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| **Arrival:**  approximately 7:30  **Location**  Harper College  1200 W. Algonquin Rd  Palatine, IL 60067  **Depart for home:**  We hope to be leaving by 12:15 home by approximately 1:30pm | **Next of week:**  Sun: 45-minute run  Mon: 1x4.5, 4x4, 1x3  Tues: Recovery Run  Wed: 4-mile Fartlek  Thurs: Long Run  Fri: 4x75sec  Sat: LISLE MANE EVENT | **FYI for this race:**  Top 10 Girls 9:00  Top 10 Boys 9:40  Open Girls 10:20  Open Boys 11:00  Awards 11:40  Top 25 Varsity and Top 10 Open get T-shirts  T-shirts $15 |
| **Fresh/Soph –**  NONE  **Not Running:**  Faith | **Varsity – 9:00**  Joslyn, Yesenia, Tracey, Alexis, Ashley, Avery, Bella, Kelsey, Joana, Lili  **TIMES:** Jubrisa, Brittney, Viviana, Marlie, Tori Maya, | **Open – 10:20**  Julia, Jubrisa, Brittney, Julietta, Viviana, Marlie, Lia, Tori, Asya, Kate, Yasenia, Maya, Samira, Emma, Princeza, Genna, Lena, Jessica  **TIMES:** varsity runners |
| **Remember:**  This is your opportunity to make a statement and show how you have improved, don’t waste the opportunity.  Look for a teammate you train with and run with them, push each other to run together.  Start slower than you want and move up during the race | **Warm – Up at 8:05**  Leg swings; 15 minutes of running; stretch; spikes  **Be at the start by 8:40**  Drills and 4 stride outs  **Cool-down by 9:45**  25 minutes of running TOGETHER, then take times for the OPEN | **Warm – Up at 9:25**  Leg swings; 15 minutes of running; stretch; spikes  **Be at the start by 10:00**  Drills and 4 stride outs  **Cool-down by 9:45**  15 minutes of running TOGETHER |
| **Quote of the day:**  Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us to find out what we are made of. This is what we do; this is what it’s all about.  – Patti Sue Plummer US Olympian  Part of a runner’s training consists of pushing back the limits of his mind – Kenny Moore  WE > me | | |

