

# **Will Plautz '11, Henry Weaver '12 and Biology Teacher Dan O'Connell Complete Hinte Anderson 50K Trail Run**

Will Robinson, Mar 21 2011

*Biology Teacher, avid runner and Boys Varsity Cross Country Coach Dan O'Connell filed this report from the Hinte Anderson 50k Trail Run this weekend:*

Will Plautz, Henry Weaver and I ran the Hinte Anderson Trail Run on Saturday. This is a 50 kilometer (31 mile) trail race held each year in Susquehanna State Park, Maryland. The course is mainly steep woodland trails and includes four stream crossings.

In a field of 420 runners, Will finished in 8th place overall in a time of 4:24:22. He took first in the male-20-and-under age group.

Henry Weaver finished in 109th place in a time of 5:52:34. He was fourth in the male-20-and-under age group.

They both ran beautifully.

This race was the culmination of a winter season spent running. For Will Plautz, training for this race was a daily devotion. He put in hundreds of miles training during the winter season. Henry Weaver was engaged with the student forestry group most afternoons, but joined me and Will Plautz on Tuesdays and for weekend runs. Preparing for a run like this is a huge undertaking. Some of Will's training runs exceeded the length of a marathon. Whereas a "long run" for Henry or Will had previously been about nine miles, this winter, they each exceeded this almost every time they went for a run. No St. Andrew's student in my twelve-year coaching career has ever ranged so far on training runs. Twelve, to fourteen mile training runs were commonplace for Will and Henry.

In addition to the difficulty of getting in shape, Henry and Will took trips to hillier terrain in order to prepare their legs for the endlessly hilly trails they encountered during the race. Because of the difficult terrain, this race offered much more challenge than simply a marathon plus five additional miles. They had to learn about managing fluid intake, calorie intake, electrolyte intake and pace. They approached these challenges with dedication and a playful spirit. If it is true that one gets out of experiences what one puts into them, then Henry and Will's winter running project has been a tremendous success.

Timothy Merlino '09 (a member of the Franklin and Marshall running teams who completed his first marathon earlier this year) and Mrs. Weaver attended the race. Their support was greatly appreciated.