

Saline Early bird Invite	75 degrees Sunny, Kinda hot
43706	No team scores
5k @ Huron Meadows Metropark	No Team Scores Kept
<i>Individual Results (Blue Division)</i>	<i>Individual Comments</i>
2. Will Scott 1650	<i>Raced Well up front</i>
3. Zander Hartsuff 1703	<i>Blistering last km</i>
5. Joseph Norwood 1708	<i>Tough effort</i>
12. Will Fredenberg 1806	<i>First varsity race ever!</i>
13. Erik Reiber 1807	<i>Showing improvement</i>
17. Jonas Norwood 1814	<i>Shifted gears well</i>
21.. Caden Faupel 1843	<i>Recovered and finished strong</i>
24. Zebedee Swager 1905	<i>Ran the plan well</i>
26. Jimmy Alford 1906	<i>First 1k right on pace</i>
36. Bram Hartsuff 1921	<i>Wins "Right on Brother" award</i>
45. Nick Spruce 1949	<i>Good effort today</i>
54. Dominic Green 2010	<i>Aggressive racing</i>
50. Shaun Happy 2005	<i>Had FUN During the race</i>
58. Robert Stump 2019	<i>Improving fitness</i>
79. Ethan Kapolka 2113	<i>Great race debut</i>
91. John Putnam 2214	<i>Moved up in last half</i>
96. Sawyer Northrop 2231	<i>Solid season start</i>
98. Grayson Eckland 2234	<i>Good first race ever</i>
122. Thomas Kennings 2416	<i>Very good in first race ever</i>
144. Gabe Muckle 3523	<i>Kept positive attitude throughout</i>
(Roughly 14 teams and 150 runners competed in this race)	
<u>Coach Eric Swager's Comments:</u>	
We like coming to this low-pressure meet, and use it primarily as a training session, as well as some valuable experience for the newer runners. Our goal was to hit the first 3k hard, then back off to tempo pace for the next 1k, then hammer home the last 1k. This gets them used to pace changes and passing people in the last part of the race.	Our performance was steady, but something that can be built on. Early season reveals some of the challenges for, the year. As we gain fitness, and I "release the hounds" for a full race, we should see some substantial time drops.
All in all, 14 of our 20 runners earned medals!! ,Thanks to the parents that brought food! Happy Labor Day Weekend, all!	Our next contest is this Wednesday at Springport, where I will take a split squad-mainly to get some racing experience.