



THE HARRIER

2018 Series

Raymore Peculiar

July Issue #1

Coach Johnson Up coming Events

We still have one more week of summer training in July. The official MSHSAA rule for dead week is July 29 to August 5. Which means that coaches can not attend workouts during this time. We suggest the runners meet together to continue training or workout on their own so that they do not lose the fitness that has been built up over the last 8 weeks.

Physicals need to be turned in as soon as possible.

First **official team practice** is August 6 at 6am to 8:15 @ the High School gym doors.

Please sign up for **Remind101** (same as last year) our communication system, -- **Shutterfly**, -- and **parent survey**

Friday August 10th is the **Midnight Relay** from 6pm till 12:01 am @ the track. **Parent Meeting** at 6pm

Saturday August 18 **Course workday** 9am till noon

Coach Swift ---The Colorado Report



For the past 11 years, the Ray-Pec Panthers have taken a group of runners to camp, hike, and train at altitude in the mountains of Colorado. For many of these participants, its the first camping experience of their life. Braving the elements sheltered by nylon tents and semi-warm sleeping bags is only one of the challenges presented in a trip of this nature.

Going from our local altitude of roughly 900 ft to a campsite just outside of Leadville at 10,000 ft, can be very challenging in itself. However, this year's hike to the top of Mt Princeton's 14,197 ft peak was our biggest challenge of the week. With a round trip distance of nearly 14 miles, a vertical climb of just over a mile, and views that pictures cannot do justice, this will be a memory these hikers will treasure for years to come.

Along with this 14 mile day, campers also experienced some of the most scenic runs in all of Colorado. Our 1st run consisted of part of the Leadville 100 Mile trail race alongside Turquoise Lake. With amazing views of both Mt Massive and Mt Elbert across the lake, it was difficult to pay attention to the rocky and occasionally rough trail around the lake. Our 2nd major run was alongside the beautiful Arkansas River. Famed for some of the best whitewater rafting in the area, we chose to run "downriver" for a slightly easier run while being able to enjoy the views of the river as well as the tunnels for the winding road. Our 3rd big run of the week was a relatively flat trail alongside Lake Dillon. At 9000 ft elevation, this definitely was not considered an easy run. However, the boys had enough energy left-over to challenge the Pleasant Hill team to a game of Ultimate Frisbee. After nearly 2 hours, the Panthers were able to squeak out the victory!. Con't



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Con't The Colorado Report

Our culminating run of the week is known simply as the Bear Run. Runners make their way out to the starting point (by jogging out or riding in cars) which is 4.25 miles outside of town. Promptly at 7am, participants "race" back to town, specifically to the bear statue in front of the Chaparral Motor Inn. Runners are challenged to "make the list" by breaking 26 minutes for the boys and 30 minutes for the girls. This year's squad boasted 2 boys (Braden Zaner and Carson Eve) and 4 girls (Miranda Dick, Makenzie Stucker, Marissa Dick, and Laurana Mitchell) earning that distinction. Unofficially, Makenzie Stucker set the "high school girls" record this year. While the camp is definitely challenging, participants also spent hours bonding as a team through several different activities and day-trips. Some of the more popular activities this year included bag-toss, can-jam, horseshoes, capture the flag, Psych, mafia, candy factory tour, swimming, shopping, disc golf, sand volleyball, scavenger hunt, and even a disco themed dance party complete with glow-sticks! Memories made on this trip tend to be some of the fondest of their entire high school experience!



Coach Shields- - - Scoring a Cross Country Race

A team score is calculated by the first 7 runners that finish a race. A team must have 5 to get a team score. Teams with fewer than 5 runners or more than 7 are skipped in the team places and the places are adjusted to only teams with 5 to 7 runners. Every runner that finishes the race receives a place (1st, 2nd, 3rd, etc.). So, the first finisher from a team with 5 or more finishers receives an adjusted place of 1 even if they were not actually the first place finisher. The adjusted places for the team runners are the points that each runner will score. A team score is calculated by adding the adjusted places for each team's first five finishers. The team with the lowest score wins. In US high school competition, ties are broken by comparing the 6th runner for the tied teams. The team with the higher placing 6th runner wins the tie breaker. If a team has the first 5 adjusted places, they would score a perfect score of 15 (1+2+3+4+5=15).

Coach Dudek ——— Nutrition ——— *Top Three Foods/Drinks Not To Eat*

1. Diet soda or any drink that uses artificial sweeteners such as sucralose or aspartame. These sweeteners can cause kidney problems, dehydration, and sugar cravings.
2. White bread, if 100% whole wheat is not the first ingredient listed put it back on the shelf. It is devoid of bran, germ, fiber, iron, and vitamins.
3. Fried foods (french fries, mozzarella sticks, and cheese balls). These are all cooked in partially hydrogenated vegetable oil. This oil essentially fortifies the foods with omega-6 fatty acids, which have inflammatory properties. Runners are already prone to inflammatory issues. Fried foods will just compound normal running soreness.