

Gahanna Lincoln



Cross Country Handbook 2025

Boys XC

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Assistant Coach: Nick Troutman
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Parent Booster Representatives: Jill Earnheart, Emma Irvin, Jenny Bickley

Girls XC

Head Coach: Ryan Callihan
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Assistant Coach: Maddie Foster
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Assistant Coach: Chloe Callihan
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Assistant Coach: David Long
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Assistant Coach: Megan King
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Parent Booster Representatives: Heather Ohl, Laurie Thompson

Athletes and Parents,

You are part of a rich and special tradition of Gahanna Lincoln High School runners. Through training and racing you will grow as an athlete and a person. As part of this team, you will set goals and work hard over the course of days, weeks, months and years to achieve those goals. You will find success by committing yourself to the process everyday for the next three months. If you commit yourself to the process you will learn things about yourself that you will use for a lifetime.

In short, you are about to enjoy an exciting and important time in your lives. Make the most of it!

Sincerely,

Coach Beck & Coach Callihan



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2025 Meet Schedule

Date	Meet	Location
8/5/2025	2 Mile Time Trial	GLHS Stadium (7pm)
8/16/2025 +	OHSAA Preseason Invite	Fortress Obetz (OHSAA)
8/23/2025	Dan Reid Invitational	Whitehall Community Park (Hosted by Whitehall HS)
8/30/2025	Hot Summer Bash	Hilliard Davidson HS
9/6/2025	McGowan Invitational (ACT test date)	Watkins Memorial HS
9/13/2025	Celtic Clash	Dublin Jerome HS
9/20/2025	Lancaster "Bob Reall" Invitational	Lancaster HS
9/27/2025	Long Run (GLHS Homecoming)	TBD
10/4/2025	Eisenhart Invitational	Thomas Worthington HS
10/6/2025	Senior Night/Time Trial @ GLHS	GLHS Stadium (7pm)
10/11/2025	OCC	TBD
10/18/2025	Long Run (ACT test Date)	TBD
10/25/2025 *	Regional (Pick North)	Pickerington North HS
11/1/2025 *	State (Fortress Obetz)	Fortress Obetz (OHSAA)

+ Limited entry for Open Race. Roster will be determined week before the race.

* Postseason races consist of the Top 7 (Varsity) runners

Gahanna Lincoln Individual Records and Boys' Cross Country Team Accomplishments

School Record

'04 Ryan Schilling – 15:32

Freshman

'19 Dan Koppel – 16:20.9

Sophomore

'93 Dante Fiocca – 15:53

Junior

'07 Chase Beckmann – 15:49

Senior

'04 Ryan Schilling – 15:32

OCC Champions

'77 '89 '91 '95 '01 '03 '04 '15 '18 '24

District Champions

'83 '91 '94 '18 '19

Regional Finals Team Qualifiers

'84 '85 '87 '88 '89 '90 '91 '92 '93 '94 '95 '99 '00 '01 '02 '03 '04
'05 '06 '07 '08 '12 '13 '14 '15 '16 '17 '18 '19 '20 '21 '22

State Finals Team Qualifiers

'78 '83 '89 '91 '99 '03 '04 '18 '19

Best Team State Finish

4th -- 2019

Best Individual State Meet Finish

Chase Beckmann – 16th, 2008

All-Ohio Individuals

Jerry Welch – HM, 1986

Rob Jeffers, 21st, 1989

Dave Long – HM, 1993

Brian Dempsey – HM, 1995

Dave Waclawski – HM, 2001

Ryan Schilling – 24th, 2005

Chase Beckmann – 16th, 2008

Ben Towler - 21st, 2018

Riley Jackson - 21st, 2019

Gahanna Lincoln Individual Records and Girls' Cross Country Team Accomplishments

School Record

'21 Alyssa Shope 17:26

Freshman

'16 Natalie Clay- 18:46

Sophomore

'08 Kay Kay Garber- 18:53

Junior

'20 Alyssa Shope- 18:10

Senior

'21 Alyssa Shope- 17:26

OCC Champions

'11 '12 '13 '14 '16 '17 '19 '22 '23 '24

District Champions

'13 '16

Regional Finals Team Qualifiers

'86 '88 '89 '90 '91 '93 '96 '04 '06 '07 '11
'12 '13 '14 '15 '16 '17 '18 '19 '20 '22 '23 '24

State Finals Team Qualifiers

'13 '16 '17 '20 '23 '24

Best Team State Finish

7th -- 2013

Best Individual State Meet Finish

Alyssa Shope – STATE CHAMPION 2021

All-Ohio Individuals

Alyssa Shope-5th, 2020

Alyssa Shope- 1st, 2021

2025 GLHS BOYS XC Roster

Freshman

Benson Afful
Emerson Banks
Caleb Bolumen
Russel Boss
Will Byers
Charlie Cornelious
Sammy Crandall
Alex Fogel
Crew Foster
Cole Fryling
Domingo Garcia
Logan Hickey
Archer House
Xander Howson
Ethan Laymon
Merik Mihloer
Micahel Onyeiekwe
Evan Pierce
Haydon Reynolds
Jacob Robertson
Cam Schorr
Finn Swain
Connor
Woltman-Frollini
Evan Wright

Sophomore

Beckett Anderson
Joniel Bareto
Jordyn Blasiman
Coltrane Bosler
Tommy Cahill
Sean Cornelious II
Nate Earnheart
Dez Finley
Miles Foster
Henry Hunt
Kash Kline
Will Martin
Casey Murray
Finn Murray
Eli Neary
Carson Richard
Drew Wagner
Grant Whitson

Junior

Talen Barnes-Bell
Jack Basten
Nathaniel Black
Tyler Butts
Daniel Friend
Brogan Hay
Liam Irvin
Finn McConnell
Elijah Newman
Brennan Partlow
Grady Raymond
Louie Sgambati
Robert Smith
Keegan Sullivan
Austin Thompson
AJay Williams
Zander Young
Paxton Zimmerer

Senior

Isaac Banks
Isaiah Banks
Logan Cannon
Ethan Collins
Aran Cunningham
Dylan Helbig
Ben Jones
Rafi Kenah
Ethan LaCross
Bryce Reynolds
Parker Richard
Jesus Rodriguez-Gomez
Hayden Stoecklin
Bryce Yoder

2025 Captains

—

2025 GLHS GIRLS XC Roster

Freshman

Ella Bosler
Julia Houchins
Claire LaCross
Mary Grace Mbomyo
Caroline McConnell
Marilyn McGregor
Kate Ohl
Saya Rakotondraibe
Kate Samijlenko
Naomi Stoecklin
Lizzie Wester

Sophomore

Tori Altherr
Emelia Bradford
Bailey Callihan
Hailey Flaherty
Jillian Gomez
Aasha Ketty
Emma Kitsmiller
Jordy Miller
Carly Polisenio
Avery Schmidt
Charlotte Schwemlein
Lila Skeldon
Ava Thompson

Junior

Emma Abrams
Natalie Andrews
Katie Crites
Norah Gartland
Hailey Ivins
Sami Nolan
Sophie Pew
Rebecca Shope
Daniella Smith
Kylie Tincher
Abigail Waid
Alison Waid
Veda Walker
Dylan Yost
Abigail Young

Senior

Jaylee Basten
Lilly Hawks
Rachel Ille
Mackenzie Kemp
Addie Leverett
Ruby Lewis
Brooklyn McLaughlin
Ava Miller
Jordan Mills
Madelyn Ohl
Olivia Smeck
Brooke Thomas

2025 Captains

Ruby Lewis
Brooke Thomas

Communication

Coaches to Parent Group

- SportsYou & Teamapp will be used to relay information with athletes and families.
- The QR code to join both apps are displayed below.

Direct Communication Between Coaches and Parents

- Email is the preferred method of direct communication between coaches and parents. It is easy to miss a direct message on Teamapp or Sportsyou
- Please respect that coaches will do their best to respond within 24 hours to an email that is received within the work week.

Between Coaches and Athletes

- Each team has a GroupMe that will be used to relay information directly to athletes. Please respect that GroupMe should only be used by athletes and coaches.
- The QR code to join GroupMe is displayed below.

Final Forms

- Every athlete must be registered on Final Forms and have all forms submitted, signed off on or uploaded to be able to participate (athletes should be "green")
- The QR code with the link to final forms is shown below.

Contact Information

Ryan Beck Boys Head Coach beckr@gjps.org	Landon Erb Boys Assistant erbl@gjps.org	Nick Troutman Boys Assistant troutmann@gjps.org	Ryan Callihan Girls Head Coach callihanr@gjps.org	Maddie Foster Girls Assistant fosterm@gjps.org	Chloe Callihan Girls Assistant callihanc@gjps.org
			David Long Boys Assistant	Megan King tamasovichm@gjps.org	

Important Communication Links

Final Forms: Every athlete must be registered through FinalForms. All code of conduct, emergency contact forms and Athlete Physicals are uploaded and signed through Final Forms.	Team App: We will use Team App for most communication that goes out to parents from the team. Schedule changes, Meet information, bus information, and any other team related news will be shared here	SportsYou: This is for athlete communication.  BOYS XC L25X-XVMN	Cross Country Handbook 
 Finalforms - Gahanna-Jefferson City Schools gahanna-oh.finalforms.com	 Team App glhscrosscountry.teamapp.com	 GIRLS XC YVWY-GYUE	

Gahanna Lincoln XC Mission and Philosophy

- We foster an environment where the student athlete can reach their highest potential
- We strive for a family environment within the team
- We help the student-athlete balance all aspects of life, including academics, family, sports, work, relationships, faith and moral philosophy
- We always put “athletes first and winning second”. Winning is an important goal, but is secondary to an athlete’s well-being and sportsmanship.
- We encourage athletes of the sport to be fans of the sport of distance running
- We use long and short-term training plans to achieve goals
- We design every training activity to achieve a desired result. If the result is not achieved, we change the activity.
- We believe people can achieve much more than they believe. Successful people and athletes strive to push beyond their perceived limits.
- We believe that under-trained and over-healthy is better than over-trained and under-healthy. Athletes should train hard but train smart in order to be successful.
- We follow and enforce the rules and guidelines established by Gahanna Jefferson Public Schools, the OHSA, and the NFHS

Becoming Great the Right Way

Too Type B

Under Training
Too Much Sleep
Over Eating
Never Planning
Up Until 3am With Friends
Not Studying Enough
Too Laid Back

Never In Training Room
Overly Confident

Zone of Discipline

Proper Training
Proper Sleep
Fueling to Perform
Visualization and Goal Setting
Balanced Social Life
Balanced Study Time
Be Someone You Would Want
to Hang Out With
Taking Care of Injuries
Get to the Line Ready and
Confident

Too Type A

Over Training
Too Little Sleep
Under Eating
Over Thinking
No Time for Friends
Studying Too Much
Always Stressed

Always in Training Room
Questioning Yourself

Attendance

Attendance

- Attendance will be taken every day. Athletes should be present and punctual at all team events.
- It is expected that team members will attend and be punctual for all practices, meets, team functions and any other activities deemed mandatory by the head coach. The practice schedule is designed to help the athlete improve and stay injury free.
- *Being tardy for any non-excused reason may result in the athlete not competing in a race or being sent home from practice. Repeated unexcused absences or tardies (2 or more) may result in longer suspension or dismissal from the team.*

Absence Procedure

- Notify coaches of athletes of an expected BEFORE it is time to practice.
 - Email is the preferred method of communication for attendance purposes.
- Notification after the beginning of practice will be considered an unexcused absence.
- Whenever possible please try to plan doctor's visits, vacations and other functions so that they DO NOT conflict with practice or competitions. In the case of an unavoidable conflict please notify one of the coaches in advance of the absence.

Examples of excused absences include:

- Death in the family (or other extreme family emergencies)
- Medical appointments
- Illness from school
- Religious holidays
- Conflicting academic events (DECA, NHS)
- Approved participation in another sport at GLHS
- Other reasons approved by the coaches in advance

Examples of unexcused absences include:

- Lack of transportation - "I didn't have a ride"
- Oversleeping - "My alarm didn't go off"
- Homework - "I had to study"
- Lack of proper practice equipment - "I forgot my shoes"
- Other club sports - "My club soccer coach said we needed to condition"
- Non-academic school activities or Jobs - "My boss called me and said I had to come in"
- Social Events - "It is my birthday" or "My friend has a birthday party"

Athlete Expectations

General Athlete Expectations

Amongst other expectations, athletes are expected to:

- Follow the student code of conduct as established by the Gahanna Lincoln Student Handbook
- Wear shirts at all times while on school grounds during the school year
- Bring a reusable water bottle every day
- Bring a watch every day
- Follow the training plan and will consult coaches before doing any supplementary work on their own
- Alert coaches to any long term or nagging injuries that may be of concern
- Be coachable and open to constructive criticism
- Make sure to get consistent quality rest (7-8 hours of sleep a night or more)
- Maintain a healthy and balanced lifestyle

Meet Expectations

- Race times will be shared midweek, each week
- Athletes should be wearing their school issued uniform, sweats or other team attire that we designate for the meet (no sponge bob shirts please!). Athletes not in team attire may be asked to stay home.
- Once we arrive at the meet athletes will walk the course, and then begin warming up approximately 45-50 minutes before the race.
- All athletes should bring an adequate supply of water and snacks to keep them fueled throughout the warm-up, competition, and recovery.
- After the race athletes will complete the cool down recommended by their coach
- All athletes will stay to cheer on teammates until all of their teammates have competed.
- Each team has a tent which serves as our team camp which is for GLHS XC athletes only.
- Athletes will keep the team camp area clean and tidy.
 - Athletes will pick up after themselves
 - Athletes will stow gear in their own bag when they are not using that gear (for instance, when removing socks, shoes, or a shirt, those items should be placed within the athlete's bag.
 - Athletes will immediately throw away wrappers or cartons from food products, etc.

Transportation to Meets

- Bus times will be emailed to parents early in the week and shared with athletes (often race times are not announced until the meet is relatively close)
- All athletes are expected to show up early to the school in order to ride the bus
- Athletes may not drive themselves (this is an OHSAA violation)
- The bus ride on the way to the meet should be reasonably silent as many runners use that time to mentally prepare themselves to race.
- Athletes are expected to ride the bus home with the team. We understand that sometimes there are circumstances that require that you take your athlete home. Please provide coaches advanced notice and understand that your athlete still needs to cool down and remain at the meet until all of our teams are done competing.

Academic Expectations

In addition to other things, athletes are expected to:

- Conduct themselves well and be a role model within the classroom
- Turn in work on time that is reflective of their own time, effort, abilities and knowledge
- Maintain eligibility as determined by the academic standards of our district:
 - Pass five (5) one credit core academic classes during the previous grading period.
 - Maintain a 2.0 GPA during each grading period.
- Athletes that fall short of these standards may be suspended or dismissed from the team

Parent Expectations

Parent Expectations

- Review the handbook with their son or daughter.
- Talk briefly with your athlete before the race and communicate positivity. Avoid putting pressure on your son or daughter – the race is stressful enough!
- Be aware that the team camp is a team space for coaches and athletes only
- Cheer for your son and other Gahanna runners (girls and boys both!)
- After races: be positive and supportive. Congratulate your athlete on a great race (high fives, fist bumps and “good jobs!” are encouraged) and then let your son or daughter get back to their teammates to do a cool down and debrief with the coaches.
- Assume that the coaches have the athletes’ best interests in mind, consult coaches in a respectful way if something seems “off”.

Practice Times and Location

Summer Conditioning:

In general, here is the weekly schedule we will follow for Summer Conditioning:

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
OYO	Blendon Woods 7:30-9:30 am	GLHS Track 7:30-9:30 am	Blendon Woods 7:30-9:30 am	GLHS Track 7:30-9:30 am	OYO	(Metropark TBD 7:30am)

Official Practice

- Practice during the summer will begin at 7:30am Monday through Friday and will wrap up by 9:30am.
- Starting the 11th of August practice will begin at 3:30pm and will wrap up AT THE LATEST by 6pm.
- After school begins athletes will meet in the locker room and be ready to practice within 15 minutes of school ending.
- During the season there will often be mandatory practices on Saturday mornings when there is no meet.

Practice locations:

- **Academy Park:** Gahanna. Search for “Academy Park”. Enter off of Cherry Bottom Road. We will meet near the parking lot. [Academy Park Map Link](#)
- **Alum Creek Trail:** Westerville. Search for “Heritage Park”. Enter off of Main street. We will meet by the soccer fields in the rear of the park (follow Lindimore Way all the way back until you can take a left, park there. There are restrooms nearby. [Heritage Park Map Link](#)
- **Antrim Park (Olentangy Trail):** Worthington. Search for “Antrim Park”. Enter the park off of Olentangy River Road, park at the bottom, walk underneath the bridge to deck by the lake. [Antrim Lake Map Link](#)
- **Blendon Woods:** Columbus. Search for “Blendon Woods Metro Park”. Enter off of East Dublin Granville Road. Take the first left after you enter the park, we will be in the first parking lot at the Brookside Trail Head. [Blendon Woods Map Link](#)
- **Friendship Park:** Gahanna. Search for “Friendship Park. [Friendship Park Map Link](#)
- **Highbanks:** Columbus. Search for “Highbanks Metro Park”. Enter the park off of Route 23. Take the first left after entering the park and park in the lot there. [Highbanks Map Link](#)
- **Middle School West:** We will meet on the track.
- **Sharon Woods Metro Park:** Westerville. Search for “Sharon Woods Metro Park”. Enter off of North Cleveland Avenue. After entering the park we will meet in the first parking lot on the left, the Maple Groves Picnic Area. [Sharon Woods Map Link](#)
- **Saint Matthew’s Athletic Fields:** Gahanna. Enter off of River Drive via James Road, the fields are behind the pool. [Saint Matthew Athletic Field Map Link](#).

Varsity Letter Criteria and Selection

Varsity Letter Criteria

Earning a varsity “L” indicates that an athlete has represented Gahanna Lincoln at the highest level of interscholastic athletics. In order to earn a varsity letter in cross country an athlete must be in good standing as a team member based on all other team expectations AND complete AT LEAST ONE of the following:

1. Complete two races on the varsity roster for that week (start *and* finish as a member of the top seven)
2. Represent the varsity team in an OCC, District Regional or State meet
3. Complete a race on a 5000 meter course in less than 17:30 (boys) or 22:00 (girls)
4. Be a senior who has completed four years of participation in good standing
5. Be recommended by the coaching staff for any other reason

Varsity Team Selection

Varsity usually consists of the top seven to ten runners on the squad (depending on the meet). The varsity team for each meet will be selected by the coaches and, in general, be posted as early as possible. Coaches will select the varsity team for a particular meet based upon a combination of the following:

- Comparison of individual performances from the previous meet
- Comparison of trends and averages in individual performances during the season
- Creating a team that will be successful
- Selecting a squad that exhibits a competitive spirit
- Helping individual runners and the team achieve their season or career goals
- Any other extenuating circumstances

Captains and Selection of Captains

Captain Selection, Criteria, and Duties

A captain must be a junior or senior who has participated in cross country for at least one prior season and who is in good standing with the team. Captains will be selected at the discretion of the coaches while considering input from the team. An athlete who feels that they or one of their teammates might be a deserving candidate for a captain should talk to one of the coaches. Amongst other criteria, coaches will consider whether the candidate can demonstrate that they:

- Have made specific personal sacrifices for the benefit of the team
- Are a positive role model for teammates both within the sport, but also in the community and classroom
- Are a fan of the sport of distance running and can promote this attitude to their teammates
- Maintain a healthy lifestyle in and outside of the season
- Enthusiastically follow the training program during the summer and regular season
- Communicate effectively with teammates and coaches
- Are a resource for teammates regarding team policies, training, race strategies, etc.
- Communicate with coaches regularly to discuss team issues
- Complete extra tasks as needed to ensure that practices and meets run smoothly

Nutrition

Nutrition Basics

Nutrition is critical for any athlete. What you eat before and after you run will affect your success *and* enjoyment of cross country. In general, a balanced diet is recommended as opposed to carbo-loading, special diets, or the use of supplements.

Specific Guidelines:

- In general, about 60% of your diet should consist of carbohydrates. Try to avoid simple carbs such as candy and soda in favor of complex carbs found in whole-grain foods, beans, nuts, fruits, and vegetables.
- Try to consume food containing both protein and carbohydrates within 15-30 minutes after exercise. This will help the recovery process. Bring healthy snacks to practice and meets.
- Pay attention to the timing of your meals before meets and practices. You will have to figure out what and when to eat before practice and competition.
- Eat a simple breakfast everyday
- Get in the habit of eating healthy snacks frequently during the day to maintain a constant energy level (apples, granola bars, trail mix, etc.)

Examples of Healthy Food Choices

- Fruit: Apples, oranges, bananas, berries, peaches, plums, grapes, cherries, pineapple – not juices!
- Vegetables – peas, green beans, celery, broccoli, lettuce, carrots, mushrooms, any other green vegetables
- Protein – Lean beef, chicken, fish, nuts, peanut butter, turkey, beans, tofu
- Dairy – 2% or lower milk, yogurt, cottage cheese, cheese (in moderation!)
- Grains – Whole grain bread and pasta, brown rice, granola, oatmeal, whole grain cereal

Water

Water is the best fluid to support physical activity because it quickly leaves the digestive tract and enters the tissues to cool the body. Be sure to drink water **before, during and after** exercise. This is especially important on hot humid days. **Don't wait until you're thirsty. By the time you feel thirsty your body has started to dehydrate.** Gatorade or other sports drinks should be consumed primarily after exercise. These drinks can be diluted with water for better absorption.

Post Workout

Whenever you run you should eat a healthy snack consisting of protein and easily digestible carbs within 15-20 minutes of completing your workout. Chocolate milk is a great recovery drink (many say *the* perfect recovery drink) but almonds and bananas or yogurt and dried cranberries also work. The purpose of this snack is to start your body's recovery process and to keep your body from breaking down your muscles as a fuel source.

Training

Training Basics

The goal of training is to help athletes achieve peak performances at the end of the season while minimizing the risk of injury. All training is designed to fit into an overall season plan. The training plan is based largely on the foundations of training theory as laid out by Jack Daniels, Ph.D., Paul Schwarz, Arthur Lydiard, Renato Canova and is strongly grounded in the principles of the body's physiological responses to training and emphasis on long term aerobic development. These are the key principles of training:

1. **Overload:** Your body must be exercised and stressed at a level beyond which it is accustomed in order for it to adapt and get stronger.
2. **Recovery:** Your body needs to rest between bouts of work in order to recover. If you don't let your body recover fully you will not reap the benefits of overload and adaptation will not occur.
3. **Progressive Training:** Your body will adapt to a specific training load, and that load must therefore be increased in order for adaptation to continue.
4. **Specificity of Training:** Your body's adaptations in response to training are highly specific to the type of training you do (pace and distance). In order to run a fast mile we must train at intensities and conditions consistent with the demands of a mile race, just as we should train on grass while training for a 5k. To maximize benefits for you, training load will be individualized for specific athletes and tailored for specific races.
5. **Reversibility:** Your adaptations to training are lost when training stops. Generally, fitness is lost much more quickly than it is gained.
6. **Volume:** This refers to the amount of training you will do. Each runner is different in terms of how much volume they can handle. Running too many miles or increasing mileage too quickly can lead to burnout, illness, injury, and poor performance. In general we will increase mileage through the season, and then taper off towards the end when we are peaking.
7. **Intensity:** Refers to the pace of the workout, and thus the energy system and physiological adaptation that the pace produces. In general we will run workouts involving the following paces:
 - **Recovery:** Very easy low-end aerobic running at 70% or less of maximum HR. The purpose is to rest and recover after a strenuous workout or effort, either on the same day or the day before. Sample workout: 30' recovery after an interval workout the day before.
 - **Easy / Active:** Low-medium intensity running between 70-80% of maximum HR. This is the standard pace we will do on "distance" runs. This pace produces greater blood flow to the muscles through capillarization, increased mitochondrial density, as well as strengthening muscles and building up endurance. This pace should feel like you are working, but still comfortable enough to have a normal conversation. Sample: 70' continuous easy run.
 - **Steady State:** Medium intensity aerobic running that occurs between 80 and 89% of max HR. This pace produces strength benefits as well as providing some of the same benefits of both threshold and easy running. This pace will feel like a "fast" run, and you usually start to feel like you are pushing after 35-40 minutes. This pace is usually 45-60 seconds/mile slower than your 5k race pace. Sample: 45' steady state over hills.
 - **Threshold / Tempo:** This is a high intensity aerobic run that takes place at your anaerobic threshold—typically about 15-25 seconds slower than your 5k pace (threshold) and typically between 88 and 92% of max HR. This pace is somewhat uncomfortable, but you should be able to speak about 5-7 words at a time. It is about the pace that you could keep up for 30-60 minutes if you were racing. Tempo pace is slightly slower (40-50 seconds slower than 5k). These paces enhance your body's ability to get rid of the byproducts of anaerobic energy production, thereby allowing you to run faster aerobically, as well as enhancing psychological toughness. Sample: 4*1600 w/ 1' rest or 5 mile continuous progression run.
 - **CV:** This is an intensive tempo pace that both works on aerobic race specific stamina and lactate clearance ability. Sample: 5*1k w/ 75s jog rest.

- **Vo2:** Also sometimes called “interval pace”, this is fast anaerobic work that occurs at a pace somewhere around your 3200 meter race pace typically at 97-100% of maximum heart rate. There can be significant discomfort when training at this pace, and intervals are typically shorter than threshold with longer rests. Although this is an anaerobic training pace this training produces aerobic benefits by increasing your heart’s ability to pump blood and by preparing you to run at “race pace”. Sample workout: 6*800 w/ 2:30 rest.
- **Repetition:** This training occurs at a pace around your current 1600 race pace, and primarily benefits you by training your body how to run more biomechanically efficiently. Repetition workouts usually involve shorter distances and greater rest. Sample: 8*400 w/ 3:1 rest.
- **Fast:** This is a pace that is somewhere around your current 800 race pace. This pace will feel very quick in practice, and will usually lead you to being “on your toes”. The primary benefit to this training is to increase your speed endurance by working fast-twitch muscle fibers and your anaerobic system. Sample: 8*200 w/ 200 jog rest.
- **Fly Pace:** This is all out sprinting. The primary purpose of this pace is to increase your maximum sprint speed and to be able to build a “speed reserve”. Studies have shown that even Marathoners benefit from this type of training. Sample: 5*40 with 3’ rest.

Weight Training and Core Strengthening

We do strength training in order to strengthen muscle groups that are utilized in running, resulting in an increase in endurance and power, as well as biomechanical efficiency. The goal of lifting and core exercises is to get faster *and* to become more injury resistant. The team will lift regularly during the preseason and the early regular season. Lifting will taper off as the post season approaches in order to show up “fresh”.

Logging your Training

One thing that almost all highly successful runners and other endurance athletes do is to keep a record of their training. It helps to look at the big picture, and being able to see the progression of where you came from and where you are can help with that. In addition it’s a useful tool to foster awareness of long-term trends in sleep or training and how they affect your fitness, health, and injury potential. You will keep a daily log of your training on the Strava App.

Injuries and Injury Prevention

IMPORTANT NOTE: If you think you have sustained an injury, please talk to the coaches first. We have knowledgeable coaches that will usually be able to help you work through most minor injuries. We are also lucky to have an extremely qualified and experienced training staff (including a team sports doctor that is here at least once a week) that can diagnose injuries, develop a plan of therapy, and will help you return to action as soon as possible.

If you feel that you do need to go to an outside doctor, make an appointment somewhere that practices sports medicine, preferably with a doctor who specializes in runners. Please, do not go to your general family doctor – most of the time they will treat injuries by restricting you from running for anywhere between a week and three weeks.

Injuries

Unfortunately, injuries are a part of almost every long-term runner's experience. Most of us get injured when we don't listen to our bodies and push too hard for too long. Your coaches have designed the training plan to allow every runner to complete the season injury free, but sometimes injuries pop up unexpectedly. If you suspect an impending injury you should talk to your coach immediately. Signs of injuries include:

- Pain that is particularly strong
- Pain that gets worse from one day to the next
- Pain that lasts for more than one or two days
- Pain that is present even when you're not running
- Pain that is concentrated in a particularly small area

Injury Prevention

You can prevent many injuries by **stretching** regularly and by **icing** after workouts. Also, avoid surfaces like wet mud, very uneven surfaces and try to stay off of concrete for at least some of your runs. Also, make sure that you consider the following ways to prevent injury:

- **Rest:** Training tears down the body, rest allows the body to repair itself. Pay attention to how your body feels following training and how long it takes you to recover. Your body is not a machine, it needs time to recover. Maintain regular sleep patterns.
- **Self-Awareness:** Pay attention to your body. Some aches and pains and soreness are normal when you are training, but you need to watch for signs of overuse, injuries, or extreme fatigue. When you are unusually and persistently sore for 3-4 days in a row it's time for a day off or a recovery day. If you have strange tightness, inflexibility or sharp pains in one spot, it's time to ice, take it easier, rest, or cross train. Listen to your body.
- **Footwear:** IMPROPER FOOTWEAR IS THE #1 CAUSE OF PREVENTABLE RUNNING INJURY. When you are running your foot will contact the ground with several hundred pounds of force behind it and this will happen up to 15,000 times during a single run! Your running shoes are the only thing that separates your foot from the ground. Shoes should be replaced every season. Go to a specialty running store like.
 - Fleet Feet, Second Sole, Columbus Running Company, Fleet Feet, Front Runner, or Road Runner (amongst others!) and they will find shoes that fit your particular form and foot. More than anything else proper shoes will help you prevent injury!

Common Running Injuries:

- **Achilles Tendonitis:** Stiffness and pain in tendon between the calf and heel. Typically caused by overuse, poorly fitting or overworn shoes, high heel shoes, or training mistakes. Treatment is ice, rest, stretching, reduction in training volume.

- **Ankle sprains:** Pain in ankle, usually caused by twisting or rolling the ankle. Treat with ice, rest and in some cases physical therapy. Injury may or may not require time off based on the severity.
- **Back pain:** Lower back is stiff and sore, usually caused by weak abdominal muscles and tight hamstrings. Treatment consists of core exercise and stretching. Usually, the athlete does not need to take time off.
- **Calf strain:** Pain in calf, often caused by overworking fatigued muscles or jumping into training too fast. Treatment is rest, ice, and physical therapy (strength and flexibility). These tend to sneak up on you as slight pains, but after a run or towards the end of a long run, they start to hurt a bit more. These can be prevented with good stretching and strength. They tend to be nagging injuries that can keep an athlete out for a week or two.
- **Groin/hip flexor strain:** Pain in hip or groin region. Athletes may feel a pull or pop. Range of motion in leg may be limited and stiff. Treatment varies, but rest and time off are usually necessary along with ice, rest, and physical therapy (stretching and strength). With mild strains, a few days will fix the problem, but more severe ones could linger for months.
- **Hamstring strain:** Pain in back of thigh. It could be high (near the buttocks) or low (behind the knee). Athlete may feel a pull or a pop. Muscle will be tight, sore, and may have a knot. Treatment consists of ice, rest, physical therapy (strength and flexibility). These may resolve themselves with a few days of rest, but like the groin and hip strains, they could also linger for a couple of months. Strains directly in the middle of the muscle tend to heal better than those near the buttocks or behind the knee due to better blood flow for healing.
- **IT band syndrome:** Pressure or pain around the outside of hip, thigh, or knee. Treat with stretching, ice and foam rollers. Reduce training volume as necessary. In extreme cases, time off is necessary. This is typically more nagging than debilitating if you catch it early.
- **Knee pain:** A great deal of knee pain is caused by weak quadriceps muscles. There are many different reasons for knee pain, but stronger quadricepses are usually a huge part of the solution. Treatment for different injuries will be discussed, but typically, ouchy knees are cause for limiting hill training and improving quadriceps strength. Several knee injuries are:
 - **Knee cap tracking issues:** The knee cap is a little “off its groove,” and therapy can fix the problem fairly quickly. Little to no time off is necessary in most cases.
 - **Tendonitis, Swollen plica membrane, Patellar tendonitis:** Each of these injuries is typically associated with overuse, asymmetry, training mistakes, or muscle weaknesses. Treatment is usually rest, ice, physical therapy (stretching and strength). Reduce training volume. Most athletes will miss no time or one to two weeks, but some may need to shut down for the season.
 - **Osgood-Schlatters disease:** Very intense pain just below the knee caused by a problem with the growth plate. The problem is something the athlete should outgrow, but it takes time. Seek treatment from a physician. Reduction of training volume is necessary, and athletes may have to be shut down for the duration of the season.
- **Planter fasciitis:** Pain on the bottom of the foot, typically just to the front of the heel. It is very tight when you wake up. It usually feels better after you warm up very well, but it hurts a lot until then. Treatment consists of stretching, ice, rest as needed, reduction in training volume, and wearing a crazy boot that stretches your arch while you sleep and makes you look like a transformer. ☺ Some athletes require a couple of weeks of rest to calm this condition down, but many can run through it.
- **Stress fractures:** These may occur in the back, hip, femur, tibia, foot or other places. Most runners that have stress fractures get them in their shins or feet. These typically start as small pains that are easily ignored, and they progress to moderate pain before becoming too painful to run on. Early stress issues often result in a bone that is tender to the touch. The best treatment is recognizing the problem before it becomes a full-fledged fracture, which means telling the coach as soon as you feel pain. Treatment consists of total rest for 4-8 weeks. In almost every instance of a stress fracture, the athlete is shut down for the entire season.

Your Training Checklist

What does it take to be a successful Gahanna Cross Country Runner? The following checklist just about sums it up:

- ☐ **Dedication and Hard Work**
- ☐ **Consistency and Patience**
- ☐ **Ambition to Improve**
- ☐ **Willingness to Take Risks in Races and Workouts**
- ☐ **Proper Rest and Recovery**
- ☐ **Proper Hydration**
- ☐ **Proper Nutrition**
- ☐ **Proper Running Shoes**

Boys Historic Top 25 List

Coming INTO the 2025 season. Click [here](#) for a complete list.

Gahanna Lincoln All Time Top 100

	Grade	Name	Time	Year
1	12*	Ryan Schilling	15:32.00	2004
2	12	Owen Towler	15:39.50	2024
3	12	Charlie Slates	15:41.90	2022
4	12	Riley Jackson	15:42.70	2019
5	12	Ben Towler	15:45.00	2019
6		Sam Brown	15:47.00	2005
7		Dave Wacławski	15:48.00	2001
8	11*	Chase Beckmann	15:49.27	2007
9	10*	Dante Fiocca	15:53.00	1993
10		Jason McDonald	15:56.52	2011
11	11	Ben Jones	16:03.20	2024
12	12	Aaron Schaller	16:05.00	2015
13	12	Dave Long	16:08.00	1993
14		Brian Dempsey	16:11.0	1994
15		Mark Alvarez	16:12.0	1987
16	12	Abi Sileschi	16:12.7	2022
17	12	Jason Mehalic	16:14.0	2017
18	12	Solomon Costa	16:14.0	2016
19	12	Camden Goddard	16:16.26	2024
20	12	Mason Fry	16:16.56	2024
21		Nate Brown	16:17.0	2002
22	12	Ryan Mehalic	16:17.40	2019
23		Rob Jeffers	16:18.0	1989
24	11	Tyler Story	16:20.2	2016
25	9*	Alex (AJ) Eggleston	16:20.90	2019

Girls Historic Top 25 List

Coming INTO the 2025 season. Click [here](#) for a complete list.

RANK	NAME	GRADE	Meet	YEAR	TIME
1	Alyssa Shope	12	OHSAA District - Hil. Darby	10/23/21	17:26.26
2	Claire Steigerwald	12		2017	18:04.1
3	Kelsey Sandlin	11		2013	18:27.6
4	Ruby Lewis	11	Celtic Clash	9/21/24	18:34.26
5	Natalie Clay	9		2016	18:46.0
6	Kay Kay Garber	12		2007	18:52.0
7	Amber Underwood	9		1993	18:54.0
8	Allison Holahan	12		2014	19:00.0
9	Rylee Tanner	12		2011	19:00.00
10	Olivia Smeck	11	OHSAA District - Hil. Darby	10/19/24	19:03.53
11	Ally Wharton	10		2014	19:08.3
12	Patty Cockburn			1983	19:14.0
13	Abigail Young	9	OHSAA D1 Region - Pickerington	10/28/23	19:15.59
14	Maddie Larick	11		2016	19:16.0
15	Sara Buckner	10		2016	19:19.0
16	Jillian Gomez	9	OHSAA State Championship	11/2/24	19:23.22
17	Elise Wunderlin	9		2017	19:28.0
18	Kelsey Thompson	10		2012	19:31.52
19	Ava Tominack	12	Hot Summer Bash - Hil. Davidson	9/3/22	19:32.4
20	Tara Shope	10		2017	19:32.8
21	Rebecca Shope	10	OHSAA State Championship	11/2/24	19:33.12
22	Riley Dickson	10		2017	19:37.3
23	Addison Galloway	9	Districts-@ Darby	2020	19:38.20
24	Ari Redmond	10		2016	19:40.0
25	Kearstin Turner	12		2015	19:40.9

Paces based on the [Tinman Running Calculator](#) developed by Tom Schwartz

Current Fitness				Workout Paces											
800	1600	3200	5k	Recovery	Easy	Moderate	Tempo	Threshold	CV / 10k	AeP	vVo2	AnE	AnP	Speed En.	Speed
1:51	4:04	8:39	13:51	6:32-7:00	5:52-6:30	5:32-5:42	4:58-5:22	4:44-4:51	4:31-4:37	4:20-4:26	4:10-4:15	3:53-4:01	3:38-3:45	3:26-3:33	3:16-3:21
1:53	4:07	8:48	14:06	6:39-7:08	5:58-6:37	5:37-5:48	5:03-5:28	4:49-4:56	4:36-4:42	4:25-4:30	4:14-4:19	3:57-4:05	3:42-3:49	3:30-3:36	3:19-3:24
1:55	4:12	8:58	14:22	6:45-7:15	6:04-6:43	5:43-5:53	5:08-5:33	4:54-5:01	4:41-4:47	4:29-4:35	4:19-4:24	4:01-4:09	3:46-3:53	3:33-3:40	3:23-3:28
1:57	4:17	9:06	14:36	6:52-7:22	6:10-6:50	5:49-5:59	5:13-5:39	4:58-5:06	4:45-4:52	4:33-4:39	4:23-4:28	4:05-4:13	3:49-3:57	3:37-3:44	3:26-3:31
1:59	4:21	9:16	14:52	6:59-7:29	6:16-6:56	5:54-6:05	5:18-5:26	5:03-5:10	4:50-4:56	4:38-4:44	4:27-4:32	4:09-4:17	3:53-4:01	3:40-3:47	3:29-3:35
2:01	4:26	9:26	15:07	7:05-7:36	6:22-7:03	6:00-6:35	5:23-5:50	5:08-5:15	4:54-5:01	4:42-4:48	4:31-4:37	4:13-4:22	3:57-4:04	3:44-3:51	3:33-3:38
2:03	4:30	9:35	15:22	7:12-7:46	6:28-7:10	6:06-6:17	5:28-5:55	5:13-5:20	4:59-5:06	4:47-4:53	4:36-4:41	4:16-4:26	4:01-4:08	3:47-3:54	3:36-3:41
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3:35	7:52	16:45	26:51	12:13-13:06	10:59-12:09	10:20-10:39	9:17-10:03	8:51-9:04	8:27-8:39	8:07-8:17	7:48-7:57	7:15-7:31	6:48-7:01	6:26-6:38	6:07-6:16