

Woodbridge Invitational

9/19/2014

Freshmen 7:04 pm

Ron	1	17:16	17:31
Lima	3	18:25	18:29
Garza	2	17:45	18:38
Schaad	4	19:26	19:25
Kwon	6	20:34	20:47
Thornburg	5	19:41	21:01
Hedrick	7	22:35	22:53
Potenza	x	x	24:42
Phethean	6	22:29	x
Lovest	x	x	x

Juniors 7:52 pm

McDevitt	1	?	17:11
Norrbom	x	x	17:44

Seniors 8:16 pm

Rodriguez	1	16:48	16:24
Welty	3	17:23	17:05
Quezada	4	17:25	17:00
Robelo	2	17:20	17:08
Greenberg	5	17:29	17:07

Top 10

Powell	1	15:27
Harris	2	15:38
Harris	3	16:34
Freeman	4	16:34
Rodriguez	5	16:48
Wallace	6	17:03
Ritchie	7	17:10
Fick	8	17:11
Ron	9	17:16
J Wilch	10	17:20

Sophomores 7:28

Gibbons	x	x	16:53
Girgis	x	x	x
Kim	5	19:20	19:19
Moreno	10	23:09	21:25
Nepesa	6	19:33	19:30
Perez	7	19:39	19:31
Robert	9	21:41	22:09
Shapen	8	20:01	20:24
Talbott	3	17:52	17:26
Wallace	1	17:03	17:24
Wilch N	4	17:56	17:12
Wilch J	2	17:20	16:46

Varsity 8:40 pm

Powell	1	15:27	14:44
Harris	2	15:38	15:15
Harris	3	16:34	16:13
Ritchie	5	17:10	16:38
Freeman	4	16:34	16:44
Fick	6	17:11	16:48
Chapin	7	17:35	16:58

Woodbridge certainly knows how to put on a good meet. The course is great, it runs relatively fast (although not as fast as Rosemead) and it allows for a lot of support from parents, coaches and teammates. It is very spectator- friendly. Although the grass is soft and short, the majority of the course is on a soft surface, which does not give much bounce back. (Good for the body, but not the fastest terrain on which to run.)

I count 11 Personal Records nonetheless. What does this mean? Well, chances are good that you will run faster times later in season. *Cough Cough* Yorba Regional *Cough Cough*. Including 7 freshmen! This is terrific. You have to look at the positives. We competed very well among the teams we raced against, and I'm certain everyone can take away something he learned about himself.

Congrats to **Ian Ron, Jose Quezada and Eddie Robelo** for notching sub 17:30 performances onto their belts. (Running sub 17:30 (3x) in a season = Varsity Letter) Ron now has one performance, and this marks the 2nd and 3rd times **Quezada and Robelo** ran sub 17:30.

Varsity

7th out of 18 teams. (81:23) 16:16 Avg

Varsity 8:40 pm

Powell	1	15:27	14:44
Harris	2	15:38	15:15
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Junior **Blake Harris** and Senior **Brandon Powell** looked tough up in that front pack early on. They looked like they belonged. Although Harris was not happy with his performance, I thought he ran tough, and he competed. Given the week that we've had, along with the heat, this could have been a factor in the "slower time". HOWEVER, do not focus on times guys. Times will come with the performance. And you two performed, placing 7th and 9th respectively.

Coming off of Rosemead, we know that this course is not as fast as that course. Still, we had one person PR. Sophomore **Noah Freeman** shaved off 10 seconds as he listened and followed the pre-race instructions. "Run with and do not lose contact with senior **Chris Harris**". **Freeman** hung on and for a brief moment, we had a solid 1-2, and a 4th to join our 3rd. I was very pleased that **Freeman** ran this well. This means that he can run faster later on in the season. I'll be looking forward to both Harris' and Freeman's continued improvement.

Hayden Ritchie learned a very valuable lesson this evening. I am going to share his lesson, because we all can learn from it. We arrived to the meet approximately 4-5 hours before the Varsity race in which Hayden would compete. The time to attach the chips to your racing flats is NOT 20 minutes before your race. You had all that time to put it on your shoe and you waited. As a result, you were stressed out. Did not get a proper warm-up in and you were only able to get in about two strides before the gun went off. I imagine you could have run 30-40 seconds faster had you been able to prepare adequately. I know this will not happen again. This reminds me of a time when I had to change out my spikes less than 10 minutes before a mile race in 2005. I panicked and was stressing out and almost missed my race. But guess what? That never happened to me again. Hopefully this lesson is absorbed well.

Seniors 8:16 pm

Rodriguez	1	16:48	16:24
Welty	3	17:23	17:05
Quezada	4	17:25	17:00
Robelo	2	17:20	17:08
Greenberg	5	17:29	17:07

This was a great performance by a five-man team. We were able to beat out 16 other teams as we won the Red Division Senior race with a 17:17 Team Time Average. We beat some good programs, including Canyon High School (4th place) and Laguna Hills (2nd place).

Led by senior **Dakota Rodriguez** in 16:48, the Aztecs 2nd-5th man had a 9-second gap. This was an example of awesome packing, and it worked as we beat the second place team handedly. Again, as previously mentioned, both **Quezada and Robelo** are 1-race away from earning their varsity letter. **Matt Greenberg** is slowly creeping himself back into shape, and **Logan Welty** had a decent first race of the season. All five performances were varsity-level performances, as anything sub 17:30 earns you your varsity letter. By the end of the year, all five of you will be either 1st year letterman or 2nd year lettermen. That should be the goal. Good work seniors.

Sophomores

Gibbons	x	x	16:53
Girgis	x	x	x
Kim	5	19:20	19:19
Moreno	10	23:09	21:25
Nepesa	6	19:33	19:30
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This was not our best performance. Although we had three of you PR, with Parker Wallace now just one race away from earning his letter (he also finished as sixth fastest Aztec on the night) leading the sophomore squad with a 45th place performance. Big PR's also came from Parker Shapen and Anthony Robert, each of who shaved off 23 and 28 seconds respectively. As a team, we finished 15th out of 35 teams. It's hard to say exactly where we would have finished (if) Noah Freeman, Hayden Ritchie or Devin Gibbons ran in the same race, but I would argue that we could have finished around eighth place with all of them.

There was also the error in communication, as this sophomore squad was the only team that was not stationed in a smart location on the starting line. I believe there were smarter places to be, as a team, than where you guys decided to post up for strides. The direct path to where you had to run for the loops was on the far right of the starting line. Make sure you guys pay attention to the other races and scout out the course. It's ALWAYS a smart decision to plan ahead. You should have seen where the freshmen were lined up, and listened to the coaches, who I'm sure told you where to line up.

As a result, there were probably a lot more bodies in front of you throughout the race and it's hard to move up when you're buried in the pack. It's better to get out hard and settle in rather than work your way through the pack, especially in these big races. When there are 361 people on the starting line, you have to make sure you get out hard in order to give yourself a chance.

Juniors

Proof that lessons can be learned, even at the junior level: Peyton McDevitt the lone junior that competed at Woodbridge, got out well and looked strong on the beginning loops. However, as the race

progressed, things didn't go according to plan. As of right now, McDevitt isn't listed in the official results, as he tied his chip to his trainers and not his racing flats. -__-

Learning lesson: These chips cost money, and if this mistake is ever to be made again (It won't happen again), make sure you turn the chips in to the corral/race officials next time.

Freshmen

Ron	1	17:16	17:31
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Phethean	6	22:29	x
Lovest	x	x	x

Personal records all around! This was a much cooler evening for you guys, and you even got a little taste of running under the lights. That's always fun. Up front, our 1-2-3 are better than each of the past three years' top freshmen. We now have TWO freshmen that have broken the 18 minute barrier, as **Craig Garza** shattered it by 15 seconds, for a personal best of almost 53 seconds! We have records of all the top freshmen and this class now has two runners on that list. **Lima** is close behind and it's only a matter of time before we have you join **Garza and Ron**.

As a team, we finished in 11th out of 36 teams. There were 391 competitors in the race and we stacked up very well against a lot of good teams. I want to take this chance to break down the 11th and 12th place teams in this race, because it's important and you can actually see how we stack up with another team in our league, Canyon High School, which has a very respectable XC program.

		1	2	3	4	5
EHS	364	17	37	60	115	135
CYN	401	30	51	98	99	123

Notice that we beat Canyon handily, 364-401. Lowest score wins. You can see how we stack up in terms of man to man races. Our first man put 13 points on Canyon's first man. Our second man put 14 points on their second man. Our third man put 38 points on their third man. As of now we're up 65 points. However, their fourth and fifth men beat our fourth and fifth man, Taking 16 and 12 points back. Our 1-2-3 are too good that Canyon can't up, even with having six men in front of our fifth man. Now, we may have beaten Canyon but a substantial number of points on Friday, but if we are to take out all other competitors, and score our teams head to head, it becomes a lot closer. Take a look:

	1	2	3	4	5	6	7	Score
EHS	1	3	5	8	10	13	14	27
CYN	2	4	6	7	9	11	12	28

Notice that it's a lot closer. This is why Cross Country is so interesting, because you could have such a good 1-2-3-4, but if you don't have a fifth man, you don't have a team. Dual meet scoring can vary GREATLY between Invitational scoring. Keep an eye on the competition in our league, and let's secure ourselves for the future. If this 9th grade team can beat Canyon's 9th grade team, will we be able to hold them off the next four years? Will our 1-2-3-4-5 be the same 1-2-3-4-5 next year? Or will **Chris Kwon**, **Charles Phethean** or **Matt Hedrick** sneak into the scoring positions? The secret is hard work fellas!

Athletes of the Meet:

- **Freshmen Craig Garza and Chris Thornberg**, for huge PR's and for reclaiming the second man position and for finishing in a scoring position for the first time in his career. 21:01 →19:41!!!
- Sophomore **Noah Freeman** for following the plan perfectly, and **Senior Brandon Powell** for running the second fastest time of his life, and most likely competing in his last cross country race of his high school career. Brandon most likely ran most of his 15:27 on a BROKEN Fibula. Although there were relatively no indications of the injury prior to the race, it speaks to the pain-tolerance level that Brandon has. His character and positive outlook are reassuring for such a talented young man. The future looks bright still, and his determination and talent could land him in a quality cross country program at a prestigious academic university next year. I have a feeling this won't be his last cross country race of his career.