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| **Arrival:**  Approximately 8:30  **Location:**  Lisle High School  1800 Short St  Lisle, IL  **Depart for home:**  We hope to be leaving by 1:15 home by approximately 2:00 | We will walk course together at 9:00  **Next of week:**  Sunday: 30-min run  Monday: Long Run  Tues: Will County Meet  Wed: Hills  Thurs: 5x4 min, 1x3 min  Fri: Recover  Sat: West Aurora | **FYI for this race:**  Varsity Top 10; engraved plaques, 11th – 15th custom plaques; 16th – 25th medals with ribbons; 26th – 40th ribbons  F/S Girls 9:00  F/S Boys 9:40  Varsity Girls 10:20  Varsity Boys 11:00  OPEN Boys/Girls 11:40  Shirts $20 |
| **Fresh/Soph**  Not running this race  Faith - finish times | **Varsity – 10:20**  Joslyn, Yesenia, Tracey, Alexis, Ashely, Avery, Bella  Times: Kelsey, Joana, Princeza, Lili, Brittney | **Open – 11:40**  Everyone else  Times: Joslyn, Yesenia, Tracey, Alexis, Ashley, Avery, Bella |
| **Weather:** Cloudy high of 63o, possible afternoon rain, windy 10 to 15 mph  **Reminder:** There are 3 races left before conference make the most of every 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, there is a large hill in the first mile. | **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 10:50**  25 minutes of running TOGETHER, then take times for the OPEN | **Warm – Up at 10:50**  Leg swings; 15 minutes of running; stretch; spikes  **Be at the start by 11:20**  Drills and 4 stride outs  **Cool-down by 12:25**  15 minutes of running TOGETHER |
| **Sometimes running sucks you’re tired it’s early and it’s cold you don’t wanna til you lace up & remember why you LOVE THE RUN**  **“You must expect great things from yourself before you can do them.” – Michael Jordan**  **“I think what endurance sports teach you is to stay dedicated, stay focused, and also to understand you’re going to have ups and downs, but you need to keep running right through them” – Kyrsten Sinema** | | |

