

Pedro Menendez

Cross Country



Volume 9

November 16, 2011

State Bound!

Lake City- After finishing in 3rd place in the Boys 2A Region 1 race on Saturday November 12th, Dillon Hodge will be going to the FSHAA State Cross Country Finals! His 5k time of 16:24 was 16 seconds behind the winner.

The 2A final will be run at 10:50am on November 19th in Dade City, FL.

Districts

Jacksonville- Dillon Hodge finished in 17:02 to win the District 3 Boys Championship and advance to the Regional Meet. The boys team finished in 5th place missing out on a chance to compete as a team in the Regional Meet.

The girls team finished the season with a 6th place finish.

Falcon Tracks is a weekly publication of the PMHS cross country program. It is intended to keep supporters of the program up to date on what is going on in the program.

Direct any questions, comments, or concerns to the PMHS Coaching Staff.

MENENDEZ
F A L C O N S

UPCOMING EVENTS

Ad Space 4 Sale, this will be our fundraiser instead of a carwash prior to the start of school.

Car Wash

TBA

Why Do We Run? De-Mystifying Cross Country

By Ralph Epifanio / September 29, 2011 8:53 AM

In today's world of instant everything, it is imperative that we each have—at our fingertips—a quick guide to the more important things in life. That way we can be an instant expert—or as nearly so as possible—with a minimum of effort. For those already overburdened with school, work, or life in general, the following is intended to provide everything you will ever need to know about cross country, using an even dozen short questions as an illustration. Owing to the fact that I am the author, the answers are not necessarily as short, and the reader may give pause to consider if reality has surrendered itself to repartee.

What is Cross Country?

Cross country is a sport where teams of seven compete on natural surfaces, such as grass, dirt, sand, mud, woodchips, rocks and/or (hopefully) shallow water to see which team can put all or (or most) of their members across the finish line first.

Why do they run?

Because they can.

How far do they run?

In high school, both boys and girls attempt to run 5K, or 3.1 miles. In college, men generally last for 8K (4.98 miles) in regular season meets, and may set out on a 10K (6.2 miles) in championship level meets. College women sally forth on 5Ks in regular meets, and hopefully last the 6K (3.7 miles) at end-of-season championships. In any case, the course may be laid out in such a way as to visit hills, ditches, sandpits, standing water, fallen trees, or hay bales to make the task as challenging as a warped mind can imagine it.

Why is this the only sport that doesn't involve a ball of some sort?

No one actually knows. It could be that, ages ago, the runner in the lead had one, but in the excitement of being chased by dozens of fleet-footed villagers the object he was carrying slipped from his grasp and rolled away. In other words, with sufficient motivation, the thrill of the chase is enough of a reason to run as fast as humanly possible.

How does a team win?

There are three ways: (1) A team places its first five runners across the finish line before the first five of any other team; (2) The last two runners of one team outrun the slower members of another team, therefore "displacing" their finish in the final score, (3) The other team does not show up.

How does a team score?

The first runner across the finish line gets one point, the second two, and so forth. Only the first five runners on each team are allowed to score.

None of that makes any sense.

Correct. But remember, there is no ball either. Please stick to questions, or you will be required to remain for an essay test.

What is a typical score?

That would depend upon the number of teams running. If only two teams are involved, a perfect score is 15-50. The more teams, and the more runners, the more finish places, and therefore the higher everyone's score. Still, the team with the lowest score wins.

Why do the biggest guys play football, and the smallest guys run?

Actually, there is an element of inverse proportionality. It was actually the football players who inspired them to begin running. Some of the greatest legends in running got their start in middle school gym class.

Why do running shirts have sayings like "Pain and I are on a first name basis" printed on the back, and not the front?

What good would it do if it was printed on the front? The runner behind you would not be able to read it.

What does a runner do when he is not running?

He reads about running.

What happens to runners as they get older?

They either keep running, in which case they get smaller and smaller until they disappear. Or they stop running, and get bigger and bigger until all they can do is write.

"To give anything less than your best is to sacrifice the Gift." — Pre

Bronco Classic

Middleburg- Dillon Hodge ran to a season best 16:17 while finishing in 5th place overall. Stephanie Miller, Carly Jordana, and Bre Miller all ran under 23:00 and place within 3 spots of each other.

Boys Runner of the Meet- Dillon Hodge

Girls Runner of the Meet- Stephanie Miller

Falcon Award- Kiel Parker

Falcon Award- Sarah Lane

Boys Most Improved- Milan Patel

Girls Most Improved- Nicole Miller

Complete results @ flrunners.com

Falcon Invitational

PMHS- The boys team swept the top 5 places to score a perfect 15 points. Every boy that ran saw improvement in their season best time! The girls team also scored a perfect 15 points as they finished 2-6. Three girls finished under 23:00 for the first time this season.

Boys Runner of the Meet- Dillon Hodge

Girls Runner of the Meet- Stephanie Miller

Falcon Award- Milan Patel



Parker Produce



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Pedro Menendez Cross Country

The Performance Grocery Cart

When it comes to the bulk of your daily caloric intake, real food rules. Hence, the following tips for effective grocery shopping, grappling with the glycemic index, and grabbing fast food on the go.

Recovery Foods: Snacks we like after a good butt-kicking

- turkey sandwich on whole grain bread
- bagel with cream cheese
- graham crackers cottage cheese
- 16 oz. chocolate milk
- soy milk • natural peanut butter and jelly on sourdough
- non-fat yogurt with Grape-Nuts
- water crackers and bean dip
- Cheerios with skim milk and raisins

Supermarket Supprises: Processed foods that work

- Pop-Tarts
- Nabisco Air Crisps
- Chex Mix
- Nuti-grain Cereal Bars
- Quaker Fruit and oatmeal Cereal Bars
- Toaster Bagel Shoppe bagels • Gina Italian Village Cheese Ravioli
- Carnation Instant Breakfast
- Healthy Choice microwave Popcorn
- Nilla Wafers (reduced fat)

From the Drive-up Window: Fast, but still food

- Wendy's baked potato (light on the cheese)
- Arby's Light Roast Chicken Sandwich
- Wendy's Chili
- Chick-fil-A Chicken sandwiches

- McDonald's Vanilla Shake
- Taco Bell Chicken Soft Tacos
- Taco Bell Beans and Rice

GI Favorites: How blood sugar can help you

Selecting foods based on their glycemic-index rating isn't as hard as it may seem (remember, you're eating high on the GI scale right after your workout and then tapering to low-GI foods later in the day and before your next workout.) Below, a few suggestions, according to general GI category:

High:

- baked potato
- watermelon
- pineapple
- rice cakes
- raisins
- waffles
- baguette
- Rice Chex
- Beets
- Black bean soup
- Couscous
- Angel-food cake
- Gnocchi
- Croissants
- Grapenuts
- Stoned wheat thins
- Orange soda
- Taco shells
- Melba toast
- Cream of Wheat
- Life Savers
- Fruit leather
- Bagels
- Kaiser rolls
- Corn chips
- Bread stuffing
- Cheerios
- Graham crackers
- French fries
- Donuts
- Waffles
- Vanilla wafers
- Rice cakes
- Jelly beans
- Pretzels
- Rice Krispies

- Cornflakes
- Dates
- Tofu frozen dessert

Moderate:

- bananas
- orange juice
- oatmeal cookies
- cheese tortellini
- sweet corn
- popcorn
- pita bread
- Sweet potatoes
- Sponge cake
- Grapes
- Instant noodles
- Peas
- Mixed grain bread
- Baked beans
- Oatmeal
- Carrots
- Jams and marmalades
- Kiwifruit
- Pound cake
- Special K
- Potato chips
- Oat bran
- Rice (brown, wild and white)
- Muesli
- Mango
- Fresh apricots
- Mini-Wheats
- Honey
- Cheese pizza
- Ice cream
- Split pea soup
- Hamburger bun

Low:

- apples
- grapefruit
- black beans
- chocolate milk (low-fat)
- pasta
- nuts and seeds
- Sweetened low fat yogurt
- Rice Bran
- Cherries
- Grapefruits
- Sausages
- Kidney beans
- Green lentils
- Black beans
- Soy milk
- Dried apricots
- Milk (skim, 4% and chocolate)
- Peanut M&Ms
- Nutella spread
- Pears
- Apples
- Tomato soup
- Corn tortillas
- Fish sticks
- Plums
- Pinto beans
- All Bran Cereal
- Meat-filled ravioli
- Snickers Bar
- Apple juice
- Peaches

Local: Menendez runner Hodge commits to South Alabama

Posted: July 27, 2011 – The St. Augustine Record
By From Staff

Menendez runner Dillon Hodge, an All-County selection by The Record, has made a verbal commitment to South Alabama to join its cross country and track and field programs. Hodge, a rising senior, finished second in the District 2-3A meet last season. He also qualified for the state meet with an 11th-place finish at the regional meet, but an injury kept him out of the state finals. Verbal commitments are non-binding until a letter of intent is signed.



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Falcon Tracks Fundraiser

We have four sponsors as of Sept 1, the Team needs your help to collect as many as possible. If you know of any businesses that would like to help, please contact them about sponsorships. Any athlete that gets a \$50 sponsor will not have to pay for their t-shirts. If you get a \$75 ad, you will also not be required to pay for your uniform.

Remember that larger businesses must go through a corporate office so they may be less likely to donate. Below is a list of types of businesses that may be will to sponsor a Team:

Restaurants

Car Dealerships

Physicians/Dentists/Vets

Churches

Stylists/Barber Shops/Nail Salons

Tanning Salons

ETC.

What the business will get is an ad in this weekly newsletter and we will also have their names put on our home Invitational t-shirts this year.

If you get a business to donate please have them pay with a check payable to the Pedro Menendez Cross Country Boosters and bring it along with their info to Coach Patterson at practice. I will then get all the checks to the Boosters for deposit into our team account. Thank you!

Coach Patterson

A New Season Begins With A New Coach: Bryan Patterson

St. Augustine, FL - I am going to use this space to tell everyone a little about myself. Last spring I was an assistant track coach at St. Augustine High School where I mainly coached the throwers, but did get to spend a little time working with the distance runners.

Prior to working at SAHS I was and assistant track coach at NAIA Central Methodist University in Fayette, Missouri. In two years at CMU, I had multiple National Qualifiers and my student athletes broke numerous school records.

Before that, I coached cross country and track at my alma mater Oak Glen High School in West Virginia. I was named Coach of the Year for both sports as the boys cross country team finished 8th in the State Meet in the fall and the boys track team finished 6th in the spring.

During my collegiate career I first competed for D3 Bethany College where I was the Conference Champion in the javelin throw. After three years serving in the US Army, I competed at West Virginia University. I earned All-Big East honors two out of three years while throwing the javelin for WVU, finishing as high as 6th at the conference meet in the spring of 1996.

I am very passionate about the sports of cross country and track & field and will give every student athlete the opportunity to become the best they can. I will give 100% EVERYDAY and hope that each of you will do the same. Here's to an exciting fall season, I look forward to learning from every student athlete that comes out for the TEAM!

Pictures Wanted

I would like to add action pics from each meet to the results that will be in each issue of this newsletter. If anyone has good pictures from the meets, please send them to me via email!



supports Pedro Menendez's
Cross Country Team

20



11

SUMMER WORKOUT CALENDER COMING SOON!

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						1 @ Bale-N-Trail
2 Run on your own 1 Hour	3 Crescent Beach	4 Speed	5 Intervals	6 Tempo	7 Easy Day	8 @Ponte Vedra
9 Run on your own 1 Hour	10 OFF	11 Course/Speed	12 Intervals	13 Tempo	14 Easy Day	15 Pedro Menendez Invitational
16 Run on your own 1 Hour	17 Crescent Beach	18 Speed	19 Intervals	20 Tempo	21 Easy Day	22 @ Middleburg
23/30 Run on your own 1 Hour	24/31 Crescent Beach	25 Speed	26 Intervals	27 Tempo	28 Easy Day	29 OFF

“There is no substitute for hard work.” – Thomas Edison

20



11

MENENDEZ ATHLETICS

Athletic Director: Terry Sapp

Pedro Menendez High School
600 State Rd 206 W.
Saint Augustine, FL 32086
(904)-547-8660

Cross Country Schedule

<u>Game Day</u>	<u>Game Date</u>	<u>Meet</u>	<u>Location</u>	<u>Time</u>
Saturday	9/10/2011	Ridgeview Bob Hans Invitational	Ridgeview HS-Orange Park	7:30am
Saturday	9/17/2011	Katie Kaple Invitational	Bishop Kenny HS-Jacksonville	6:25pm
Saturday	9/24/2011	Leslie Baker Saints Open	Florida Community College North Campus	8:00am
Wednesday	9/28/2011	St. Augustine Invitational	St. Augustine Amphitheater	4:00pm
Saturday	10/1/2011	Bale-n-Trail Invitational	Bartram Trail-Jacksonville	6:30pm
Saturday	10/8/2011	Ponte Vedra Invitational	Jacksonville Beach	8:00am
Saturday	10/15/2011	Menendez Invitational	Pedro Menendez HS	8:00am
Saturday	10/22/2011	Bronco Classic/St Johns Conference	Middleburg High School	8:00am
Saturday	11/3/2011	Districts	Bishop Kenny HS-Jacksonville	4:30pm
Saturday	11/12/2011	Regionals	Columbia (Lake City) Alligator Park	8:40am
Saturday	11/19/2011	States	Little Everglades Ranch-Dade City	TBA

Coach: Bryan Patterson

"If you aren't going all the way, why go at all?" – Joe Namath

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Principal: Dr. Clay Carmichael
Athletic Director: Terry Sapp

Head Coach: Bryan Patterson
Phone: (904) 687-7744
Email: eer4life03@yahoo.com

MENENDEZ CROSS COUNTRY
AGENDA FOR SUCCESS

ACADEMIC

- Graduate all cross country athletes.
- Maintain a minimum team GPA of 3.0 (4.0 scale).
- To assist student athletes get into college whether or not they continue their athletic careers.
- Provide a nurturing atmosphere for development of balanced academic and personal growth.

ATHLETIC

- To represent your family, school, and community with pride.
- To win Conference, District, and Regional Championships.
- To consistently be in the top three teams in the Conference.
- To be competitive at the State level.

LIFESTYLE

- To provide a program focused on long-range personal success and well-being.
- To provide the necessary "marketable skills" to live a comfortable and prosperous lifestyle after graduation.
- To teach a balance of athletics, academic, social, and personal life.

"Champions aren't made in the gyms. Champions are made from something they have deep inside them- a desire, a dream, a vision." -Muhammad Ali

20



11