



THE HARRIER

2018 Series

Raymore Peculiar

August, 19 Issue #2

Coach Johnson Up coming Events

We are entering into the competition part of our season real soon. If you have not paid the catastrophic insurance \$5, the activity fee \$50 you may use the links on our web site www.raypecCC.com. We have a few more people that need to go to the web site and sign up for the team use the camp form. That gives us all the phone numbers and email that we need. Thanks

These next three items we will use throughout the season

Please sign up for **Remind101** (same as last year) our communication system,

Shutterfly 2018 This is where we will be sharing all of our photos from the meets.

Parent Survey This helps us organize all kinds of non running activities.

The meet shirts we will be passing out after the intra-squad meet on Thursday. Labor Day weekend we will be racing Saturday morning Sept 1 at Belton in the Cass County meet. Then we will practice Monday evening @7pm

Thanks for all of the help at our course workday. We have a couple bridges being repaired by a construction company owned by a Ray-Pec Cross Country Alumni runner. Thank You Scot York.

The conference meet originally was scheduled at Ray-Pec but now Lee' Summit North will be hosting it on their own campus now.



Coach Swift ---The Intra-Squad Report

The 2018 intra-squad meet is scheduled for this Thursday. Athletes will begin their warm up at 6, with the 2 mile race starting at 7:00pm. Our 54 athletes are divided up amongst 6 teams (9 runners per team). For this race only, the top 7 athletes will make up each team's score (add up the places, lowest score wins). In addition to our high school athletes, we have also invited both of the middle schools to compete in a 1 mile intrasquad race. Additionally, we have several alumni interested in putting together an aumni teamas wwell, in hopes of challenging our current bests! Feel free to bringout a lawn chair for use before and after the race. But with all of this excitement, don't plan on sitting down too much during the race! Wear comfortable clothing and planon chasing and cheering on the athletes as they traverse our premier cross country venue.



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Coach Shields- - - Building a Training Base



Building a base is an important part of a successful cross country season. Building a base consists of running many easy to moderate paced miles. You can think of it like building a pyramid. The higher the top of the pyramid gets, the faster you will run. If the base of your pyramid is small, the top cannot be very high. If you can create a very large base for your pyramid, then there is the potential for the top of the pyramid to be much higher. The best way to build a base is to run as many miles as you can during the summer for cross country or during the winter for track. This will create a strong foundation to support all of the more intense training and racing that is done during the season.



Coach Dudek ——— Nutrition ——— *Top Three Foods/Drinks TO Eat*

The three most beneficial foods that would benefit a runner during their training would be the following.

Eggs-The most complete food protein and also contains amino acids to promote muscle recovery.

Banana- high carb energy along with 400 mg of potassium. This also aids in hydration and muscle recovery. This fruit is a great preventer of allowing cramps to attack the runner.

Peanut butter- speeds up your post-run recovery and helps prevent injuries