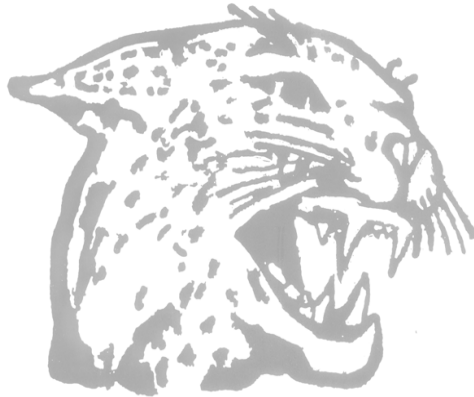


Rockford Wildcats

Youth Cross Country

2011

Handbook



"Running is the greatest metaphor for life,
because you get out of it what you put into it."

Cross Country Running

Welcome to the Rockford Wildcats Youth Cross Country Team. We have put together this handbook as a way of introducing new runners and their parents to our team. This booklet is an ongoing work. Your comments and suggestions to help improve it are welcome and can be given to any of the coaches or board members.

Wildcat Mission Statement

We will provide all youth with the opportunity to reach personal goals, be a leader, practice good sportsmanship and learn respect for self and others.

About the program

We combine a low impact low mileage program for the newer and younger runners as well as addressing and meeting the goals of more experienced and maturing runners. Our goal is to encourage runners of all abilities. The ages of our runners have ranged from 4-18 years. The program is designed to let kids have fun while learning about running. We teach the fundamentals of the sport of running. The program stresses proper training, stretching, conditioning, teamwork, and racing.

The program is open to all who have an interest in running. The only requirements are a desire to run and a pair of shoes. There is no charge to be a team member.

Wildcats Team History

The Wildcats were formed in the summer of 1997 with a single coach and a handful of runners. Within a few weeks word got out and the small group grew to two coaches and 30-40 regular runners and a number of parent helpers. We have grown over the past four years to over 100 regular runners and from 8-12 coaches and many parent helpers.

Coaches

The Wildcats have co-head coaches and from 8-10 assistant coaches. Their experience in working with children not only includes running but many other sports and activities. They have among them over 100 years and over 100,000 miles of running training and racing experience. All are volunteers who have a love of both children and running. Our head coaches are Mike Mapes and John Kunde.

Parent Helpers

The coaches are always in need of parent helpers to assist us during training runs. We place parents with appropriate groups matched to their abilities. It is a great way to get involved and get in better shape.

Volunteers

The Wildcats are coached by, administered by, and exist because of volunteers. We have a role for every parent from being a parent helper at practices, becoming a coach, taking on a board position, or helping at our annual meet. Our Volunteer Director will catch up to you sooner or later with all sorts of things you can do.

Board Positions - 2011

President- Manny Arreguin, Vice-President- Nicole Gillifan, Treasurer- Dawn McMichael, Secretary – Maria Oliveri, Volunteer Director- Jennifer Kazmerski, Uniforms – Terry Lynch, and Hospitality – Carolyn Pfeiffle

Head Coaches - Mike Mapes & John Kunde

Mike Mapes - 815-654-3252 - cell 815-540-9183 - email: minakebe@comcast.net

John Kunde - cell 815-222-2192 - email: jk1983@comcast.net

Website: www.wildcats.rockriver.net

The Wildcats have a web page. Many find this useful in keeping up with current information. The site is hosted by Rockriver.net, a local Internet Service Provider that provides us with the web site at no cost. The site is updated frequently. The pages include, Practices, Workouts, Meets, Frequently Asked Questions, Coaches, Results, and a Kid's Page. We are also on Facebook and we have a SmugMug photo album site with thousands of pictures categorized by race or events, we encourage all to submit and share their photos. If you have suggestions for the web site let us know.

Practices - We have several sessions during the year. A spring session that goes from early March to the end of April with the goal being the Heritage Run. There are summer practices that begin in June and lead up to the State Street Mile in early August. Beginning in late August our fall practices are held three nights a week and some Saturday mornings. How many you should attend depends on the age and desire of your children. New and younger runners will do fine on two practices a week. As their conditioning improves they may wish to increase the number of practices. We have some runners coming only once a week and others coming to nearly every practice. Take your cues from your children and talk to the coaches as to what is the appropriate amount of training for your child.

Practice workout schedules are posted on the web site and available from the coaches handouts. If you find you cannot make a practice and your child wishes to do a work out on their own or with friends, they can see what was done at practice and either do the same or a similar workout. Moms and Dads can always ride the bike along with runners as a means of keeping up. Take heart even the coaches have talked about riding bikes to keep up with some of those who have become faster.

Wildcat Gatherings - Along with our Wildcat Pool Party we also have two or three potluck dinners during the year, including our year end banquet following the State Cross Country Meet. Places, dates, and times are made known as details are worked out.

Goal Setting

"Those who have goals are running towards the goal, those who have no goals are wandering..." We encourage the Wildcats to set goals. We would encourage the parents to listen to those goals from their child's perspective. We want to help your children meet realistic goals and then set new ones. The goals of Wildcats range from going for a run with friends, being able to finish a workout or race without walking, running a 9,8,7,6, or 5 minute mile, setting a new P.R. (personal record) or running further than before. Whatever the goal, it is important because it is their goal and the pleasure of success can be found both in working to reach it and accomplishing the goal. The nice part of running is that you are always able to set a new goal. Keep in mind that the goals your child set need to be consistent with the amount of training they are doing to meet those goals.

Age Groups

With exception of our Cheetahs (also know as Primary) the age groups are 2 year brackets. Cheetah's are 8 and under, Bantams are 9 & 10, Midgets 11 & 12, Youth 13 & 14, Intermediate Youth 15 & 16, and Young Adults 17 & 18. Runners are placed in their age group based on the year they were born. For instance this year (2011) all those born:

2003 or later would be Cheetah's (Primary),

2002 & 2001 Bantams

2000 & 1999 Midgets

1998 & 1997 Youths,

1996 & 1995 Intermediate

1994 & 1993 Young Adult

During the course of the year it is possible to have someone who is still 10 be running with the 11 & 12 year olds because their birthday falls late in the year. Age groups are established by AAU and USA Track & Field.

Meets

Meets are held on Saturdays for the most part from late September through the end of October. We host one of these meets the last weekend in October. The 2011 Wildcat meet will be held October 29th . There is a small fee for each meet you choose to run, which goes to the organization hosting the meet. Each meet has separate races for boys and for girls as well as for each of the age groups listed above. You can choose to run whichever meets fit your schedules. There is no requirement to run in any meet or to attend a certain number of practices in order to run in a meet. We have had a number of children who only wish to workout and socialize at practices and have no desire to race in meets.

[Tentative Meet schedule for 2011](#) - Check website for locations and confirm dates.

September 17 - HOB0 - Wildcat Team Run

September TBA - Wildcats - Middle School Meet

October 1 - Belvidere Invitational - Belvidere, IL

October 12 - Lutheran Meet - Rockford, IL

October 15 - Batavia Meet - St.Charles, IL

October 22 - Elgin Invitational - Elgin, IL

October 29- Wildcat Invitational - Rockford, IL

Date Pending - Wildcat team handicap run

November TBA - AAU State Meet -

December 3 - AAU National Championships Meet

The 2011 Wildcat meet will be our 15th year of hosting a Youth X-C meet. It is open to all runners for the age groups noted. Our meet has become one of the largest as well as one of the best meets in northern Illinois. This is solely a result of the parents and their efforts. It is at this event more than any other place that we ask all of the Wildcat parents to give some time either in organizing or by taking on many simple tasks the day of the event. Our parents have succeeded in making this a great event. We expect that one of your goals will be to continue this tradition.

Spring, Summer, and Fall Practices.

**Check the website for practice locations and times,
we update the home page regularly.**

Spring session starts in early March and run to the end of April.

Summer session starts in early June and run through mid-August.

Fall session begins late-August and runs through National Championships in early December.

Uniforms / Warmups

The uniforms and warm-ups are the result of a generous donation. As we have no charge for being a Wildcat there would be no way we could put 100 children into uniforms let alone warm-ups. There are a number of requirements for use of the uniforms:

1. A deposit of \$20 for each uniform, that is refunded at the end of season upon return of uniform.
2. Uniforms are only worn at races and meets. This saves wear and tear as we need to make them last for future Wildcats.
3. We expect that when in uniform Wildcats will be on their best behavior as they are representing not only themselves but their teammates and the organization as a whole.

While we endeavor to put every child into a complete uniform, please realize that our resources are limited. We will issue complete uniforms with warm-ups based on size, availability, and order of when a child started with the Wildcats. Those beginning later in the season or first year runners may receive only shorts and singlets. We always welcome additional contributions that enable us to purchase more uniforms. A complete set costs approximately \$75.

X-C Cross Country / Running speak

Aerobic - “means in the presence of oxygen” An aerobic workout means you are running comfortably and do not exceed the pace or distance for which you are trained. Your muscles are strong enough to carry the load and there is enough oxygen available from the blood stream to complete the distance at a pace that is comfortable. The few waste products that are produced are easily removed in the blood before building up and reducing muscle function.

Anaerobic - without oxygen or in the case of running, it is the point where muscles are pushed beyond their capacity and need more oxygen than the body can supply. Anaerobic running is when you exceed the speed and or distance for which you have trained.

Base Training - The runners ultimate performance is determined by the amount of their base - aerobic training. Base training is the homework / practice that leads to a good test score. Base training is cumulative and a runner adds to their base work as long as they keep running. It is the foundation that all the race results are built upon.

Course Markings - courses are marked either by flags, striping or both. Red for left turns, yellow for right turns and blue for straight ahead. Courses are generally easy to follow even for the inexperienced runner. There are course walks before the start of a meet so all runners have a chance to become familiar with a course.

Fartlek - For our younger runners this could be the favorite single running term that we use...it is actually a Scandinavian term that means “Speed Play”. A fartlek workout would be a set period of time where you change the pace playfully and at will during the run.

Form - Good form is something all runners can work on. Good form will help decrease the effort and increase the pace. Good form includes an erect posture, relaxed body, forward movement, and carrying the arms easily.

Intervals - Refers to a type of training that is broken up into a number of repetitions or intervals separated by recovery “intervals” periods, the term interval describes the recovery period.

Hill training - Training on hills makes running easier on any surface. Hill training will greatly strengthen lower leg muscles and quadriceps, teach rhythm, and will give a hard workout with relatively little pounding. We often incorporate hills as part of the workout.

Pace - Learning pace is one of the first things we talk to new runners about. Pace is being able to run at the same rate throughout the entire workout. New runners have little or no sense of pace and start runs much faster than they can sustain. About half of our training is done at what is called **Conversational Pace**, a rate at which you can carry on a conversation with your teammates while you run. **Tempo Pace** is a pace faster than conversational pace but less than the all out effort of **Race Pace**. **Race Pace** is the fastest pace “speed” that can be sustained for the distance being raced. Keep in mind one runner's conversational pace is another runner's race pace.

P.R. - “Personal Record” It is an individual's best time for a distance or for a course.

Speed Training - Speed work pushes the runner to a pace beyond the usual race pace for short distances. The primary benefit of speed work is to teach the body to run anaerobically.

Strides - Repeat runs over a short distance of 75-150 meters. Used to work on form and speed

Tempo - Training pace that works to increase the lactate/ventilatory threshold. Tempo is a training pace that is 75-85% of maximum effort, a pace beyond where a conversation can be carried on but below a full out race pace.

Race Distances are by age – (Ages are determined by the Birth Year – not by actual birthday)

1. 2003 or later Cheetah's (Primary) 1,500 meters (.93 mile)
2. 2001/2002 Bantams-3000 meters (1.86 miles)
3. 1999/2000 Midgets-3,000 meters (1.86 miles)
4. 1997/1998 Youths-4,000 meters (2.485 miles)
5. 1995/1996 Intermediate-5,000 meter (3.1 miles)
6. 1993/1994 Young Adult-5,000 meter (3.1 miles)

Scoring (Team) - Primary's generally have 3 runners on a team. All other age groups have a minimum of 5 runners to make up a team. Runners finishing the race shall be ranked and tallied in accordance with their place finish against other teams (individuals are removed for purposes of team scoring). The first place runner scores 1 point, 2nd place 2 points, third place 3 points and so on. The team score in each event shall be determined by totaling the points scored by the first five finishers of each team. The team scoring the fewest number of points is the winner. If less than five competitors from a team finish the race, the places of those competitors are disregarded in determining the team scores and the team scores are re-ranked. Although the sixth, seventh, and eighth place finishers do not score points toward the team total, the place is counted in determining the scores of other teams. Ties in team scoring shall be resolved by comparing the sixth place finishers from the tied teams. The team with the best sixth place finisher shall prevail. If one team does not have a sixth place finisher, the team with a sixth place finisher shall prevail.

Board

Our board is made up of non-coaching parents and coaches consisting of a total of fourteen individuals. They include President, Vice-President, Treasurer, Secretary, Volunteer Coordinator, Hospitality Coordinator, Uniform/Equipment Director, Head Coach, and six Assistant Coaches. Board meetings are held 2-3 times a year. We encourage all parents to take a position.

Bylaws

Bylaws have been established as we have grown. They are available upon request.

Behavior

We have some general philosophies that we expect Wildcats to take to heart.

Wildcats will be positive role models.

Wildcats will value each runner and the efforts they are making.

Wildcats realize that each runner has different talents, abilities and goals.

Wildcats measure success by effort and personal satisfaction rather than place or time.

Practice Behavior-

Wildcats will be respectful towards others. At no time will disrespectful behavior be tolerated towards either fellow Wildcats or the coaching staff. They will need to listen and follow the coaches instructions.

Meet Behavior-

Sportsmanship! You need not finish first to be a winner. As mentioned before, when in uniform it is expected that Wildcats will be ambassadors for the team. When your race is over support those who cheered for you. Cheer for all runners and their efforts. Every effort is a good effort...not every day will be your best day. Trying to do your best is what is important. Our parents play a large role in showing by example how to be positive and cheer on all runners. It is OK to be louder when Wildcats go by. We also encourage all Wildcats to thank a volunteer when we are at a race or meet. Keeping in mind that they are all volunteers also, and that a "Thank You" goes a very long way.

State & National Meets

- The past thirteen years have seen many Wildcats qualify for national meets through a state-qualifying meet. This involves a commitment way beyond practices and weekend meets held in the area. We have had runners at the National Cross Country Championships in Oregon, Illinois, Kentucky, Missouri, Florida, Iowa, Ohio, South Carolina, Virginia and Alabama. This year the AAU National Championship will be held in Orlando, FL the first Saturday in December. It will be a goal of some Wildcats to qualify and run in this meet. Our teams that we put together for the State meet, with hopes of qualifying for the National meet, are determined by the individual performance during the course of the season. This, of course, can be difficult so we endeavor to follow a criteria that is supportive first off to those children who have trained and run with / for us now and in the past. Guidelines are:
 1. Wildcats that will travel all the way to the National Meet first are considered as a group.
 2. A team is 8 runners for this meet so we will take the top 8 runners who meet the first requirement. If there are more than 8 they will be chosen based on how they have run during the season. If we have enough we will run more than one team as we have in the past. Keep in mind individual runners from the State meet can also qualify for the National meet. We have had many reach the National meet this way.
 3. If we have less than 8 runners or do not have 8 who will travel, we will then consider adding independent runners or runners from another team who have asked to be considered.

Last year we had 62 Wildcats who qualified at the State Meet for the National Meet, 19 went on to run in Orlando, FL to compete at the AAU National Cross Country Championship.

Parents

Pick those children up on time! Believe it or not, that is one of the biggest ongoing problems for the coaches. We have sat for up to an hour after practice waiting for the return of a parent. Most practices last approximately 45 minutes to an hour. Shorter for younger runners and for some of the older Wildcats it may be a longer time depending on the workout. Check with a coach and allow plenty of time to be back before the end of practice, should you decide to run an errand.

Parents of very young or new runners under the age of 8 may be asked to accompany the group both as support and to observe how your child might take to the sport. Few 5-8 year olds have decided that they want to just go for a run. We try to introduce them to the sport by making it fun...but there is some running and we try to build their endurance up to a point where they can comfortably run 12-15 minutes without stopping. Parents with children who will only be 5 or 6 should plan to closely monitoring how those children are doing- do they enjoy, are they running for the most part? It is our experience that children this young rarely want to go for a run regularly, we keep these runs appropriate in length and try to make it fun. As we have limited coaching resources we often require that parents tag along with these young runners.

Scholarships

The Wildcats began giving scholarships in 2007. We are the only youth sports program, let alone free, that we are aware of to do this. All Wildcat Alumni who run either cross-country or track in high school are eligible in their senior year to apply. Generous donations from the Rockford Road Runners, Inc. and adult members of the running community have made this possible. Applications are found on our website.

FAQ - Frequently asked Questions

If you do not see your question it is not because it has never been asked, we just have not written it down. Ask and we will endeavor to answer.

Is practice canceled if it is raining? Generally we do have practice when it is raining. Practice is always canceled if there is lighting or the rain is exceptionally heavy. **Safety is the number one consideration.** Practicing in the rain is useful because if it rains on the day of a meet we still race. Besides the kids love nothing better than coming back covered with mud and being told that is okay to be messy.

What do I wear to practice in warm weather and cold weather? Both for warm and cold weather the clothing of choice should be something that keeps you dry and comfortable. Warm weather is as easy as shorts and a singlet or t-shirt. However, having the right kind of materials can keep you dryer and cooler. Cotton soaks up and holds a lot of water which is not good, especially in cooler or cold weather. Cold weather is always harder to dress for. The rule to follow is dress in layers. As you run and warm up you can take a layer or two off. Likewise when you get done it is easy to throw something on again. Usually we see most new runners over dressed in cold weather not realizing just how warm they will get running on a cold day. Use practices to experiment for just the right combination. Always remember the hat and gloves on cold days, they are the easiest to take off and put on.

Do I need a specific type of shoe to run? For the new runner just giving it a try and only running a short way, most any comfortable gym/tennis/running shoe will do fine. Once, you decide to keep going the choice should be a good running shoe. It should fit well and be comfortable. For training purposes the weight of the shoe is not important. Many runners actually wear a heavy better built shoe then switch to a lighter weight shoe for racing. My own training shoes weigh more than twice as much as my racing shoes. How much the shoe costs or the brand is not as important as the fit. Different brands and even different shoes within a brand can fit very differently. Not only try them on, but drive the store clerks crazy by having your child run up and down the aisles to be sure they feel good. One thing for certain is that the children will outgrow them long before they wear them out, so I usually plan on buying two pairs a year one in the fall before the season, and again in the spring. Always remember to buy shoes in the afternoon or evening, when feet are at their largest size of the day.

What do the age group years mean, how do I know where my child fits in, when do they change, what distance does that mean they run? With exception of our Cheetahs (also know as Primary) the age groups are 2 year brackets. Cheetah's are 8 and under, Bantams are 9 & 10, Midgets 11 & 12, Youth 13 & 14, Intermediate Youth 15 & 16, and Young Adults 17 & 18. Runners are placed in their age group based on the year they were born. For instance this year, 2009, all those born: 2001 or later would be Cheetah's (Primary), 2000 & 1999 would be Bantams, 1998 & 1997 would be Midgets, 1996 & 1995 Youths, etc... During the course of the year it is possible to have someone who is still 10 be running with the 11 & 12 year olds because their birthday falls late in the year. This could be the one disadvantage to being young. So whatever age you will be on Dec. 31st of 2009 is the age you are right now for age grouping.

Can I wear my uniform to school? PLEASE NO! We would love to show off a bit at schools but we do not charge for being a Wildcat. Which means the uniforms are used over from year to year being handed down from older runners to younger. So we need to have them last as long as possible for future Wildcats. The only reason we even have uniforms and warm-ups for nearly 100 kids is through the amazing generosity of those who have seen the program and have wanted to help make it even better. So we ask that everyone takes very good care of uniforms! We do however sell Wildcat t-shirts & sweatshirts which make for a great birthday or holiday gift for both the Wildcats and their families. Proceeds from the sale of shirts & sweatshirts go right back into supporting the team.

Do I have to be at all the scheduled practices? We encourage new and beginning runners to try and make two nights a week. We hold practices three nights a week and on Saturday morning to help busy families find a time to find us. Running, like any sport, will give back what is put into it. Like any sport it can be overdone and underdone. The coaches can help with guidance as to how much to do as the young runner becomes better conditioned. Many of our older Wildcats run 4-5 days a week. As runners become conditioned it becomes easier. We do not have mandatory practices and Wildcats can come as often or as little as they would like and still compete at meets.

Where do I get Wildcat sweatshirts and t-shirts? Many of the coaches have order sheets in their information folders. You can also e-mail us for information. We can order in small quantities in a variety of sizes. We have some available on hand.

Who is in charge of the Wildcats? There are times when over 70 kids show up at practice that many of us ask this question. However it is the parents who really are in charge via a Board which includes a President/Vice President / Secretary / Treasurer / Volunteer Coordinator/Uniform Manager/Head Coach / Assistant Coaches. In other words a lot of VOLUNTEERS. We are blessed with parents who early on after being exposed to our group cannot help but volunteer and assist in some way. It is really the only thing that the Coaches ask for in return for the time that they spend working with the children. We are by way of affiliation part of the Rockford Road Runners but operate completely independent from the adult running club.

Can I run spring and not fall or visa versa? Yes. We are here to help children learn more about running and fitness. We are happy to be able to teach kids about running and help them reach their goals via either our spring or fall session or both.

USATF vs. AAU ? Who are they, are they different, do I need a membership card for one or both? United States of America Track & Field-USATF and Amateur Athletic Union-AAU are two competing amateur organizations. Both have advantages and disadvantages. There is no requirement to have a membership in either organization unless your child decides to run in the state qualifying event. At that time a membership card would be necessary, at a cost of about \$12-15 dollars. Both organizations have National Cross Country Meets in early December and the Wildcats decide on which meet to try and qualify for early in the season.

Cost of belonging to the club? No charge to join. We may be the only youth sport organization in northern Illinois that does not charge for kids to be a member. However there is no completely free lunch. Some of the costs that do occur if your child decides to compete are: Road race fees such as the Heritage Run and State Street Mile. This cost would be as per the entry form. Fall cross-country races are \$5-6 per meet; National meets have a higher entry fee. We require a uniform deposit of \$20 that is refunded upon return of complete uniform. We hold team dinners usually potluck with no entry fee. Parents are also responsible for travel costs, although there is always car-pooling.

How many fall meets are there and where? Do I have to attend all of them? There are 8-10 fall meets depending on if a runner decides to run State & National meets. The meets are all in northern Illinois with 3-4 of the meets either in Rockford or Belvidere area. Other meets can be at Elgin, and Batavia. The schedule is determined before September. See this years tentative schedule on page 5. We have run in National Meets in Portland, OR, Lisle, IL, Lexington, KY, Joplin, MO, Orlando, FL, Ames, IA, Dayton, OH, and Rock Hill, SC. Runners can run as many or as few as they would like with the exception of Nationals which you must qualify by way of an Illinois State meet. We have had some kids who only wanted to run at practices and had no desire to race. As runners ourselves, we recognize that some kids just enjoy the social aspect of the club and if they are happy with that, then so are we.

What is a Handicap run? The idea behind a handicap run is that everyone finishes at the same time. We figure out what every runner's expected finish time would be for the distance to be run, and then handicap each runner at the start based on that expected time. Example - if one runner would take 20 minutes to finish and a second runner would take 18 minutes to finish we would start the second runner 2 minutes behind the first. In theory they would both arrive at the finish together. It turns into a challenge of trying to catch whoever is in front of you.

How old does my child need to be to run with the Wildcats? Typically the year they are going to turn 7 is a good starting point. This means they might be 6 turning 7 sometime later in the year. We do work with younger children some only 5 or those who are 6 and will be so the entire year. However our experience is that most children this age are only curious about running and have not decided on their own that they wish to be a runner. We try to make it fun for the younger runners and keep appropriate workouts and distances in mind when working with very young children. For those not turning 7 in the current year we may require a parent to tag along as our resources are limited, and if some are walking without enough helpers it means everyone is walking. One of our requirements, for all Wildcats, is a good key for all children no matter what the age. That requirement is simple "A desire to run". Our ongoing goal is to give all children a positive experience with running.

...Running thoughts.....

Running is a life long sport, a long journey into one's self.

The Essence of Running

Running is a road to self-awareness and reliance ...you can push yourself to extremes and learn the harsh reality of your physical and mental limitations or coast quietly down a solitary path watching the earth spin beneath your feet. But when you are through, exhilarated and exhausted, at least for a moment everything seems right with the world...

"When you put yourself on the line in a race and expose yourself to the unknown, you learn things about yourself that are very exciting." - Doris Brown Heritage 5 time World Cross-Country Champion

"Only one person and one person only will determine how good of a runner you become... That one person is you. You will become as good as you let yourself be." - a coach

"Dedication and commitment are what transfer dreams into realities."

"There is no glory in practice, but without practice there is no glory"

"Champions are made when no one is watching."

"A winner is someone who sets their goals, commits themselves to those goals and then pursues their goals with all the ability that is given to them. That requires someone who believes in themselves, who will make self sacrifices, work hard, and maintain the determination to perform at the best of their ability."

-C. Leeman Bennett

"The long run puts the tiger in the cat." - Bill Squires, coach

"Running makes you an athlete in all areas of life...trained in the basics, prepared for whatever comes, ready to fill each hour and deal with the decisive moment."

- Dr, George Sheehan, runner/writer/philosopher

"As a sportsman, I accept being beaten. Everybody tries to be a winner, but only one in a race will win. It's fun to win. But I don't find unhappiness if I lose." - Kip Keino, two time Olympic gold medalist

"If you want to become the best runner you can be, start now. Don't spend the rest of your life wondering if you can do it." - Priscilla Welch, Olympian & NYC Marathon winner

"If the miles behind me could be put into words before you...

You would feel my efforts, my struggles, my desires, most of all you would see my joy...

Watch me from afar run the trails and hills and miles upon miles and you will see... - a runner

"Running is 90% mental, the rest is physical."

"The pride you gain is worth the pain." - Dennis Ogilvie

"Being the first to cross the finish line makes you a winner in only one phase of life. It's what you do after you cross the line that really counts." -Ralph Boston

"Running is like life, it's a long journey, but well worth it."

"A run begins the moment you forget you are running." -Adidas

"In running, it doesn't matter whether you come in first, in the middle of the pack, or last. You can say 'I have finished.' There is a lot of satisfaction in that."

"Cross-Country, finally, a good use of golf courses!"

"If Cross Country were easy, it would be called football!"

"It is where you are at on the last step of the race that is the most important!"

"GO THE DISTANCE!"

Go Wildcats!

