

NEWS - FALL 2012

RUEST 2ND AT OFSAA XC CHAMPIONSHIPS



The OFSAA High School Cross Country Championships were held at the Heart Lake Conservation Area in Brampton on Saturday, November 3rd. Conditions were a cool 3°C with clear skies and a light breeze as Ontario's top cross country runners battled over the hilly, twisting, muddy terrain with some very slippery sections.

Coyote member and GBSS grade 10 student Jared Ruest competed against 260 other Junior Boys over the 6km course. With an unusually slow start for Ruest, he was stuck in the middle of the pack at 50m as they sprinted across the gravel parking lot. Jared

quickly made up ground over the first 300m before the pack made a hair-pin turn and then into the "fish-bowl" gully. He was sitting about 25th spot heading into a 2km out and back loop. When he popped out, Jared was in the lead chase pack of 6 guys with the leader only 7 seconds ahead. As they headed into the technical section of the course, he used his long stride and determination to reel in the leader. With 800m to go, Jared found himself in the lead with the 2012 two-time OFSAA track gold medalist in hot pursuit as they battled along the lake and into the beach area. Ruest slipped back in to 2nd as the two raced up the final 100m hill and then sprinted for home. Jared's amazing 2nd place finish over the 6km race with a time of 21:27 was only 7 seconds behind leader. Third place was a distant 9 seconds back. This is only the 2nd time a Meaford runner has won a medal at OFSAA cross country or track in at least 20 years!! Jared placed 5th at OFSAA cross country champs last year in Ottawa.

Coyote team mate and fellow GBSS grade 10 student Hannah Woodhouse stepped on the line against 265 other Junior Girls as they battled over their 4km course. Hannah was in the 2nd row, but used the quick start of the girl in front of her to get an amazing start. About 75 meters down the gravel parking lot stretch, the pack closed in on her from both sides. Within a split second there was a wipe-out of a pack of girls immediately ahead of her. Without even thinking, Woodhouse leaped over the fallen runners. She lost some valuable positions, but composed herself and got back to business. She entered the "fish-bowl" in 20th position as the pack head up the sharp and steep hill about 15 seconds behind the leaders at about the 1km point. As her pack entered the narrow and twisted technical section, she struggled to make up any ground on the leaders, but popped out along the beach area in 13th spot with 800m to go. Her pack of 6 girls battled up the last 100m hill and sprinted for home. She beat them all and placed 14th overall with a strong time of 16:13 minutes. This is Hannah's best OFSAA cross country finish as she was 16th last year in Ottawa.

Congratulations to both Jared and Hannah as they both have worked extremely hard this Fall. The Coyote team and GBSS is very proud of both of you!!

The Coyotes are now on a well deserved 1 week break and then begin training on their own for a week. The team is reunited again on Saturday, November 17th at 9:00am at the GBSS track as they begin base training for their winter program. New members are always welcome to join.

MEAFORD COYOTES ADVANCE TO OFSAA



Two members of the Meaford Jr. Coyotes competed at the CWOSSA High School Regional Cross Country Championships in Guelph on Thursday, October 25th. It was a spectacular day to race with sunny warm 24°C temperatures and dry conditions for the hilly terrain mixed with grass and gravel trails. GBSS grade 10 student Jared Ruest won the Junior Boys 6km race in a time of 19:48.1 minutes. Of the 133 runners in the race, his closest competitor was a distant 33 seconds behind. Grade 10 GBSS team mate Hannah Woodhouse went to battle against 120 Junior girls. Hannah placed 2nd over the 4km course with a time of 15:25.9 minutes. First place was in sight

only 21 seconds ahead of Woodhouse while third place was 16 seconds back.

Both Jared and Hannah are bound for the OFSAA High School Provincial Cross Country Championships. OFSAA will be held on Saturday, November 3rd at the Heart Lake Conservation Area in Brampton. The junior girls 4km race begins at 12:00 noon and the junior boys hit the trails at 12:45pm. Check the Meaford Coyote website at www.meafordcoyotes.com for OFSAA race results and pictures.

All the best to both Hannah and Jared as they are ready to take on the best grade 10 runners in Ontario. Go get 'em!!

[Photo = Grade 10 GBSS students and Meaford Coyote members Hannah Woodhouse and Jared Ruest are heading to the OFSAA Provincial Cross Country Championships in Brampton on Saturday, Nov 3rd]

MEAFORD COYOTES BATTLE IN BRAMPTON



The Brampton Bullets Track Club hosted a x country race for gr. 9 and under on Saturday, October 20th. The Meaford Coyotes sent 15 members down to do battle with several Toronto Teams that extended as far north as Newmarket. With several new members to the Coyotes team this Fall, they put on a very impressive showing as they brought home 3 medals, had 8 Top-10 placings and several huge personal best performances. Everyone gave a 100% effort and ran very gutsy races all day long under cool and sunny conditions. Each and every members should be proud of their performances, as it is a sign of some very positive things to come in the future.

The Coyotes that competed in this race were: Charlotte Woodhouse (3rd overall) and Evie Allen (4th), Kara Tichbourne (2nd), Bethany Woodhouse (4th), Julia Tichbourne (10th), Hannah Knight (25th), Peter Ruest (3rd), Noah Allen (16th), Abby Lohnes, Michael Ruest (8th), Max Breadner (15th), John Glennie (21st), Jessica Ruest (9th overall), Shayla Verberg (17th overall), and Sid Iyer (15th). All had very strong races against the tough Toronto competition.

The Coyotes return to action on Thursday, October 25th in Guelph. GBSS gr. 10 students, Jared Ruest and Hannah Woodhouse, will compete at the regional high school CWOSSA Championships. Both have strong

hopes of a top 3 placing to earn a spot to compete at the OFSAA high school provincial championships in Brampton on Saturday, November 3rd.

CRAFT SHOW TEAMS UP WITH COYOTES



The Meaford Jr. Coyotes were thrilled when they heard that the Apple Harvest Craft Show Committee was going to help support this year's Meaford Coyote Cross Country Race held on Sat, Sept. 29th. The Craft Show Committee made a very generous donation of \$500 to the Meaford Coyotes to help with the race expenses. Head Coach, Kevin Hooper, said the race day had absolutely perfect weather and there were almost 200 competitors registered to compete. It was a great experience for all and the Coyotes had a great time hosting the 2nd annual event. The race was held on Craft Show Weekend at the Georgian Bay Secondary School Athletic Field with 11 different schools attending. The Meaford Jr.

Coyotes again would like to express their heart felt gratitude to the Apple Harvest Craft Show committee for their support !

JR. COYOTES ATTACH KINETICO RACE



Several members of the Jr. Coyote running club headed down to Caledon East on Sunday, Sept 30th for the Kinetico 5km/10km Road Race and Kids 1 mile fun run. The 5km course was a flat and very fast gravel trail course with 106 competitors.

Gr. 10 GBSS student, Jared Ruest, completed the 5km 2nd overall in a personal best time of 15:59. Hannah Woodhouse, also a grade 10 student of GBSS, was the first female across the finish line and placed 6th overall. Her time of 17:48 was also a personal best performance for her. Coyote teammate, Alysha Stroud, was close behind as the 2nd female overall with a strong time of 18:02.

Grade 6 MCS student, Michael Ruest, was 11th overall and 2nd in the Boy's 14 and under age group as a 9 year old. He had a very strong performance with a 19:05 minute clocking for the 5km course. 8 year old, Peter Ruest, a grade 5 student at SVE stopped the clock at 20:38 finishing 23rd overall and 6th in the 14 and under age category. Coyote head coach, Kevin Hooper, ran the 10km race which was flat for 2.5km, had rolling hills for 5km then finished with a flat 2.5km. His time of 34:49 placed him 2nd overall.

The most exciting race of the day was the Kids 1 Mile Fun Run. Over 1'000 kids lined up to put their running skills to the test. There were kids who headed out quick and others who had parents pushing them in baby strollers. The focus of this run is to motivate kids to be active. Coyote member, Sid Iyer, a grade 9 GBSS student lead teh pack from start to finish while grade 8 MCS student, Jessica Ruest, was 4th overall. Other Coyotes participating in the 1 mile event were Evie and Noah Allen as well as Charlotte, Bethany, and Abby Woodhouse. Well done to all.

The Coyotes return to action Thursday, Oct 4th as some high school runners will participate in the annual Bechtel Park Oktoberfest cross country race in Waterloo.

COYOTES CONQUER MICKEY MILE



Jr. Coyote members Owen, Julia, and Kara Tichbourne were recently in Orlando, Florida when they had the opportunity to participate in the "Mickey Mile". With temperatures rising to over 90°C, they all competed against 100 other kids in the 13 years and younger age group. Owen Tichbourne cleared the path at the start for his two sisters as all 100 runners headed out in a stampede. It was a very fast race as Kara finished 4th overall behind 3 teenagers. Julia turned on the burners at the end to place 6th overall. Owen's aggressive start allowed him to hold onto 8th spot overall. If there was a team competition the Coyotes would have brought home the gold ! Congrats to all three of our young Coyotes for excellent performances in their first "international" competition.

COYOTES HOWL AT BAYSHORE ROAD RACE



Congratulations to all of our coyotes this past Sunday on their outstanding performances at the Owen Sound Road Race.

10 Coyotes competed in either the 1km, 5km, or 10km race. All of which made some very impressive finishing times and places. Good job guys !

MEAFORD JR. COYOTES FALL PROGRAM STARTS JULY 31ST



The Meaford Jr. Coyotes completed their 2nd year together with a strong showing at the Meaford 5km Road Race followed by a team BBQ. After a 2 week down time, the Jr. Coyotes will begin their Fall training program on Tuesday evening, July 31st at 5:30pm. The team meets at the GBSS high school track. Workouts consist of a light warmup run, stretching, drills, the actual workout and then a light cooldown. The entire workout takes about 50-60 minutes. Group workouts times are Tuesday at 5:30pm and Saturday at

9:00am and the team does running on their own between workouts. Our group ranges in ages from grade 1 to grade 11 as well as several adults joining in.

All are welcome to join and there is no membership fee to join as the training is free. The primary expense for the runners are the team uniforms. The team just updated their uniforms which they debuted at the Meaford

5km Road Race. At present, the Jr. Coyotes have about 25-30 members on the team. We have a wide range of running talents as some are beginners while others are competitive at a provincial and national level. The team's first race of the season is the Owen Sound Bayshore Road Race on Sunday, August 26th with a 1km kids run, while most of the other Coyotes will do the 5km Road Race.

The Jr. Coyotes are presently coordinating their 2nd Annual Fall Cross Country Race on Saturday, September 29th at the GBSS athletic field. This is the same weekend as the Craft Show. Last year we hosted over 200 runners from grade 1-8 in the Grey Bruce School Board. This year we hope to host an even larger crowd on our newly designed race course. The entry fee is a free-will donation.