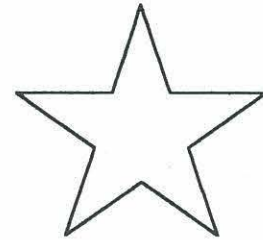
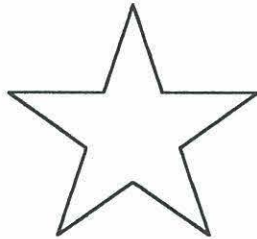
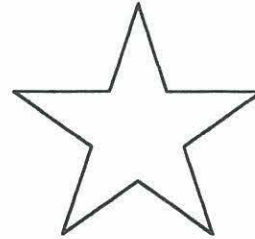
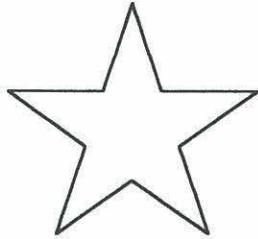
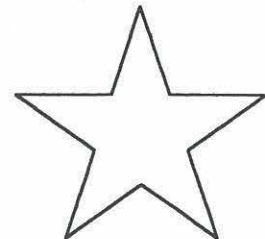
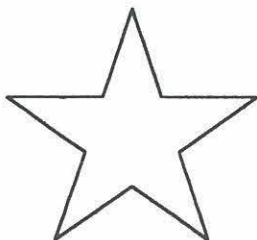
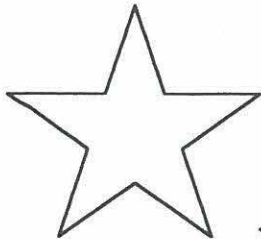


**BREBEUF JESUIT
PREPATORY SCHOOL
1999
WOMEN'S CROSS
COUNTY**



**WHAT AN AMAZING
SEASON WE HAD... AND
SUCH GREAT THINGS TO
COME!**



HI GIRLS,

FIRST OF ALL I NEED TO APPOLOGIZE: #1- SORRY THAT IT TOOK ME SO LONG TO GET THIS PACKET TO YOU. I HAVE HAD A MILLION THINGS GOING ON SINCE CROSS COUNTRY ENDED AND I HAVE NOT HAD A LOT OF EXTRA TIME. (BAD EXCUSE...I KNOW). #2- SORRY THAT I HAVE NOT BEEN AROUND ANY SINCE THE BANQUET. AGAIN, I HAD NEGLECTED A LOT OF THINGS AT MY TEACHING JOB DURING THE SEASON AND I NEEDED THIS TIME TO CATCH UP. (ANOTHER LAME EXCUSE FOR YOU!)

NOW IS THE TIME TO REALLY BEGIN GETTING THOSE WINTER RUNNING MILES. AFTER THANKSGIVING BREAK I WILL BEGIN BEING AT BREBEUF FOR "FUN RUNS" LIKE WE HAD THIS SUMMER. WE WILL MEET ON TUESDAYS, WEDNESDAYS, AND THURSDAYS. WE CAN MEET IN THE GYM LOBBY AROUND 3:45. I WOULD LOVE FOR EVERYONE THAT IS NOT IN A WINTER SPORT TO BE JOINING US. ALONG WITH THE DAYS WE MEET, THE OTHER DAYS OF THE WEEK I DO EXPECT YOU TO BE RUNNING ALSO!!

IN THIS PACKET OF INFO YOU WILL FIND SEASON STUFF AND YOUR WINTER MILAGE CALENDAR. PLEASE KEEP TRACK OF THE MILES YOU RUN THIS WINTER. YOU WILL ALSO FIND A MILAGE CHART IN THE BACK TO HELP GUIDE YOU IN THE MILES YOU RUN THIS WINTER.

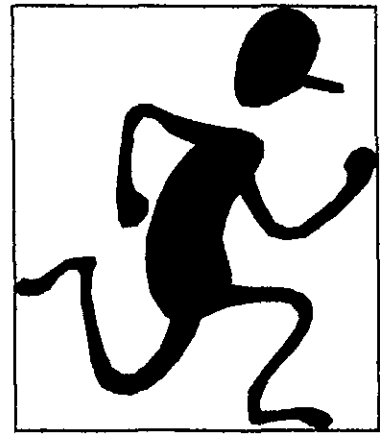
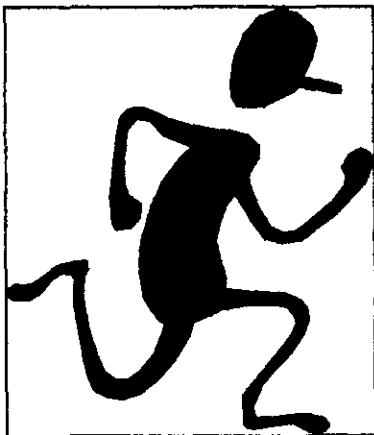
I HOPE TO SEE YOU ALL ON TUESDAYS, WEDNESDAYS, AND THURSDAYS STARTING AFTER THANKSGIVING BREAK. HAVE A GREAT THANKSGIVING BREAK AND PLEASE BE CAREFUL IF YOU ARE TRAVELING.

SINCERELY,

COACH KELLY

BREBEUF JESUIT PREPARATORY SCHOOL WOMEN'S CROSS COUNTRY 1999-2000

WED	AUG	25	BJPS INVITE	5:00 PM	BREBEUF
SAT	AUG	28	RUSHVILLE INVITE	9:30 AM	RUSHVILLE
TUE	AUG	31	PIKE-ZIONSVILLE	4:30 PM	ZIONSVILLE
THU	SEP	2	HH LANDES INVITE	5:00 PM	HAM. HEIGHTS
SAT	SEP	4	LAFAYETTE HARRISON INVITE	9:00 AM	LAFAYETTE HARRISON
SAT	SEP	11	PARK TUDOR INVITE	9:00 AM	BROAD RIPPLE PARK
TUE	SEP	14	BEN DAVIS INVITE	4:45 PM	SOUTHEASTWAY PARK
SAT	SEP	18	D CENTRAL INVITE	10:00 AM	SOUTHEASTWAY PARK
SAT	SEP	25	CULVER ACAD. INVITE	9:15 AM	CULVER
SAT	OCT	2	MARION COUNTY	9:00 AM	BREBEUF
TUE	OCT	12	WARREN CENTRAL	4:30 PM	BREBEUF
SAT	OCT	16	SECTIONALS	10:30 AM	BREBEUF
SAT	OCT	23	REGIONALS	10:30 AM	BREBEUF
SAT	OCT	30	SEMI-STATE	11:00 AM	SOUTHEASTWAY PARK
SAT	NOV	6	STATE FINALS	11:00 AM	INDIANA UNIVERSITY



**BREBEUF JESUIT GIRLS CROSS COUNTRY ROSTER
1999**

<u>NAME</u>	<u>GRADE</u>
Lindsay Anderson	12
Elisa Bobbitt	12
Maggie Mack	12
Stephanie Strine	12
Paige Adejare	11
Jacque Beckley	11
Kimberly Doyle	11
Ellen Gladish	11
Becca Havens	11
Paige Johnston	11
Emily Stenz	11
Meghan Burke	10
Jennifer Faulk	10
Anna Maria Gramelspacher	10
Elizabeth Huser	10
Kirsten Kahlo	10
Buffy Leichleiter	10
Vanessa Polk	10
Lily Rossebo	10
Elizabeth Taggart	10
Linda Trotter	10
Ashley Williams	10
Libby Anderson	09
Elizabeth Bodle	09
Lynn Fossier	09
Mia Williams	09

Head coach: Kelly Hardwick

1999 SEASON SUMMARY

TEAM CAPTAINS
LINDSAY ANDERSON
STEPHANIE STRINE
JACQUE BECKLEY

MOST IMPROVED AWARD WINNER
ELLEN GLADISH

MENTAL ATTITUDE AWARD
ANNA MARIA GRAMELSPACHER

CHIEF'S AWARD
LINDSAY ANDERSON

MEET RESULTS:

BJPS INVITE--	VARSAITY 3 RD JV 4 TH	JV 1 ST	
RUSHVILLE INVITE--	VARSAITY 1 ST	CULVER INVITE--	VARSAITY 10 TH
ZIONSVILLE/PIKE--	VARSAITY 2 ND JV 2 ND	COUNTY MEET--	VARSAITY 7 TH
LAFAYETTE INVITE--	VARSAITY 4 TH JV 3 RD	WARREN CENTRAL--	TEAM 1 ST
PARK TUDOR--	VARSAITY 3 RD JV 3 RD	SECTIONALS--	TEAM 5 TH
BEN DAVIS INVITE--	VARSAITY 8 TH	REGIONALS--	TEAM 4 TH
GOLDEN SPIKE--	VARSAITY 1 ST	SEMI-STATE--	TEAM 13 TH

INDIVIDUAL MEET TIMES

NAME	TIME TRIAL	BJPS INVITE	RUSH INVITE	ZION/ PIKE	LANDES INVITE	LH INVITE	PARK TUDOR	BEN DAVIS	DC INVITE	CULVER INVITE	COUNTY MEET	WC	SECT-IONALS	REG-IONALS	SEMI-STATE
Adejare, Paige	DNF	DNC	DNC	33:02	DNC	DNC	32:50	DNF	32:10	31:34	34:12	DNC			
Anderson, Libby	23:11	22:27	DNC	DNC	DNC	DNC	DNC	DNC	DNC	21:42	24:10	DNC			
Anderson, Lindsay	22:36	20:38	21:08	21:14	20:02	20:58	20:24	20:57	21:02	DNC	22:05	DNC			
Beckley, Jacque	18:04	17:20	17:25	17:35	16:54	17:26	17:07	16:24	16:41	16:55	17:35	17:05	17:19	17:49	****
Bodle, Liz	17:56	16:35	16:38	17:55	16:31	17:14	17:11	16:00	16:11	16:31	16:38	16:16	16:34	15:54	16:31
Burke, Meghan	DNC	DNC	DNC	DNC	17:28	18:20	18:10	18:28	17:31	17:34	18:21	17:34	17:20	****	16:46
Doyle, Kim	23:09	22:19	20:58	21:45	21:01	DNC	20:31	DNC	21:38	22:13	DNC	22:28			
Faulk, Jennifer	18:53	17:26	18:37	18:07	17:38	DNC	17:29	17:05	17:09	17:54	DNC	17:12	16:48	16:27	16:17
Fossier, Lynn	17:42	16:24	16:22	16:46	16:12	16:38	15:53	15:56	15:42	16:04	15:56	16:53	17:46	16:28	15:51
Gladish, Ellen	22:29	20:41	23:01	DNC	20:39	DNC	19:45	DNC	19:38	19:34	18:54	18:44			
Gramelspacher, AM	18:13	17:15	17:20	17:06	16:26	17:04	16:20	16:01	16:08	16:32	DNC	DNC			
Havens, Becca	20:49	19:46	20:49	19:47	19:09	DNC	18:48	18:46	18:30	19:37	19:36	20:44		****	****
Huser, Elizabeth	21:11	20:06	DNC	20:31	20:40	DNC	19:36	19:54	DNC	20:11	20:46	DNC			
Johnston, Paige	22:20	21:30	22:32	21:43	21:19	DNC	DNC	DNC	21:05	22:05	DNC	DNC			
Kahlo, Kirsten	20:42	18:42	18:55	18:26	17:36	19:00	18:18	18:18	17:40	18:02	17:59	18:41	18:58	****	
Lechleiter, Buffy	22:46	22:48	22:50	DNC	20:31	DNC	DNC	20:48	DNF	DNC	21:26	DNC			
Mack, Maggie	22:31	22:01	22:33	22:07	21:43	DNC	DNF	DNC	20:59	DNC	DNC	DNC			
Polk, Vanessa	21:51	21:26	22:00	21:41	DNC	20:54	20:15	19:46	19:49	21:41	20:36	21:28			
Rossebo, Lily	18:05	17:15	17:15	17:57	17:08	17:14	16:42	16:41	16:37	17:25	17:25	17:13	17:05	17:01	17:18
Stenz, Emily	21:12	20:05	20:42	20:32	19:16	20:10	19:27	19:21	19:35	19:42	20:52	DNC			
Strine, Stephanie	23:06	21:16	22:00	22:08	21:36	21:42	20:50	21:15	21:10	DNC	22:50	DNC			
Taggart, Elizabeth	19:37	16:50	16:38	18:50	17:27	17:48	16:33	16:21	16:11	17:26	17:35	16:44	16:26	16:38	16:38
Trotter, Linda	18:04	16:54	16:32	17:13	16:17	16:38	16:07	15:56	15:59	16:10	16:30	16:15	16:10	16:11	16:03
Williams, Ashley	22:00	20:16	20:02	19:40	18:48	19:39	18:46	18:45	18:26	19:08	19:07	19:15	19:00	****	
Williams, Mia	21:19	20:27	21:02	DNF	20:19	22:15	DNC	DNC	DNF	22:52	DNC	DNC			

**** | somehow missed placed these times. I am so sorry!!

1999 SEASON BEST TIMES AND PERSONAL BEST TIMES

<u>NAME</u>	<u>SEASON BEST</u>	<u>PERSONAL BEST</u>	<u>PREVIOUS PERSONAL BEST</u>
ADEJARE	31:34	31:34	34:31
ANDERSON, LIB	21:42	21:42	
ANDERSON, LIN	20:02	16:44	16:44
BECKLEY	16:24	16:24	17:56
BODLE	15:54	15:54	
BURKE	16:46	16:46	17:12
DOYLE	20:31	20:10	20:10
FAULK	16:17	16:17	17:08
FOSSIER	15:42	15:42	
GLADISH	18:44	18:42	19:32
GRAMELSPACHER	16:01	16:01	17:47
HAVENS	18:30	18:30	
HUSER	19:36	19:36	
JOHNSTON	21:05	21:05	
KAHLO	17:40	17:40	
LECHLEITER	20:31	20:31	
MACK	20:59	20:59	21:30
POLK	19:46	19:46	21:39
ROSSEBO	16:37	16:37	17:38
STENZ	19:16	18:27	18:27
STRINE	20:50	20:50	22:30
TAGGART	16:11	16:11	16:33
TROTTER	15:56	15:56	18:03
WILLIAMS, A	18:26	17:27	17:27
WILLIAMS, M	20:19	20:19	

BREBEUF JESUIT GIRLS CROSS COUNTRY
TOP 50 ALL TIME LIST

1	Courtney Adams	13:28	1995
2	Jamie Guntz	14:53	1989
3	Liz Turner	15:17	1993
4	Kristin Wunder	15:28	1997
5	Kathy Kurek	15:31	1991
6	Jamie Crook	15:38	1995
7	G.G. Jenkins	15:41	1995
8	Lynn Fossier	15:42	1999
9	Elizabeth Pitts	15:49	1993
10	Kristin Adams	15:50	1992
11	Liz Bodle	15:54	1999
12	Heather Bolejack	15:55	1989
13	Cathy Hicks	15:56	1985
	Linda Trotter	15:56	1999
15	Laura Blythe	16:01	1994
	Maria Gramelspacher	16:01	1999
17	Alyssa Norwalk	16:03	1989
18	Kristy Fountain	16:06	1991
19	Elizabeth Taggart	16:11	1999
20	Shanna Martin	16:12	1993
	Jennifer Frayer	16:12	1995
22	Jennifer Faulk	16:17	1999
23	Julia Koslow	16:20	1996
	Carey Rogers	16:20	1994
25	Jacque Beckley	16:24	1999
26	Bree Russo	16:32	1993
27	Lily Rossebo	16:37	1999
28	Brianne Williams	16:42	1996
29	Heather Bradley	16:43	1998
30	Lindsay Anderson	16:44	1998
31	Meghan Burke	16:46	1999
32	Caity Bowman	16:53	1989
33	Christine Bielski	16:58	1992
34	Amy Yacko	17:04	1997
35	Theresa Kurek	17:07	1988
36	Jessica Dalsing	17:08	1998
37	Shannon Poskon	17:20	1985
38	Sarah Lapp	17:21	1993
39	Karen Diener	17:22	1986
40	Ashley Williams	17:27	1998
41	Jennifer Wellnitz	17:39	1991
42	Kirsten Kahlo	17:40	1999
43	Ruth Mena	17:42	1996
44	Kara Nelson	17:45	1991
45	Jill Scannell	17:46	1996
46	Claire Honeycutt	17:54	1995
47	Caroline McDonald	17:58	1989
48	Emily Stenz	18:27	1998
49	Becca Havens	18:30	1999
50	Ellen Gladish	18:42	1999



**WINTER
WARRIOR
MILES!**



NOVEMBER

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

* december *

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

JANUARY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 Happy New Year!
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23 /	24 /	25	26	27	28 /	29 /
30 /	31 /					

February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28					

BJPS CROSS COUNTRY WEEKLY RUNNING RECORDS 1999-2000

NAME _____ WEEK OF _____

GOAL OF THE WEEK _____

	WORKOUT	LOCATION	WEATHER	POSITIVE HIGHLIGHTS	TIME	TOTAL MILES
MONDAY						
TUESDAY						
WEDNESDAY						
THURSDAY						
FRIDAY						
SATURDAY						
SUNDAY						

CURRENT CD _____

TOTAL WEEKLY MILES _____

WEEKS GOAL	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	LONG RUN	SHORT FAST		LONG FAST			
10 MILES	2	1	2	1	2	1	1
15 MILES	3	1	2	2	2	2	3
20 MILES	4	2	3	3	3	3	4
25 MILES	5	2	4	4	3	TM+3	3
30 MILES	6	2	5	4	5	TM+4	3
35 MILES	7	3	5	5	5	TM+5	4
40 MILES	8	3	6	5	6	TM+6	5
45 MILES	8	4	7	6	6	TM+7	6
50 MILES	9	4	7	6	7	TM+8	7
55 MILES	9	4+2	8	7	8	TM+9	7
60 MILES	10	4+3	8	8	8	2TM+9	8

* start at a resonable level and work your way up. You should stay at a level for about 2 weeks then move to next level.