

MEET LOCATION: STONY CREEK EASTWOOD BEACH / SOUTHDALE PICNIC AREA



COURSE (see map)

2 LOOPS, ROLLING HILLS

TIME SCHEDULE

GIRLS BUS: 3:00 PM BOYS BUS: 3:45 PM
 GIRLS RACE: 5:00 PM BOYS RACE: 5:45 PM

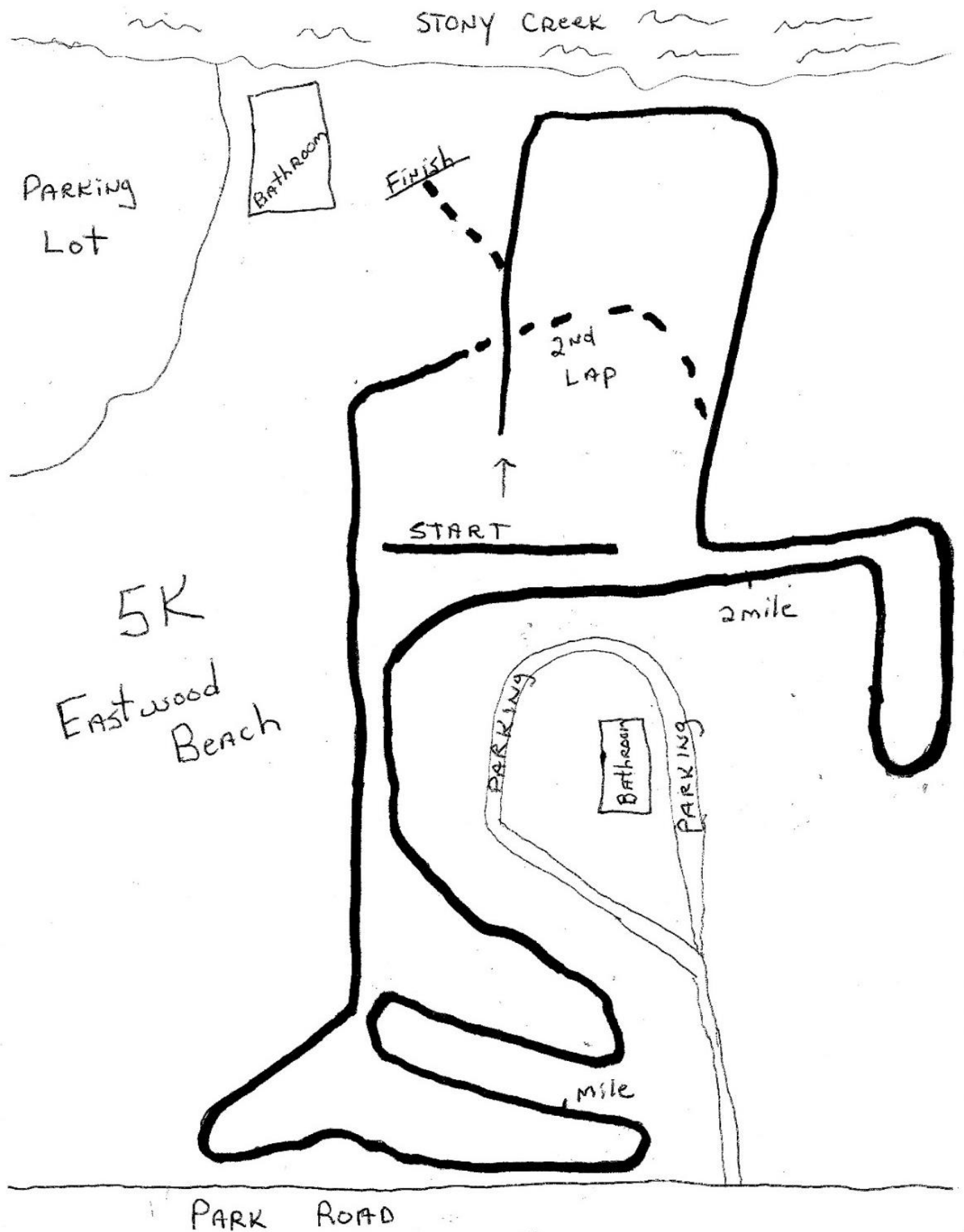
WEATHER FORECAST FOR SHELBY TWP. 48316

5:00 pm	74°		Thunderstorms	76%	S 10 mph
6:00 pm	72°		Thunderstorms	82%	S 9 mph

TEAMS COMPETING

-  Grosse Pointe North
-  Macomb Dakota
-  St. Clair
-  Utica
-  Grosse Pointe South
-  Romeo
-  Sterling Heights Stevenson
-  Utica Eisenhower

Dakota Top Times at Stony Creek Eastwood Beach (Reverse Course)						
BOYS				GIRLS		
Matthew Singer	16:31	2019		Jayden Harberts	20:01	2020
Joseph Jaster	16:49	2018		Hannah Faustyn	20:09	2017
Jacob Harberts	16:49	2019		Emma Myziuk	20:10	2019
Matthew Singer	17:04	2019		Heidi Palmer	20:34	2018
Jacob Harberts	17:06	2019		Emma Myziuk	20:37	2018
Alfonso Mocerì	17:08	2019		Heidi Palmer	20:43	2019
Ethan Soave	17:17	2018		Heidi Palmer	20:44	2019
Alexander Kraus	17:23	2019		Katelyn Slone	20:46	2018
Jacob Williams	17:32	2018		Katelyn Slone	20:54	2019
Cameron Stermer	17:33	2019		Ava LaMilza	20:55	2019
Alexander Kraus	17:34	2019		Katelyn Slone	21:25	2019
Jacob Harberts	17:41	2018		Chelsea Harvey	21:25	2019
Alfonso Mocerì	17:43	2019		Izabella Gowen	21:28	2018
Jacob Sand	17:45	2019		Lindsay Harvey	21:28	2019
Cameron Stermer	17:55	2018		Rylie Yager	21:31	2017
Cameron Stermer	17:58	2019		Allison Ferguson	21:44	2019
Nathan Vohs	17:59	2019		Nicole Campbell	21:51	2019
Jacob Harberts	17:59	2020		Ella Garbarino	21:52	2019
Jacob Williams	18:04	2017		Shannon Blaszkowski	22:06	2019
Alfonso Mocerì	18:09	2018		Chelsea Harvey	22:07	2019
Jack Mathers	18:09	2019		Ava LaMilza	22:13	2019
**new course in 2017				Lindsay Harvey	22:13	2020





DAKOTA CROSS COUNTRY

Pre-Race Planning Sheet



Name: _____ Grade: _____ Year: 2021

Race: MAC JAMBOREE Course: 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 if you lose contact with your training group after mile 1 what will be your next actions?

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

Knowing that the final mile is mostly downhill. What is your race plan for the *final* mile of the race, in terms of strategy and time or strategy and position?

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

What plans do you have for adapting to unplanned events?

What is your individual expectation as far as Time and 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: 2021

Race: MAC JAMBOREE Course: 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 some changes in strategy (and reasons) that you can make next race to improve your next race.

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?

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) Get additional instruction	
55 min	10 min light jog on course (w/ training groups)	
45 min	Stretch / restroom	
30 min	5 min Progressive run	
25 min	Dynamic Stretching / restroom	
20 min	Change shoes/put jersey on	
18 min	3-minute jog to starting line	
15 min	Arrive at Starting Line	Run-outs, Strides, Drills
10 min	Team Huddle	
2 min	Strip down to Uniform	
0 min	Bang!!!!	

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 w/ groups (5-20 min) away from the course
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!

Racing teaches us to challenge ourselves.
It teaches us to push beyond where we
thought we could go.

It helps us to find out what we are made
of.

This is what we do.

This is what it's all about.

Patty Sue Palmer

howtorunfree.tumblr.com

