

Oct 28, 2011

Apache Invite @ Arcadia Park

Weather: Mid to low 70's Perfect

Surface is flat and fast!

# VARSITY BOYS Are Moving UP!

Fear of making mistakes. Fear of losing. Fear of not being good enough. Fear of trying and not succeeding. Fear of being responsible. Fear of being successful.

Have you heard the phrase, "Sport creates character." And then there is the line that, "Sport does not create character, it reveals it." Whatever, you may find to be true is a matter of opinion, of course. There is something about doing sports though that must make a person comfortable with fear, or at least familiar. "Fear not, nor be dismayed." "No Fear." "Be strong and of good courage."

**The knowing:** The varsity boys started the summer training at midnight on the first day we could train. This has been customary over the past 4 years now. You ran 10 miles late into the evening. (or morning) There is a belief on the team that running makes each of you a better athlete. You have to "buy in" to the belief system. Through the summer those that are willing to take on the grueling miles of miles forged forward each early morning while sacrificing everything else. These "believers" that push everything else aside know something. They know what it takes to squelch the doubt, the anxiety, the feeling of FEAR on race day. They know what it feels like to be prepared.

**The journey:** After the days, weeks and months of preparing there is the test. These all come in the form of races. If you have done the work (it's in the knowing) to prepare for race day, it takes the sting out of the fear. Recognize that everyone deals with this anxiety. Take solace in the miles of preparation you have done to be here. **Above all recognize that you guys are all exceptional.**

Frosh Boys: 93:20 (avg. 18:40) Fry, Quezada, Reyes, Greenberg and Robelo

When I look at that scoring team, the first kid that jumps out at me is Eddie Robelo. When he first started running in the summer he was a mess. He would take short, stomping steps and pound the ground. It was hard to watch. However, he was determined. He came back every day and continued to run. There were days I thought he just wouldn't make it. Eddie consistently finished at the end of most of the runs. BUT HE FINISHED. His first race at Yorba Regional against Upland he ran 21:21. Today, he

finished with a time of 19:10. That's over 2 minutes of improvement! The Cow Run, Eddie finished 140 out of 200. Today, Eddie was 111 out of 281!

Logan Fry and Jose Quezada continue to make steady progress. Logan did not PR, however he ran most of the race with one shoe! No reason to quit! But, I'm sure it affected your time. Jose has been a strong 2<sup>nd</sup> man on the team and posted a fine PR of 18:30! That's a great time for a first year runner. Nef Reyes also had a big day and scored 3<sup>rd</sup> man for the Aztecs. He's threatening the 2<sup>nd</sup> man position with every race.

I believe that Matt Greenberg can break into the 18's at League Finals. It really is up to him.

Soph Boys: 97:42 (avg. 19:28) De La Torre, Dirks, Ellington, Castro and Worden

Matt Worden went from a PR of 21:00 flat all the way through the 20:00 and down into the 19's!! for a 19:47 PR! That's 6:35 pace for three miles! I am so impressed with this young man's perseverance. He is not built to run, but he makes it work! Matt gets everything out of himself on race days!

JV Boys: 88:29 (avg: 17:41) Llamas, K., Enos, Palmer, Nawfal and Rodriguez

Kevin Llamas with a big breakthrough performance of 16:40! Kevin has chipped away at his PR every week. This week he ran up front with some huge schools! He showed poise up front even though that is not where he belonged. He said later, "I had to go with it and I didn't know what to do." He's sorta right. He found himself in the front and that's a hard position to just let go. Kevin needs to temper that front running and find a strong spot in the chase pack. I imagine a smarter executed race would have cut 10 to 15 seconds off his race time.

Varsity Boys: 77:17 (avg: 15:27) Dholakia, French, Harlan, Ogan, R., Mayans

How far this team has come since the start of the racing season!! Before the race, I watched the team from California High School warm up. This was the team that just killed it at The Great Cow Run. They put a beating on us at the Cow Run. They beat us by 2:45. That's 33 seconds per man!! Well, that was then. Because, today we beat California by 35 seconds! Whoa!! What an excellent turn-around!

One for the record books! Our time of 77:17 is the 3<sup>rd</sup> fastest time in the history of Esperanza! Congratulations!! We also had all 5 scorers under 16 minutes and that is another reason to celebrate!

Speaking of records! Senior Amar Dholakia was going for one today! He was shooting for the All-Time fastest time ever run by an Aztec for three miles! He was just shy of the 14:38 record with a time of 14:43. It is the 2<sup>nd</sup> fastest time ever run and certainly a brilliant time. Is it possible to critique a guy for running this fast? Sure, Amar did a lot of things right! He's blazing fast for goodness sakes! He took it out hard and he showed

a lot of guts. There is a lot of pain going on out there when a guy runs back to back to back sub 5 minute miles. Most of you on the team have never run one mile under 5 minutes. But, Amar could have gone out a little more cautiously the first mile and worked his way through the 2<sup>nd</sup> and 3<sup>rd</sup> mile. Yep, the guy that won the dumb race was about 20<sup>th</sup> place after the very first mile. And that sloth ran 14:29!!!! Holy Moly!!!

Thomas French our co-captain is starting to find his mojo! This is so! SO! Important because the kid has worked so hard for four years and it would be terrible not to contribute his senior season. Thomas helped today and it might not have been a PR, however it was a long, hard journey to get this far. I believe he's got more up side and will continue to chip away at his best times on Mt. Sac from a year ago. Love this kid. Can you imagine how hard it has been not to run for just about a month and then fight back to the top two or three spots on a team this good? That's a captain!

Credit is due to our two steadfast juniors, Chris Harlan and Ryan Ogan. Both of these kids were not major contributors to our cross country team just one year ago. However, with a wonderful track season during their sophomore year, they hit the cross country radar and had a varsity summer training program. They have not had a hiccup along the way. They both have jumped into the top 5 and have stayed right there. Both of these boys have consistently scored and run to their potential each race. That's not normal as I was reminded by a parent. And you know what? It's not normal. First year varsity runners or first timers to a varsity race will most definitely have a learning curve. Both of these boys have continued to improve and take in each learning experience rather well on the varsity side of things. One thing for certain, these races do go out so much faster than a F/S race.

Ryan Llamas for the first time raced varsity! He's deserved this before going into the Clovis meet. However, due to a rather flat surface, Ryan twisted his ankle something awful and was unable to run. The grade of the surface area he twisted it on was zero. His ankle just could no longer stand the strain of the flat surface and decided to take Ryan out like a sniper in the woods. Ryan, who is very competitive bounced back today and ran the race of his life! He blasted his former PR of 16:43 and took it to a new level of 16:09! If not for this and that type injuries, Ryan certainly would be under 16 min after the Apache race. As for a runner, he has a lot of things going for him. He's smart, athletic and has lots of ambition. Ryan also is finding time to grow the longest chest hair ever recorded. Yes, very ambitious. Ryan will be running varsity at league finals and has another opportunity to break into the 15's.

Learning to fly... First year runners Steven Mosqueda and Josh Park raced their very first varsity race today! They have both earned their varsity letters and it was time to see what they can do versus a field of incredible athletes. Coping with anxiety and fear is all part of any sport. The experience that was gained from this single varsity race will pay off at League Finals. You'll see the difference right away in the depth of the field and the pace of the first mile. Both kids broke 17 min's. which is a great sign that the nerves didn't get to them too much. Both Steven and Josh figure to be top 7 next season.

**Times and comparison to last year**

14:43 Dholakia*****	PR	-10	2 <sup>nd</sup> fastest runner of all time!
15:26 French****		+16	tied 15 <sup>th</sup> all-time senior
15:33 Harlan****	PR	-1:21	12 <sup>th</sup> all-time junior
15:45 Ogan, R*****	PR	-1:30	tied 17 <sup>th</sup> all time junior
15:50 Mayans*****	PR	-28	
16:02 Sommer***		+14	
16:09 Morales*****	PR	-36	
16:09 Llamas, R.*****	PR	-45	
16:40 Llamas, K. ****	PR	-1:19	
16:45 Park****	PR		
16:57 Enos***		-6	
16:59 Mosqueda***			
17:32 Palmer*****			
17:52 Fry***			
17:55 Nawfal**		-49	
18:30 Quezada*****	PR		
18:41 Reyes*****	PR		
18:58 De La Torre***			
19:07 Greenberg*****	PR		
19:10 Robelo****	PR		
19:10 Dirks*****	PR and 1 <sup>st</sup> race		
19:12 Chaves*****	PR and 1 <sup>st</sup> race		
19:25 Rodriguez*****	PR and 1 <sup>st</sup> race		
19:31 Wan*****	PR		
19:43 Ellington**			
19:44 Castro***	PR	-54	
19:45 Harris**			
19:47 Worden*****	PR		
19:53 Gongloff**		-4:41	
19:57 Flodin**	PR and 1 <sup>st</sup> race		
20:55 Memole**	PR and 1 <sup>st</sup> race		
21:09 Jimenez**	PR and 1 <sup>st</sup> race		
21:28 Belmontes**	PR and 1 <sup>st</sup> race		
22:48 Hunter**			