

10/24/2014 Mt Sac Invitational

Hot Conditions. Progressively Hotter for Later Races					
Race 3 10:49 am		PL	Time	Mt Sac PR	PR
Chapin Andrew		1	18:24	19:15	16:58
Greenberg Matt		3	19:09	18:07	17:07
McDevitt Peyton		2	19:00	x	17:11
Norrbom Michael		4	20:00	20:03	17:44

Race 5 11:06 am		PL	Time	PR
Garza Craig		3	19:30	17:45
Hedrick Matt		7	24:51	22:35
Kwon Chris		5	21:08	19:54
Lima-Sabatini Mike		1	19:11	18:24
Phethean Charles		6	21:11	21:22
Ron Ian		2	19:18	17:16
Schaad Koen		4	20:53	19:25
Thornberg Chris		x	x	19:41

Race 9 11:39		PL	Time	Mt Sac PR	PR
Freeman Noah		3	17:57	20:12	16:34
Gibbons Devin		4	18:32	19:08	16:53
Kim James		10	21:53	x	19:19
Perez Fernando		8	21:09	x	19:31
Ritchie Hayden		1	17:27	20:35	16:38
Shapen Parker		9	21:18	x	19:55
Talbott Hunter		2	17:42	23:23	17:07
Wallace Parker		5	18:42	x	17:03
Wilch Jesse		7	20:01	20:49	16:46
Wilch Nathan		6	20:00	18:20	17:13

Varsity 12:58 pm		PL	Time	Mt Sac PR	PR
Fick Steven		3	18:20	20:09	16:48
Harris Blake		1	16:45	17:26	15:15
Harris Chris		2	17:05	17:13	16:13
Quezada Jose		6	19:08	19:53	17:00
Robelo Eddie		7	19:51	19:05	17:08
Rodriguez Dakota		5	18:35	17:10	16:24
Welty Logan		4	18:30	18:01	17:05

Course
PR
PR

JV started the day out well. The course was race-ready, and the conditions were fairly good early on. However, as the day progressed the temperature rose, and the times of the races were off for most of us. Official results appear to be a little off for **McDevitt, Greenberg and Norrbom**. So we'll go with the hand-times.

Props to junior **Andrew Chapin**, who executed a well-thought out race plan, as he moved up throughout the race to finish 9th overall in his race, also cracking himself back into this team's top 7, as he finished as 7th fastest for the Aztecs on the day.

Freshmen ran very well as well. The team finished **6th out of 19 teams**, we had 7 freshmen run and finish the course, gaining very valuable course knowledge for the future. Mt. SAC is quite possibly the most important course we run, as we have to pass the test two weeks in a row in order to move on to the state meet. Three freshmen broke the 20 minute barrier, which is a pretty tough thing to do for a 9th grader.

Charles Phethean was the only runner on the team to run a personal best, keeping the streak alive of five straight personal best performances, as well as the team streak of having at least one runner run a life-time best at every meet. Phethean ran 11 seconds faster, and finished 3 seconds behind fellow 9th grader **Chris Kwon**. Most runners on the team averaged 1-2 minutes slower than their personal best, but Phethean ran the fastest time of his life? Madness. What this means is that he can run 1-2 minutes faster. Luckily for him, there is Apache and League Finals left on the schedule, and both have screaming fast courses.

Sophomores

1 Noa, Nakashoma 10 Alhambra (mar) 17:23.7
2 Ritchie, Hayden 10 Esperanza 17:27.3 1
3 Quiroz, Bryan 10 Saddleback 17:31.1 2
4 Valdez, Jorge 10 Santa Ana Valley 17:39.8 3
5 Talbott, Hunter 10 Esperanza 17:42.2 4
6 Freeman, Noah 10 Esperanza 17:57.5 5
7 Ellis, James 10 Laguna Hills 18:01.0 6
8 Zamora, Armando 10 Saddleback 18:02.8 7
9 Ventura, Jairo 10 San Bernardino 18:05.1
10 Avalos, Eugenio 10 Santa Ana Valley 18:14.8 8
11 Viano, Robert 10 Alhambra (mar) 18:15.2
12 Campbell, Joe 10 Yosemite 18:19.6 9
13 Olivo, David 10 Santa Ana Valley 18:21.9 10
14 Rodriguez, Joaquin 10 El Dorado (pla) 18:21.9 11
15 Poulson, Wesley 10 Tehachapi 18:24.6 12
16 Chally, Jason 10 Rio Americano 18:28.3 13
17 Zehr, Ethan 10 Tehachapi 18:30.1 14
18 Gibbons, Devin 10 Esperanza 18:32.9 15
19 Slaughtenhaupt, Evan 10 El Dorado (pla) 18:33.4 16
20 Herderson, Riley 10 Cathedral Catholic 18:36.7 17
21 Tamez, Caleb 10 West Valley (hem) 18:38.7
22 Wallace, Parker 10 Esperanza 18:43.0 18

I knew before the race was over with that we would be **Team Champions**. I could tell on the valley loops, as we had a strong pack of 5 runners on the top 20 before the mile mark. By Poopout Hill, we had

four runners in the top 10. We put 5 runners in front of the second place team's 3rd man. We have a strong sophomore team, and our pack-running makes us a threat for many teams.

Devin Gibbons might want to re-think his strategy of pushing the pace early on. A smarter, more conservative start might bode well for him, as he was swallowed up by about 10 runners over the course of the second half of the race. He still finished in 18th place, 8 seconds off from medaling.

Parker Wallace ran a great race, and although he missed some time due to an illness, he's back and he ran a clutch return race to finish as the team's 5th man. He sealed the 43-85 victory over 2nd place team Saddleback. A smarter first mile, another 10 days or so before league finals, let's keep it going, let's not miss a day as we approach the final meets of the season. Every day counts. With a smart race, a lethally timed kick could have Wallace stealing an All-League Medal from an unsuspecting Century League FS runner. Watch out!

Kudos to **Hayden Ritchie** who was within spitting distance of first place. Not far behind, **Talbott and Freeman** finished one in front of the other, to put three Aztecs in the top 6 places in the race. This makes me happy. Don't hold anything back these last few meets. Every body counts, test your limits and see how well you can finish in these F/S races. Go beyond what's comfortable. Embrace the pain.

Varsity

The team finished in 7th place out of 19 teams.

Blake Harris learned another valuable lesson. He went out like he normally does, and followed a race plan well. It set him up for a great race as he approached Poopout in 3rd place. And then, Blake gave up for a bit. See....going into the race, Blake said he was going to win the race. He realized though, that a fast time was not going to happen because of the heat. He allowed the heat to get to him, and he let his demons get to him half-way throughout the race. As soon as his goal of winning the race seemed to fade, he got down on himself. He let others go by him, and this is not the Blake I know. He knows that mentally, he let himself down.

The lesson here for everybody, is that you should really approach races with a tiered-goal list. When making your goals, make sure you make realistic, achievable and controllable goals.

Toeing the line with only one goal in mind is madness, and I advise you not to approach races, or life, in this manner. Realistically, there can only be one winner. You can't control how others will race. What you can control is your approach to racing, both physically and mentally.

A hypothetical goal list for Blake to have approaching this race should have achievable, tiered goals, along with both team and individual goals.

1. Win the race, break 15:45
2. Finish in the top five, running a time under 16:15.
3. Finishing in the top 10.
4. Medaling, finishing in the top 15, running a course PR.
5. Team Goal: I want my team to finish in the top 5 teams.

7 Esperanza
225 12 18 60 65 70 88 99
Total Time: 1:29:21.70
Average: 17:52.34

8 Ocean View
225 1 32 54 56 82 89 91
Total Time: 1:28:45.70
Average: 17:45.14

I would like to point out one thing here, and it doesn't happen often. If you look at the team scores between Esperanza and Ocean View, you can see that our five runners added up equal the same amount as the other team. We had a tie, 225-225. When it comes down to a tie, it automatically goes to the 6th man. Whichever team had a better 6th man will win. Just how close was it?

89 Quezada, Jose 12 Esperanza 19:09.0 88
90 Correa, Kevin 11 Ocean View 19:11.3 89

Whether Jose held off Correa from Ocean View or whether he outkicked him, it doesn't matter. Jose beat him to the line, and although he didn't know it at the time, that was the difference between 7th and 8th place. Way to go!.

As we approach Apache Invitational and Century League Finals, know that every day is important. Don't miss a day, don't jog-through practice. As we decrease the mileage, enjoy the runs while running an honest effort-pace. The workouts will be shorter, and quicker, and we'll spend a little more time recovering: Icing and rolling out.

1. Make sure you get 8 hours of sleep a night as we approach our final meets. (Two nights before competition is the most important night of sleep).
2. Hydrate, Hydrate, Hydrate. Drink lots of water and make sure you're peeing every 45 minutes. It should be clear.
3. Eat good meals. Don't ruin your season by having Carl's Jr. the night before a meet. Eat lean protein, and a lot of carbs. Veggies and Fruits are great to have as well.
4. Make a plan for your final races. Tier your goals.
5. Don't run the race too many times in your head before you toe the line. Approach the race as stress-free as possible. All the hard work has been done. There is nothing else you can do at this point in the season other than trust that your base summer mileage will keep you going strong this final week and a half. Don't psych yourself out to the point that you race mentally drained.