

## **NEWS - WINTER 2011/2012**

### **JR. COYOTES COMPETE IN TORONTO**



The Meaford Jr. Coyotes returned to racing as 8 members attended the Variety Village Indoor Track Meet in Toronto on Sunday, January 8th. In the Tykes Boys [9 and 10 year olds], Peter Ruest won the 1200m race in 4:36.01 minutes. Ethan MacDonald ran his first ever indoor race and placed a very close 2nd in a time of 4:43.65 minutes as he out-sprinted his competition. The Atom Boys 1200m race [11-12 year olds] had Michael Ruest place 2nd in a very close battle to the end in 4:23.91 minutes, with Max Breadner a solid 3rd in 4:39.71 and John Glennie of Thornbury placing 5th in 5:29.07. Jessica Ruest ran her first ever indoor race in the Girls Senior 1200m race [13-14 year olds]. She ran a very strong race

and gained confidence with each lap, placing 4th overall in 4:45.42. Hannah Woodhouse of Heathcote also ran her first ever indoor meet. She competed in the Girl's open 1500m event as a grade 9 student. Her time of 5:13.13 improved her previous best time by more than 37 seconds from last Spring and placed her 3rd overall in a very competitive race. Grade 9 student Jared Ruest competed in the Boy's open 1500m event against very stiff competition. Jared improved his 1500m personal best time to 4:28.27 - knocking off 10 seconds from his previous best time last Spring and placed 6th overall.

Congrats to all the Jr. Coyotes in their performances!!! Your hard work is paying off. The Coyotes return to action at York University on January 28th for the Royal Canadian Legion Ontario Championships for grades 8-11.

## **NEWS - FALL 2011**

### **JR. COYOTES COMPETE AT OFSSA**



Grade 9 GBSS students Hannah Woodhouse and Jared Ruest both qualified at CWOSSA to compete at the OFSSA High School Provincial Cross Country Championships in Ottawa on November 4th. The day was a perfect sunny, calm 6-7°C as the runners made their way through the varied terrain of soccer fields, toboggan hills and twisting trails against the best high school runners in Ontario.

In the Midget Girls race, Hannah ran the 3270m course in 12:40.9 minutes to place 16th overall in a field of 243 competitors. Hannah ran a very aggressive race as she was in the second row of a 60 runners stretched across the starting line. As she approached the finish line, she sprinted hard and was only 13 seconds from a top 10 performance and 46 seconds from top spot. Hannah has only been running with the Jr. Coyotes for 2.5 months and has made tremendous improvement with hard and dedicated training each workout.

The Midget Boys race had 240 young men on the starting line with Jared as they raced 5220m. The boys battled it out in the bush and then had another battle for a sprint finish. Jared dipped forward at the finish line for 5th spot in a time of 17:47 minutes. He nosed out the 6th place runner, who had the exact same time, and he was

only 3.8 seconds behind 4th place. Jared has trained with the Coyotes for over a year now and has made an enormous improvement since he started with his dedication and hard work each workout.

Congratulation to both Hannah and Jared with excellent performances at OFSSA.

### ***JR. COYOTES TAKE TOP SPOTS AT DISTRICT XC RACE***



The Hepworth Sawmill Trails was host to the 2011 High School District Cross Country Race on Friday, October 21, 2011. Members of the Jr. Coyotes and students of GBSS took top positions in several categories. The Grade 9 Girls race was won by Hanna Woodhouse as she has steadily improved in confidence and her performances over the last 3 competitions. Jared Ruest placed first in the Grade 9 Boys division as he has dominated this season. Jared has won all three races he has competed in this Fall. Grade 10 Girls top honors went to Clara Phillips as she has won her last two races. Katie Pedler competed in her first race of the season and placed a solid 2nd in the Grade 10 Girls race. Jed Phillips topped all the Grade 10 Boys as he has continued to improve also this Fall and has also won his last 2 races.

All 5 runners will be competing at the CWOSSA cross country championships in Brantford on Thursday, October 27th with strong hopes of qualifying for the OFSSA provincial championships in Ottawa on November 5th. Congrats to all five Jr. Coyote members!!

### ***JR. COYOTES TAKE TOP SPOTS AT REGIONAL BASE RACE***



The local military base hosted the 2011 Bluewater East District Cross Country Race on Thursday, October 13. Several members of the Jr. Coyotes placed well in this highly competitive race with approximately 200 runners in each race.

In the Grade 1-2 Girls 1km division, Kara Tichbourne of SVE was the top Coyote placing 2nd overall. Bethany Woodhouse had a strong performance placing 4th. Top Jr. Coyote positions in the Grade 3-4 Girls 2km race were Ainsley Croft in 11th and Julia Tichbourne in 15th spots. Peter Ruest of SVE took 3rd spot overall in the Grade 3-4 Boys 2km race with team mate Noah Allen and

MCS student Brayden Book putting in strong performances as well. Older brother Micheal Ruest of MCS won the Grade 5-6 Boys 2km competition with SVE's Max Breadner placing a solid 5th. Owen Tichbourne also had a strong race. In the Grade 7-8 Girls 3km race, MCS student Karly Thacker took 3rd place with classmate Jessica Ruest placing a close 4th. In the Grade 7-8 Boys 3km race Ben Phillips had a solid 5th place finish overall.

This is the last race of the season for the younger Jr. Coyotes. They will be back in action early in the new year as their winter training begins shortly in preparation for some indoor track meets in Toronto. Well done Gang!! All your hard work has paid off.

## **JR. COYOTES TO HOST CROSS COUNTRY RACE**



On Saturday, October 1st, the Meaford Jr. Coyotes running club will be hosting their first ever cross country race. The event will take place at the GBSS track with the first race for grade 1-2 kids beginning at 10:00am. The annual Flesherton Split Rail Cross Country Race that has been ongoing for many years was cancelled this year at the last minute. To fill the need for these young runners, the Jr. Coyotes took up the torch to continue the event here in Meaford. A special thanks to all who stepped up to make this race happen!!

Public school kids from grade 1-8 in the Grey-Bruce area have been invited and will be free of charge to the runners. To help cover the costs of the event, there will be a free-will donation in the GBSS front lobby and at the finish line tent by the soccer goal post on race day. Grades 1-2 will run 1km. Grades 3-4 and grades 5-6 will both run 2km, while grades 7-8 will run 3km. The race site is very spectator-friendly and great for cheering on the young runners.

The Jr. Coyotes are in their 2nd year as a team and have grown to about 30 runners. Head coach Kevin Hooper, assistant coach Shelley Hooper and the many parents that support the team are thrilled with the commitment these runners have made over the last year. The Jr. Coyotes train and compete year round with Fall cross country races, winter indoor track meets, Spring outdoor track meets and finish their season with the annual Meaford 5km Road Race in July. There is no cost to train with the team and new runners are more than welcome. Official workouts are Tuesday's at 5:30pm and Saturday's at 9:00am at the GBSS track.

## **JR. COYOTES RACING SEASON IN FULL THROTTLE**



The Meaford Jr. Coyotes Running Club are into full swing this Fall. On Sunday, September 25th some of the Coyotes headed to Caledon East to help set a new National record - the most kids gathered at one location to run 1 mile. Race day was sunny, hot, and a "bazillion" kids showed up ready to rock over the 1 mile course.

The course was set up along 4 soccer fields running up one side, down the other, then onto the next soccer field. We then ran the entire width of the 4 soccer fields back to the finish line. Kids were separated into 10+ years and under 10 y.o. with the older group having a 1 minute head start to keep kids

from getting run over. There was no official time for the runners, but everyone who participated received a medal.

With an official count down from the 2000 Canadian Triathlon Olympic Coach, Barrie Shepley, an organized mass of confusion headed out for the mile - some sprinted - some jogged, some walked - but all finished. AND set a new national record of 1240 participants!. It was absolutely awesome!! What an experience to be part of!!!

In addition to the mile, there was a 5km and 10km race. Jared Ruest [grade 9] ran the super fast and flat, out-and-back 5km race. He beat everyone and ran a huge personal best blistering time of 16:31!!! His goal was to break 17:00. Closest runner in 2nd was about 30 seconds back. Head coach, Kevin Hooper completed the hilly 10km course in 37:35min, placing 2nd overall.

On Saturday, October 1st, the Jr. Coyotes hosted their 1st Annual Cross Country Race at the GBSS track. With over 200 competitors from 6 schools in the Blue Water District School Board area, sunny, cool skies allowed for a great day of racing. Students from grade 1-grade 8 participated in races ranging from 1km to 3km. Some of the top finishers from the Coyotes were:

Grade 1-2 Girls 1km Race

1st place - Kara Tichbourne in 4:32min

2nd place - Bethany Woodhouse in 4:45min

Grade 3-4 Girls 2km

3rd place - Ainsley Croft in 9:46 min

4th place - Julia Tichbourne in 9:47 min

Grade 7-8 Girls 3km

1st place - Karly Thacker in 12:38 min

2nd place - Jessica Ruest in 13:08 min

Grade 3-4 Boys 2km

1st place - Peter Ruest in 8:40 min

Grade 5-6 Boys 2km

1st place - Michael Ruest in 7:45 min

3rd place - Max Breadner in 7:54 min

Grade 7-8 Boys 3km

2nd place - Ben Phillips in 11:08 min

Congrats to all the Jr. Coyotes. The team is in action again on Thursday, Oct 6th when five of our high school runners compete at Bechtel Park in Waterloo. They will be competing against some of the top distance runners in central-western Ontario.