

Great Cow Run

9/6/2014

F 8 am

Asturias	x	x
Cumming	x	x
Crawford	x	x
Garza	2	19:01
Hedrick	7	22:54
Kwon	5	20:48
Lima-Sabatini	3	19:11
Lovest	x	x
Potenza	8	24:43
Ron	1	17:32
Schaad	4	20:08
Thornburg	6	21:20

S 10am

Freeman	1	17:07
Gibbons	6	18:44
Kim	7	21:22
Moreno	11	24:36
Nepesa	9	21:43
Perez	x	x
Ritchie	2	17:23
Robert	10	23:34
Shapen	8	21:43
Talbott	3	17:59
Wallace	5	18:25
J Wilch	4	18:03
N Wilch	x	x

V 9 am

Quezada	10	18:00
Robelo	9	18:22
Rodriguez	4	16:51
Norrbom	x	x
Greenberg	8	18:11
Powell	2	15:35
Harris	1	15:28
Harris	3	16:30
Chapin	6	17:38
Fick	7	17:59
McDevitt	5	17:28
Welty	x	x

Mile Splits

Asturias	x
Cumming	x
Crawford	x
Garza	6:12
Hedrick	7:28
Kwon	6:40
Lima-Sabatini	6:15
Lovest	x
Potenza	7:15
Ron	5:30
Schaad	6:30
Thornburg	6:59

Freeman	
Gibbons	
Kim	
Moreno	
Nepesa	
Perez	x
Ritchie	
Robert	
Shapen	
Talbott	
Wallace	
J Wilch	
N Wilch	x

Quezada	
Robelo	
Rodriguez	
Norrbom	x
Greenberg	
Powell	5:04
Harris	
B Harris	4:59
Chapin	
Fick	
McDevitt	
Welty	x

Top 10

Harris 15:28
Powell 15:35
C Harris 16:30
Rodriguez 16:51
Freeman 17:07
Ritchie 17:23
McDevitt 17:28
Ron 17:32
Chapin 17:38
Fick/Talbott 17:59

(23) Personal Records. (4) Runners made the top 10 lists.

9th graders finished in 11th place out of 24 teams. As a team, the top 5 runners averaged 19:19 (Last year, our 9th graders averaged 20:02)→ [17:46 average this year] The 10th graders finished in 6th place out of 22 teams this year. Even without #1 freshman from last year, Nathan Wilch. We probably could have finished in 3rd place with him on the starting line. Scary. Oh yeah, and we were small schools champions of the day. → Flash forward to senior year fellas. How great can we be?

Varsity placed very well, just behind Yorba Linda who appears to be in great form as always. We were the 2nd place "Small School". Keep in mind guys that we put in a hard week of training. We still haven't done a lot of speed either. Factoring this in, we're running better than I expected we would, especially this early. We finished 11th overall out of 30 teams. I'm very pleased with this result, and you should be too.

Now, some of you might be wondering, why is my time wrong? In the results, it says that I ran such and such time. For official records (course, personal bests), we'll go with the official results, but the times listed above are hand times. It's always smart to have a watch on a race, in case there are timing malfunctions (such as Mt. SAC Invite last year, and GCR in past years).

9th graders-

Ian Ron- Ron is quite the athlete, playing two sports full-time is difficult. But he does it, and it's apparent that he loves it. This is good. For those of you that don't know, Ron is also a very talented soccer player and I while in Mammoth, he achieved a personal best of 794 soccer ball juggles. Super cool. I'm sure Ron learned a lot about himself out on the course today. He came through the mile mark in 5:30 and was running smooth. With more race experience, expect to see yourself improve. For the next few races, I

want you coming through the mile again just like today. Except focus on the 2nd and 3rd mile more. This is when the hurt comes on. Keep your eyes up on the front of the race, and simply latch on to other runners and let them pull you along on the pain train to a new personal best. Just remember to hang on. This sport is 90% mental.

Craig Garza and Mike Sabatini-

I know this may sound crazy, but I believe that both of you have the potential to run under 18 minutes this season. Maybe next week? Maybe the following? Maybe at league finals like you're supposed to? That would be terrific. 19:01 and 19:11 are great times on this course. As a matter of fact, both of you would have been the #1 freshman on this course each of the past two years. Keep working together, and take **Koen Schaad** with you guys. Look up what guys ran last year, and compare their times to this year to find out where you could be come next year. In the "Times by Year" records page, you can also track an individual runner throughout the entire season, looking up what they ran at GCR and league finals. Excellent work today.

Chris Kwon- I was a bit skeptical that you could even run the first day I saw you at practice this summer after your injuries. You continue to impress me. I didn't see you come by the mile mark, but I remember you approaching the finish line and thinking "Wow". He's gonna break 21 on this course, in these conditions. Wow.

The conditions were less than ideal out there. Heavy grass, mud in some areas, coupled with the fact that it was hot, we all ran great times.

Ron 19:09	17:32
Garza 19:46	19:01
Lima 21:02	19:11
Schaad 20:27	20:08
Kwon 22:59	20:48

Thornburg 22:55	21:20
Hedrick 27:23	22:54
Potenza 31:52	24:43

Above is a comparison between the Bousquet times and the GCR results from earlier today. Huge improvements from Potenza and Hedrick. I expected that. There is a lot of improvement to be made still. Ask yourself, what can I do to better prepare myself on race day? What can I do throughout the week that can better prepare me for race day? What can I do each and every day that are good habits to develop early? Runners are weird. We're supposed to be. We're crazy for running what we do, but sometimes it's just really a lot of fun to work hard, and test the limits of the human body. This is the best 9th grade class that I've seen in a long time. Work together, push yourselves, and try and do better next week at Rosemead where we'll run again as a 9th grade class.

11 Esperanza	356	12	57	64	99	124	138	163
Total Time:	1:36:38.03							
Average:	19:19.61							
12 Paramount	359	5	45	84	100	125	166	
Total Time:	1:36:16.18							
Average:	19:15.24							

One final note, look how we barely beat Paramount. This school had a better 1-2 than we did, as both their first and second man beat our first and second man. But together, **Lima, Schaad and Kwon** each made up the difference by beating more people, pushing Paramount's #3,4,5 back spots. **Chris**

Thornburg even beat Paramount's 6th man. Displacers jobs (#6 and #7 man) are to be as close to the #5 man as possible. Your primary job is to beat other teams #1-5 runners.

Sophomores

Excellent work guys. I am so pleased with your progress thus far. To go from 18th place to 6th place in a year's time, even without the help of **Nathan Wilch**, who could have easily of put us into 3rd place as a team with a good performance. You guys did this. You chose to work hard. This is your reward. You earned it.

Noah Freeman and **Hayden Ritchie** set the pace as they were in the top 30 the entire race. They worked together for most of the race until Freeman finally broke away. Crossing the finish line in 17:07.

Freeman has been nursing a sore knee, and hasn't been able to hit full mileage. This is most likely the reason why **Ritchie** didn't have that extra gear the last mile. It's because he's racing tired. He put in a full week's worth of mileage, and as expected, he ran very well. **Freeman** has to get his knee in check so that he can also race tired, like his partner Ritchie. This is how it is supposed to feel early season. Imagine how you're going to run in November, when its cooler and you're fresh off a couple days of easy mileage, < 6 miles. Imagine how fast you'll be in November when you put in all the hard speed work that has yet to take place. Freeman's time puts him as #9 sophomore all-time, bumping off **Blake Harris**.

One final note, **Both Freeman and Ritchie beat Blake's time from last year**. If we can get you to follow in his footsteps, the state meet might be in our future next year.

Hunter Talbott- This marks the second year in a row that Talbott has been the 9th grade team's 3rd man. He also broke 18 minutes for the first time in his career. I am expecting BIG things from this guy in the future. I think you have at least a minute more room for improvement, and I think you can probably run that fast a Mt. SAC this year. **Jesse Wilch**- I think you ran conservatively out there today; which isn't a bad thing. But you could very well have been up there with Freeman and Ritchie. No doubt about it.

There isn't anything that should be scary about a 3 mile race. You can run a sub-5 minute mile. You were **THIS** team's #2 man in June during the 1.5 T.T. I think you are capable of running under 16:30. (8:15/1.5 pace). Run Smart. Run Reckless.

110	17
187	21
95	40
99	44
53	65

What I have here, is a little chart to show who really stepped up and contributed to the 18th → 6th place improvement. On the left hand side is where each of these guys placed in 2013's GCR 9th grade race. On the right, is the 2014 results. **Both Freeman and Ritchie** were nowhere to be seen last year. In fact, Freeman was 6th man at 20:35, and Ritchie was 10th man in 22:15!!! Nobody is expecting that kind of improvement.

Parker Wallace ran a personal best today, and he knows what he needs to do in order to help this team. At least I think he knows. Thank goodness a nice helpful reminder is on the back of his shirt. With hard work and consistency, anything is possible. Wallace has some leg speed; I want to see him use it. Not just when he's messing around during strides and outkicks coach.

Devin Gibbons- Gibbons has what it takes. This team is going places and with 100% commitment, Gibbons will make this sophomore class even more lethal. Wake up! He ran 20:48 last year, improving to an 18:44 this year. It's still early, and I think low 17's or high 16's is not out of the question. Show me you want it.

Parker Shapen- He ran a big PR today going from 22:39 to 21:43. Shapen has grown a little bit this summer, and it might be a year or two before he really starts to shine, but the best is yet to come this season for Shapen. I predict consistent improvement for Parker.

Anthony Robert- This kid is such a steady improver. He's gotten taller, stronger, slimmer and a whole lot faster since last year. Robert ran 30:50 last year, and *shattered* that time running a personal best 23:34. In the first race of the season, Robert almost PRs by 4 minutes as his time from last year was 27:15. Amazing improvement. Notice how Robert never complains and always shows up to practice. Keep it up!

James Kim 21:22 – Kim joined the team this summer and he thinks he's a funny guy. I'm glad he came out. He's got a lot of potential and the kid can run. He just needs to get in shape first. He's been working hard in practice and it's starting to show.

Elijah Nepsa 21:43 Nepsa ran a personal best, but he could be SO much faster. He's a smart guy, and I know he already knows this, but it hurts when you don't come to practice during the summer. Sure, you can get yourself in shape and race yourself into shape, but it's always more fun having put in a lot of hard work during the summer, and toeing the line your first meet of the year, hungry to compete. Nepsa, I want you hungry, boy. You are capable of running under 19 minutes by season's end. Summer practices are the most important. Saturday practices as well.

Varsity

I thought we ran very well today. We finished in 11th out of 30 teams, and there were a lot of personal bests as you can see from the highlighted red names/times on the first page. **Blake Harris and Brandon Powell** proved themselves to be a strong 1-2 punch for us. Harris looked comfortable up front in the race and he hung on well with the pack around him. **Powell** appeared as if the pack had swallowed him up a bit and he had to work his way up through the pack. Either way, both of their performances land

themselves on the All-Time GCR list, with Harris solidifying himself as the 2nd fastest Esperanza junior to run the GCR course.

Chris Harris is healthy, strong, and opened his season up with a four second personal best. With **Powell and Blake** up front, what this team needs really are two more runners next to **Chris Harris**. If we can get a group of guys to train with **Chris** and race with him, and finish along side of him, with this 1-2 punch we can go far into the post season. Keep working hard Harris, and keep leading this team. Although you're the solidified 3rd man of this team, you very much are the backbone of it as well. With your leadership and consistent presence at practice, we just need two more guys to step it up and shadow you during all aspects of practice these next two months.

Dakota Rodriguez- I thought Rodriguez ran very well and although I would have liked to have seen him closer to our 3rd man, he still shaved off about 20 seconds from last year's GCR. **Rodriguez** appeared shocked that he ran that fast. I wasn't surprised. Regardless of how one's summer of training goes, being a year older, and having relatively consistent training is going to make almost anyone grow as a runner, and the experience of running for 4 years now is paying off. Close the gap on Harris. Focus your best performances on Mt. SAC. That's where this team will need you the most **Rodriguez**.

Peyton McDevitt- McDevitt hasn't run a cross country race since his freshman year. In fact he hasn't run any race in an Esperanza uniform since 2012 cross country. His personal best entering today was 20:25. He's also 1/3 of the way closer to earning his varsity letter; even though that should be earned at the next meet. First time running a varsity race, and you not only PR, but you end up as the team's 5th man. Keep working hard and progress at the same rate as Ritchie and Freeman, and we should be a very deadly team next year.

Steven Fick and Andrew Chapin- Slowly but surely, this junior class is starting to shape up. Although we only have 5 juniors on the team, all are capable of being considered "varsity". It would not shock me if

by season's end 80-100% of the juniors had their varsity letter. Fick broke 18 minutes for the first time in his career, and Chapin was this team's 6th man running 17:38. Both of you can make another leap next week. I want to see you getting out harder and competing. Hang on longer. The summer's work will take hold soon enough.

Jose Quezada, Eddie Robelo and Matt Greenberg- We now know where we're at opening the season up. All three of you are within range of improving 60-90 seconds from the time you ran today to when you toe the line at league finals. Don't give up, and continue to set an example for the younger guys on the team. Work out with a vengeance, don't miss practice, and break that 17 minute barrier like I know all three of you are capable doing. Good work guys. Good season opener.

One final bit of advice that applies to most people on the team. It's the phrase "Run past the post". It means, don't stop until you've crossed that finish line. I saw a handful of you give up the last few meters of the race, allowing one of you to even let 6 runners go by you the last 10 seconds of the race. That is unacceptable. Fight for every single spot. You worked so hard for 2.9 miles, don't give in and allow other teams any opportunity to score points on us, especially if you're a scorer. There are no timeouts in cross country. As coaches, we try and give you the best advice and guidance before a race so that you know what you have to do out on the course. Hindsight can really hurt sometimes, and often it's the "If I didn't let those two guys go by me the last minute of the race, not only would I have run such and such time, but we would have finished in 9th place instead of 10th".

Athlete of the Meet- Although it was a difficult decision, as so many of you ran well today...Blake Harris's 15:27/18th place performance is downright studly....the Athlete of the Meet has to **be Mike Lima-Sabatini** because the kid woke up and figured it out. He put in a great week's worth of work and really closed the gap between himself and Craig Garza.