

Post a PR Last Chance Race

October 30, 2018

12:01 PM Students excused from school
 12:30 PM Busses Departs
 3:00 PM BOYS Race #1 (under 18:00)
 3:25 PM GIRLS Race #1 (under 22:00)
 3:50 PM BOYS Race #2 (18:01-19:14)
 4:15 PM GIRLS Race #2 (22:01-24:15)
 4:40 PM BOYS Race #3 (19:15 +)
 5:10 PM Girls Race #3 (24:15+)



Course : Huron Meadows Metropark

Awards: TOP 100 in each race

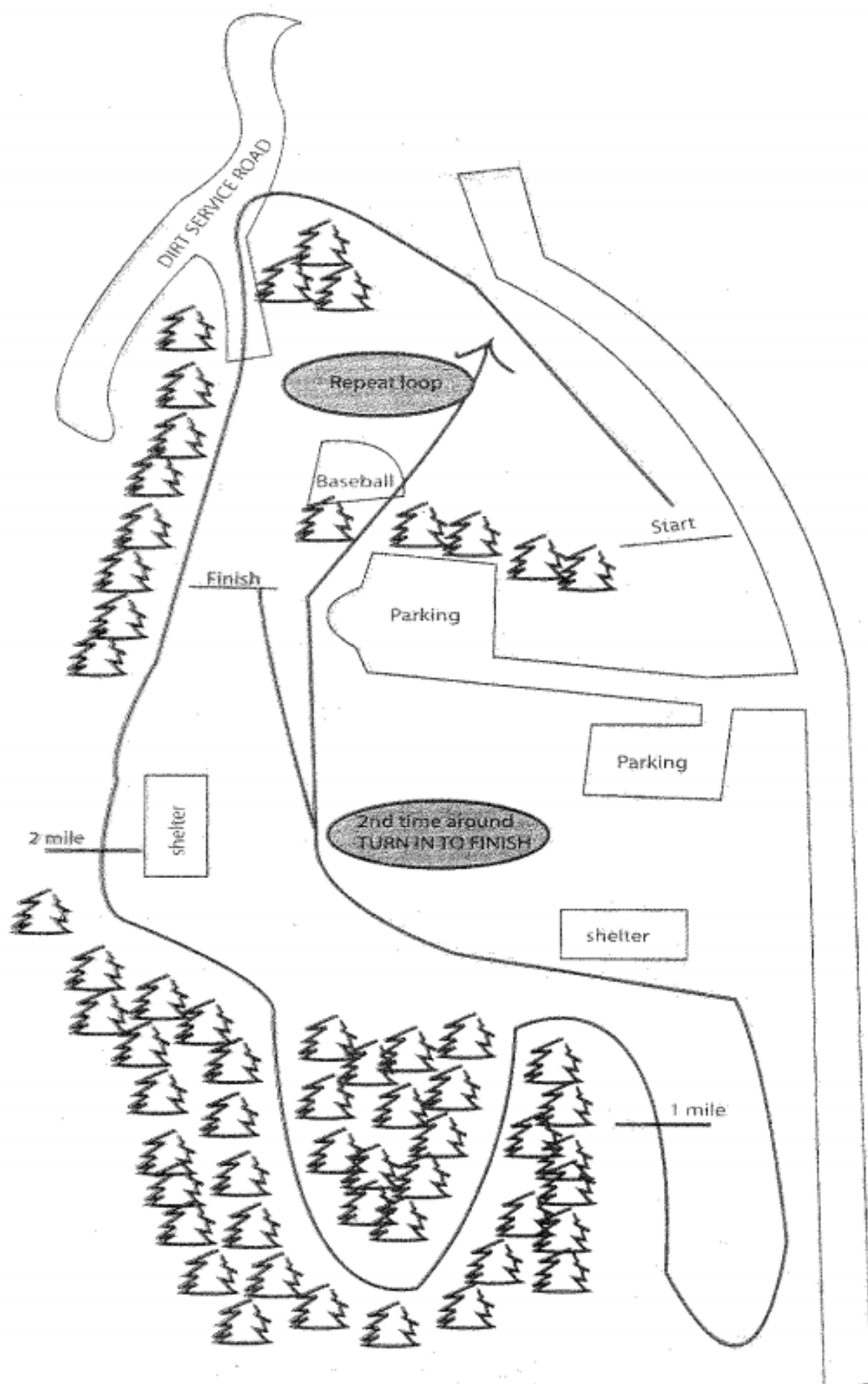
Sunset in Brighton is at 6:32 pm on this date.

WEATHER FORECAST FOR HURON MEADOWS METRO PARK

HIGH/LOW	PRECIP	WIND	CONDITIONS
52°/49°	35%	SSE 9 mph	Mostly Cloudy



Dakota Top Times at Huron Meadows Metro Park					
BOYS			GIRLS		
Ian Demrose	16:12	2014	Hannah Faustyn	19:19	2016
Mitch MacDonald	16:39	2016	Kayla Dobies	19:36	2014
Josh VanSlambrouck	16:40	2017	Ally Slone	19:55	2016
David Carnago	16:42	2017	Hannah Faustyn	20:10	2017
Josh Jaster	16:43	2016	Rylie Yager	20:12	2016
Josh VanSlambrouck	16:43	2016	Ally Slone	20:24	2016
Zachary MacDonald	16:54	2016	Marisa Weller	20:30	2014
Joe Jaster	16:58	2017	Rylie Yager	20:35	2017
Brendan Koch	16:59	2014	Rylie Yager	20:43	2016
Chase Fedolak	17:02	2014	Kaitria LaFleure	21:14	2014
Jimmy Hoefler	17:03	2014	Heidi Palmer	21:16	2017
Tom Szymanski	17:10	2016	Emma Myziuk	21:23	2017
David Walker	17:12	2016	Monica Micale	21:24	2014
Jake Kalahar	17:21	2014	Katelyn Slone	21:54	2017
Danny Knapp	17:28	2014	Rachel Sliger	21:55	2016
David Carnago	17:32	2016	Sam Dobies	21:59	2016
Brendan Mousseau	17:40	2016	Lauren Valente	22:00	2014
Kyle Fedolak	17:45	2016	Ashley Brown	22:01	2016
Sawyer Kisha	17:46	2016	Samantha Dobies	22:11	2016
Mitch MacDonald	17:48	2014	Rachel Patterson	22:11	2017
<i>This is the 3rd time Dakota ran at this course.</i>					



Dakota Cross Country

Men's Pre-Race Schedule



Min. Before Race				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	2:05	2:55	3:55	5 min light jog
50	2:10	2:50	3:50	Stretch / restroom
35	2:25	3:15	4:05	10 min Warm-up on course
25	2:35	3:25	4:15	Ind. Stretching / restroom
20	2:40	3:30	4:20	Change shoes/put jersey on
15	2:45	3:35	4:25	3 minute jog to starting line
12	2:48	3:38	4:28	Arrive at Starting Line
10	2:50	3:40	4:30	Run-outs / Strides /Drills
5	2:55	3:45	4:35	Team Huddle
2	2:58	3:48	4:38	Strip down to Uniform
0	3:00	3:50	4:40	Bang!!!!

Post-Race schedule

Min. After Race				What To Do...
0 min	3:18	4:10	5:00-5:10	Catch breath, cheer on team, get water
5 min	3:23	4:15	5:05-5:15	Meet with Coach at predetermined point on course
15 min	3:33	4:25	5:15-5:20	Return to tent, change shoes/clothes
20 min	3:38	4:30	5:25	Check in with family/friends at the tent
25 min	3:43	4:35	5:30	Cool Down w/ team (5-20 min) cheering other runners
	3:50	4:40	n/a	Report to start of next Race
50 min	4:08	5:00	5:55	Stretch
55 min	4:13	5:05	n/a	Cheer on other runners in groups at various locations
				Attend Awards Presentation
				Abs / core strength
				Clean up Tent /Garbage

Note: Your race is not finished until you exit the chute. STAY in order!!

Dakota Cross Country

Women's Pre-Race Schedule



Min. Before Race				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	2:30	3:20	4:15	10 min light job
45	2:40	3:30	4:25	Stretch / restroom
30	2:55	3:45	4:40	5 min Progressive run on course
25	3:00	3:50	4:45	Ind. Stretching / restroom
20	3:05	3:55	4:50	Change shoes/put jersey on
15	3:10	4:00	4:55	3 minute jog to starting line
12	3:13	4:03	4:58	Arrive at Starting Line
10	3:15	4:05	5:00	Run-outs / Strides /Drills
5	3:20	4:10	5:05	Team Huddle
2	3:23	4:13	5:08	Strip down to Uniform
0	3:25	4:15	5:10	Bang!!!!

Post-Race schedule

Min. After Race				What To Do...
0 min	3:45	4:38	5:35-5:40	Catch breath, cheer on team, get water
5 min	3:50	4:43	5:40-5:45	Meet with Coach at predetermined point on course
15 min	4:00	4:53	5:50-5:55	Return to tent, change shoes/clothes
20 min	4:05	4:58	6:00	Check in with family/friends at the tent
25 min	4:10	5:03	6:05	Cool Down w/ team (5-20 min) cheering other runners
	4:15	5:10	n/a	Report to start of next Race
50 min	4:35	5:28	6:30	Stretch
55 min	4:40	5:33	n/a	Cheer on other runners in groups at various locations
				Attend Awards Presentation
				Abs / core strength
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