

FIRST PRACTICE - 2003

Highland-Cobbs-Winton run, beginning at Highland & Winton,
ending at stone at Monroe & Highland - 3.4 miles

Weather: Sunny & Warm. Temp. 80

1. Mike Moore/ Nick Arazoza	23:00	}	6:45 mile pace
3. Dave Yahoodik	23:03		
4. Dan Murphy	25:06	}	7:22 mile pace
5. Steve Janicki	25:09		
6. Dan Sullivan	25:14		
7. Marcus Gauthier	25:17		
8. Mike Andrews	27:12	}	8:00 mile pace
9. Pat DePippo	27:17		
10. Alec Hurley	28:25		8:40 mile pace

Everyone else ran the shorter route via Cobbs Hill Drive
and finished in the following order, untimed.

11. Matt Jones
12. Jordan Parker
13. Steve Scheible
14. Tim Hanna
15. Pat O'Leary
16. Bill Galusha
17. Bobby Buda
18. Dave Piekarczyk
19. Mike Ansaldi

FOURTH PRACTICE - 2003

Weather: Sunny, breezy & cooler. Temp 70

WINTON LOOP - 4.35 MILES

Course: Start on track at 100m line. One lap on track, out end gate, turn right to Lac de Ville, then to Westfall, Winton, Elmwood, finish at end of fence closest to school. Totally flat.

1. Mike Moore (12)	29:05	6:41
Dave Yahoodik (12)	29:05	6:41
Nick Arazoza (11)	29:05	6:41
4. Martin Wegman (10)	29:25	6:46
5. Dan Sullivan (12)	29:48	6:51
6. Matt Jones (12)	29:50	6:51
7. Jamie Moynihan (11)	30:14	6:57
8. Griffin Alford (11)	30:16	6:57
9. Steve Scheible (11)	30:20	6:58
10. Marcus Gauthier (11)	30:32	7:01
11. Peter Schwalm (10)	31:30	7:14
12. Alec Hurley (10)	31:35	7:15
13. Mike Andrews (11)	31:51	7:19
14. Ryan St. George (12)	32:00	7:21
15. Mike Ansaldi (10)	32:20	7:26
16. Tim Hanna (10)	32:23	7:27
17. Pat DePippo (11)	32:46	7:32
18. Pat O'Leary (12)	34:10	7:51
19. Dave Dougherty (12)	35:40	8:12
20. Bill Galusha (12)	37:24	8:36
21. Jordan Parker (12)	37:24	8:36
22. Dave Piekarczyk (11)	37:48	8:51
23. Juan Habes (10)	NT	
DNR. Eric Mittereder (12)		
Dan Murphy (11)		
Steve Janicki (10)		

FIRST MILE-REPEAT WORKOUT - 8/22/03

**New zig-zag course at Genesee Valley Park. All grass.
Weather: Sunny & Warm. Temp. 75. Course dry.**

Workout: 3 x 1-mile, with 8-10 minutes rest interval

<u>Name</u>	<u>Avg. Mile</u>
1. Mike Moore (12)	5:45
2. Nick Arazoza (11)	5:47
3. Dave Yahoodik (12)	6:11
Jamie Moynihan (11)	6:11
Martin Wegman (10)	6:11
6. Peter Schwalm (10)	6:12
7. Dan Sullivan (12)	6:15
Griffin Alford (11)	6:15
9. Eric Mittereder (12)	6:18
10. Matt Jones (12)	6:21
11. Mike Andrews (11)	6:25
12. Pat DePippo (11)	6:26
13. Tim Hanna (10)	6:32
14. Marcus Gauthier (11)	6:38
15. Dan Murphy (11)	6:39
16. Alec Hurley (10)	6:47
17. Steve Janicki (10)	6:48
18. Jordan Parker (12)	6:51
19. Pat O'Leary (12)	7:13
20. Mike Ansaldi (10)	7:14
21. Dave Dougherty (12)	7:17
22. Bill Galusha (12)	7:34
23. Dave Piekarczyk (10)	7:51
24. Juan Habes (10)	8:04
DNR - Ryan St. George (12)	
Steve Scheible (11)	

PRACTICE FIVE - 8/25/03

New 2-mile hill loop incorporating 4 of our regular training hills at Highland into one continuous run. Begin with basic long loop, then to Big Gully, V Cutback, and Eagle with level stretches in between for recuperation.

2.01 Miles

	<u>Time</u>	<u>Avg.</u>	<u>Steps*</u>
1. Mike Moore (12)	12:39**	6:18	46 sec.
2. Nick Arazoza (11)	12:56	6:26	40 ***
3. Dave Yahoodik (12)	14:00	6:58	52
4. Martin Wegman (10)	14:06	7:01	51
5. Steve Scheible (11)	14:12	7:04	47
6. Griffin Alford (11)	14:13	7:04	51
7. Jamie Moynihan (11)	14:15	7:05	46
8. Ryan St. George (12)	14:17	7:06	55
9. Mike Andrews (11)	14:23	7:09	47
10. Dan Murphy (11)	14:27	7:11	53
11. Eric Mittereder (12)	14:28	7:12	46
12. Matt Jones (12)	14:32	7:14	51
13. Mike Ansaldi (10)	14:35	7:15	47
14. Tim Hanna (10)	14:46	7:21	53
15. Steve Janicki (10)	15:02	7:29	47
16. Dan Sullivan (12)	15:17	7:36	44
17. Pat O'Leary (12)	15:25	7:40	50
18. Marcus Gauthier (11)	15:30	7:43	55
19. Dave Dougherty (12)	15:33	7:44	55
20. Pat DePippo (11)	15:41	7:48	53
21. Alec Hurley (10)	15:47	7:51	55
22. Dave Piekarczyk (11)	15:56	7:56	55
23. Jordan Parker (12)	16:53	8:24	47
24. Bill Galusha (12)	NT	--	49
25. Juan Habes (10)	NT	--	56
DNR – Peter Schwalm (10)			

* “Highland Steps” is an uphill run from park road to lookout using the new steps.

** Practice record for this new course.

*** Practice record for this new “fun and games” segment

FIRST "DUMP-OFF" OF SEASON - 8/26/03

Course: Start at Tobey & Clover, down Clover to first entrance to Mendon Ponds, into park to Hopkins Pt. Rd. Right on H.P.Rd. to cut-in for grass beeline to finish pole at crest of hill.

Weather: Sunny after early rain; a bit muggy. Temp 70.

4.8 Miles

<u>Name</u>	<u>Time</u>	<u>Avg. Mile</u>	Avg. for 4.35	
			<u>Miles on 8/23</u>	<u>'97 Team</u>
1. Mike Moore	32:12	6:43	6:41	30:51
2. Nick Arazoza	32:12	6:43	6:41	31:43
3. Dave Yahoodik	32:14	6:43	6:41	31:43
4. Martin Wegman	32:27	6:46	6:46	31:43
5. Griffin Alford	33:40	7:01	6:57	31:43
Eric Mittereder	33:40	7:01	DNR	32:35
7. Mike Ansaldi	34:37	7:13	7:26	32:37
8. Matt Jones	34:58	7:17	6:51	32:45
9. Ryan St. George	35:27	7:23	7:21	32:56
10. Dave Dougherty	35:41	7:26	8:12	33:24
11. Dan Murphy	36:17	7:34	DNR	34:49
12. M. Gauthier	36:28	7:36	7:01	35:25
13. Pat DePippo	36:41	7:39	7:32	37:00
14. Dan Sullivan	37:15	7:45	6:51	37:08
Tim Hanna	37:15	7:45	7:27	37:10
16. Jordan Parker	37:35	7:50	8:36	38:32
17. Pat O'Leary	37:36	7:50	7:51	38:45
18. Steve Janicki	39:22	8:12	DNR	
19. Alec Hurley	39:26	8:13	7:15	
20. D. Piekarczyk	40:30	8:26	8:51	
21. Juan Habes	41:15	8:36	NT	
22. Bill Galusha	41:53	8:44	8:36	
NT. Mike Andrews			7:19	
NT. Steve Scheible			6:58	

**DNR – Jamie Moynihan – eyelid surgery
Peter Schwalm – away w/family**

8TH PRACTICE – MILE REPEATS AT COBBS - 8/28/03

**Course: First mile of City-Catholic 5k course for two, then ¼ mile to 1 ¼ for two.
Weather: Sunny and mild. Temp 72.**

MILE REPEATS (4) (8-10 min. rest)

	<u>Avg.</u>	<u>Best</u>	<u>Avg. for 3 at GVP 8/22</u>	<u>Improvement</u>
1. Mike Moore	5:42	5:27	5:45	3 sec.
2. Nick Arazoza	5:45	5:28	5:47	2 “
3. Dan Sullivan	6:01	5:53	6:15	14 “
4. Peter Schwalm	6:03 (only 2)	6:02	6:12	9 “
5. Matt Jones	6:06	5:58	6:21	15 “
Martin Wegman	6:06	5:58	6:11	5 “
7. Eric Mittereder	6:11	6:02	6:18	7 “
Tim Hanna	6:11	5:59	6:32	21 “
9. Mike Andrews	6:15	6:07	6:25	10 “
10. Dave Dougherty	6:23	6:15	7:17	54 “
11. Steve Scheible	6:24	6:09	DNR	--
12. Dan Murphy	6:28	6:17	6:39	11 “
13. Pat O’Leary	6:32	6:15	7:13	41 “
14. Mike Ansaldi	6:41 (only 2)	6:05	7:14	33 “
15. Steve Janicki	6:42	6:15	6:46	4 “
Pat DePippo	6:42 (only 3)	6:09	6:26	
17 Alec Hurley	6:43	6:20	6:47	4 “
18. Bill Galusha	6:46	6:37	7:34	48 “
19. Dave Piekarczyk	7:09 (only 3)	6:53	7:51	58 “

DNR - Jamie Moynihan – eyelid; light practice

Jordan Parker – foot; light practice

ABS – Dave Yahoodik – college trip

Ryan St. George

Marcus Gauthier

Juan Habes

TENTH PRACTICE - 8/30/03

Weather: Cloudy, much cooler. Temp. 58

Repeat of Winton Loop 4:35 Miles

	<u>Time</u>	<u>Avg. Mile</u>	<u>8/23</u>	<u>Improvement</u> <u>Per Mile</u>
1. Mike Moore	26:19	6:03	29:05	38 sec.
2. Nick Arazoza	26:47	6:09	29:05	32 “
3. Dan Sullivan	28:22	6:31	29:48	20 “
4. Eric Mittereder	28:28	6:33	DNR	--
5. Steve Scheible	28:28	6:33	30:20	25 “
6. Mike Ansaldi	28:28	6:33	32:20	53 “ (!!)
7. Matt Jones	28:34	6:34	29:50	17 “
8. Dave Yahoodik	28:39	6:35	29:05	6 “
9. Pat DePippo	29:10	6:42	32:46	50 “ (!!)
Dan Murphy	29:10	6:42	DNR	--
11. Mike Andrews	29:11	6:42	31:51	37 “
12. Pat O’Leary	30:48	7:05	34:10	46 “ (!!)
Steve Janicki	30:48	7:05	DNR	--
14. Dave Piekarczyk	31:29	7:14	37:48	97 “ (!!!!)
15. Alec Hurley	32:22	7:26	31:35	
16. Juan Habes	33:20	7:40	NT	

Practice continued with 20 minutes of ad lib 400’s plus
“Fun & Games” 4 x 400 Relay

FIRST TIMED RUNS – JR. HIGH X-C – 2003

	<u>Campus Mile</u>	<u>400m on track</u>
1. Chris Burgart (9)	5:34	66.2
2. Derek Seber (9)	5:34	65.9
3. Bob Buda (9)	6:12	80.0
4. Dan Plumeri (9)	6:15	71.1
Mike Labanowski (9)	6:15	71.3
Logan Lemcke (9)	6:15	79.7
7. Kevin DiCesare (9)	6:19	69.7
8. Santino Cinotti (8)	6:22	75.0
9. Matt Glende (9)	6:28	79.7
10. Sean Steenberge (9)	6:42	72.7
11. Tom Murray (9)	6:47	74.8
12. Chris DiPasquale (7)	6:49	80.5
13. Carm D'Angelo (9)	6:50	69.8
14. Trevor Bachman (8)	6:55	70.6
15. Jim Schryver (8)	6:58	---
16. Chris Adiletta (9)	7:09	78.4
17. Mike Davis (9)	7:14	73.2
18. Devon Feeney (9)	7:17	69.1
19. Phil Angeline (9)	7:24	87.0
20. Pat Mueller (7)	7:29	78.3
21. Chris Cioppa (7)	7:49	89.5
Cam Scheible (9)	7:49	68.2
23. Clover Street (9)	7:57	82.0
24. Bill Napoli (8)	8:03	92.5
25. Steve Seeler (8)	8:04	91.7
26. Chris Gschrey (8)	8:17	86.1
27. Craig Hanna (8)	8:21	---
28. Brandon Mutton (9)	8:26	90.2
29. Joe Gallagher (7)	8:27	94.5
30. Erik Strassner (9)	8:45	104.5
31. Andrew Schrader (8)	9:24	97.1
32. Holton Pratt (7)	9:33	92.2
33. Adam Vasquez (7)	9:47	109.6
NT. Charlie Mitschow (7)		111.3
NT. Adam Hecht (7)		111.3
NT. Brian Sparacino (8)		---