

CC Run 2016

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Highland Park Cross Country 2016



Season Team Results - [Girls](#) [Boys](#)

Minnesota State Cross Country Meet

[Boy's Results](#) [Girl's Results](#)

[Pictures](#) from Laura Donovan

[Erica's Video](#) - for the cross country season

[Nike Regional Photos](#) - thanks to Jon Sage-Martinson

[Results from Nike Regionals in South Dakota](#). We had boys in open invite #2, girls in open invite #2, and girls championship.

Academic Awards

Varsity Girls - Academic Excellence - Gold Award

Varsity Boys - Academic Excellence - Silver Award

Señor Kris Johnson - All State Academic

In case you were wondering - [How to Run Across the Country Faster Than Anyone](#)

Molly has a [new motivational soundtrack](#) for the state meet.

[Results from Section Meet](#)

Congrats to our State Meet Qualifiers: Sid, Oliver, KJ, Molly

Molly sets the school record in the 5K

The Lisa Leo Gallery - [Varsity Girls](#), [Varsity Boys](#), [JV Girls](#), [JV Boys](#)

19 boys under 20 min

CC Team Season Results [Boys Girls](#)

[Girls Team Pictures \(Credits to Maeve Gimpl\)](#)

HP Record Books Updated [Top 20 Times](#) [Best Times](#)

email brad.moening@spps.org if you see mistakes

Thinking [Maplelag](#)?

[Nike Regional Meet](#): Anyone interested in running at the Nike Regional Meet please contact Sandy Gross sandyjgross@gmail.com or Stacy Paleenst paul_paleens@comcast.net

Race is Sunday, November 13th, Sioux Falls, SD.

We'd leave Saturday, stay in hotel, return Sunday after race.

Approx. cost is \$75 per person - includes cost for travel, pasta dinner, hotel and registration. Email us for more information.

We need firm commitment by Thursday, Oct. 27.

There are a few need based grants available

Morning Weightroom - all runners and skiers invited. Mr. Fields is running a morning strength program from 6:00 am to 7:00 am in the weightroom. Sign up for days outside the weightroom. Limited to 16 athletes per day, Monday through Thursday.

Working on the Ski Schedule for [2016_2017](#) (Rough Draft)

[The Science of Nordic Skiing](#)

Conference [Results](#) -

Varsity Girls and JV Girls are Conference Champs!

Lisa Leo Photos - [JV Boys](#) [Girls](#) [Varsity Boys](#)

Nordic Skiers - [read the GearWest High School Skier Guides](#)

[More on Mental Toughness](#) A lot of this may sound familiar

Nordic Skier Gear - all this is optional

[Podiumwear Ski Jacket](#) - password is "scots" - store closes Nov 18 (Joey T is a big fan of these jackets)

[Hoodies and T-Shirts](#) - coming soon

Closeout on Merino Wool - HP Nordic Hats - in room 3303 - \$10 until they are gone

HP Record Books Updated [Top 20 Times](#) [Best Times](#)

email brad.moening@spps.org if you see mistakes

Wanna buy Nordic socks? Fill out the form.

https://docs.google.com/forms/d/e/1FAIpQLSf0iACwhz4DPC7AucSH75mp7K0xqM7mRJ_ujvsFnZab_Qf1Q/viewform?c=0&w=1

Blaine Invitational Results posted [here](#) with finish line video

Varsity Boys and JV Boys first 3rd!

Big Shout out to Lisa Leo - taking 1000s of photos

Varsity [Girls](#), Varsity [Boys](#) - [JV Boys](#) [JV Girls](#) and [MS](#)

Some things to think about before Blaine: [Mental Toughness](#)

HP Time Trial Results [Boys](#) [Girls](#) Some great racing tonight!

Photos [Boy's](#) and [Girl's](#) - thanks to Lisa Leo

Coaches Notes from Thursday's TT:

- we had 11 boys under 11:00 (4 last year)
- we had 5 (almost 6) girls under 13:00 (2 last year)

For the lazy [skier](#)

Girl's Griak Rundown:

Although there were sloppy conditions and very slow times the HP girls showed significant growth from last year. The girl's team (as a total) was more than a full minute faster than last year and moved up to 34th place, compared to 45 last year! Molly broke the top 70, in her first Griak, and Celeste finished 2nd on the team, moving almost 200 spots up from last year. Anna moved up about 50 places, finishing 3rd on the team. [Photos](#) thanks to Lisa Leo

Boy's Griak Rundown:

We started the race out with a different type of cheer which worked well (We can teach it to everyone else if JV wants to learn it). Overall the team did much better this year placing 26th compared to last years 38th. Almost all the boys who ran last year dropped between 30 secs and 2 minutes. The course was much muddier and more slippery than last year. We had almost the same average time however which shows improvement especially without Micah. We had a good support team on the boys side this year (Shout out to Quincy, Will, Parker, Eli, Theo, Otto, Joey and Avery). Also shout out to Noah and Nat were great alternates and went through the entire warm up with us. [Photos](#) [link fixed](#) - thanks to Lisa Leo

Laura Donovan's Griak [Photos](#)

[Girl's Running spandex](#): if you do not get a chance to order them the first go-around, here's the link for optional individual ordering! A+ for comfort and awesomeness

1.5 Mile Time Trial Results - [Boys](#) [Girls](#) Eli breaks 8:00, Otto and Conor break into the top 30!

Watch Steve Cram - [tactics change](#)

Roy Griak - [Results posted here](#)

More Relay Photos - thanks to Laura Donovan [Girls](#) [Boys](#)

St. Paul Relay Race [Results will be posted here](#)

[Boys Photos](#) [Girls Photos](#) - thanks to Lisa Leo

[New course record for the AT](#)

[Not to early to start nordic ski daydreaming](#)

[Listen to HP Cross Country on the radio \(starring Little Bibby and KJ\)](#) on WFNU Frogtown Radio

A different sort of crazy - [racing across the country](#). Follow the [GPS track](#).

Finish line race photos for all Rum River runners are now posted on Gopher Events - [here are the Girls Varsity](#)

HP Record Books Get Worked Over

[Top 20 Times](#) [Best Times](#) email brad.moening@spps.org if you see mistakes

Rum River Invite - [results](#) Girl's Varsity 1st, Boy's Varsity 2nd

Photos - thanks to Lisa Leo [Varsity Girls](#) [Varsity Boys](#) [JV Boys](#) [JV Girls](#) [C Boys and Girls](#) [Awards](#)

Twin Cities Challenge [Results](#)

Photos - [Girls](#) [Boys](#) Thanks to Lisa Leo

Facts about Beets - if you are going to try it - [read this](#)

[Girls Results - JV Mile and Halftime Mile](#)

[Video - Halftime Mile](#) - thanks to BigO and Temali

[Other video](#)

[Photos](#) from Laura Donovan

Attention Parents - we need volunteers for the Twin Cities Challenge (Tuesday, September 13) - [please sign up here](#).

Save the Date -- **Cross Country Banquet** on Monday, November 14th at 6 p.m. at DeGidio's. Details to follow.

Wheel of Excellence (Ongoing Learning) - [Race Tactics](#)

All Runners - fill out your [emergency contact information](#)

Attention Nordic Skiers - looking for your input on a proposal to significantly modify the state meet format. Your input will be forwarded to the folks making decisions. New [state meet format](#) and [schedule](#) (earliest date of implementation would be the Feb 2018 meet). [Submit comments here](#).

Looking ahead to Rum River - [hoping to put some new names here](#).

Irish Invite Race [Results](#)

HP Team Results [Boys](#) [Girls](#)

Photos - [Varsity Boys](#) [Varsity Girls](#) [JV Boys](#) [JV Girls](#) - thanks to Lisa Leo

[More Photos](#) - thanks to Laura Donovan

[Videos of all races](#) - you need to make an account

Alumni Racing Yesterday - [Abram](#) and [Micah](#)

[Superior 100](#) - maybe some day

This might be [tougher than Superior 100](#)

[Texas Cross Country is a little nuts](#)

Book - [Pursuit of Excellence](#)

[Quick Summary of The Wheel of Excellence](#) - modified slightly

Skiers: Register now for a [September 10th 50k rollerski](#)

[Highland Invite Results](#) - final

[Boys Photos](#) [Girls Photos](#) - thanks to Lisa Leo

[Photos](#) - thanks to Laura Donovan

Attention all Nordic Skiers - the Maplelag Trip is scheduled. We leave school at 7:30 am on Dec 16 and return at 5:00 pm on Dec 18.

Dogs

[CC Run and the Dog Shelter](#) [Marathon Dog](#)

Probable and Hopeful Varsity Skiers

MSC Fall Training - Great way to keep your technique at a high level.

Sunday Nights from 3:33 - 5:30 at Brackett and Elm Creek. Sign up for 4 or 9 sessions.

Wednesday Nights on the Franklin Hill from 6:30 - 7:30.

More info at [their website](#)

[Updated Irish Invite Records](#)

Runners - get yourself a combination lock for your locker in the high school. We will issue lockers next week.

[Hoof N Bike Photos](#) [Hoof N Bike Results](#)

[More Photos from The Preview](#) - thanks to Laura Donovan

[Results from the Preview](#) email brad.moening@spps.org if you see an error

[Photos](#) - thanks to Lisa Leo

Sleep - [your secret weapon](#)

Keeping it Positive - [Olympian Brenda Martine](#)

MPJ's preferred lunge for runners: [Reverse Lunge](#)

1.5 Mile Time Trial Results - [Boys](#) [Girls](#)

[The Pursuit](#)

Start thinking about goals for the season - [Team Records](#) [Top 20 Times](#)

Good Reading/Watching

Once a Runner, Born to Run, Eat and Run, Running with the Buffalos, Bowerman and the Men of Oregon

[Learn to Draft - saves energy](#)

The running mice have been busy doing [research](#) - and getting smarter.

[Watch Hopi Running When Running was for Weirdos](#)

[Into Dark Places](#) - By Ben Saxton

Summer [Running Movie?](#)

Monument Run 7/5 - [Time Trial Results](#)

[Summer Training Plans](#) - pick a plan that makes sense for you. [Injury Prevention](#)

[Summer Running Log](#) - all HP runners should have one.

[Cross Country Signup Meeting Information](#) email brad.moening@spps.org if you have questions

Time to sign up for the [Birkie/Korte](#) - [Birkie 2016 Recap](#)

CC Run Signup Meeting -Web May 18 - Room 3303 at 2:05 - [Agenda](#) If you missed the sign up meeting and you want your name on the roster - email Coachbrad.moening@spps.org

!Fantasy Fitness Headquarters

1. [Fantasy Fitness Preview is here](#). Submit writeups to scout@ifantasyfitness.com
2. [Mock Draft for !Fantasy Fitness](#) Joey's mock draft is interesting.
3. Owners - name your team at <http://www.ifantasyfitness.com/settings/team/> - look at [last year's leaderboard](#) or talk to John Kelly if you need ideas
4. [Draft Video from 2014](#)
5. [!Fantasy Fitness Overview and Rules 2016](#)

Nordic Skiers

The new nordic calendar year begins. Time to put your sharpened ferrels on your rollerski poles, inspect the rollerskis, and start planning and logging ski hours.

- make sure you have an annual plan - [here is an example](#)
- plan your hours on Sunday for the upcoming week
- rollerskier - once or twice a week - 50/50 skate/classic
- use a [Weekly Training log](#)
- running with track team will give you plenty of speed, intensity and strength
- make sure you get in a good overdistance workout once a week (80+ min)
- motivate your teammates by [logging your hours](#)
- Birkie price increase July 7. Johnson cabin will be available for HP skiers and family until full. Contact mpj.

"you don't become a champion by winning a morning workout. The only true way is to marshal the ferocity of your ambition over the course of many days, weeks, months, and (if you could finally come to accept it) years. The Trial of Miles; Miles of Trials." from the book "Once a Runner".

[Racing Effectively](#) - for nordic skiers, but works for runners too

Thinking about running or skiing in college?

<http://www.scholarshipstats.com/crosscountry.htm>

<http://www.scholarshipstats.com/skiing.html>

Shaping Your Future - [Bryan Fish US Ski Team Training Summary](#)

Two Unconventional Ways to [Improve Your Nordic Skiing](#)

[Core Strength Workout](#)[Nordic Strength Workouts](#)[Weightroom workouts](#) [Track Strength Workouts](#)