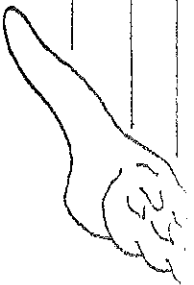


C.B. West

Cross Country



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C. B. WEST GIRLS - HOME COURSE PERSONAL RECORDS (PR)

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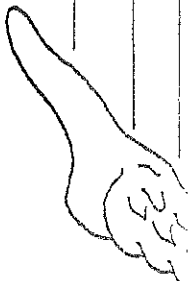
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C.B. West

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INTRODUCTION

This handbook has been put together for you to read, study, and learn about the sport of Cross Country, and specifically about this sport at C.B. West. Cross Country, while similar to Track, is much different and requires a totally different approach by the coach and athlete. Not only are the training sessions different, but so are the races, the scoring, and the mental aspects of the race. I recommend that you keep this handbook and refer to it throughout the season. Not only is it hoped that you'll learn about Cross Country, but that it may inspire and motivate you when your season has hit "the pits." Enjoy your reading and good luck this season!

History

The history of running "over hill and dale" certainly goes as far back as ancient cave times. Cavemen had to be very agile and quick on their feet to catch their dinner, or risk becoming dinner for their prey. Ancient armies were very mobile, and soldiers were often able to run great distances.

The English were the first to place long distance running on a competitive basis. They did this in the early 1800's. Their first teams were fielded by colleges but soon gave way to athletic clubs. The athletic clubs pushed the sport to its current popularity in Europe.

In America, the opposite was true. Clubs such as the Westchester Hares and Hounds and the New York American Athletic Harriers were competing in the 1870's. Club cross country running developed over the next few years. However, by the 1880's, the sport almost died out due to lack of finances.

It remained for the colleges (Harvard, Penn, Cornell, etc.) to maintain interest in the sport. In 1890, Penn ran against Cornell in the first inter-collegiate cross country race. Since then, cross country has prospered to the extent that almost every college and thousands of high schools in the U.S. include Cross Country among their interscholastic sports.

Scoring a Cross Country Meet

In the Bux-Mont League, there are as many as three races in each dual meet: one Varsity boys; one Varsity girls; one JV boys. The top twelve boys run in the Varsity boys race; the remaining boys run JV. In the girls race, there is unlimited entry.

In each of these races, the top five finishers from both teams in a dual meet will score points for their team. The sixth and seventh runners can act as displacers against the other team. The position that each runner finishes will be the number of points he/she scores. (First place scores one point; second place scores two points; etc.) Therefore, the team with the lowest score in Cross Country wins the meet. A shutout occurs when the top seven places in a race are taken by one of the teams. It is scored 15 - 50.

Any team that has their first three runners finish 1st, 2nd, and 3rd will also win the meet as it becomes mathematically impossible to beat them in a dual meet. Ties are possible in score (28 - 28), but do not occur in a team's record. In such a case, the team that has their sixth man finish ahead of the other team's sixth man is awarded the win. (Remember the Upper Moreland - William Tennent - West meet of '83?)

TRAINING

Safety on the Roads

In light of some recent attention given to accidents involving runners on

the roads, it is EXTREMELY URGENT that EVERYONE who runs for C.B. West knows the "Rules of the Road" as given by the Almighty Coach. Therefore, you are to read, study, and practice the following rules.

1. Do NOT run by yourself. Always run with another team member. I prefer that you run in groups of four or five, however, I realize that this is not always practical since everyone tires out at a different speed. It is IMPERATIVE, however, that if one runner from the group slows up and starts to drop behind, one other person from that group MUST drop back and run with them. I want no one finishing a run on the roads by themselves.

2. ALWAYS run on the left side of the road, facing traffic, and in SINGLE FILE. The only time there should be two abreast is for a split second while passing another runner. Be sure there is no on-coming traffic while doing this.

3. When crossing an intersection, check for traffic in all four directions and yield to any vehicle coming into the intersection. NEVER assume that they'll slow up or stop.

4. Pay attention at ALL times to what is happening on the road in front of you, beside you, and behind you. Let nothing distract you from keeping yourself safe while running (not even a talk with your best friend who is running with you.)

5. Totally IGNORE strangers in passing cars. If they slow down, verbally abuse you, or even try to run you off the road, ignore them but try to get a good description of a.) the car, b.) the license number, and c.) the individual. Report the incident to me as soon as possible.

6. Do NOT blaze new trails. You may find that you're trespassing on private property, get lost, or meet up with Ralph, the unchained Doberman.

7. Use common sense on the roads. Do nothing that could endanger you or a teammate at any time.

These "Rules of the Road" must be adhered to at all times. There has been some recent talk by school administrators about keeping the runners to school grounds ONLY. If we act irresponsibly on the roads, we will be told to stay only on school grounds. Run safely!

Shoes

Running shoes are your only real investment in this sport. It is imperative that you run in a good pair of running shoes, and that you care for them properly. If not, you will end up with any number of a variety of injuries - some of which are very serious.

Since good running shoes are expensive, use them only for running - not for basketball, tennis, soccer, etc. Most running shoes are not designed for lateral movement, and will cause blisters or even twisted and sprained ankles.

Be sure your shoes have good traction and cushioning. If the tread on the soles is very worn, or if the padding in ANY part of the shoe is shot, start looking for a new pair. These are the two things that cause the most injuries, which are usually stress fractures in the feet or shins. Additionally, if you can stand straight in your shoes and someone else can look from behind and see one (or both) of your feet leaning inward or outward, then you better get a new pair FAST. In that case, if you're not already injured, you will be very shortly should you continue to use them. Also look for new shoes if you've used a pair for over a year or if you've put more than 800 miles on them.

Again, use your shoes only to run in. Don't wear them all day in school, etc. This will give them a chance to air out and dry out from the sweat produced in them during the course of a hot, hard workout. Try to keep the upper part of the shoe fairly clean, as well as the inside of the shoe. When shoes are drenched in a heavy rain, you can stuff them with some balled-up newspaper to help dry them

out. This will help them retain their shape and keep from getting stiff.

Finally, take good care of your shoes and check them out periodically. If you're serious about running, and if your shoes are worn out (sometimes termed "broken down"), then don't be cheap when buying a new pair. Put out the money for a good pair of shoes. They are the major prevention you have from serious injuries. Cheaper models (and designs) are the major cause of quite a number of serious injuries.

Nutrition - Diet

One of the major concerns of runners is what they should eat - and when. Of all the articles and research I've read, several points come across clearly. First of all, long distance runners need to have a high carbohydrate diet. This includes foods such as potatoes, spaghetti and other pastas, bread, pretzels, and pizza. Steady consumption of such foods will not put weight on you (if you are running), but will provide a little extra-needed energy during some of your longer runs. Your body will store nutrients from these carbohydrates and burn them up slowly and efficiently over a long run.

Second, avoid junk foods and greasy foods. Junk foods are low in carbohydrates and high in simple sugar compounds which burn up quickly and easily. Such foods have very little nutritional value and only serve to expand your stomach so you'll feel hungrier later on. Greasy foods tend to be difficult for the body to digest and tend to create problems while running. The most common malady from greasy foods is the creation of a stitch or stomach cramp during a distance run.

Third, each day you should eat a balanced diet which includes fruits, fibers, fish, meat or poultry, vegetables, and carbohydrates. A balanced diet will ensure the fact that you are getting all of the necessary vitamins and nutrients needed without risk of developing a vitamin-deficiency.

Fourth, the consumption of fruits and fibers (especially vegetables) have several advantages. They will help tremendously in preventing constipation. They also will often help to satisfy that sweet-tooth feeling that often leads us to go looking for the junk foods. Apples, in addition to being nutritious, often create a feeling of fullness in the stomach. As a result, there is less of a tendency for you to eat too much. Bananas, as many of you know, are high in potassium (as are oranges, celery, and ice cream!). Potassium is burned up in great quantities while running. If the body becomes low in potassium, results may be that some muscles will tighten and cramp - especially the stomach and abdominal muscles. Bananas, therefore, help prevent stitches, which can occur from a lack of potassium in the body.

It is wise for runners to be cautious about what they eat - and when they eat - before a meet. This not only refers to what you eat the meal before the race, but to anything you eat 24 hours ahead of time. If a runner feels he/she needs more carbohydrates, then a good Italian dish might be in order the night before the race. However, eat in moderation (just enough to satisfy that feeling of hunger without stuffing yourself). Go easy on any tomato sauce, as this is very acidic and can create gas. Milk will help to neutralize some of the acid from the tomato sauce and provide calcium for your system. However, be careful about milk consumption. Avoid milk entirely within four or five hours of a race (unless you are using it in your cereal before a morning race.) Milk will often create phlegm while you're running and sometimes give you "cotton-mouth." Sometimes milk may also contribute to the development of mucous in your upper respiratory system and the throat, as well as the creation of stitches. Approximately 10 or 12 hours before a race, milk consumption should be limited to 1 pint.

Breakfast on the day of a meet should consist of fruit juice (not fruit

drink), pancakes or cereal and milk, and fruit. The cereal you eat should be a nutritious one, such as Cornflakes, Raisin Bran, Fruitful Bran, Shredded wheat, Cheerios, etc. Avoid sweetened cereals for kids (Cap'n Crunch, Frosted Flakes, etc.). A banana for breakfast (and lunch) would be wise. Definitely avoid eggs on the day of a race - as well as heavily syruped pancakes or French toast. Eggs produce sulphur in the digestive tract that will make itself known during a race.

Lunch - often the meal just before a meet - should be light but nutritious. One of the best lunches (and most common) is a peanut butter and jelly sandwich, going easy on the sandwich contents. A piece of fruit (banana) for dessert, and crackers or pretzels, along with some fruit juice or water, are often sufficient to hold you over until after the race. By no means should you eat less than 2½ hours before a meet.

Water may be consumed up until race time, but should be taken in slowly and moderately, so that you're not gulping air. Sipping water, and drinking only enough to quench your thirst is wise. In all, moderation is the key word in eating at any time before a race.

Stretching (Warming up; down)

In order to prevent injuries, it is imperative to stretch before and after every running session. The period of time devoted to stretching should never be less than 20 minutes. We will set up a specific set of stretching exercises when practice begins. These exercises will stress the static stretch, in which an individual holds a specific stretching "pose" for a period of time. Each stretching position should be held for 20 to 30 seconds. It will take that long for muscles to stretch properly. In addition, the individual must concentrate on the muscles being stretched, being careful not to overstretch. The static position should be held at the point when the individual feels the muscle begin to stretch, or when he/she feels a slight burning sensation. It is imperative to remain still in the static position, and not to bounce or move around. During the stretching process, muscle fibers develop microscopic tears which, in the long run, help to make the muscles more flexible. However, over-stretching or bouncing can enlarge these tears to such an extent that they are "filled in" by scar tissue, which is not flexible. Additionally, the stretching exercises must be done correctly, or injuries may develop. Therefore, it is extremely important that when stretching, you concentrate only on stretching, not on conversations.

Practices

Hard - Easy - Moderate

Each of our practices will fall into the hard, easy, or moderate categories. The day before every meet will be an easy workout, usually consisting of a 3-mile jog and one or two short, quick speed runs on the track. In many cases, the day following a meet will also be easy assuming that the meet was a hard "workout" for you. There will be days when we will have very hard workouts. The day following those will be easy, followed up by a moderate workout two days later. In most cases there will be one hard workout per week.

"LSD" and Aerobic Runs

The majority of our workouts during the first month of practice will be on LSD - Long, Slow Distance. LSD is a type of aerobic running which is designed to increase the working capacity of the cardiovascular system (heart & lungs). During these aerobic runs it is extremely important that you continue to run the entire time, no matter how slow it is. The more tired you feel, the more important it is for you not to give in and walk. The more often you stop and walk, the longer you delay your conditioning to handle the long runs without running

into oxygen debt. As we increase the distance and the number of times we've run it, we will gradually start to lower the time in which the run is expected to be completed. Coming into the season with a lot of aerobic running under the belt will help you out tremendously in the first three weeks of the season.

Intervals and Speedwork

From time to time you will run workouts designed specifically to help you handle a much faster pace during some, or all, of your race. Some of this may be done with interval workouts. Intervals are usually done in a "fartlek" during which you go on a long run (7 or 8 miles) and, from time to time in the run, you pick up your pace so that you are almost sprinting for a distance of 100M to 800M. After that short burst of speed, you continue to run by jogging very slowly, and gradually picking up your pace until you repeat your sprint again.

Some other speed workouts will be done entirely on the track, or even on sections of the Cross Country course. During these workouts you will run "ladders" or repetitions of certain runs. For instance, we may do a workout consisting of 6 400's and 6 200's. The important parts of a workout like this are that you JOG, not walk, between each run and that you run EVERY one at the time or pace asked of you. You must not let yourself think that you cannot do all 12 of those runs at the times that I would tell you. Rather, as you go through the workout, you must push yourself harder on each successive run. Only by doing this will you improve your speed, stamina, and strength, and greatly improve your times.

Hillwork

One of the main differences between Track and Cross Country is the contour of the land on which the running is done. Cross Country includes hills, sometimes short, sometimes long. The hills may be gradual, or steep. In any event, a runner must know how to run any hill on any course. We will be working out on hills from time to time, concentrating on the running form needed to help you over those "mountains."

When running up a hill, you take the hill as it comes to you. As it gets longer or steeper, you gradually run harder and faster. You must increase the forward lean of your body (from waist up) as the hill gets steeper. The steeper it gets, the more you lean forward. Also, you need to shorten your stride. To accomplish that, you concentrate on lifting the knees higher and a little bit faster. Think about pointing your knees to your chin. In the process of all of this your arm motion must change. Running along flats, your arms stay relaxed around your waist. However, as you go up the hill, the arms must begin to drive. The arms must gradually pump harder and faster, and be brought up higher.

Combining the arms, knee lift, and forward lean is not easy. However, by the time a runner accomplishes this, his/her running form makes him/her look like a sprinter. Yet, the key to running up a hill is not to make this transition into a sprinter, get to the top and slow up. The key is to SPRINT OFF THE TOP OF THE HILL. Many runners ease up when they get to the top of the hill because they are tired. Every runner is tired when they get to the top. Yet, regardless of the fatigue, if you can continue to push yourself through that top-of-the-hill-sprint for another 40 or 50 yards, you will pick up valuable placings in the race that rarely come back to overtake you (as long as you don't die). We will spend quite a few practices perfecting hill-running techniques.

Running Form

Running form is extremely important to a distance runner. He/she needs to expend his/her energy as efficiently and effectively as possible. It is, therefore, important to learn how to run as relaxed as possible. Below I have listed some of the things that you, as a distance runner, must concentrate on as you run -

along the way someone will get hurt. If it is an injury which occurs on the roads, I demand that one other person stay with the injured party until help arrives. In such a case, the coach is to be notified of the injury as soon as possible. This may mean that another runner may have to run back to school or ahead to another group (if I am running with a group in front of you) or to find me. If need be, I will drive my car to the injured person to pick them up and bring them back to school.

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4.	Donavan Laidmeyer	WT	17:37	
5.	Matt Hegge	CBW	17:40	'84
6.	John Adams	CBE	17:40	'83
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12.	Karl Swedberg	U.M.	17:58	'85
13.	Dennis Vinson	H.H.	18:05	'85
14.	Bill Hontz	WT	18:06	
15.	Keith Sinn	CBW	18:07	'83
16.	Joe Hegge	CBW	18:12	'84
17.	Chris Fretz	P.V.	18:12	'84
18.	Craig Reiner	U.M.	18:13	'85
19.	Tim Hegge	CBW	18:13	'85
20.	Mike Haldeman	H H	18:13	'86
15.	Mike Haldeman	H.H.	18:19	'85
16.	Aaron Bentley	CBW	18:21	'83
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