

**Terre Haute Savings Bank State Preview Invitational
LaVern Gibson Championship Cross Country Course
Wabash Valley Family Sports Center
Saturday, September 3, 2011**

“The Heat is On” – by Don Henley
(again courtesy of DJ Rob)

The heat is on – literally and figuratively. It’s going to be warm on Saturday so keep those runners hydrated. They’re certainly going to need to bring the heat as they line up alongside about 35 teams, with 9 or so ranked in the top 25 of the state.

The State Preview Meet offers Franklin a chance to run on a world-renowned course, and a sneak preview of the host course for the 2011 IHSAA State Championships. This course will also be the host for the 2011 NCAA Division 1 Cross Country Championship in November.

Thanks to a great run at last week’s home invite, our boys team has popped up on the indianarunner.com radar with a jump from a preseason ranking of number 44 to number 20 on this week’s poll. Nice work boys.

There is a long list of teams in this meet, both large and small. This year, the small schools (any school under 840 students) will be racing at 8:30 am (unless they choose to race in the Varsity and Open races), to be followed by the large school race. Here are some of the teams to expect in the large school races, shown with current indianarunner.com rankings.

Center Grove (Boys 24, Girls 11)
Fort Wayne Carroll (Boys 13, Girls 6)
Carmel (Boys 2, Girls 1)
Brownsburg (Girls 13)
Ben Davis (Boys 19)
~~Hamilton Southeastern (Boys 3, Girls 8)~~ not currently shown as being registered
Terre Haute North (Girls 16)
Valparaiso (Boys 10, Girls 4)
Westfield (Girls 7)
Cathedral
Perry Meridian
Plainfield
Southport

2011 Meet Schedule

9:30 a.m.	Boys Varsity (5K – 12 runners per team)
10:00 a.m.	Girls Varsity (5K – 12 runners per team)
10:30 a.m.	Boys Open (5K – unlimited entry)
11:00 a.m.	Girls Open (5K – unlimited entry)
11:45 p.m.	Awards Presentation

Awards:

The results will be in a class format with the class determined by the enrollment of the school using last year's school size.

Girls Varsity, Boys Varsity:

Medals for Champion and runner-up teams; Ribbons to top 3 teams; medals for 1st – 7th place individuals; Ribbons for 8th – 25th place individuals

Open Race:

No team awards; Medals for 1st – 7th place individuals
Ribbons for 8th – 20th place individuals

2010 Results (returning runners):

The girl's varsity team was led by Kyleigh Brown was the top Franklin Community girl last year, finishing 26th (20:18), followed by: Katie Smith – 40th (20:39), Meagan Hash – 72nd (21:22), Abby Hurt – 75th (21:23), Traci Smith – 81st (21:31), Kylie Kireta – 112th (22:07), Sandy Lam – 123rd (22:22), Casey Tranter – 171st (232:21), Kaylin Bujarsky – 235th (25:06)

The boy's varsity team was led by Austin Morefield finishing 41st (16:54), followed by: Simon Gamboa – 52nd (17:02), Reid Blakley – 123rd (17:55), Joe Gramse – 147th (18:15), Camden MacClennan – 148th (18:16), Austin Havener – 191st (18:54), DJ Smith – 273rd (20:09), Skyler Lykins – 282nd (20:15),

The Course

LaVern Gibson Championship Cross Country Course at the Wabash Valley Family Sports Center, just east of Terre Haute, has become the place to be in October and November for Indiana high school runners and NCAA Division I runners for quite a few years now. This course has hosted the IHSAA State XC meet from 2004 – 2009 and will again determine the State's best this year. It has also determined the Nation's best Division I men's and women's cross country runners in 2002, 2004, 2005, 2006, 2007, 2008, 2009 and will again host the championships in November of 2010.

This is an exciting, and fast course. Last year 's meet had 27 girls running under the 20 minute mark, with 6 of those breaking 19 minutes.

What a place to run! The course of reclaimed coal-mining land in the middle of corn country sits on 240 acres developed exclusively for cross-country. There are long, wide straightaways,

sweeping curves and loops, plenty of grass underfoot, and virtually no visual obstructions for spectators, who from the highest point in the middle of the course, can see all the action.

The Gibsons, a prominent Terre Haute business family provided major funding for this cross-country Mecca. Greg Gibson once ran cross-country at Rose-Hulman Institute of Technology in Terre Haute. Another local celebrity, Larry Bird, also backed the initiative, even though his sport at Indiana State University occurred on a much smaller court.

Course records (High School):

Girls 5K: 17:34.3 Hannah Neczypor (North Royalton, OH) at the 2009 Nike Team Nationals Midwest Regional

Boys 5K: 114:54.3 Chris Derrick (Neuqua Valley, IL) 2007 Nike Team Nationals Midwest Regional

For information on the course go to:

http://www.tribstar.com/sports/local_story_236231821.html

<http://specials.tribstar.com/terrehaurestop40/stories/gibsoncourse.html>

<http://laverngibson.com>

Directions

Note: There are multiple warnings that there is construction on the right hand lane of I-70 (even though INDOT has failed to show this on their website, so much for efficient use of technology) from Plainfield out through Greencastle. You may need to plan an alternate route to Terre Haute. It appears that the recommended option is to exit to the North of I-70 and then pick up Route 40 West the whole way to Tabortown Road.

LaVern Gibson is located just east of Terre Haute off of I-70. You can choose between the Tent Boy directions and the “official” LaVern Gibson directions.

Tent Boy Trail

(saves at least 10 minutes compared to the SR 46 exit route)

- Take SR 144 West from Franklin to Mooresville. In Mooresville take SR 267 North towards Plainfield. Approximately 3 miles north of Mooresville turn right following the signs for SR 267 east to I-70. Exit SR 267 to I-70 West.
- Take I-70 west towards Terre Haute to the SR 59 (Brazil/Linton) exit (Exit 23)
- At the SR 59 exit from westbound I-70, proceed south (towards Linton/Clay City and away from Brazil) about ¼ mile to SR 42.
- Turn right (west) on SR 42. Stay on SR 42 for about 8 – 10 miles. About half way from SR 59 you will cross under I-70.
- About a mile past the Clay/Vigo County line turn right (north) at the Tabortown Road intersection. This intersection should have a Wabash Valley Sports Center sign and an old grocery/gas station on the northeast corner.
- Proceed about a mile north on Tabortown Road and the entrance to LaVern Gibson is on your left (west side of Tabortown Road).

TENT BOY TRAIL MAP (EXIT AT SR 59)

Terre Haute, IN US



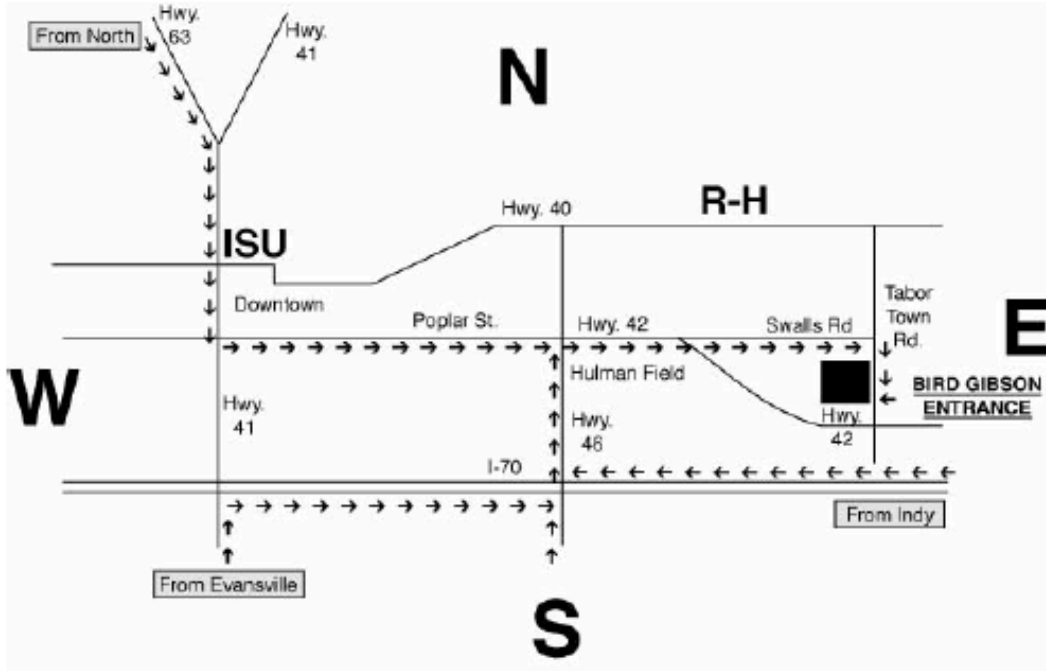
Sorry! When printing directly from the browser your map may be incorrectly cropped. To print the entire map, try clicking the "Printer-Friendly" link at the top of your results page.



"Official" Directions from LaVern Gibson Website

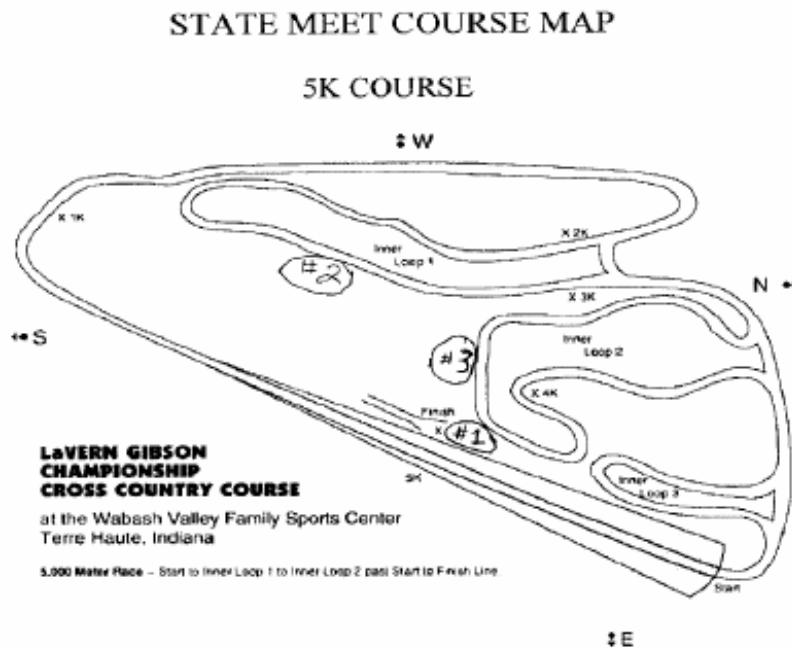
- Take I-70 west towards Terre Haute to the SR 46 exit.
- At the SR 46 exit from I-70 proceed north on SR 46 to SR 42
- Proceed east on SR 42 past Hulman International Airport to Swalls Road and proceed east on Swalls Road to the LaVern Gibson Championship Course entrance.

**“OFFICIAL” DIRECTIONS MAP
(EXIT AT SR 46)**



Viewing Guide

LaVern Gibson has no “repeats”. It consists of a large outer loop with 3 inner loops. The 5K course includes the outer loop along with inner loops 1 and 2. The start is a wide, 800 meter straightaway that turns to the west just before the 1K mark.



Viewing Suggestions

Binoculars are highly recommended!!

LaVern Gibson is the classic Jeff Campbell “you can see just as much standing right here” spectator’s course. Minimum walking for maximum viewing.

#1 on the above map is the best position to watch the start of the race. This is along the west fence just north of the finish chute about 400 meters from the start line. Get there early to get a place at the fence. After runners pass, you can walk (careful for tall grass and rough footing) through the ravine and up to the high ground that is east of inner loop 1 (#2 on the map above).

From your position at #2, you can see the field as it passes the 1K mark and follow the early race in the second K of the outer loop. This is when you’ll need your binoculars. You can remain in the same viewing area to watch the runners through inner loop 1. And then walk over to the south side of the straightaway of inner loop 2 (#3 on the above map) to view the runners in the middle of the third K. You then need to hustle back to the #1 to claim a position along the fence to view the final straightaway and the finish.

Random Tent Boy Thoughts:

- Don't miss the start – it is awesome to see so many kids come racing down that opening stretch.
- The course is not flat, and for most of the running it is uphill. The start is flat and empties into a nice little downhill to the far corner of the course and that can lure runners into a fast start. Unfortunately that's only about 1/3rd of the race, from that point on the runners battle slight uphills until they reach the start/finish area again. Those that are lured into going out too fast will suffer.
- Don't miss the finish – it is tempting for runners to come around the last turn into the broad finish chute and put on that final kick 100 meters too early. It's a long, wide-open finishing stretch that proves too tempting for many. Many kick too soon only to run out of gas and get caught before the line.
- Make sure you get back to the sidelines to cheer on our reserve runners. This is a big-time course that can be intimidating, any encouragement helps.