI 48045 (586) 463-4581 (car ent

Dakota Cross Country



Men's Pre-Race Schedule

Min. Before Race	V	JV	What To Do...
At Home or On bus			Adjust spikes
Upon arrival			Set up tent/ Find Bathrooms
10 Minutes after arrival			Meet w/ Coach (Put race # on Uniform) Get additional instruction
55	12:05	12:35	5 min light jog
50	12:10	12:40	Stretch / restroom
35	12:25	12:55	10 min Warm-up on course
25	12:35	1:05	Ind. Stretching / restroom
20	12:40	1:10	Change shoes/put jersey on
15	12:45	1:15	3 minute jog to starting line
12	12:48	1:18	Arrive at Starting Line
10	12:50	1:20	Run-outs / Strides /Drills
5	12:55	1:25	Team Huddle
2	12:58	1:28	Strip down to Uniform
0	1:00	2:30	Bang!!!!

Post-Race schedule

Min. After Race	V	JV	What To Do...
0 min	1:15-1:17	2:48-3:00	Catch breath, cheer on team, get water
5 min	1:20-1:22	2:53-3:05	Meet with Coach at predetermined point on course
15 min	1:30-1:32	3:03-3:15	Return to tent, change shoes/clothes
20 min	1:37	3:20	Check in with family/friends at the tent
25 min	1:42	3:25	Cool Down w/ team (5-20 min) cheering other runners
45 min	2:02		Report to start of JV Race
50 min	2:07	3:50	Stretch
55 min	2:12-finish		Cheer on other runners in groups at various locations
	4:00	4:00	Attend Awards Presentation
			Abs / core strength
			Clean up Tent /Garbage

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

I'M A DISTANCE RUNNER.

I've been trained to keep going,
even when it's hard.

When it hurts. When it sucks.
When I don't want to.

→ *I LOOK PAST IT.* ←

Relentless forward progress to the finish.

Call it what you want:
stubbornness, endurance,
determination, guts.

DEEP DOWN,

I DON'T KNOW HOW TO GIVE UP.

(...and it's always worth it in the end.)

Dakota Cross Country



Women's Pre-Race Schedule

Min. Before Race	V	JV	What To Do...
At Home or On bus			Adjust spikes
Upon arrival			Set up tent/ Find Bathrooms
10 Minutes after arrival			Meet w/ Coach (Put race # on Uniform) Get additional instruction
55	12:50	2:05	10 min light jog
45	1:00	2:15	Stretch / restroom
30	1:15	2:30	5 min Progressive Warm-up on course
25	1:20	2:35	Ind. Stretching / restroom
20	1:25	2:40	Change shoes/put jersey on
15	1:30	2:45	3 minute jog to starting line
12	1:33	2:48	Arrive at Starting Line
10	1:35	2:50	Run-outs / Strides /Drills
5	1:40	2:55	Team Huddle
2	1:43	2:58	Strip down to Uniform
0	1:45	3:00	Bang!!!!

Post-Race schedule

Min. After Race	V	JV	What To Do...
0 min	2:04-2:06	3:22-3:30	Catch breath, cheer on team, get water
5 min	2:09-2:11	3:27-3:35	Meet with Coach at predetermined point on course
15 min	2:19-2:21	3:37-3:45	Return to tent, change shoes/clothes
20 min	2:26	3:50	Check in with family/friends at the tent
25 min	2:31	3:55	Cool Down w/ team (5-20 min) cheering other runners
45 min	2:51		Report to start of JV Race
50 min	2:56	4:20	Stretch
55 min	3:01		Cheer on other runners in groups at various locations
	4:00	4:00	Attend Awards Presentation
			Abs / core strength

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