

July 26th 2014

Rim Crest 8-mile Time Trial

In no particular order, I will talk about some individual performances from earlier this morning and I will announce the repositioning of varsity runners for varsity practice, as well as announcing who will be invited to this year's Varsity Mammoth Training Camp.

Craig Garza- Was the only 9th grader to complete the whole time trial. This kid is strong and he has tons of potential. This marks the second weekend in a row that he's gone above 8 miles for his run. Great job Garza.

Steven Fick- Athlete of the time trial. He finished fourth overall, in a very respectable time of 56:34. It's safe to say he is strong after having missed most of track season with an injury. Well Deserved Steven.

Noah Freeman- Noah was one of the stronger runners last summer, and it's really showing itself this summer. At this rate, Noah might find himself racing varsity throughout the season, as he finished 3rd overall for the team today with a time of 54:45.

Chris Harris- The Manimal is back, and he's healthy! Chris still has yet to miss a practice, and he's on the verge of a Perfect summer. His experience and work ethic are paying off as he lowered his personal best from 54:12 to 53:22. Excellent work Chris.

Brandon Powell- From 55:51 last year, to 52:13 this year, Powell is poised for an awesome senior season.

Hayden Ritchie- This sophomore continues to learn about himself. Continue doing what you're doing, and you'll figure out how to control the engine within you. He might have taken the time trial out a little too fast, but I imagine next year, Ritchie will be more than ready to tackle these tough hills.

Place	Last Name	Time
1	Powell	52:13
2	Harris C	53:22
3	Freeman	54:45
4	Schaad	55:26*
5	Sabatini	55:29*
6	Fick	56:34
7	Ritchie	56:35
8	Kim	58:56*
9	Welty	59:01
10	Wilch J	59:20
11	Wilch N	59:21
12	Quezada	60:09
13	McDevitt	60:23
14	Dakota	63:04
15	Thornburg	66:35*
16	Robelo	68:48
17	Chapin	70:21
18	Garza	72:36
19	Shapen	79:06
20	Robert	95:15

(*) Indicates 4-Corners time

If I did not talk about you and your performance today, do not worry. There will be other Green Sheets. I encourage you to look at the record books for the past couple years, specifically the "Times by Year" page to see what previous runners ran in the past. For those of you that are not satisfied with your performances, ask yourself, why? Is it because you were on vacation and missed time? Is it because you've been missing practices? Is it because of injury? Are you doing all of the small things? I know for a couple of you on the list above, know that we've had a rough couple weeks of training, and your bodies are exhausted. Keep in mind the goal is November. All this hard work will be worth it come League Finals and CIF.

For next week, the coaching staff has decided to switch up the varsity runners attending practice at 5:30am each morning. There will be an opportunity after Mammoth at the last 1.5 mile time trial to earn your spot back in the top 10.

1. Powell
2. Harris
3. Harris
4. Freeman
5. Fick
6. Ritchie
7. Ron
8. Welty
9. Wilch
10. Wilch,

You will be expected at both Monday and Tuesday's 5:30 am workouts, as well as Tuesday's xfit workout at 8 am.

In addition to the ten athletes above, the additional four runners we will be inviting up to Mammoth are:

11. Rodriguez
12. Quezada
13. McDevitt
14. Robelo

Tuesday at 9:30 am, we will be having a Mammoth Meeting for the above 14 athletes. We will talk about expectations, rules, and what to expect for you mammoth noobs.

A confirmation email or phone call will be provided by Sunday evening. Please send any questions you may have to esperanzaxc@gmail.com