



Cross Country

**Team Orientation Manual
2009 – 2010**

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A letter to the team from Rachel Zubricky

Welcome to the University of Akron! My name is Rachel Zubricky and I graduated in 2007 with a degree in Exercise Science. I have spent the past year working towards my graduate degree in Physical Therapy.

I was extremely fortunate to be a member of the cross country and track & field teams at Akron during a very exciting and successful time. During this time we won 6 titles, including the "triple crown." I believe the excitement that overtook the team helped push me to relative individual success. It forced me to set higher standards, as I watched my teammates succeed and to work harder to achieve the new standards that I had set for myself. A disappointing loss to Kent State at the 2005 Outdoor MAC championships by just 7 points also helped me, and the rest of the team, realize that every member was essential for the overall team's success. This realization was the motivation I needed to really step up my performances.

Luckily for you this period of time is not over at Akron, instead it is just the beginning. My advice to you is to take risks. You will most likely be running more, and doing things that are new to you such as drills, circuits and free weights. You will also find that races are a lot more competitive. Don't be afraid to step out of your comfort zone in training and racing, you will have to if you want to reach your potential. Set your goals high, for yourself and the team. You will be surrounded by teammates and coaches that have experienced success and failure and who now understand what it takes to excel. Learn from your teammates, mold yourself after them and work together. Realize, as a member of a team, that you are responsible not only to yourself, but your teammates, and the University of Akron. Finally, let the success of the past give you confidence, but realize that you are capable of even more and that is what you should constantly be striving towards!

Most importantly, have fun and enjoy your time at Akron. That time will go quickly but the experiences you have on this team will stay with you long after you leave. Good luck and GO ZIPS!!!

Sincerely,
Rachel

"The reason why most people fail instead of succeed is because they give up what they want the most for what they want that moment."

Rachel's Achievements

Personal Bests

800m – 2:10.50

1500m – 4:23.59

Mile – 4:50.87

MAC Champion

2007 – Mile

All MAC

2006 – 1500m

2007 – 1500m

Regional Qualifier

2006 – 1500m

2007 – 1500m

A letter to the team from Adriana Zalucka

London, 22 November 2008

I've been asked to put on paper my thoughts about my experience at Akron. I've been thinking of what I could tell you, students and athletes at Akron, that would be worthwhile and might help you. I don't wish to preach to you (you probably get enough of that anyway☺) nor do I want to give you advice for which you did not ask. I can only tell you my story, perhaps you'll find something in it for yourself. So read on if you're interested.

I came to Akron in August 2002, as a 20 year old girl. Before then, I had lived in Poland and only travelled abroad for short holidays. Before applying, I had never heard of Akron in my life and I didn't know anyone there. I must mention here that back at home, the US is (or at least was at the time) portrayed as 'a better world', some sort of heaven, THE PLACE to be, where everybody is happy, affluent and achieving dreams. Originally, I was intending to stay for only a year, so I booked a return ticket for June, the following year. I came to Akron full of hope, charged up, bold, audacious, curious and ready to embrace the new experience. I thought of it as adventure, I was going to continue my studies in Poland after it was over in June.

First couple of weeks at Akron was easy and pleasant. People were taking care of me as I came all alone. It all seemed a bit crazy and surreal – from the sheer idea of studying abroad (and not only abroad but in the US!), through the application process that involved lots of travelling, bureaucratic form filling, and exam passing, to the travel itself which started at 3am and took 24 hours before I finally arrived at Akron-Canton airport! I was never so tired in my life and never as alert at the same time, trying not to get lost at various airports, asking people for directions with my broken English.

Then it all started. School, practice everyday at 3:15, competition and travel nearly every weekend, homework, team meetings, pasta dinners... Add to that having to learn English and study in English at the same time, trying to organize a flat, telephone line, dealing with formalities as a foreign student, and most importantly, trying to perform well in every race. At the time, I was by far the fastest distance girl on the team. Other girls trying to catch up in workouts and races, I felt I was running away. Instead of embracing with confidence who I was and what I was capable of, I feared losing my position. I did not dream of achieving more, I didn't really believe I could be a better runner, despite all the inspirational 'sermons' of Coach Mitchell (☺). I felt under enormous pressure knowing people counted on me winning races. Soon I realized that being a foreign student athlete was no joke, no heaven, and no easy pie. It was very hard work. Very ambitious and nervous person in nature, I put pressure on myself to rise up to every challenge and soon, I found myself overly worrying about everything and never being able to relax. I became stressed, grumpy, lost any sense of humor. By Christmas, all I wished for was to hide underground and be left alone.

Despite this, I had a very good CC season, still running on batteries charged up during my previous 20 years in Poland. I qualified for NCAA's in November 2002, and had a very good race despite not very satisfying 49th place. Then, indoor season started, and after that outdoor, with literally 2 weeks rest in between the seasons. It is so much harder for distance athletes as they have to compete August through June, leaving little time to recuperate before having to prepare for the next CC season. My outdoor season was also good, with a 10km PB of 34:30 at Penn Relays, my only, but very good PB that season. - Perhaps, if we were provided with more opportunities to compete in quality distance races as opposed to attending meets where we could score most as a team, there would have been more BP's for me and the rest of the distance team. - I qualified for NCAAs again, but by June I developed chronic

groin injury. I continued to train and went to NCAAs. During the race, my groin cramped badly and I was taken off the track.

That's pretty much how my running heights and the toughest year of my life ended. I was offered to complete my studies at Akron and decided to come back to Akron after summer. So I did, but my running was never the same, basically a string of injuries and emotional drain, never allowing me to train properly. I managed to have a couple of good races and contributed to team success and a couple of team MAC titles, but individually, I haven't achieved much for the rest of my 4-year running career at Akron.

I completed my BSc in International Business and, in May of 2007 I graduated with an MBA in General Management. Soon after I left Akron and moved to London, where I live with my boyfriend, work and run every day. I run according to how I feel and don't check my pace.

From what I wrote above my Akron experience must seem like a horror. It wasn't. This period of my life is extremely valuable to me. I learnt more than I maybe would have over a lifetime if I never left Poland. I saw a different world and could compare it with what I'd seen on TV. I gained great education, which is now paying off with good job opportunities. I travelled around the States; I've been to more States than most of ordinary Ohioans. My stay at Akron enabled my parents' trip to see a chunk of the US including the Grand Canyon, great adventure for them considering the fact they were raised under communist regime and never had great opportunities to travel. I met great people and made fantastic friends with whom I'm still in touch and hopefully will be for long time to come. I owe a lot to them: Tricia, who took me under her roof, Denis, a great friend and mentor, Bobbie, Yohann and Carl, sparks of light in gloomy times, and many others.

I spent total of 5 years of my life at Akron, 4 years as part of the team. They were very tough years, particularly the first one. They were also very important in shaping who I am today. They changed me, forced me to humbly put my head down. I understood that it wasn't only about me. It was a hard lesson which I had to learn to become I believe a better person. Despite the difficult time I had at Akron, I remember it as beautiful times which I wouldn't exchange for anything else.

I owe a special thanks to Scott Jones. He was the reason why I came to Akron and he made it possible. He was there the whole time. I admit, sometimes I hated him for the things he made me do. I know he must have hated me too at times because I was a difficult athlete to deal with. But, I learned a lot from him, and our difficult relationship created a strong bond. Scott, thank you for everything you've done for me. You have a special place in my heart.

Well, I have been rambling on for a while now. I suppose I do have something to tell you, in the end; if it gets hard, remember that it's only going to make you a stronger and better person; don't give up and try your best. Live your life, time passes by quickly, you'll not get a second chance. Enjoy good moments and spend time with people you care about. There's time for everything- study, practice, rest, fun, even craziness – the key is to find balance. Enjoy your college times while they last, soon you will be looking back with nostalgia. Above all, believe in yourself, don't be big headed but embrace your talent and the help you get from your teammates, coaches, the CC and Track programs, your family and friends. You're capable of great things. If you did not have the talent, you wouldn't be an athlete at Akron today. The remaining ingredients to success, hard work and belief, are in your own hands. So don't be afraid of trying hard. If it doesn't go the way you wanted – you can choose what to take away

from that experience, you can choose to focus on the negative or turn it into opportunity. Every bad thing brings about something good and beautiful; it's up to you whether you want to see it.

AZ

Ada's Achievements

Personal Bests

3000m – 9:50.19

5000m – 16:54.73

10,000m – 34:30.25

All MAC

2002 – Cross Country

2003 – Cross Country

2005 – Cross Country

NCAA Qualifier

2002 – Cross Country

2003 – 10,000m

Time Management and Planning

There are 168 hours in a week. Let's look at the breakdown of the typical student-athlete's time demands:

Class attendance	16 hours
Practice	20 hours (NCAA maximum)
Sleep	56 hours
<u>Meals</u>	<u>21 hours</u>
Total	113 hours

In general, you will have roughly 55 hours per week (8 hours per day) of unstructured time. How effectively you take advantage of this time will determine your ability to be a successful student-athlete. The keys to successful time management are **organization**, **planning**, and **consistency**.

Organization

- Have a written record of each day's responsibilities – classes, meetings, practice, etc.
- Keep all of your notes, handouts, and assignments for a given class in one place.
- Know what you need to carry with you each day – practice gear, snacks, books, etc.
- Don't waste time running around unnecessarily.

Planning

- Know your responsibilities each day.
- Know when your "spare" time is and what you will do with it.
- Even when you don't have an assignment there is work to do in every class.
- Use small blocks of time effectively – review notes, make outlines, etc.
- Study your most difficult subjects when you are fresh.
- Don't leave anything to chance.

Consistency

- Develop a stable routine – when you study, eat, sleep.
- Find a place where you can get your school work done without interruptions.
- Because classes and practice occur at specific times, strive to have a fixed bedtime and fixed meal times. (If you have a 7:45 am class you need to go to bed at 10:30 pm to get your 8 hours of sleep. For a 3:30 pm practice you should not eat a heavy meal after 12:30 pm, etc.)

Academics

As a student, the single most important thing you can do is to attend every class and take notes.

Professors do not spend time preparing and giving lectures on information that they think is unimportant! To take good notes you need to concentrate on the lecture. Therefore, sit near the front of the classroom and avoid disruptive people. In order to master the material that is being presented you will also need to spend time on that subject away from class.

- Go to class!
- Take notes!
- Learning is an *active* process. Critically review your notes. Identify the dominant themes of the lecture and then understand the supporting details. Try to do this immediately after the class and immediately prior to the next class.
- Lack of an assignment does not mean you don't need to study!
- Do academic work on a consistent basis.
- Begin major papers or projects early.
- Take advantage of your professors' office hours, tutors and review sessions.
- Realize there is a secondary benefit of regular class attendance – professors will give the benefit of the doubt to those they perceive are trying.
- Know what it takes to be eligible to compete in intercollegiate athletics. Do **NOT** drop classes without seeing one of our athletic academic advisors.
- Speak with your professors at the beginning of each semester. Inform them that you are a track & field/cross country athlete and that you might miss classes to attend meets. Give them a copy of our meet schedule with your name on it at this time. Do not ask for, or expect special favors and remember that you are responsible for all work missed.

We have been an All Academic Team (GPA > 3.00) for the past ten years. However, All Academic with Distinction (GPA > 3.25) should always be our minimum goal.

Team Rules and Policies

The cross country team is a part of the track & field program. All the policies of the track & field program and The University of Akron are to be followed. Of course, you are also expected to abide by all local, state and federal laws. In addition, the following items are of special importance to me:

1. You are expected to come to every practice and team activity. Do not be late for practice *or schedule appointments* during practice time. If you know you will be late for practice call to let me know. If there is no answer, leave a message. Injury does not excuse you from practice. There is always something you can be doing to improve yourself or to contribute to the team's success.
2. Attendance at all home meets (cross country and track & field) is mandatory.
3. Cell phones must be turned off or inaccessible during all team or group meetings.
4. With a few local exceptions, travel to and from all meets will be with the team.
5. Do not make plans to go home before the last day of finals in the fall semester, or before the conference meet after the spring semester.

Cross Country Letter Policy

1. Be among our top five individuals at the MAC Cross Country Championships, or
2. Place among the average of top five from all schools (12x5= 60th place) at MAC Cross Country Championships, or
3. Displace another team's scoring runner at the MAC Cross Country Championships, or
4. Consistently be in our top five finishers throughout the cross country season.

Training Procedures

Website

Communication is vital to our success as a team. To facilitate our ability to communicate I have made a website that will function as a “virtual locker room” for our group. The URL for the website is: www.uakron.edu/track/XCLockerRoom/xcteampage.html. I will be posting the same information as on the handouts I distribute, plus I will be posting daily updates and reminders. Make it a habit to check the webpage before coming to practice. I have also created a Facebook group we can use to communicate among ourselves.

Workout Sheets

I spend a significant amount of time planning and preparing for each workout. In turn, I expect each of you to make every effort to come to each practice physically and mentally prepared to workout. I distribute workout sheets that outline that week’s workouts. A few remarks about workout sheets:

- The workout sheets are meant to transmit important information about each workout, including location, time, training demand, and the specific details of the workout. Know what is expected of you before coming to practice. But...
- The workout sheets are made up a week in advance. I cannot foresee all the factors that might arise (weather, illness, etc.). Before each practice I will review, expand upon, or modify the workout. During the course of the workout I might also make changes.
- Follow the sequence of tasks outlined on the workout sheet (or as modified by me).
- Communication is the most important ingredient in a coach/athlete relationship. It is essential that you let me know of any problems that might affect your ability to do a workout, such as illness, injury, or lack of sleep. I want to make sure we are doing the *right* workout each day, not necessarily the planned workout. Understand the distinction between making an excuse and providing relevant information.
- Communication is also important to insure that you understand why you are doing each workout. Don’t be afraid to ask questions.

Attitude

As I stated earlier, the attitude you bring to practice is critical for your growth as an athlete and for the growth of the team.

- Be ready to warmup at the assigned time.
- Practice time is not gossip time. Don’t let socializing interfere with your workout.
- If you have a track-related complaint or question see me. I’m the person who can get something done. Your teammates can’t. If the complaint or question involves the immediate workout we will resolve the issue at that time. If the problem is more general, make an appointment to see me.
- Warmup and cooldown are integral parts of your workout. They are not to be shortchanged for any reason.

Warmup

Initially everyone should follow the prescribed warmup routine outlined below. As the year evolves we can make changes on an individual basis. The warmup serves at least three purposes. Most importantly, it prepares you physically and mentally for the core of the workout. Secondly, it contributes to your overall work capacity and to addressing physical weaknesses. Finally, it is a period of skill development to make you a faster, more efficient runner.

The main function of the warmup is, not surprisingly, to warm up your muscles. The positive consequences of elevated muscle temperature are:

1. Vasodilation reduces circulatory resistance.
2. Oxygen consumption is reduced.
3. Oxygen carry capacity of blood is elevated.
4. Oxygen exchange with muscles is elevated.
5. Electrical resistance in neural pathways is reduced, enhancing contraction and relaxation rates.

General Warmup Principles:

- Warmup intensity progresses from low intensity to high intensity.
- Strive to do the drills correctly *every time*. Skill development requires training your central nervous system. Skill development occurs by repetition of the proper movement. Every time you perform a drill imprecisely you are reinforcing bad habits.
- Static stretching is most productively done *after* your workout. In general, it will not be a part of our standard warmup.

Standard Warmup Routine

1. 10' Easy jogging getting progressively faster
2. 2x 80m Skipping. Emphasize a wide range of motion for legs and arms and a bounding motion, not speed.
3. 2x 80m Sashes
4. 2x 80m Karaoke
5. 2x 20m Double-leg Dynamic A-skip
6. 2x 20m High-knee butt kicks
7. 2x 20 Walking Lunges
8. Leg Swings
9. 4x 100m (50m buildup, 50m relaxed fast)

Training Paces

To train and race effectively we have to be aware of our training paces. Below I list the definitions for our various training and racing paces. I want each of you to develop a sense of the effort required to run at these paces, but I don't want you to become pacing robots. Also understand the fluid nature of these paces. As you improve your racing performances your training paces should follow suit. If you miss training time we will need to make adjustments to account for your current state of fitness.

Mile pace: 1500, 1600 or mile PR pace

3000 pace: mile pace + 20 seconds per mile

5000 pace: mile pace + 30 seconds per mile

10000 pace: mile pace + 50 seconds per mile

LT pace: mile pace + 60 seconds per mile

MR pace: mile pace + 90 seconds per mile

Cooldown

The cooldown is a fundamental portion of the workout. It is **NOT** an optional activity. It is very important for initiating the regeneration process and for preventing injuries.

1. ~10' Easy jogging
2. 4-6x 80m Strides
3. Barefoot Series:
 - a) Exaggerated heel-toe walking (forwards and backwards)
 - b) Backwards and forwards heel walking (toes elevated)
 - c) Karaoke
 - d) Cross Overs
 - e) Toe ups
4. Static Stretching (hold for 30")
 - Quads
 - Calf/Soleus Complex
 - Hamstrings
 - Lower Back and hips
 - Adductors
5. Ankle Series
6. Ice whirlpool
7. Training room as necessary

Note

You should work hard at strengthening your feet. Whenever possible I want you to cooldown barefoot. Running shoes are designed to support your feet. This is good when you are running. However, if you wear running shoes on a consistent basis your feet become weaker. Whenever possible wear hard-soled open-toe shoes unless you are suffering from a foot injury – plantar fasciitis, turf toe, etc.

Strength Training

As competitive runners strength training is a vital component of our training. The primary goals of our strength training are three-fold:

1. Develop power (a good strength to weight ratio)
2. Develop strength in stabilizing muscle groups (holding our body upright is the major energy cost of running)
3. Develop better balance

An additional purpose of our strength training is to reduce our risk of injury by addressing strength imbalances in antagonistic muscle groups and to strengthen muscle groups around major joints. We will continue to hold voluntary circuit training sessions on Tuesday and Thursday mornings. The Akron Circuit is described below:

Akron Circuit (30" per station, 10" transition, 2x circuit = 17:10)

V-Ups
Curls
Jump Rope
MB Situps
Chair Dips
Jump Lunges
MB Solo Twists
MB Chest Pass
BW Squats
Back Hypers
Pushups
Line Jump
Burpees

We will lift twice per week most weeks. Initially our lifting will be to develop basic strength and balance in key muscle groups for running. We are looking for general anatomical adaptation at the start of the lifting program. The lifting program will become more individualized after the cross country season. Our initial lifting sequence will be:

Weights – Fall 2009

Tuesday

2x 10x Overhead Squats
20 DB Alternating Split Jerks
2x 6 Back Squats
Max DB Stability Ball Overhead Press
2x 20 OH DB Walking Lunges
20 BW Heel Raises
2x 20 Trunk Rotations (w/ bar)
2x 30 Incline Sit Ups
2x 10 Jumping Press Ups

Thursday

2x 10x Overhead Squats
2x 20 DB Alternating Split Jerks
2x 6 Box Step Ups
2x 10 SL Reverse Hypers (per leg)
Max DB Stability Ball Overhead Press
2x 20 BW Heel Raises
2x Max Dips
2x 20 Trunk Rotations (w/ bar)
2x 10 Incline Leg Thrusts
2x 10 Jumping Press Ups

Travel/Competition

We will have an attractive meet schedule that will provide opportunities for you to compete against a high level of competition. Many of these meets will involve travel and will be conducted at good facilities under good conditions. The determination of who is selected to participate in meets will be based on whether we feel you can be competitive with the opposition. Selection is not done as a reward, but rather a privilege that is earned through competitive performances. Work ethic, attitude, and the ability to contribute to the team's future success are secondary factors that will be considered. When we travel:

- Bring your books on overnight trips.
- Do not commit yourself to social functions without first seeing me.
- Do not charge long distance phone calls, in-room movies, or other incidental expenses to your hotel room.

Nutrition

An area in which most of us can improve is in our eating habits. ***Good dietary practices alone do not enable us to get better, but poor dietary habits can prevent us from realizing our full potential.*** Unfortunately this is a subject that is muddled by myth and superstition. To compound the problem, collegiate student-athletes, with large demands on their time, place a low priority on nutrition. The work you do at practice between the hours of 3:00 and 6:00 will go a long way to making you the best athlete you can be, however, it does not go all of the way. Your lifestyle away from practice makes the crucial difference between being a champion and being an also-ran. Just as your workouts are planned, you should have a weekly and daily plan for your meals and snacks.

What are the main components of nutrition?

- To supply our bodies energy needs
Carbohydrates (4 calories/gram) – Principle energy source.
Protein (4 calories/gram) – Important for tissue regeneration.
Fats (9 calories/gram) – Important for absorbing fat-soluble vitamins. Omega-3 fats are now viewed as essential to a healthy diet.
- To supply our bodies with essential micronutrients (vitamins and minerals)
- To maintain hydration

Energy demands of running

The energy expenditure required to run one mile is approximately 100 calories. There are small variations due to the size of the runner (bigger runners expend more calories than smaller runners) and to the speed of running (running fast costs more energy than running slowly) but, as I said, these variations are small.

A pound of body weight is equivalent to 3,500 calories. To gain one pound, an individual must consume 3,500 more calories than are expended and, of course, to reverse the process and lose a pound requires expending 3,500 more calories than are consumed. With no other changes in lifestyle or diet, an individual who runs 35 miles will lose one pound.

Sidebar: Overweight and Obesity Statistics in the US

- In 2000 it was estimated that 64.5% of Americans over the age of 20 were overweight (BMI* > 25)
- In 2000 it was estimated that 30.5% of Americans over the age of 20 were obese (BMI > 30)

*Body Mass Index (BMI) is calculated by dividing body weight in kilograms by height in meters squared (kg/m^2)

We have ~2,000 calories stored as various forms of carbohydrate in blood, muscle tissue, and the liver that are readily available, in other words, enough energy to run ~20 miles. For most of us issues of energy storage and energy replenishment are not exceptionally critical. For very lean individuals and/or individuals involved in high-mileage training/competition special consideration of energy needs is paramount.

The role of vitamins and minerals

Below I list some vitamins and minerals and some of their functions that are obviously relevant to runners:

Vitamin A	<ul style="list-style-type: none"> • needed for new cell growth, healthy skin, hair, and tissues, and vision in dim light • sources: dark green and yellow vegetables and yellow fruits, such as broccoli spinach, turnip greens, carrots, squash, sweet potatoes, pumpkin, cantaloupe, and apricots, and in animal sources such as liver, milk, butter, cheese, and whole eggs.
Vitamin D	<ul style="list-style-type: none"> • promotes absorption and use of calcium and phosphate for healthy bones and teeth • sources: milk (fortified), cheese, whole eggs, liver, salmon, and fortified margarine. The skin can synthesize vitamin D if exposed to enough sunlight on a regular basis.
Vitamin E	<ul style="list-style-type: none"> • protects red blood cells and helps prevent destruction of vitamin A and C • sources: margarine and vegetable oil (soybean, corn, safflower, and cottonseed), wheat germ, green leafy vegetables.
Vitamin K	<ul style="list-style-type: none"> • necessary for normal blood clotting and synthesis of proteins found in plasma, bone, and kidneys. • sources: spinach, lettuce, kale, cabbage, cauliflower, wheat bran, organ meats, cereals, some fruits, meats, dairy products, eggs.
Vitamin C (Ascorbic acid)	<ul style="list-style-type: none"> • an antioxidant vitamin needed for the formation of collagen to hold the cells together and for healthy teeth, gums and blood vessels; improves iron absorption and resistance to infection. • sources: many fresh vegetables and fruits, such as broccoli, green and red peppers, collard greens, brussel sprouts, cauliflower, lemon, cabbage, pineapples, strawberries, citrus fruits
Thiamin (B1)	<ul style="list-style-type: none"> • needed for energy metabolism and the proper function of the nervous system • sources: whole grains, soybeans, peas, liver, kidney, lean cuts of pork, legumes, seeds, and nuts.
Riboflavin (B2)	<ul style="list-style-type: none"> • needed for energy metabolism, building tissue, and helps maintain good vision. • sources: dairy products, lean meats, poultry, fish, grains, broccoli, turnip greens, asparagus, spinach, and enriched food products.
Niacin	<ul style="list-style-type: none"> • needed for energy metabolism, proper digestion, and healthy nervous system • sources: lean meats, liver, poultry, milk, canned salmon, leafy green vegetables
Vitamin B6 (Pyridoxine)	<ul style="list-style-type: none"> • needed for cell growth • sources: chicken, fish, pork, liver, kidney, whole grains, nuts, and legumes
Folate (Folic Acid)	<ul style="list-style-type: none"> • promotes normal digestion; essential for development of red blood cells • sources: liver, yeast, dark green leafy vegetables, legumes, and some fruits
Vitamin B12	<ul style="list-style-type: none"> • needed for building proteins in the body, red blood cells, and normal function of nervous tissue • sources: liver, kidney, yogurt, dairy products, fish, clams, oysters, nonfat dry milk, salmon, sardines
Calcium	<ul style="list-style-type: none"> • needed for healthy bones and teeth, normal blood clotting, and nervous system functioning • sources: dairy products, broccoli, cabbage, kale, tofu, sardines and salmon
Iron	<ul style="list-style-type: none"> • needed for the formation of hemoglobin, which carries oxygen from the lungs to the body cells • sources: meats, eggs, dark green leafy vegetables, legumes, whole grains and enriched food products
Phosphorus	<ul style="list-style-type: none"> • needed for healthy bones and teeth, energy metabolism, and acid/base balance in the body • sources: milk, grains, lean meats, food additives
Magnesium	<ul style="list-style-type: none"> • needed for healthy bones and teeth, proper nervous system functioning, and energy metabolism • sources: dairy products, meat, fish, poultry, green vegetables, legumes
Zinc	<ul style="list-style-type: none"> • needed for cell reproduction, tissue growth and repair • sources: meat, seafood, and liver, eggs, milk, whole-grain products
Pantothenic Acid	<ul style="list-style-type: none"> • needed for energy metabolism • sources: egg yolk, liver, kidney, yeast, broccoli, lean beef, skim milk, sweet potatoes, molasses
Copper	<ul style="list-style-type: none"> • needed for synthesis of hemoglobin, proper iron metabolism, and maintenance of blood vessels • sources: seafood, nuts, legumes, green leafy vegetables
Manganese	<ul style="list-style-type: none"> • needed for enzyme structure • sources: whole grain products, fruits and vegetables, tea

Variety is good

Because nutritional needs are widespread and because there is no single source that can provide for all of those needs, eating a wide variety of foods is a wise practice.

Hydration

Because the principle constituent of humans is water the importance of hydration should be apparent. Water is used for digestion, circulation, excretion, utilization of water-soluble vitamins, and for temperature regulation. Humans are very inefficient at locomotion. Most of the energy consumed when we run is lost to heat. This makes the role of water in temperature regulation (by sweating) very important. Although I'm sure we already know this, the importance of hydrating before and after exercise cannot be overstated.

A healthy diet is not a substitute for training

We live in a quick-fix society and we tend to seek the path of least resistance to reach our goals, however, there are no shortcuts to becoming a great runner. An equally strong commitment to doing the right things in all facets of a runner's life and training is required to optimize performance. Eating well supports good training, but it is not a substitute for training. I think it is important for our runners to understand that the most fundamental thing they can do to improve their running performances is to be dedicated to their training AND to live the lifestyle that supports that training.

A poor diet can limit training

Training involves stressing the body and then permitting it to regenerate. As touched on above, vitamins and minerals play a vital role in the regeneration of the systems that are stressed by running training. A diet lacking in the essential nutrients will slow the body's ability to recover from work and limit the amount of training that can be done. As noted above, most Americans are not lacking in caloric intake, but probably most are lacking in nutritional intake. For female athletes there are additional nutritional concerns, primarily with calcium and iron.

Your body's blood chemistry responds to the food you eat

When we eat our body responds to the food input. For example, if we eat a high-carbohydrate snack it raises our blood sugar levels. The hormone insulin regulates our blood sugar levels. Before I go further I should mention that high insulin levels are bad, it is a risk factor for heart disease and it also encourages our bodies to hoard stored calories. Different foods affect blood sugar and insulin levels in different ways. Nutritionists have developed the concept of **Glycemic Index (GI)** to rank different food's ability to raise blood sugar (and insulin) levels. Low GI foods raise blood sugar a small amount and do so gradually, while high GI foods give a big spike to blood sugar and insulin levels. It is healthier to limit your intake of high GI foods. Some of these foods will surprise you, popcorn, corn chips, pretzels, bagels, cereal, french fries, mashed potatoes, etc.

General suggestions

- 1) Eat meals evenly distributed throughout the day and of even caloric proportions
 - a) Always eat breakfast
 - b) Do not skip lunch
 - c) Avoid an excessively large dinner
- 2) Drink lots of fluids
 - a) Continuously throughout the day, not just after workouts
 - b) Drink water and juice. Caffeine and alcohol are diuretics.
- 3) Avoid fried foods

- 4) Eat more **unprocessed** fruits and especially vegetables
 - a) 4-5 servings per day
 - b) Good source of fiber
 - c) Good source of anti-oxidants and phytochemicals
 - d) Cheap and convenient snacks (carrots, raisins, apples, oranges, broccoli, etc.)
- 5) Reduce intake of “high glycemic index” carbohydrates
- 6) Eliminate sodas and sweets
 - a) Contain excessive sugar and caffeine
 - b) Phosphoric acid in colas leach calcium from bones promoting stress fractures
 - c) Are truly “empty calories” with virtually no nutritional value
- 7) Reduce salt intake

Rest

Rest is the forgotten component in most training programs. To improve as a track & field athlete you must stress your body in practice and then allow it time to recover. The sequence of workouts that you will do are structured to provide both the stress and regeneration necessary for maximal improvement. However, you must also do your part by getting adequate sleep. Inadequate sleep is a national problem, particularly for college students. Although we live in a 24-hour society, sleep is not an option, but rather a necessity. Fulfilling your sleep requirements will have a positive effect on your ability to function in class, in training, and in racing. The physiological reasons for sleep include:

- Restoring chemical balance of neurotransmitters
- Memory consolidation
- Resetting the body’s immune system
- Tissue regeneration
- Red blood cell production
- Bone formation

The last four items are clearly important for athletes. ***Understand that some of these processes only occur when you are asleep!*** Additionally, with adequate sleep we feel fresh and “energized” and able to address the tasks that confront us each day. Chronic sleep loss contributes to depression and irritability and makes us less alert and unable to perform creative or repetitive tasks. Below I list some tips for ensuring that you have both adequate sleep and good quality sleep.

- Establish a regular sleep schedule. In particular, it is important to establish a consistent bedtime.
- Avoid stimulants prior to bedtime (e.g. caffeine in tea, coffee, colas, chocolate, strenuous physical activity, showers (baths are ok), nicotine, spicy food, etc.).
- A cool, but not cold, room is ideal (~60 degrees F).
- Napping is a controversial subject. Naps can be helpful if done consistently, but should not be used to compensate for a late night. Therefore, with your class and workout schedules my belief is that you should strive to get adequate sleep at night and avoid naps.
- Above all, make sleep a priority!

Goals

Goals are what drive us to achieve and enable us to overcome the obstacles we inevitably encounter along the way, whether they are bad weather, injury, illness, or another personal crisis. They force you to do the small things that permit you to realize your biggest dreams. Each of you needs to think about what you would like to achieve as part of The University of Akron track & field/cross country program and then work diligently to make those goals become reality. So,

- Take the time to do it right
- Formulate goals that can be objectively evaluated (“Try to do my best” is too vague to have real meaning.)
- Goal hierarchy
 - ◆ Short term
 - ◆ Long term
 - ◆ Dream goals
- Types of goals
 - ◆ Performance Goals
 - Intrinsic (under your control, e.g. PR)
 - Extrinsic (others affect ability to realize goal, e.g. MAC Champion)
 - Performance goals should be realistic, specific, and committed to paper
 - ◆ Process Goals
 - Identify capabilities that need to be improved to realize performance goals
 - What steps must you take to strengthen those capabilities?
 - ◆ Personal
 - What personal characteristics need to be developed to realize process goals?
 - Be flexible and revise goals as conditions change (e.g. realize goal, injury)

Team Goals

- Learn how to prepare for competition
- Improve consistently through the season
- Compete for a MAC Championship
- Compete for an NCAA Championship bid
- All Academic Team with Distinction

There is a goals sheet at the back of this manual. I would like for each of you to complete this sheet and schedule a meeting with me so we can review it together.

2008 Highlights

Letter Winners

Larisa Arcip**
Carol Eckerly**
Sediah Erskine***
Olivia Jaworek**
Kim Lorentz**
Colleen Moran***
Cassandra Schenck**
Danielle Sidell**

All Great Lakes Region

Larisa Arcip (20th)

All MAC

Larisa Arcip (4th)
Kim Lorentz (10th)
Cassandra Schenck (11th)

All Ohio

Larisa Arcip (7th)

MVP

Larisa Arcip

Most Improved

Kim Lorentz

Academic Recognition

USTFCCCA All Academic Team

Academic All MAC

Larisa Arcip
Kim Lorentz
Cassandra Schenck

MAC Runner of the Week

Kim Lorentz (3 times)

2007 Highlights

Letter Winners

Larisa Arcip*
Carol Eckerly*
Sediah Erskine**
Heidi Gross**
Olivia Jaworek*
Kailey Johnson*
Kim Lorentz*
Colleen Moran**
Cassandra Schenck*
Holly Sumser**

All MAC

Cassandra Schenck (4th)
Sediah Erskine (8th)
Larisa Arcip (10th)
Kim Lorentz (13th)

All Ohio

Heidi Gross (9th)
Sediah Erskine (13th)

MVP

Sediah Erskine

Most Improved

Kim Lorentz

Newcomer of the Year

Cassandra Schenck

Academic Recognition

USTFCCCA All Academic Team

Academic All MAC

Larisa Arcip
Olivia Jaworek

2006 Highlights

Letter Winners

Gina DiAntonio***
Sediah Erskine*
Heidi Gross*
Colleen Moran*
Danielle Sidell*
Holly Sumser**
Rachel Zubricky****

All MAC First Team

Sediah Erskine (5th)

All Ohio

Sediah Erskine (7th)

MVP

Sediah Erskine

Most Improved

Colleen Moran

Newcomer of the Year

Sediah Erskine

Academic Recognition

USTFCCCA All Academic Team

Academic All MAC

Gina DiAntonio

MAC Runner of the Week

Sediah Erskine (2 times)

* * * * *

2005 Highlights

Letter Winners

Gina DiAntonio**
Emily Freudenrich**
Becki Michael***
Beata Rudzinska**
Brandi Schoeppner****
Morgan Sulzener****
Holly Sumser*
Sam Whetherholt*
Rachel Zubricky***
Adriana Zalucka***

All Great Lakes Region

Beata Rudzinska (18th)

MAC Champion

Beata Rudzinska

All MAC First Team

Beata Rudzinska (1st)
Morgan Sulzener (5th)
Brandi Schoeppner (6th)

All MAC Second Team

Adriana Zalucka (11th)

Ohio Div. I Female Runner of the Year

Beata Rudzinska

All Ohio

Beata Rudzinska (1st)
Brandi Schoeppner (6th)
Morgan Sulzener (8th)

MVP

Beata Rudzinska

Most Improved

Becki Michael

Newcomer of the Year

Holly Sumser

Academic Recognition

WICCCA All Academic Team “with
Distinction (3.47 GPA)

Academic All MAC

Gina DiAntonio

Morgan Sulzener
Adriana Zalucka

MAC Runner of the Week

Beata Rudzinska (4 times)

* * * * *

2004 Highlights

Letter Winners

Jennie Castle***
Gina DiAntonio*
Emily Freudenrich*
Becki Michael**
Beata Rudzinska*
Brandi Schoeppner***
Morgan Sulzener***
Rachel Zubricky**

NCAA Qualifier

Morgan Sulzener (199th)

All Great Lakes Region

Morgan Sulzener (8th)
Brandi Schoeppner (24th)

All MAC First Team

Beata Rudzinska (3rd)
Jennie Castle (6th)

All MAC Second Team

Morgan Sulzener (8th)

All Ohio

Brandi Schoeppner (6th)
Morgan Sulzener (8th)

MVP

Morgan Sulzener

Newcomer of the Year

Beata Rudzinska

Coaches Award

Jennie Castle

Academic Recognition

WICCCA All Academic Team “with
Distinction (3.59 GPA)

Academic All MAC

Jennie Castle
Morgan Sulzener

MAC Runner of the Week

Morgan Sulzener (Oct 5)

* * * * *

2003 Highlights

Letter Winners

Jennie Castle**	Adam Bray*
Jackie Fejes**	David Howard*
Katrina Jones**	Scott Mate*
Brandi Schoeppner**	Chris Perun**
Morgan Sulzener**	David Pykare**
Adriana Zalucka**	
Rachel Zubricky*	

All MAC First Team

Adriana Zalucka (3rd)

All MAC First Team

Morgan Sulzener (8th)

All Ohio

Adriana Zalucka (5th)
Morgan Sulzener (8th)
Brandi Schoeppner (14th)
Jennie Castle (15th)

MVP

Adriana Zalucka David Howard

Most Improved

Brandi Schoeppner David Pykare

Newcomer of the Year

Rachel Zubricky Scott Mate

Coaches Award

Morgan Sulzener

Academic Recognition

WICCCA All Academic Team “with
Distinction (3.52 GPA) – Women

Academic All MAC

Jennie Castle

Morgan Sulzener
Adriana Zalucka

MAC Runner of the Week

Morgan Sulzener (Sep 9)

* * * * *

2002 Highlights

Letter Winners

Erin Frye***	Adam Bray*
Katrina Jones*	David Howard*
Lisa McCaulley*	Jake Magier*****
Becki Michael*	Tim Myers*
Brandi Schoeppner*	Todd Moyers**
Morgan Sulzener*	Wes Parker***
Samantha Whetherholt*	David Pykare*
Adriana Zalucka*	

NCAA Qualifier

Adriana Zalucka (49th)

All Great Lakes Region

Adriana Zalucka (8th)

All MAC First Team

Adriana Zalucka (3rd)

All Ohio

Adriana Zalucka (3rd)

Erin Frye (10th)

MVP

Adriana Zalucka David Howard

Newcomer of the Year

Adriana Zalucka David Howard

Captains Award

Erin Frye Adam Bray

Academic Recognition

WICCCA All Academic Team “with
Distinction (3.49 GPA) – Women

MAC Runner of the Week

Adriana Zalucka (Sep 24 and Oct 8)

* * * * *

2001 Highlights

Letter Winners

Jaime Alton*****	Adam Bray*
Jennie Castle*	Dan Deckard*
Jackie Fejes*	Jake Magier***
Erin Frye**	Todd Moyers*
Bobbie Hardbarger*****	Wes Parker**
Michelle Rizzo*****	

All Great Lakes Region

Bobbie Hardbarger

All MAC First Team

Bobbie Hardbarger (4th)

All Ohio Champion

Bobbie Hardbarger

All Ohio

Bobbie Hardbarger

Erin Frye

MVP

Bobbie Hardbarger Todd Moyers

Newcomer of the Year

Jennie Castle Todd Moyers

Most Improved

Erin Frye Wes Parker

Captains Award

Jaime Alton Jake Magier

Academic Recognition

WICCCA All Academic Team “with
Distinction (3.32 GPA) – Women

MAC Fall Honor Roll

Jaime Alton
Erin Frye
Michelle Rizzo
Jake Magier
Wes Parker

* * * * *

2000 Highlights

Letter Winners

Jaime Alton***	Tyler Bloom*
Gigi Dostal**	Mike Jones*
Erin Frye*	Phil Kochik*****
Bobbie Hardbarger***	Jake Magier**
Eva Horvat***	Rob Murray*****
Michelle Rizzo***	Wes Parker*

All MAC First Team

Bobbie Hardbarger (6th)

Ohio Div. I Female Runner of the Year

Bobbie Hardbarger

MVP

Bobbie Hardbarger Rob Murray

Newcomer of the Year

Erin Frye Tyler Bloom

Most Improved

Jaime Alton Wes Parker

Captains Award

Gigi Dostal Rob Murray
Michelle Rizzo

Academic Recognition

WICCCA All Academic Team “with
Distinction (3.26 GPA) – Women

GTE Second Team Academic All-District

Gigi Dostal

MAC Fall Honor Roll

Josh Coleman
Phil Kochik
Rob Murray
Gigi Dostal
Eva Horvat
Michelle Rizzo

* * * * *

1999 Highlights

Letter Winners

Jaime Alton**	Mickey
Andrade****	
Gigi Dostal*	Josh Coleman**
Bobbie Hardbarger**	Luke Dostal***
Eva Horvat**	Jake Magier*
Laura Jones***	Rob Murray**
Jennifer Moore**	Paul Robinette*
Michelle Rizzo**	
Carrie Schlauch*	

NCAA Division I All America

Michelle Rizzo

MAC Individual Champion

Michelle Rizzo

All MAC Second Team

Gigi Dostal – 11th at MAC Championships

Ohio Div. I Female Runner of the Year

Michelle Rizzo

Academic All American

Michelle Rizzo

GTE Second Team Academic All-District

Gigi Dostal

MAC Fall Honor Roll

Josh Coleman
Luke Dostal
Rob Murray
Gigi Dostal
Eva Horvat
Laura Jones
Jennifer Moore
Michelle Rizzo

MVP

Michelle Rizzo Mickey Andrade

Newcomer of the Year

Gigi Dostal Paul Robinette

Most Improved

Laura Jones Rob Murray

Captains Award

Gigi Dostal	Mickey Andrade
Michelle Rizzo	Rob Murray

Team Championships

Tommy Evans Inv. Champions –
Men & Women
Kent Pre-MAC Inv. Champions – Women
McDonald's Invitational Champions –
Women
Mid-American Conf. Champions – Women

Academic Recognition

WICCCA All Academic Team “with
Distinction (3.28 GPA) – Women

Cross Country Honors

NCAA Qualifiers

Judy Ervin, 1992 (76th)
Michelle Rizzo, 1999 (37th, All American)
Morgan Sulzener 2004 (199th)
Adriana Zalucka 2002 (49th)

All Region

Larisa Arcip 2008
Judy Ervin, 1992
Bobbie Hardbarger, 2000, 2001
Michelle Rizzo, 1999
Beata Rudzinska 2005
Brandi Schoeppner, 2004
Morgan Sulzener, 2004
Adriana Zalucka, 2002

MAC Champion

Michelle Rizzo, 1999
Beata Rudzinska, 2005

All MAC

Larisa Arcip, 2007, 2008
Jennie Castle, 2004
Gigi Dostal, 1999
Sediah Erskine 2006, 2007
Judy Ervin, 1992
Bobbie Hardbarger, 1998, 2000, 2001
Kim Lorentz, 2007, 2008
Michelle Rizzo, 1999
Beata Rudzinska, 2004, 2005
Cassandra Schenck, 2007, 2008
Brandi Schoeppner, 2005
Morgan Sulzener, 2003, 2004, 2005
Adriana Zalucka, 2002, 2003, 2005

All Ohio

Jaime Alton, 2000
Larisa Arcip 2008
Jennie Castle 2003
Gigi Dostal, 1999
Sediah Erskine 2006, 2007
Erin Frye, 2001, 2002, 2003
Heidi Gross 2006, 2007
Bobbie Hardbarger, 1998, 1999, 2000, **2001**
Eva Horvat, 1998
Laura Jones, 1999
Lisa McCaulley, 2002
Michelle Rizzo, 1998, 1999
Beata Rudzinska **2005**
Brandi Schoeppner 2003, 2004, 2005
Morgan Sulzener 2003, 2004, 2005
Adriana Zalucka 2002, 2003

* * *

Akron Women's Cross Country at MAC Championships

2008	2 of 12	(81 pts)
2007	2 of 12	(58 pts)
2006	3/12	(129)
2005	1/12	(41)
2004	3 /13	(106)
2003	3/13	(82)
2002	5/13	(116)
2001	8/13	(190)
2000	6/13	(139)
1999	1/13	(78)
1998	8/13	(177)
1997	12/12	(359)
1996	10/10	(285)
1995	10/10	(254)
1994	10/10	(281)
1993	9/10	(203)
1992	9/10	(222)

Track Honors

NCAA All Americans

Beata Rudzinska 2003i, 2004i, 2004o,
2005i, 2005o

NCAA Qualifiers

Jennie Castle, 2005o
Beata Rudzinska 2003i, 2003o, 2004i,
2004o, 2005i, 2005o
Adriana Zalucka, 2003o

NCAA Provisional Qualifiers

Michelle Rizzo, 2000 (5000i, 5000o)
Bobbie Hardbarger, 2002 (1500)
Jennie Castle 2005, 2006 (800i)
Beata Rudzinska 2006 (800i)

Regional Qualifiers

Larisa Arcip, 2007, 2008, 2009
Jennie Castle, 2004, 2005
Emily Freudenrich, 2004
Kim Lorentz, 2008
Beata Rudzinska, 2003, 2004, 2005, 2006
Cassandra Schenck, 2008, 2009
Brandi Schoeppner, 2006
Danielle Sidell, 2009
Morgan Sulzener, 2005, 2006
Rachel Zubricky 2006, 2007

MAC Champions

Larisa Arcip 2007 (1500), 2008 (1500),
2009 (Mile, 1500)
Jennie Castle 2005 (1500)
Carol Eckerly 2008 (10,000)
Bobbie Hardbarger 2002 (1500)
Kim Lorentz 2008 (5000o)
Colleen Moran 2007 (3000)
Beata Rudzinska 2003 (800i, 800o, 1500o);
2004 (800i, mile, 800o, 1500o), 2005
(800i, mile, 800o), 2006 (800i, 800o)
Cassandra Schenck (3000 SC)
Rachel Zubricky 2007 (mile)

All MAC

Larisa Arcip 2007 (800i, 800o, 1500), 2008
(Mile, 1500), 2009 (Mile, 1500, 800o)
Jennie Castle 2003 (800i, 800o), 2005 (800i,
800o, 1500)
Carol Eckerly 2008 (10,000)

Emily Freudenrich 2006 (800o)
Bobbie Hardbarger 2001 (1500); 2002
(800o, 1500)
Kim Lorentz 2008 (5000, 10,000)
Colleen Moran 2007 (3000)
Michelle Rizzo 2000 (5000i, 3000o)
Beata Rudzinska 2003 (800i, 800o, 1500);
2004 (800i, mile, 800o, 1500), 2005
(800i, 800o, mile, 1500); 2006 (800i,
800o)
Cassandra Schenck 2008 (3000 SC); 2009
(3000 SC, 5000o)
Danielle Sidell 2009 (800i)
Rachel Zubricky 2006 (1500); 2007 (mile,
1500)

All Ohio Champions

Larisa Arcip 2007 (800, 1500), 2008 (1500)
Jennie Castle 2005 (800i, 1500)
Bobbie Hardbarger 2002 (800o, 1500)
Becki Michael 2006 (3000 SC)
Cassandra Schenck 2008 (3000 SC)
Brandi Schoeppner 2005 (3000i)
Morgan Sulzener 2003 (3000i, 10,000o);
2004 (10,000o), 2005 (5000i, 3000 SC)
Beata Rudzinska 2003 (800i); 2004 (800i,
800o), 2005 (mile, 800o), 2006 (800o)
Adriana Zalucka 2003 (5000i, 5000o)
Rachel Zubricky 2006 (1500)

All-Time MAC Scorers (individual events only)

Beata Rudzinska	128
Larisa Arcip	92*
Jennie Castle	64
Rachel Zubricky	49
Bobbie Hardbarger	38
Cassandra Schenck	33*
Morgan Sulzener	31
Brandi Schoeppner	30
Michelle Rizzo	25
Kim Lorentz	22*
Emily Freudenrich	21
Carol Eckerly	21
Sediah Erskine	16*
Danielle Sidell	15*
Adriana Zalucka	12
Cindy Nunley	12
Colleen Moran	10
Becki Michael	9
Jen Moore	9
Jen Solomon	8
Heidi Gross	7*
Erin Frye	4
Gigi Dostal	3
Judy Ervin	3
Lisa McCaulley	3
Lynn Brant	2
Mary Matuk	1
Ashley Rockwood	1*

2009 Women's Cross Country Schedule

- September 5 Tommy Evans Invitational, Akron, OH**
(11:30 am – Men's 4M race, 12:15 pm – Women's 5km race)
- September 19 Buffalo Stampede, Buffalo, NY
(11:30 am – Women's 5km race, 12:15 pm – Men's 8km race)
Lodging: Courtyard by Marriott
4100 Sheridan Dr.
Buffalo, NY 14221
716/626-2300
- October 2 All Ohio Championships, Delaware, OH
(Friday) (2:00 pm – Women's 5km race, 2:45 pm – Men's 8km race)
- October 17 ISU Pre-Nationals, Terre Haute, IN (women only)
(12:20 pm – Women's 6km race)
Lodging: TBA
- October 31 MAC Championships, Athens, OH
(11:00 am – Men's 8km race, 12:00 pm Women's 5km race)
Lodging: Days Inn
330 Columbus Rd.
Athens, OH 45701
740/593-6655
- November 14 Great Lakes Regional Championships, Bloomington, IN
(11:00 am – Men's 10km race, 12:15 pm – Women's 6km race)
Lodging: Comfort Inn
1710 Kinser Pike
Bloomington, IN 47404
219/808-5005
- November 23 NCAA Championships at Indiana State, Terre Haute, IN
(Monday) (12:00 pm – Men's 10km race, 12:45 pm – Women's 6km race)

Bold denotes home meet

Akron Cross Country

Goal Sheet

Name: _____ Academic Year: _____

Date: _____

Best Cross Country Performances

Best Track Performances

400m: _____

800m: _____

1500m/Mile: _____

3000m/3200m _____

5000m/10,000m: _____

Season Goals

Cross Country:

Indoor/Outdoor Track

What do you feel you need to do to realize these goals?