

Men's Cross Country Head Coaches '09

Coach Mike Gutekunst

How long have you worked as a coach?

This is my 2nd year as the head coach following 7 years as the assistant coach.

Have you coached at any other schools before Sycamore?

I coached Track at Crawfordsville High School in Crawfordsville, IN while student teaching.

How long have you been at Sycamore?

9 years, all spent teaching physics and coaching boys Cross Country.

How has the season gone so far this year?

The season started slowly, but the team is definitely improving. The team is getting better every week. Our freshman class has really come on, with 4 freshmen in the top 10 runners on the team.

Have there been any particular challenges you've had to face this season?

Four seniors were among our top 7 runners last season - the varsity race consists of each school's 7 fastest runners. As a young team this season, we've had a hard time replacing those four seniors. We have also struggled with some unexpected knee injuries. Finally, we are just beginning to learn to compete to our full potential. Several runners are new to the varsity level, and the adjustment from junior varsity to varsity training and competition has been a challenging adjustment. Many runners are being asked to work much harder than they are accustomed to doing. With all that said, I am extremely pleased with the team's progress thus far this season.

How do you expect the rest of the season to go?

I feel this team could still qualify to the Regional meet, and our top runner, Nick Fry, has a chance to place at the state meet. We hope to finish in the top four teams in the GMC. Regardless, I believe that the runners on this team will end this season with a much greater level of competitiveness and willingness to train. Because of these two items, I am and will continue to be extremely proud of this team.

