

Wildcat Cross Country 2015

"Be Part of a Winning Tradition"

Coach Ciccarelli

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*You must have all UIL paper work (<http://eanesisd.rankonesport.com/>) and a current physical on file before the first practice.

- Our first practice will be Monday August 31st @ 7am on the top football field.
- There are no tryouts, all that join will make the team.
- Our first meet will be Saturday Sept. 11th
- Please look at the website on the school page for updates weekly

Meets

*Subject to change, we are planning on having a total of six meets this season

*All Saturday meets, athletes will run before 12noon. All other meets, athletes will run after school. All busses return to the 9th Grade Center at WHS.

- St. Andrew's CC Invitational, Sept. 11th, Location: St. Andrew's Episcopal School, Tuhabonye Trail, 5901 Southwest Parkway, Austin, TX. Girls will run at 6:10pm, followed by the Boys at 6:30. Shirts will be sold for \$10 at the event. Busses will depart from the WRMS at 4 pm sharp and return around 7:30pm to the 9th Grade Center.
- Benold Invite, Sept. 16th, Location: San Gabriel Park 445 E Morrow St. Georgetown, TX 78626. Meet will start at 5pm. Busses will leave WRMS at 2:30pm and return to the 9th Grade Center around 7:30pm. Marble Falls
- Mustangs XC Invitational, Sept. 30th, Location: Marble Falls High School: 2101 Mustang Dr. Marble Falls, TX 78654. Busses will leave WRMS at 2pm. and return around 7:30pm to the 9th Grade Center.
- Chap Invite, Friday October 9th: Southeast Metro Park: 4511 Hwy 71 E, Del Valle, TX 78617. Busses will leave West Ridge at 2:30pm and return to the 9th Grade Center (WHS next to practice football fields) at around 8pm. 7th and 8th Grade girls run at 5pm followed by the 7th and 8th Grade Boys at 5:30.
- TBD
- District Meet Wednesday October 21st. DS Ranch Park (formerly Harrison Ranch Park) in Dripping Springs. The park is located on RR12 about 4 or 5 miles from Hamilton Pool Road on your right, directly across the road from Dripping Springs Elementary School. Races Starting at 4pm.

Wildcat CC Athletes Expectations

As a Wildcat Cross Country athlete I will

- Finish what I have started and complete the season.
- Arrive on time at 7am ready to run.
- Let my coach know ahead of time if I will be running late or have a problem coming to practice.
- Come to every meet in order to cheer my teammates on and participate in the races so we have the best chance to win.
- Give 100% of my best effort in each and every practice and meet.
- Take care of my school work in the classroom and at home in order to make it to every practice and meet.
- Have a healthy breakfast and hydrate before practice in order to give my body the energy needed to practice my best.
- Encourage my teammates just as I would like them to encourage me.
- Go beyond what is comfortable in order to make gains in my abilities.
- Believe in my abilities and make goals to reach for.

TRAIN LIKE A CHAMPION

Train with passion

Excitement and enthusiasm for the fundamental base for everything at which you want to excel. If it's worth doing, it's worth doing with passion.

Train with joy

Learn to appreciate your ability to push yourself. Find the beauty of your environment and the beauty of what you can make your mind and body do. The things you love and find joy in doing, you do better.

Train with purpose

Can you explain what you are doing and why? If you know why, you will do better.

Train with gratitude

Whether your talent is a little or a lot, it is a gift- you can run many can't. Be thankful every day.

Train to win

Ultimately, you must be able to put your training to the test. Is what you are doing now preparing you for the fire region and tenacity of state?

Train unselfishly

Are you're worried about you or are you using every moment to make your teammates better? Unselfish runners make everyone around them better.

Train intelligently

When it's time to go hard, go harder the you ever thought possible. But when it's time to rest, rest.

Train your mind and will

Running and racing are more mental than physical. Develop positive thought patterns and an aggressive racing mindset. Don't allow your head to keep your body from doing what it is capable of doing.

Train with respect

Respect your parents, school, team, coach, neighbors and neighborhoods. Be cheerful and friendly to everyone you meet on the road and in the park. Stay out of the street and out of people's yards. We want to be allowed to train where we need to train.



3200m Pace Chart

PACE CHART 100%

100m	0:20	0:21	0:21	0:22	0:22	0:23	0:23	0:24	0:24	0:25	0:25	0:26	0:26	0:27	0:27	0:28	0:28	0:29	0:29	0:30
200m	0:40	0:41	0:42	0:43	0:44	0:45	0:46	0:47	0:48	0:49	0:50	0:51	0:52	0:53	0:54	0:55	0:56	0:57	0:58	0:59
400m	1:20	1:22	1:24	1:26	1:28	1:30	1:31	1:33	1:35	1:37	1:41	1:43	1:45	1:46	1:48	1:50	1:52	1:54	1:56	1:58
600m	2:00	2:03	2:06	2:09	2:12	2:15	2:17	2:20	2:23	2:26	2:29	2:32	2:34	2:37	2:40	2:43	2:46	2:49	2:52	2:55
800m	2:41	2:45	2:48	2:52	2:56	3:00	3:03	3:07	3:11	3:15	3:18	3:22	3:26	3:30	3:33	3:37	3:41	3:45	3:48	3:52
1200m	4:04	4:07	4:13	4:18	4:24	4:30	4:35	4:41	4:46	4:52	4:58	5:03	5:09	5:15	5:20	5:26	5:31	5:37	5:43	5:48
1600m	5:22	5:30	5:37	5:45	5:52	6:00	6:07	6:15	6:22	6:30	6:37	6:45	6:52	7:00	7:07	7:15	7:22	7:30	7:37	7:45
2400m	8:08	8:15	8:23	8:31	8:39	8:48	8:56	9:05	9:13	9:22	9:30	9:39	9:47	9:56	10:04	10:13	10:21	10:30	10:38	10:47

PACE CHART 85%

100m	0:23	0:24	0:24	0:25	0:25	0:26	0:26	0:27	0:28	0:28	0:29	0:29	0:30	0:30	0:31	0:31	0:32	0:32	0:33	0:34
200m	0:46	0:48	0:49	0:50	0:51	0:52	0:53	0:54	0:55	0:56	0:58	0:59	1:00	1:01	1:02	1:03	1:04	1:05	1:06	1:07
400m	1:32	1:34	1:37	1:39	1:41	1:43	1:45	1:47	1:49	1:52	1:54	1:56	1:58	2:00	2:02	2:05	2:07	2:09	2:11	2:13
600m	2:19	2:22	2:25	2:28	2:32	2:35	2:38	2:41	2:44	2:48	2:51	2:54	2:57	3:01	3:04	3:07	3:10	3:13	3:17	3:20
800m	3:05	3:09	3:14	3:18	3:22	3:27	3:31	3:35	3:39	3:44	3:48	3:52	3:57	4:01	4:05	4:10	4:14	4:18	4:23	4:27
1200m	4:38	4:44	4:51	4:57	5:04	5:10	5:16	5:23	5:29	5:36	5:42	5:49	5:55	6:02	6:09	6:16	6:22	6:29	6:36	6:43
1600m	6:10	6:19	6:28	6:36	6:45	6:54	7:02	7:11	7:19	7:28	7:37	7:45	7:54	8:03	8:11	8:20	8:28	8:37	8:46	8:54
2400m	9:16	9:29	9:42	9:55	10:08	10:21	10:34	10:46	10:59	11:12	11:25	11:38	11:51	12:04	12:17	12:30	12:43	12:56	13:09	13:22
3200m	12:21	12:39	12:56	13:13	13:30	13:48	14:05	14:22	14:39	14:57	15:14	15:31	15:48	16:06	16:23	16:40	16:57	17:15	17:32	17:49
2.5mi	15:27	15:48	16:10	16:31	16:53	17:15	17:36	17:58	18:19	18:41	19:02	19:24	19:45	20:07	20:29	20:50	21:12	21:33	21:55	22:16
3mi	18:32	18:58	19:24	19:50	20:16	20:42	21:07	21:33	21:59	22:25	22:51	23:17	23:43	24:09	24:35	25:01	25:27	25:52	26:18	26:44

PACE CHART 75%

100m	0:25	0:26	0:26	0:27	0:28	0:28	0:29	0:29	0:30	0:31	0:31	0:32	0:32	0:33	0:33	0:34	0:35	0:35	0:36	0:37
200m	0:50	0:52	0:53	0:54	0:55	0:56	0:57	0:58	0:59	1:00	1:01	1:02	1:03	1:04	1:05	1:06	1:07	1:08	1:09	1:10
400m	1:40	1:43	1:45	1:47	1:50	1:52	1:54	1:57	1:59	2:01	2:04	2:06	2:08	2:11	2:13	2:15	2:18	2:20	2:22	2:25
600m	2:31	2:34	2:38	2:41	2:45	2:49	2:52	2:55	2:59	3:02	3:06	3:09	3:13	3:16	3:20	3:23	3:27	3:30	3:34	3:37
800m	3:21	3:26	3:30	3:35	3:40	3:45	3:49	3:54	3:59	4:03	4:08	4:13	4:17	4:22	4:27	4:31	4:36	4:41	4:45	4:50
1200m	5:02	5:09	5:16	5:23	5:30	5:37	5:44	5:51	5:58	6:05	6:12	6:19	6:26	6:33	6:40	6:47	6:54	7:01	7:08	7:15
1600m	6:43	6:52	7:01	7:11	7:20	7:30	7:39	7:48	7:58	8:07	8:16	8:26	8:35	8:45	8:54	9:03	9:13	9:22	9:31	9:41
2400m	10:04	10:18	10:32	10:46	11:00	11:15	11:29	11:43	11:57	12:11	12:25	12:39	12:53	13:07	13:21	13:35	13:49	14:03	14:17	14:31
3200m	13:26	13:45	14:03	14:22	14:41	15:00	15:18	15:37	15:56	16:15	16:33	16:52	17:11	17:30	17:48	18:07	18:26	18:45	19:03	19:22
2.5mi	16:47	17:11	17:34	17:58	18:21	18:45	19:08	19:31	19:55	20:18	20:42	21:05	21:29	21:52	22:15	22:39	22:63	22:87	23:11	23:35
3mi	20:09	20:37	21:05	21:33	22:01	22:30	22:58	23:26	23:54	24:22	24:51	25:19	25:47	26:15	26:43	27:11	27:39	28:07	28:36	29:04
3.5mi	23:31	24:04	24:37	25:09	25:42	26:15	26:48	27:21	27:53	28:26	28:59	29:32	30:05	30:37	31:10	31:43	32:16	32:49	33:22	33:55
4mi	26:52	27:30	28:07	28:45	29:22	30:00	30:37	31:15	31:52	32:30	33:08	33:45	34:22	35:00	35:37	36:15	36:53	37:30	38:07	38:45

VARSITY GIRLS 13:00 and under

VARSITY BOYS 11:00 and under

JV GIRLS 14:30-13:15

JV BOYS 12:00

2012 District 2 mile Times

8th GRADE BOYS

Bib #	Name	School	Place	Bib	Time	
1448	Bo McCasland	MARBLE FALLS	8 Boys	1	1448	11:48.1
1407	Zack Kovar	D. SPRINGS	8 Boys	2	1407	12:03.3
1449	Christian Marroquin	MARBLE FALLS	8 Boys	3	1449	12:13.4
1439	Axel Rosado	LAKE TRAVIS	8 Boys	4	1439	12:26.0
1437	Nathan Howard	LAKE TRAVIS	8 Boys	5	1437	12:29.0
1414	Dougal Cormie	HILL COUNTRY	8 Boys	6	1414	12:37.7
1425	Eric Lopez	HUDSON BEND	8 Boys	7	1425	12:41.0
1403	Nathan Blevins	D. SPRINGS	8 Boys	8	1403	12:42.2
1461	Logan Osmon	WESTRIDGE	8 Boys	9	1461	12:51.4
1442	Rylan Springer	LAKE TRAVIS	8 Boys	10	1442	13:02.6
1404	Tyler Dean	D. SPRINGS	8 Boys	11	1404	13:04.5
1413	JP Hefner	HILL COUNTRY	8 Boys	12	1413	13:09.5
1427	Tom Quigley	HUDSON BEND	8 Boys	13	1427	13:10.4
1426	Connor Butterfield	HUDSON BEND	8 Boys	14	1426	13:19.1
1458	Alex Neahusan	WESTRIDGE	8 Boys	15	1458	13:25.6
1405	Clay Dumas	D. SPRINGS	8 Boys	16	1405	13:29.1
1416	Nick Hummel	HILL COUNTRY	8 Boys	17	1416	13:32.9
1415	Grayson Seidel	HILL COUNTRY	8 Boys	18	1415	13:33.3
1452	Brendan Hebert	MARBLE FALLS	8 Boys	19	1452	13:47.4
1457	Sanil Hattangandi	WESTRIDGE	8 Boys	20	1457	13:48.7
1466	Jordan Finch	WESTRIDGE	8 Boys	21	1466	13:57.2
1440	Trenton Schoonmaker	LAKE TRAVIS	8 Boys	22	1440	13:58.4
1453	Jackson Briggs	MARBLE FALLS	8 Boys	23	1453	14:07.8
1406	Joseph Kadlecek	D. SPRINGS	8 Boys	24	1406	14:13.6
1429	Kjel Schlemmer	HUDSON BEND	8 Boys	25	1429	14:15.5
1441	Maynard Smith	LAKE TRAVIS	8 Boys	26	1441	14:17.4
1465	Niclas Alejandro	WESTRIDGE	8 Boys	27	1465	14:18.0
1431	Dylan Day	HUDSON BEND	8 Boys	28	1431	14:18.8
1463	Major Gammil	WESTRIDGE	8 Boys	29	1463	14:26.2
1428	Tim Quigley	HUDSON BEND	8 Boys	30	1428	14:29.5
1459	Peyton Wolfcale	WESTRIDGE	8 Boys	31	1459	14:37.8
1460	Nicholas Bui	WESTRIDGE	8 Boys	32	1460	14:47.4
1436	Brandon Barton	LAKE TRAVIS	8 Boys	33	1436	14:50.3
1418	Alexand Drazic	HILL COUNTRY	8 Boys	34	1418	14:52.3
1462	Jimmie Fields	WESTRIDGE	8 Boys	35	1462	15:12.2
1419	Luke Sang	HILL COUNTRY	8 Boys	36	1419	15:28.2
1438	Bryan Ju	LAKE TRAVIS	8 Boys	37	1438	16:04.5
1420	Brice Graham Hendrickson	HILL COUNTRY	8 Boys	38	1420	16:44.7
1455	Jose Jiminez	MARBLE FALLS	8 Boys	39	1455	17:01.6
1450	Bo Caddel	MARBLE FALLS	8 Boys	40	1450	17:33.4
1417	Vincent Lebovitz	HILL COUNTRY	8 Boys	41	1417	17:50.7
1451	David Shiu	MARBLE FALLS	8 Boys	42	1451	18:16.9

2011 District 2012

2012

7th GRADE BOYS

1363	Mathew Kearney	WESTRIDGE	7 Boys	1	1363	11:45.8
1362	Owen Holland	WESTRIDGE	7 Boys	2	1362	12:06.3
1343	Daniel Urritia	LAKE TRAVIS	7 Boys	3	1343	12:51.8
1335	Noah Glenn	LAKE TRAVIS	7 Boys	4	1335	13:01.3
1344	Andrew Waldschmidt	LAKE TRAVIS	7 Boys	5	1344	13:04.6
1334	Cade Bruce	LAKE TRAVIS	7 Boys	6	1334	13:05.4
1340	Dallin Slade	LAKE TRAVIS	7 Boys	7	1340	13:32.6
1306	Key Dube	D. SPRINGS	7 Boys	8	1306	13:36.2
1367	Conner Machon	WESTRIDGE	7 Boys	9	1367	13:38.2
1324	Matthew Payne	HUDSON BEND	7 Boys	10	1324	13:42.4
1337	Mark Howard	LAKE TRAVIS	7 Boys	11	1337	13:50.3
1328	Ethan Bernick	HUDSON BEND	7 Boys	12	1328	13:52.5
1304	Connor Bailey	D. SPRINGS	7 Boys	13	1304	14:19.9
1308	Jacob Lawrence	D. SPRINGS	7 Boys	14	1308	14:21.4
1303	Ford Aspergen	D. SPRINGS	7 Boys	15	1303	14:31.2
1310	Walter Schmidt	D. SPRINGS	7 Boys	16	1310	14:32.1
1341	Will Tomlin	LAKE TRAVIS	7 Boys	17	1341	14:35.2
1309	Ryan Lienenburgger	D. SPRINGS	7 Boys	18	1309	14:37.0
1365	Luke Dunlap	WESTRIDGE	7 Boys	19	1365	14:45.0
1364	Evan Kelly	WESTRIDGE	7 Boys	20	1364	14:47.1
1336	Peter Galliver	LAKE TRAVIS	7 Boys	21	1336	14:52.6
1326	Luke Tilley	HUDSON BEND	7 Boys	22	1326	15:04.3
1338	Collin Jenks	LAKE TRAVIS	7 Boys	23	1338	15:05.3
1325	Chris Nelson	HUDSON BEND	7 Boys	24	1325	15:09.1
1366	Ben Ludwig	WESTRIDGE	7 Boys	25	1366	15:45.7
1352	Layton White	MARBLE FALLS	7 Boys	26	1352	16:08.5
1329	Anton Lundstrom	HUDSON BEND	7 Boys	27	1329	16:14.7
1307	Jacob Hines	D. SPRINGS	7 Boys	28	1307	16:19.5
1327	Ryan Storrar	HUDSON BEND	7 Boys	29	1327	16:25.0
1369	Devan Johnson	WESTRIDGE	7 Boys	30	1369	17:07.5
1368	Jack Perry	WESTRIDGE	7 Boys	31	1368	17:09.5
1311	Stephen Thomas	D. SPRINGS	7 Boys	32	1311	17:23.1
1339	Azzam Nehal	LAKE TRAVIS	7 Boys	33	1339	17:28.5
1305	Cole Dean	D. SPRINGS	7 Boys	34	1305	17:39.5
1331	Mateo Guerra	HUDSON BEND	7 Boys	35	1331	17:45.5
1330	Abhimanyu Singh	HUDSON BEND	7 Boys	36	1330	18:15.7
1332	Jackson Bratton	HUDSON BEND	7 Boys	37	1332	18:20.9
1351	Luis Arreguin	MARBLE FALLS	7 Boys	38	1351	18:23.4

8th GRADE GIRLS

2012

1269	Alexandra Fagerberg	WESTRIDGE	8 Girls	1	1269	13:17.2
1232	Jamie Leonard	HUDSON BEND	8 Girls	2	1232	13:34.1
1247	Arianna Sutti	LAKE TRAVIS	8 Girls	3	1247	13:35.6
1229	Jaylene Vu	HUDSON BEND	8 Girls	4	1229	13:37.7
1216	Hailey Howe	HILL COUNTRY	8 Girls	5	1216	13:42.7
1230	Alexis McKennon	HUDSON BEND	8 Girls	6	1230	13:44.5
1268	Carson Newman	WESTRIDGE	8 Girls	7	1268	13:50.5
1253	Tincia Ware	MARBLE FALLS	8 Girls	8	1253	13:51.8
1203	Sydney Cole	D. SPRINGS	8 Girls	9	1203	13:52.3
1267	Fey Matamoros	WESTRIDGE	8 Girls	10	1267	13:57.5
1254	Sydney Gibson	MARBLE FALLS	8 Girls	11	1254	14:07.4
1256	Madeline Conrad	MARBLE FALLS	8 Girls	12	1256	14:08.5
1217	Valerie Morrow	HILL COUNTRY	8 Girls	13	1217	14:10.9
1255	Jacqueline Salazar	MARBLE FALLS	8 Girls	14	1255	14:25.2
1271	Isabella Artaza	WESTRIDGE	8 Girls	15	1271	14:28.2
1209	Ani Metzger	D. SPRINGS	8 Girls	16	1209	14:29.3
1275	Rhianna Rose	WESTRIDGE	8 Girls	17	1275	14:53.8
1233	Kenzie Greene	HUDSON BEND	8 Girls	18	1233	15:02.6
1241	Jannick Abullarade	LAKE TRAVIS	8 Girls	19	1241	15:04.1
1234	Ava Ghilarducci	HUDSON BEND	8 Girls	20	1234	15:13.5
1270	Catherine Padon	WESTRIDGE	8 Girls	21	1270	15:18.2
1224	Isabelle Morrow	HILL COUNTRY	8 Girls	22	1224	15:19.4
1258	Alyssa Plunk	MARBLE FALLS	8 Girls	23	1258	15:22.7
1245	Avery McNabb	LAKE TRAVIS	8 Girls	24	1245	15:23.9
1208	Callie Kurpiewski	D. SPRINGS	8 Girls	25	1208	15:38.5
1260	Molly Myrick	MARBLE FALLS	8 Girls	26	1260	15:38.8
1220	Katie Kenney	HILL COUNTRY	8 Girls	27	1220	15:41.5
1207	Olivia Kovar	D. SPRINGS	8 Girls	28	1207	15:46.9
1219	Anna-Nicole Morris	HILL COUNTRY	8 Girls	29	1219	15:48.5
1236	Avery Liardon	HUDSON BEND	8 Girls	30	1236	16:10.7
1221	Olivia Morse	HILL COUNTRY	8 Girls	31	1221	16:29.7
1222	Elena Wilfong	HILL COUNTRY	8 Girls	32	1222	16:31.3
1246	Caroline Stanton	LAKE TRAVIS	8 Girls	33	1246	16:41.0
1223	Emma Ellis	HILL COUNTRY	8 Girls	34	1223	16:42.9
1263	Taylor Dixon	MARBLE FALLS	8 Girls	35	1263	16:44.2
1237	Maddie Womack	HUDSON BEND	8 Girls	36	1237	16:54.4
1235	Catherine Johnson	HUDSON BEND	8 Girls	37	1235	16:56.7
1210	Julieta Ramirez	D. SPRINGS	8 Girls	38	1210	17:01.0
1248	Grace Ward	LAKE TRAVIS	8 Girls	39	1248	17:15.7
1262	Calessia Wiley	MARBLE FALLS	8 Girls	40	1262	17:25.8
1274	Lauren Gazda	WESTRIDGE	8 Girls	41	1274	17:54.4
1205	Rachel Kadlecek	D. SPRINGS	8 Girls	42	1205	18:12.0
1243	Delanie Coleman	LAKE TRAVIS	8 Girls	43	1243	19:16.6
1266	Mariela Silva	MARBLE FALLS	8 Girls	44	1266	19:25.9
1261	McKenzeny Fox	MARBLE FALLS	8 Girls	45	1261	19:26.4

7th GRADE GIRLS

2012

1161	Emma Perkins	LAKE TRAVIS	7 Girls	1	1161	12:47.3
1153	Claire Glenn	LAKE TRAVIS	7 Girls	2	1153	12:49.3
1117	Alexis Frischhertz	HILL COUNTRY	7 Girls	3	1117	13:35.4
1164	Tristy Searle	LAKE TRAVIS	7 Girls	4	1164	13:41.5
1146	Caroline Benken	LAKE TRAVIS	7 Girls	5	1146	13:41.9
1109	Lightsey Puryear	D. SPRINGS	7 Girls	6	1109	13:42.8
1169	Abbigail Gass	MARBLE FALLS	7 Girls	7	1169	13:45.2
1116	Lily Howe	HILL COUNTRY	7 Girls	8	1116	13:46.1
1105	Izzie Guerrero	D. SPRINGS	7 Girls	9	1105	13:47.5
1186	Riley Steinley	WESTRIDGE	7 Girls	10	1186	13:49.4
1106	Mia Haraguchi	D. SPRINGS	7 Girls	11	1106	13:58.6
1112	Cleo Swift	D. SPRINGS	7 Girls	12	1112	14:13.8
1129	Lara McKennon	HUDSON BEND	7 Girls	13	1129	14:15.4
1157	Logan Kholman	LAKE TRAVIS	7 Girls	14	1157	14:32.7
1162	Lauren Pitts	LAKE TRAVIS	7 Girls	15	1162	14:42.2
1170	Emily Seyfried	MARBLE FALLS	7 Girls	16	1170	14:42.8
1152	Jacqueline Garcia	LAKE TRAVIS	7 Girls	17	1152	14:43.8
1159	Jessica Lynn	LAKE TRAVIS	7 Girls	18	1159	14:49.5
1130	Lily Blackburn	HUDSON BEND	7 Girls	19	1130	15:10.8
1132	Rachel James	HUDSON BEND	7 Girls	20	1132	15:12.7
1160	Mya Michaelson	LAKE TRAVIS	7 Girls	21	1160	15:16.4
1123	Moet Seckler	HILL COUNTRY	7 Girls	22	1123	15:25.2
1149	Amanda Dickey	LAKE TRAVIS	7 Girls	23	1149	15:28.2
1167	Elysia Silver	LAKE TRAVIS	7 Girls	24	1167	15:29.8
1158	Mary Lynne Larson	LAKE TRAVIS	7 Girls	25	1158	15:33.3
1103	Avery Bendy	D. SPRINGS	7 Girls	26	1103	15:36.4
1156	Kyndall Kholman	LAKE TRAVIS	7 Girls	27	1156	15:37.6
1163	Jessica Searle	LAKE TRAVIS	7 Girls	28	1163	15:39.6
1188	Rosemarie Pousset	WESTRIDGE	7 Girls	29	1188	15:43.9
1151	Jenna Gaddy	LAKE TRAVIS	7 Girls	30	1151	15:45.3
1133	Sullivan Floyd	HUDSON BEND	7 Girls	31	1133	15:50.0
1168	Olivia Uecker	LAKE TRAVIS	7 Girls	32	1168	15:57.8
1177	Brittany Couch	MARBLE FALLS	7 Girls	33	1177	16:08.1
1183	Lucia Lee	WESTRIDGE	7 Girls	34	1183	16:09.6
1184	Aidan Weitzner	WESTRIDGE	7 Girls	35	1184	16:09.9
1111	Audrey Saculla	D. SPRINGS	7 Girls	36	1111	16:16.4
1185	Grace Fisher	WESTRIDGE	7 Girls	37	1185	16:19.5
1175	Brianna Little	MARBLE FALLS	7 Girls	38	1175	16:21.2
1119	Natasha Muppidi	HILL COUNTRY	7 Girls	39	1119	16:22.3
1178	Elicia Gonzales	MARBLE FALLS	7 Girls	40	1178	16:24.3
1147	Daniela Cardus	LAKE TRAVIS	7 Girls	41	1147	16:33.6
1148	Emma Doyle	LAKE TRAVIS	7 Girls	42	1148	16:35.3
1174	Sydney Kelley	MARBLE FALLS	7 Girls	43	1174	16:38.2
1172	Hailey Martich	MARBLE FALLS	7 Girls	44	1172	16:44.9

Nutrition Quick Reference

BEFORE WORKOUTS

Fluids

Eat 1-2 hours before you run

Carbs!! –Start including iron rich foods into your diet

POST WORKOUTS

Eat carbs within 30mins – energy bar, granola bar, begal, bananas

Fluids- Gatorade is good post run

BEFORE A RACE

Carb load up to 3 days before a race- day before is not long enough to have positive results

Eat a meal 2 hours prior- no eggs, no oranges, no orange juice, no milk

Plenty of fluids

Include Iron Rich food into your diet

POST RACE

Eat carbs within 30mins – energy bar, granola bar, begal, bananas

Fluids- Gatorade is good post run

Carbohydrates

Why are carbohydrates so important?

Here's the easy one-word answer: Energy!

Carbs (as they're sometimes referred to), are your body's main source of energy for aerobic exercise. Your body converts the carbohydrates you eat into glucose (a simple sugar). Glucose is then immediately used by your body for energy or is stored in the muscles as glycogen. Glycogen stores are utilized by runners and help keep you from "bonking" or "hitting the wall". You've run out of carbohydrates if you have to slow dramatically to continue running.

So, how do you keep from "hitting the wall" or running out of glycogen stores?

The trick is to store energy by eating carbs on a continuous basis. Experienced runners focused on meeting their nutrition needs eat the right carbs in the right amounts at the right times! Experts recommend that your diet should consist of 60 to 65% carbohydrates. This amount will keep your muscles well-fueled so that you can meet both your nutrition and training goals.

Carbohydrates are broken down into two basic categories:

Simple carbohydrates

Simple carbohydrates are the most basic form of sugar. Examples of foods containing simple carbohydrates are candy, fruit and sodas. These foods can provide a quick burst of energy—but it's only temporary. For this reason, you should keep simple carbohydrate snacks to a minimum. But feel free to enjoy a treat every now and then, especially after a good run.

Complex carbohydrates

Complex carbohydrates provide energy on a more consistent, long-term basis. That's why experts recommend that the majority of the calories you get from carbohydrates be in the form of complex carbohydrates. Foods that are high in complex carbohydrates include cereals, pasta, breads, rice, potatoes, and vegetables. It's important that you maintain a diet high in complex carbohydrates to support your running program and meet your sports nutrition needs.

Fats

Fats, in many cases, get a bad rap. The confusion lies in how much fat is healthy in your diet as well as the type of fat you should be eating.

So what's the bottom line?

Your body needs fat but not all fats are created equal!

In recent years, several major studies have shown that it makes sense for runners to supplement their normal dietary intake with the antioxidants vitamins C and E and betacarotene. Vitamin C can be obtained easily through either fruit juices or supplements. Vitamin E, on the other hand, is not so easily obtained within the diet. Sports nutrition supplementation is an answer. Shoot for 30 to 200 international units per day.

If your diet is somewhat unbalanced and/or you feel you need some sports nutrition insurance, daily multi-vitamins with minerals are the answer.

Eating and Hydrating Before, During, and After a Run

Pre-run

Consume 25-50g of carbs 1-2 hours before exercise. Try an energy bar, toast, bowl of cereal, bagel, or a banana. Avoid foods that are likely to upset your stomach and bowel such as: greasy foods, high-fiber foods, high protein foods, and caffeinated drinks. Drink 8-16 oz. of water or combine with the above in a carbohydrate drink.

During run

Consume 25g of carbs for every 45 minutes of exercise. Go for a gel pack or sports bar and remember to wash them down with water. Gel packs typically contain 25-30 grams and are easy to digest. Drink 4-8 oz. water or diluted sports drink for every 15 minutes of exercise. The consumption of sports drinks and carbohydrates during most runs reduces the stress on your body and improves your post-run recovery.

Post-run

Consume 25-50g carbs immediately after exercising. This can be a combination of food and drink. You will need to re-hydrate with water while eating an energy bar, bagel, or some form of carbohydrate. An alternative to combining food and drink is to drink 25-50 grams of carbohydrates in a sports drink if you have a hard time eating right after a workout.

Drink 16 oz. of water for every pound lost during exercise and continue to drink water throughout the day. Consume another 25-50g carbs 30 minutes after exercise. One hour after running consume 50-100g of carbs and 20-40g of protein. This is a great time to eat a well balanced, sit-down meal. Soup and a sandwich, salads, whatever suits your tastes. Chicken and tuna are great sources of protein. Consume 50-100g of carbs per hour and 20-40g of protein every 2 hours. Continue to do this for 6 hours after your run. You will find that by following this sports nutrition routine, especially on your long run days, you'll feel refreshed rather than exhausted after your workout.

General Sports Nutrition Tips for Runners

Listed below are some general nutrition tips for runners:

1. A good diet will help you to stay healthy enough to run your best.
2. Drink lots of water.
3. Replenish your carbohydrates within two hours of exercise.
4. You should get 60–65% of your calories from carbohydrates, 15% of your calories from protein, and 20–25% of your calories from fat.
5. Keep a food diary and track what you eat.
6. Besides eating a good, well-balanced diet, the following vitamins/minerals are helpful to many runners: Vitamins C and E, betacarotene, and one-a-day multivitamins.

Top Running Nutrition Recommendations

You may already eat a nutritionally balanced diet and have no need for any additional help. If so, great! But, if you are like most of us, you may need some help in optimizing your health and eating habits. I truly believe I have just what you need to give you that running edge.

Each type of fat is okay in limited amounts, but some fats better meet your running nutrition needs than others. Fats are classified as:

- Saturated
- Poly-Unsaturated
- Mono-Unsaturated

Saturated fats

Saturated fats are easy to spot. They remain solid at room temperature. Common examples include red meat and dairy products. These fats are required by the body in small amounts and should make up just 10% of your overall caloric intake.

Poly-unsaturated fat

These fats stay semi-solid at room temperature. Many margarine and butter alternatives as well as vegetable oils are made with poly-unsaturated fats. Poly-unsaturated fats are a step closer to the "good" fat you should make a staple of your diet. However, you can go one step farther.

Mono-unsaturated fat

Mono-unsaturated fats are liquid at room temperature. Examples include olive oil and most other natural oils. Recent studies have shown that diets with a higher proportion of mono-unsaturates seem to reduce the risk of heart disease and better meet your sports nutrition needs. As a result, you should obtain 20 to 25% of your daily calories from fats with the majority of those coming from mono-unsaturated fats.

Once again, I recommend [Athlete Recipes](#) as a great source of information and ideas on simple ways to eat right so that you can run your best!

Protein

As you exercise and eat right, you'll feel your body getting stronger.

Why?

Proteins absorbed during consumption.

Protein helps to build muscle and tendons, repair broken down muscles, and regulate hormones. Meats, eggs, beans and nuts are common examples of foods that contain significant amounts of protein. Experts agree that runners need 10 to 20% of their daily calories from protein.

Most people, however, eat two to three times their protein requirement each day!

As a runner, your increased caloric intake needed to maintain a sufficient energy level for running should be more than enough to meet your recommended protein and nutrition requirements.

Water

Did you know that water makes up between 60–70% of your total body mass? Although water doesn't provide energy (or calories), your body requires large amounts of H₂O in order to function properly. It's a running nutrition requirement.

Water regulates the core temperature of your body. As you run, your working muscles produce large amounts of heat that must be released in order to prevent your core temperature from rising to dangerously high levels. To dissipate this heat, your body perspires causing water loss and potential dehydration.

As a runner, you should consistently hydrate yourself during both warm and cold weather. By the time you are thirsty, your body is already suffering from dehydration, causing your running to suffer, and putting you at risk. Most runners fall short on their fluid replacement and manage only to replace about half of their losses. You know you're drinking enough water if you urinate about once an hour and it is clear.

Finally, spread out fluid intake during the day to maintain steady water levels and remember to drink past the feeling of thirst to adequately replenish lost fluid.

Vitamins/Minerals/Supplements

Concerned that your running nutrition needs are not being met? Looking for the latest pill, shake, vitamin, mineral, or supplement to help you gain a leg up on the competition (or your running buddy next door)?

In most cases, all you have to do is follow the advice your Mom gave you: Eat a varied, well-balanced diet.

A varied, well-balanced diet will include plenty of fruits, vegetables, and non-processed foods. One way to ensure that you are getting all the fruit and vegetables you need is to eat them as healthy snacks throughout the day. While fruits are an obvious snack, crispy handfuls of carrots, celery, cucumbers or other favorite vegetables make great desk foods. Juices are also a great way to consume your daily allotment of fruits and vegetables. The advantages of juices include helping to keep you hydrated, contain a wide variety of vitamins and minerals, and they provide a source of energy all day long.

RUNNING LOG

month _____ year _____

Week	Date	Distance (mi or km)	Time (h:mm:ss)	Pace	HR	Rest HR	Temp (°C/°F)	Shoes	Run Type	Route Name & Description	Comments
1	/ /		: : :								
	/ /		: : :								
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TOTALS & AVERAGES			: : :								

RUNNING LOG

month _____ year _____

Week	Date	Distance (mi or km)	Time (h:mm:ss)	Pace	HR	Rest HR	Temp (°C/°F)	Shoes	Run Type	Route Name & Description	Comments
1	/ /		: : :								
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TOTALS & AVERAGES			: : :								