

7/22/15 Time Trial Green Sheet

6pm. Santa Ana River Trail. 81 degrees. Slight tail wind.

Name	Place	Time	PR	
Ritchie	1	07:51.2	7:41	
Perez	2	08:26.0	9:11	35 sec PR!
Fick	3	08:27.3	8:45	18 sec PR!
McDevitt	4	08:30.9	8:38	8 sec PR!
Nepesa	5	08:38.9	8:20	
Wertz	6	08:41.8	9:21	40 sec PR!
Kwon	7	09:20.10	11:09	1:49 PR!!
Welch	8	09:20.14		
Cox	9	09:22.5		
Garza	10	09:29.1	9:08	
Thornburg	11	09:40.9	11:09	1:29 PR!!
Chapin	12	09:42.9	8:33	
Potenza	13	09:49.4		
Dorado	14	09:55.1		
Erickson	15	10:02.8		
Robert	16	10:27.5	10:48	21 sec PR!
Hedrick	17	10:56.5	10:28	
Soto	18	11:02.4		
Downing	19	11:06.1		

7 PR's were set at the time trial! This is great. It is always great to see the hard work that you put in during the offseason paying off. It is not always fun to run in between track and cross country, but for those 7 PR's today that mileage paid off. Congratulations!

Attendance

First things first. It is not a surprise who is running up front. The 1-2-3 finishers in the time trial are guys who have perfect attendance this summer. When trying to find an example of "Hard work beats talent when talent fails to work hard" look no further than the top 3 guys. They are work horses who show up every day hungry. Their attendance and work ethic are paying off. Congratulations to **Hayden Ritchie**, **Fernando Perez**, and **Steven Fick**!

Freshmen

Speaking of attendance, these freshmen have great attendance at practice this summer (nearly 100%). This is phenomenal. Unbeknownst to them, they have discovered the greatest secret in the entire sport: show up every day and run. Some people may try to sell you on a special diet, specific workout, or a unique stretch and claim that it will make you fast. Maybe it will, but I can tell you this: if you do not show up and run every day none of these things will help you. These freshmen are ahead of the curve already and are doing a great job. Today it paid off at the time trial. I am very excited to see this quiet, unassuming group of guys who show up every day and run together as a pack race. If they continue to put in the work like they have so far they can go very far together. This is a great group! We have two freshmen as our 8th and 9th man. In cross country we race 7 varsity athletes. Could a couple of these freshmen sneak into some varsity races this year?

Big PR's

We had a couple of really big PR's today. **Chris Thornburg** and **Chris Kwon** both PR'd by over a minute. That is ridiculous. It is not normal to improve by that much in a month. Why did it happen? Maybe it's their name? After asking Thornburg about it this morning at practice he said that he has been, "showing up every day and working out harder." You can see a recurring theme amongst the PR's here.

Wrap Up

We had 19 guys come out to the time trial. This is a small team, but looking at the total amount of guys on the team, we only had about 2/3 show up to the most important practice of the summer thus far. That is not great. Moving forward, the most important thing we can improve on as a team is...you might have guessed it..... attendance.