

quite an accomplishment. I would like to see the three of you, **Nathan Wilch**, Devin Gibbons and David Tecker, run together from the very beginning. Gibbons went out hard and went right to the front of the race. With a little more race experience, I think Devin will figure it out. It takes guts to put yourself in the front of a race like that.

Nathan Wilch continues his domination. He's finished as the freshman team's #1 man in every race but two. This was Nathan's second time under 19 minutes and he was within 15 seconds of his PR, which happens to be from Mt. SAC. Nathan, trust yourself to go out harder at League Finals.

Ethan and Carson Welty broke the 20 minute barrier for the first time in their careers. About time! Ethan dropped 35 seconds while Carson dropped 26 seconds. There was a 4 second gap between **Parker Wallace** in 19:40 and **Noah Freeman** in 19:43, with Carson 12 seconds back. For next time, I'd like to see Carson hang on to that pack. Don't let go. Both Parker and Noah seemed a bit surprised that they had PR'd: Wallace by 1 second and Noah by 3. A PR is a PR. Good job boys.

Over the course of a race, we all go fight individual battles in our heads. Negative thoughts are constantly circulating and we have to actively combat this with positive thoughts. If you approach a race with doubt or negativity, the chances of you performing well are already against you. You HAVE to be thinking positive thoughts all the way. This sport is 90% mental. How far are you willing to go to beat the person next to you to the line? Ryan Bousquet said it best. "Embrace the Pain". Take hold of it, cherish it, and thrive on it.

Hayden Ritchie all your hard work is starting to pay off. I recognized early on in the summer that Hayden is willing to go the extra mile. He was the only freshman that over the course of the season, made the decision to run all the way to the Redwoods in Brea; a ten mile run that we did every Monday for the first half of the season. He too had a HUGE PR, as he went from 20:37 at Mt SAC to 19:43 today. That's a 56 second PR. Almost 20 seconds a mile. Way to go kid.

Fernando Perez and Hunter Talbott, it's a shame both of you are dealing with minor injuries. Fernando has had IT Band issues all season long, after having a solid, solid summer of training which had him in the top 5 at most practices. If Fernando didn't have these issues, there's no telling where he would have finished today. Definitely not 13th man is my guess. Talbott, who earlier in the season ran 19:31 and has finished as high as 3rd man for the freshman squad, has been dealing with a calf tightness/pain for the past month. It doesn't look like it's getting any better and we ALL know that your 25:14 does not reflect your true capabilities. At this point in the season, it might be a good idea for him to get a head start on taking time off to recover, rest up and get ready for track season.

90% of sports injuries come from tight muscles. When we stretch and roll out, we must do a better job of focusing on the stretches and doing all the small things on a consistent basis.

Anybody can go through the motions without really thinking about the stretches. We have to move away from this. You can't run fast if you're injured.

Dominic Moreno busted a huge PR. He skipped the 22 minute range all together, going from 23:30s to 21:54. I'm sure the racing flats he borrowed helped his finish immensely as well.

Dominic is a hard worker and I think he has one more personal best in him this season. Just a hunch but I think Dominic will really make his mark and start coming into his own this spring.

Sophomores

We only had 5 sophomores toe the line. All it takes is 5 though. Had Blake run down and won the race, (which he would have) we would have scored fewer points, and beaten Salesian High School. This is good news because Salesian currently is ranked #1 in CIF Division 4. They have a great program, and our small, but mighty, sophomore squad could have beaten them.

Tim Romero and I had a good talk after the race. If you ask him, he'll admit that he had a chance to win that race today. I guarantee Tim did not step to that line thinking he was going to get 2nd place today. Tim has battled the negative thoughts all summer and all season long. His approach to hill repeats, and long runs is "Ah man....I can't do that". Tim, yes you can. For those of you that don't know, Tim was racing with Blake Harris last spring. Tim ran 5:16 in the mile. Head into each and every race with the mentality that you can tear it up. Positive thoughts go a long way Tim. After cross country season is over, it might not be a bad idea for you to envision yourself doing well this track season. Off season is a chance for everybody to make HUGE leaps and gains. Put your head down, log the mileage, run consistently (6 days a week) and on runs when you don't feel like running (we all have these days), suck it up and get through it. Finish the run faster, that way you spend less time actually running. Whether it's 4:59, 4:49, or 4:39 for the mile Tim, pick a time you want to see yourself run, and have that dream on repeat as you put in the work this winter.

Steven Fick had a huge race today. Normally Steven has finished as the 4th or even 5th man on this sophomore squad. He finished as second man for the team. He's been dealing with some foot issues and has recently gotten a pair of orthotics. It took a little bit of time for him to get accustomed to them, but it looks like he's good to go. Steven's 5k time was faster than his 3 mile PR. I'll repeat this and underline it for emphasis. Steven's 5k time was faster than his 3 mile PR. His three mile PR heading into the race was 19:22. He ran 19:21 for the 5k, which converts to 18:38 for 3 miles. 44 second PR, or 15 seconds a mile faster is a huge breakthrough. So happy you decided to come out for this sport. Steven is a great kid and has such wonderful, "can-do" attitude when it comes to the tough things we do in this sport. Oh and by the way, Steven finished 6th overall in the race. Not too shabby.

Andrew Chapin learned a very valuable lesson today. "I'm going to triple knot my shoes from now on Coach". He stopped to tie one of his shoes, but after the second lap, both of them were untied again. Andrew still hung in there to finish 10th overall in the race. **Michael Norrbom** is making his way back, slowly but surely. Getting sick during the season can really hurt your performances sometimes. Michael is starting to bounce back. Big things to come from both of these guys next year. They know what it takes now.

Varsity

We were running without two of our top three guys who missed last Saturday's practice and had to run down at the JV level. Even with them in the mix, we most likely still would have finished in 2nd place. Bishop Amat is currently ranked in CIF D3 and it's apparent that they have a pretty good thing going over there. **Josh Park** wasn't at his best on Friday, he was sick and ran

with a fever, but he managed to lead the team, placing 9th overall. Always on the chase, **Logan Fry, Blake Harris and Chris Harris** finished in 10th, 11th and 12th. Logan's knees are back to causing problems. We just have to get Logan to survive the rest of the season. He did a great job setting the pace for Blake and Chris.

Blake went into the race with a game plan. I'm going to stick with Logan for as long as possible. He executed his race plan perfectly. Blake was also sore from his 4 hour skate board excursion the night before. Halloween. Do I think you could have run faster than your 16:35 PR? Yes. I think missing a PR by 4 seconds could have been the best thing for Blake. It shows that his early season 16:35 was not a fluke. It's also good because it allows Blake to reflect on his performance and think about what he can do better for next time. We don't work as hard as we do all summer long, running at 6 am in the morning, in order to throw it all away the night before an important race. I hope Blake will never make this mistake again. I don't think he will.

Dakota Rodriguez ran the 2nd fastest time of his life, with his 5k converting to 16:49 for 4 miles. Trust yourself to run with Logan Fry and Chris Harris. You were moving up throughout the race and were picking people off left and right, but it wasn't enough to close the gap on the 2-3-4. For next time, put yourself in the mix from the beginning and just hang on. Trust yourself.

Senior **Matt Worden** was two seconds off from his PR, and found himself running under 17:30 for the 2nd time this season. One more, and Matt earns his varsity letter. Don't hold anything back on Wednesday Matt. You impressed the hell out of me during summer at the 8 mile time trial. I think you got one more in you.

JV

For the second year in a row, **Brandon Powell** won a race at Apache Invitational. He also ran the 2nd fastest time of his life, as his 5k time converts to a 16:05 3 mile time. He's got more to give, and I still don't think Brandon realizes how good he can be. Do something different at League finals Brandon. Get out harder. Get out of your comfort zone. Learn something about yourself. Who knows, you might surprise yourself. This was your second time finishing as the #1 man for this team. I don't think it will be your last.

Steven Mosqueda's race was his second fastest time this season. He's been looking sharp in practice, and always seems to be on during the workouts. He's got something to prove, and I think League Finals is the perfect setting to show everybody of what he's capable.

Logan Welty, what a great season it has been so far. Logan just ran under 17:30 for the 3rd time this season, going from 17:19 to 17:06 and he finished 10th overall in the JV race. He's earned himself a spot on the starting line, racing varsity at League Finals. Positive thoughts Logan. Get yourself into the 16's man!!!

Kevin Grossman and Nico Magana had great races as well today. Kevin finished as the 10th man and Nico in his first season in the sport, finished in 11th for the team. This was Kevin's second time under 17:30 and Nico's first. I know Kevin has one more big race in him, and League Finals is the course to do it. Kevin won't settle for 17's in his last cross country race of his high school career. I'm hoping Kevin and Nico will work together and both will find themselves under 17 minutes on Wednesday. I've been telling Nico since June, that at the end of season, he very well might find himself in the hunt for a varsity letter in his second sport. Nico prepared and was focused for Apache's race. I know he can bring it one more time.

Eddie Robelo and Jose Quezada found themselves back in the 17's again for the second time this season. Eddie has been putting himself back into the front pack on training runs the past two weeks and I think it's starting to pay off. He was only 7 seconds away from his PR. Eddie the past two weeks have been great. Do what you have been doing, only do it consistently for the next year and you WILL find yourself running at the varsity level next year.