

**Rosemead Invitational 9/13/14**

Hot Conditions early on. Started really cooling off during 10th graders race

<b>FROSH</b>	<b>CPR</b>	<b>PR</b>	<b>Time</b>	<b>PI</b>
Ron	x	17:31	17:30	1
Garza	x	19:01	18:38	3
Lima	x	19:11	18:29	2
Schaad	x	20:08	19:25	4
Thornburg	x	21:20	21:01	6
Phethean	x	x	x	x
Kwon	x	20:48	20:56	5
Hedrick	x	22:54	23:02	7
Potenza	x	24:43:00	inj.	x
Lovest	x	x	inj.	x

<b>SOPH</b>	<b>CPR</b>	<b>PR</b>	<b>Time</b>	<b>PI</b>
Freeman	20:02	17:06	16:44	2
Gibbons	20:34	18:13	16:53	4
Moreno	24:09:00	21:54	21:25	11
Nepesa	x	21:43	19:30	8
Perez	x	22:06	19:31	9
Ritchie	21:32	17:22	16:38	1
Robert	30:21:00	23:34	22:09	12
Shapen	23:08	21:43	20:24	10
Talbott	19:50	17:59	17:26	6
Wallace	19:41	18:25	17:24	5
Wilch J	19:04	18:03	16:46	3
Wilch N	19:03	17:12	x	x
Kim	x	21:22	19:19	7

<b>JUNIORS</b>	<b>CPR</b>	<b>PR</b>	<b>Time</b>	<b>PI</b>
Harris	16:35	15:27	15:15	1
Chapin	19:06	17:38	16:58	3
Norrbom	17:44	17:44	18:26	5
McDevitt	x	17:28	17:11	4
Fick	19:53	17:59	16:48	2

<b>SENIORS</b>	<b>CPR</b>	<b>PR</b>	<b>Time</b>	<b>PI</b>
Greenberg	17:07	17:07	17:31	6
Harris	16:53	16:29	16:13	2
Powell	15:58	15:35	14:44	1
Quezada	17:23	17:23	17:00	4
Robelo	17:45	17:45	17:08	5
Rodriguez	16:24	16:24	16:45	3
Welty	17:52	17:05	x	x

**Top 20**

1	Powell	14:44
2	B Harris	15:15
3	C Harris	16:13
4	Ritchie	16:38
5	Freeman	16:44
6	Rodriguez	16:45
7	Wilch J	16:46
8	Fick	16:48
9	Gibbons	16:53
10	Chapin	16:58
11	Quezada	17:00
12	Robelo	17:08
13	McDevitt	17:11
14	Wallace	17:24
15	Talbott	17:26
16	Ron	17:30
17	Greenberg	17:31
18	Norrbom	18:26

19	Lima	<b>18:29</b>
20	Garza	<b>18:38</b>

WOW!!! 25 Personal Records at Rosemead Invitational. There was so much that was accomplished, it's hard to dissect and crunch all the numbers. Bottom line is: We've been putting in the work, and it's starting to really show.

Freshmen: 12<sup>th</sup> place out of 26 teams. Top 10 list for 9<sup>th</sup> graders at Esperanza

<b>Ian Ron</b>	<b>17:30</b>	<b>2014</b>
<b>Mike Lima-Sabatini</b>	<b>18:29</b>	<b>2014</b>
<b>Craig Garza</b>	<b>18:38</b>	<b>2014</b>
Jesse Wilch	19:03	2013
Nathan Wilch	19:04	2013
<b>Koen Schaad</b>	<b>19:25</b>	<b>2014</b>
David Tecker	19:36	2013
Parker Wallace	19:41	2013
Hunter Talbott	19:50	2013
Noah Freeman	20:02	2013

**Ian Ron**- A 1 second PR is a 1 second PR. Great work! The more you hear that starting gun go off, the better you'll be. It still appears as if you're getting out too hard, not running comfortably, and it shows in your last mile. We have to learn to relax, drop your arms and run smoothly. You'll have a breakout race soon enough. **Mike Lima-Sabatini**- Continues to improve every single day. Watch out guys, Lima is creeping up on you. He goes from 3<sup>rd</sup> man to 2<sup>nd</sup> man, running a 42 second personal best. Pay attention, because Lima is working hard in practice every day, running further than returners in practice, giving an honest effort every day, and doing all the small things. 2<sup>nd</sup> fastest freshman in school history. If #4 and #10 can go from 19:03 and 20:02 to 16:46 and 16:44, what can you do? **Schaad and Garza**, this goes for you as well. 43 second PR and a 23 second PR for you two, #3 and #6 All-Time 9<sup>th</sup> grader on that course.

Keep in mind, that it was still pretty hot for the 9<sup>th</sup> grade race. With cooler conditions, **Kwon and Hedrick** are bound to run faster, as you were both 8 seconds off your personal best. Definitely not overlooking **Thornburg** who ran a 19 second PR. Keep chugging away guys. Every day you come to practice and work hard, you can watch as your personal bests keep getting lowered every week.

**10th graders**

1	Blake Harris	16:36	2013
2	<b>Hayden Ritchie</b>	<b>16:38</b>	<b>2014</b>
3	<b>Noah Freeman</b>	<b>16:44</b>	<b>2014</b>
4	<b>Jesse Wilch</b>	<b>16:46</b>	<b>2014</b>
5	Logan Fry	16:52	2012
6	<b>Devin Gibbons</b>	<b>16:53</b>	<b>2014</b>
7	Chris Harris	16:59	2012
8	Dakota Rodriguez	17:23	2012
9	<b>Parker Wallace</b>	<b>17:24</b>	<b>2014</b>
10	Brandon Powell	17:26	2012

As freshmen, we finished 15<sup>th</sup> place here last year. This year? We finished in 4<sup>th</sup> place. Again, racing without sophomore Nathan Wilch who was out sick. What do YOU guys want for next year? You have to feel accomplished with this performance. "We did this". Celebrate the achievement and the *improvement. Every. Single. Sophomore. PR'd at Rosemead.*

freeman	17:06	<b>16:44</b>	-22
gibbons	18:13	<b>16:53</b>	-1:20
moreno	21:54	<b>21:25</b>	-29
nepsa	21:43	<b>19:30</b>	-2:13
perez	22:06	<b>19:31</b>	-2:35
ritchie	17:22	<b>16:38</b>	-44
robert	23:34	<b>22:09</b>	-1:25
shapen	21:43	<b>20:24</b>	-1:19
talbott	17:59	<b>17:26</b>	-33
wallace	18:25	<b>17:24</b>	-1:01
wilch j	18:03	<b>16:46</b>	-1:17
wilch n	17:12	x	x
kim	21:22	<b>19:19</b>	-2:03

The biggest improver was **Fernando Perez**, shaving off over two and a half minutes. **James Kim and Elijah Nepsa** both took off over 2 minutes from their previous bests. **Jesse Wilch, Parker Wallace, Parker Shapen, Anthony Robert, and Devin Gibbons** all took off over a minute from their previous best.

Congrats to Noah Freeman, Hayden Ritchie, Jesse Wilch and the big surprise, Devon Gibbons to the varsity squad. All four earned their varsity letters. Hunter Talbott and Parker Wallace are very close to earning theirs and joining this squad. And then there is Nathan Wilch, who was 12 seconds away from earning his letter last year. He has yet to race this season, but had a pretty good summer. When all is said and done, it is quite possible that we will have 7 sophomores earn their varsity letters. This is huge guys!

There was one point in the race where it all came together. Noah Freeman and Hayden Ritchie were leading and Jesse Wilch was close behind. Devon Gibbons looked confident as he closed the gap and for a few minutes in the race, there was a 4-man pack swallowing up the string of runners ahead of them. It was beautiful. Thinking ahead, where do you want to finish as juniors next year? Senior year? You know what the secret to success is. Keep at it.

Top 10 juniors all-time

<b>1</b>	<b>Blake Harris</b>	<b>15:15</b>	<b>2014</b>
2	Steven Mosqueda	15:46	2012
3	Brandon Powell	15:58	2013
4	Logan Fry	16:21	2013
5	Dakota Rodriguez	16:24	2013
6	Josh Park	16:27	2012
<b>7</b>	<b>Steven Fick</b>	<b>16:48</b>	<b>2014</b>
8	Chris Harris	16:53	2013
<b>9</b>	<b>Andrew Chapin</b>	<b>16:58</b>	<b>2014</b>
10	Matt Greenberg	17:07	2013

	CPR	PR	Time	
Harris	16:35	15:27	15:15	-12
Chapin	19:06	17:38	16:58	-40
Norrbom	17:44	17:44	18:26	
McDevitt	x	17:28	17:11	-17
Fick	19:53	17:59	16:48	-1:11

**Steven Fick** had the biggest improvement on this squad. He was 5<sup>th</sup> man here last year. He was the 4<sup>th</sup> junior last week at Great Cow Run. He proceeded to shave off over a minute, and he went by **McDevitt and Chapin**, running most of the race as the 2<sup>nd</sup> man on this junior squad. This, in only his second season of running. His secret: Working hard. He had a great summer as well.

Congrats to **Andrew Chapin and Steven Fick** for earning their varsity letters.

**Andrew Chapin** did two cool downs after his race was over. He ran with his juniors, and he ran with the seniors after their race was over. He knew that Saturdays are mileage days. He's not satisfied. He's hungry for more. And what's more, Chapin ran 19:06 last year at this meet. Who would have expected this kind of improvement? He committed himself this summer, as opposed to spending weeks away in El Salvador. He skipped the vacations, and chose to take his vacation up to Mammoth instead. He finally cracked the top 10 and I think he's here to stay. Awesome work.

**Michael Norrbom**- The only thing I can say is that Michael is a cool kid. What would be cool is if he was sub 16 next year. This is something he can accomplish if he wants to. We need him for next year. Consistency will get to your goals. Hard work will get you to where this team needs you. Mammoth, varsity letter, the 2012 bet he made as a freshman. There are lots of things riding on the line for Michael Norrbom. Only time will tell.

<b>SENIORS</b>	<b>CPR</b>	<b>PR</b>	<b>Time</b>	<b>PI</b>
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Robelo	17:45	17:45	<b>17:08</b>	<b>5</b>
Rodriguez	16:24	16:24	16:45	3
Welty	17:52	17:05	x	x

The seniors, who two years ago won this meet as a sophomores, finished 4<sup>th</sup> last year and 6<sup>th</sup> this year as original top 5 scorers have either quit the team or moved to Ohio, we still hung in there and ran very well as a squad. Although Logan Fry's departure hurts us still, we were able to do some pretty cool stuff out there.

**Chris Harris** and others behind him were halted as a fire truck interrupted the race. I've heard that athletes were stopped for 6-12 seconds as medical crew attended an injured female runner. He still PR'd by 16 seconds. There is more to come. As the weeks go on, and the speed comes on, Chris Harris is going to do something special. It's only a matter of time.

**Jose Quezada** is a man on a mission. All that work this summer has *ALMOST* paid off. The official results have you at 17:00. We have to keep you healthy. Jose has been running hurt for a while now. Even so, he can muster up a huge performance, shaving off 23 seconds from last year. We're going to focus on getting that knee healthy this week. Nobody wants it more. Jose looked determined out there. Next time!

**Eddie Robelo** came storming into the chute seconds after Quezada and I've told him all along, that if you have racing flats on, they're going to help you run faster times. Lighter is better. It's only 3 miles. But it makes a huge difference. 17:08 in clunkers is good. 16:40 in flats will feel better. Solid PR for a deserving senior. Keep up the hard work and thank you for getting in that long cool down as you were instructed to do so.

**Brandon Powell**- The story of the night. I'll try and keep this short. Only two runners in school history have ever run faster than Brandon Powell. Mike Chavez, the school record holder 14:37, the 2<sup>nd</sup> fastest UCSB 1,500m runner (~4:00 mile), 2012 U.S. Olympic Trials Marathon Qualifier. And Amar Dholakia, a UC Davis junior who earned a substantial scholarship to run for the Aggies in No Cal. Powell Shaved off 51 seconds to run a personal best 14:44! He followed the plan, and executed it perfectly. With more confidence, Powell could contend with some of the best CIF D3 Runners in the next few months. The real tests will come at Clovis and Mt. SAC later in the season. For now, enjoy these personal victories and keep trying to improve each and every day.

### **Athletes of the Meet-**

**1. Devin Gibbons- He has arrived.**

**2. Steven Fick- Yeah Buddy!**

**3. Brandon Powell- 17:26 → 15:58 → 14:44 → The past three years of improvement on the Rosemead Course. Lesson to learn: Anything is possible. Hard Work and Consistency.**