

Aug 27 Time Trial - A warm day for a time trial.

(2) Name	PR	PI	Time
Chapin	9:15.4	5	8:33.5
Fick	8:45.2	x	x
Freeman	8:12.8	x	8:08.9
Gibbons	9:10.3	13	9:47.5
Harris	8:00.2	3	8:10.2
Harris B	8:09.2	2	7:50.5
McDevitt	8:38.8	11	9:08.1
Powell	7:57.3	1	7:46.8
Quezada	8:28.4	10	8:52.6
Ritchie	8:09.4	4	8:29
Rodriguez	7:58.2	x	x
Ron	8:19.7	9	8:51.7
Talbott	8:40.4	12	9:08.4
Welty	8:21.1	8	8:44.8
Wilch J	8:18.6	7	8:37.8
Wilch N	8:25.3	6	8:33.5

(1) Name	PR	PI	Time
Blais	x	x	x
Garza	9:54.7	3	9:20.5
Greenberg	8:31.8	4	9:28.7
Kim	12:17.7	11	11:42.1
Kwon	x	10	11:09.4
Sabatini	x	6	9:47.6
Moreno	10:41	x	x
Norrbom	8:44.3	2	9:15.6
Perez	9:18.6	5	9:32.5
Robelo	8:43.9	1	9:09.6
Robert	10:54.7	12	11:49.4
Shapen	9:46.5	8	10:14.4
Thornburg	x	x	11:09.6
Wallace	8:56.1	x	x
Nepesa	x	9	10:17.1
Loza	10:20.5	x	x
Potenza	11:45.1	x	14:01.6
Schaad	x	7	10:05
Hedrick	x	13	12:34

A couple of thoughts.....

I was pleased with how we ran today, but I know we can do better. Here at Esperanza, we're training you to run well in November. The courses that matter the most are Yorba Regional Park for League Finals and Mt. Sac for the post season. We've run a lot of hills this summer. We've put in a lot of good mileage thus far.

We have a strong core of freshmen runners who are mentally tough, and this will prove to be a strong quality for a team with a lot of potential to have. When I look at this team, I see potential. There are freshmen out here who have already run 8-9 miles. This is terrific! Was it hard? Yes. But, did you survive? Did you walk away with a little more appreciation for the sport and for yourself?

There is no secret in this sport. Hard work beats talent when talent fails to work hard. We've worked very hard this summer. Be proud.

This has been, by all accounts, a very nice summer. We've been very fortunate that this summer has been as cool as it has been. I was expecting this to be a terrible summer, with scorching hot days. That isn't the case though. We've been pretty lucky. However, September is historically very hot, especially in Yorba Linda. Today was a very warm day. I imagine that when we start having afternoon practices next week, we're going to have to be better prepared. If it wasn't so hot, I bet we would have had a lot more Personal bests.

For the future: we need to do a better job of coming to time trials, workouts, and races with the right mental attitude. Looking around today, the general approach was less than intense. I saw a few athletes who took it seriously and were obviously ready to run fast.

Then there were athletes who needed be reminded what to do, and there were athletes who looked as if they were going through the motion out there.

I need you all to get watches. Cheap \$5-10 watches that you can use in workouts and runs. This needs to happen.

Race #1- There was notable improvement from two people. **James Kim and Craig Garza.**

Kim- He has worked very hard this summer and has made a majority of the practices. I've seen notable improvements from him within the last two weeks, and it showed today as he ran 35 seconds faster than last time. There is still a huge amount of improvement to be made, as Kim had a big kick. You have way more to give. Try and work on spreading out that turbo boost throughout the duration of the race.

Garza- Craig has also come to practice consistently. His effort level each day is high, and he will have a very good season. Currently, he stands as the #7 F/S Athlete on the team. Look ahead and see if you can get yourself to crack the top 5. That would be truly an excellent goal for you. How do you do it? Pick a person. Whether it's sophomore **Hunter Talbott**, fellow freshmen **Ian Ron**, or any other sophomore that is in front you, and run with them on a consistent, regular basis. Train with them in practice. Hang on to them in workouts, and trust yourself to keep them in reach in races.

Sabatini and Schaad have a good rivalry going. It appears they are friends and they often run together and compare each other to one another. This is great. Work together guys. Chase the 10th, 11th and 12th graders that are in front of you. The sooner you join them, the sooner you start running fast. I want nothing more than for the two of you to work together, challenging one another on a weekly basis, pushing **Garza and Ron** to hold onto the #1 & #2 freshmen team ranking. What if I told you that you could run with them? What if I told you, that by the time the real racing takes place in October and November, you could find yourself running side by side with them during races. Would you believe me? You should.

Lima Lima Lima - 9:47 is a very respectable time. If you double it, you get about 19:30 or so for 3 miles. I ran very similar times as a freshman. 9:44 or 9:46. I can't remember exactly. But if you take a look at the time trial records that we have, you will note that there have been plenty of runners who appear on the junior or senior top 10 list, but are nowhere in sight. Imagine how fast you could be if you worked hard for the next year. Imagine yourself running these times in the future for this time trial. I know you can. If I can do it, you can do it. (9:44-8:09-7:25-7:23) Note that the biggest improvement takes place from your freshman year to your sophomore year. It is here and now, that I must get you on board, believing in the program.

Race #2

Powell and B. Harris- You two are proving to be a strong 1-2 punch. I'm excited for the season to start. 11 and 19 second improvements bode well. It was hot out there today, we've been running a lot of mileage and you still go out and bust a substantial personal best. Good stuff.

Freeman- Although he ran the day before, and had no one to push himself, Noah still ran about a 4 second personal best. The sky is the limit for this young man. With competition, Noah you might have been able to crack the top 10 list as you were 9 seconds away. Good stuff. Oh, and you were this team's 3rd man as a 10th grader. Good stuff indeed.

Chapin – Probably the biggest surprise out there today was Andrew Chapin placing 5th in the time trial in a huge personal best nearly 45 seconds faster. If you ask him how he did it, I'm sure he will tell you all about the hard

work he's been putting in. Ask him about his goals, and how far he's thinking ahead. He'll tell you he wants to be varsity and run top 7 by next year. While these are great goals and very attainable, who knows, maybe your hard work this summer is starting to pay off early.

I could spend more time talking about each and every one of you, and I will talk about you in the future as we progress through our season, but take the time to study the results, and reflect upon your race today. What could you have done differently? How could you prepare yourself better for future races?

As it gets hotter, make sure that you are adequately prepared. Drink lots of fluids. Stay away from milk, juice, and soda. Water is your best friend. Electrolytes are great for you. As you sweat, your body tries to keep you cool. We will be running in the heat on a consistent basis for the next few months. You need to prepare yourself for 45-90 minute runs. This is what we do. In order to be competitive, we must prepare ourselves for the inevitable. The teams that do not prepare and do not work hard will suffer on race day. Esperanza runners have been conditioned all summer long, to handle the mileage and stress that goes with competitive running.

Our first race is less than 10 days away. We will be running in Cerritos at the Great Cow Run. If our race is on a Saturday, you should take note that the best night to get to bed early is Thursday night. That doesn't mean that you can get to bed at midnight every other night, so long as two nights before you get a lot of sleep. It doesn't work that way. There is such a thing as consistency and rhythm, and when you get out of routine, or don't have a routine, how can you expect to consistently improve? Drink plenty of water, and be prepared. Good work Aztecs.

Coach