

10/29/2010 @ Arcadia Invite
Weather: Warm, mid 70's.

AZTECS RUN IN FASTEST CROSS COUNTRY RACE IN HISTORY

The U.S. Record was set at Arcadia for the fastest cross country team time in history. Arcadia's time of 72:23 beat a record that stood since 1999 from Illinois's cross country state championships by York High School

SETTING A SCHOOL RECORD OF OUR OWN 75:47!

Elliot Myers 14:47, Amar Dholakia 14:53, Thomas French 15:10, Kurtis Merget 15:24, Andrew Lindsay 15:33

And that is not the only record to be set! We had eight runners in the same varsity race to run sub 16 minutes. We were able to run 10 varsity runners in this race. Esperanza has only had their entire top 7 under 16 minutes once before and that was during the Orange County Championships this year! Until last year, it has been since 1997 where we have had our top 5 in a race under 16 minutes. Aztecs were able to accomplish all scorers under 16 minutes last year twice and now this year twice! **However having eight runners do it is unprecedented!** J.P. Ogan 15:36, Matt Sommer 15:48 and Chris Collins 15:49 all in the same race as our scorers broke the impressive mark!

Results:

10th graders 3rd 86:04
JV 4th 83:48
Varsity 2nd 75:47

14:47 Myers***** PR	2 nd fastest time in school history
14:53 Dholakia***** PR	5 th fastest time in school history
15:10 French***** PR	Tied for 8 th fastest time in school history
15:24 Merget***** PR	Top 20 time in school history
15:33 Lindsay**** PR	Top 20 senior time
15:36 Ogan, J.P*****PR	Top 20 senior time
15:48 Sommer*****PR	Top 20 junior time
15:49 Collins***** PR	
16:06 DeLey****	
16:07 Naylor**** PR	
16:18 Mayans****PR	
16:45 Morales****PR	
16:46 Figueroa***** PR	
16:54 Llamas, R***	
16:54 Harlan***** PR	1 st time under 17 min!
16:55 Ogburn***** PR	1 st time under 17 min!
17:02 Salmans***	

17:03 Enos**** PR
17:04 Eckerle***
17:08 Boehringer**** (huge PR!)
17:10 Hale**
17:13 Johnson**** PR
17:15 Ogan, R**** PR
17:40 Medina**
17:58 Human**
17:59 Llamas, K**** PR very few races in and breaking 18 min!
18:13 Lewis***PR
18:41 Herrick****PR
18:44 Nawfal****PR 1st time under 19 min!
19:08 Muster**
19:12 Gold*** PR
19:31 Roshdieh***PR
20:38 Castro***PR
24:34 Gongloff***PR

When kids are in school they “WANT” to get good grades. For some, that could mean B’s or better; for others it might be A’s. Kids can study and do everything that needs to be done and yet, fall short of their goal in class. While another kid can make it look easy and seemingly “never study” or barely spend time on their homework, yet earn straight A’s. Running is like this. We all WANT to run fast. For some, that’s running under 19 minutes; for another it could be going sub 17! What we don’t know is HOW HARD that kid has to TRAIN to get there. For Elliot, he had years of swimming under his belt before running. He had no clue he would be this good. Ask him. He trained hours a day for years to become a swimmer. Watch Elliot now and you might think he hardly has to try to run fast. On the contrary, he hurts like any of us. Yes, he has similar qualities to that A student in class as a runner. But, if you are trying as “hard as you can” and he is trying “as hard as he can” it’s all the same pain. If you are not a varsity runner, stand at the finish line and watch him come in after a hard effort. He looks just as bad as the next guy. **The point? All good grades and good running comes with a price. The work needs to be done.**

Strategy... you have to have it. This sport is a thinking man’s sport. It’s not possible to give a 100% over the entire race. You have to pick your spots in a race that suits you. Andrew Lindsay is not the fastest kid in a sprint and nor is he the strongest up hills. However, he finished with a pretty good time. He picks his spots in a race.

Golden! Austin, busted a 19:12 and led the 9th grade team. He’s getting very close to sub 19. Austin needs to ask himself what he needs to do with one last race to go, where he can chip 4 seconds a mile off over three miles.

10th graders... run a little too hard at first! Yes, at first glance it looked like all is well. Going through the mile the 10th grade team looked like super studs! Even though the mile might have felt “alright” the first 800 meters was a wee fast. Ryan Ogan went through the mile in 5:20. That’s 16:00 flat pace. Yikes~! Maybe 5:30 would have been a little more prudent? Even super stand-out, first year incredible rookie, Ryan Llamas should not have been too far in front of a 5:20. I whispered in Austin Human’s ear right before leaving the line, “When you go out, slow it down. You are going to feel like you are in control.. but it will be too fast.” You have to love the guts they have! It helped Chris Harlan! He had the best race of his career! I asked, “How did it feel?” The young grasshopper remarked, “I think it was too fast.” Old master replied, “How is that possible, you ran your fastest race in your life? You wanna run slower?” Being his first year racing, breaking 17 minutes is a great accomplishment!

Amar Dholakia was not the fastest 9th grader on his team. He was good, but not the best. How did he get so good? He’s one of the top runners in the history of the school and only a junior. Do you hear him complain? Does Amar say it’s too cold? Have you heard Amar squawk about the miles? Does Amar run to his car like a scared child when we ice bath? Not that anyone on the team is guilty of these kind of remarks... but, my point is... Amar is pretty tough when things get tough. Two sub 15 minute guys on the same team is rare. I’m glad it is happening to us.

I think I’m going to miss Kurtis and Andrew a lot next year. They are both super smart. They both share a sense of humor that I enjoy. And it has been nice to see them grow in this sport over the years. Kurtis has been running in the varsity races for three years. I remember his first preview race in the Sunset League. And Andrew... he has been part of every important stepping stone for this team. Great combination to have on this team over the years and they are good friends. Enjoy the ride fellas. It really is never this great all the time.

Back from the dead... Jacob Mayans! 16:18!! Jacob has been doing some outside training because his body just will not allow him to run every day. It is obviously working! He looked great in his PR performance at Arcadia! He led the JV team with a very good finish and looked poised the entire race.

Soooo close!!! Medina, Johnson, Boehringer, Enos, Human and Ryan Ogan... all very close to going sub 17!! Break the course down in your mind before the race. Imagine the pain and where it becomes unbearable where you begin to give in to it. Now, realize yourself pushing through the pain. It will be temporary! Promise! The memory of outlasting the discomfort and breaking 17 minutes will last a lifetime. I know you can do it! I wonder who will make it happen on Wednesday?

The depth of our team... In less than 24 hours the depth of the team will change. I very much appreciate how good we’ve had it for three years! We have been a team with an AMAZING junior varsity squad! I have gone years and years at Esperanza lacking a 5th man. Our top four guys would all be sub 16:20, or close to 16:10. And then, our 5th would come in at or around 16:50. It drove me crazy. Now look at us? 16 GUYS under

17 minutes in the same race!! And then half of those guys are sub 16! Naylon, DeLey and Sommer have done a great job running in the top 10 for our team. We need the guys in the top 10 to push the top 7, which in turn pushes the top 5! We've been so lucky! I've been so lucky! I will miss this senior group very much. I pointed out to a few of you today that it was your last practice of your life for cross country. It goes that fast, right? Next year, we lose 16 kids. If we only get 3 or 5 freshmen boys, our team will be about 22 to 25 strong. It's nice to see ALL levels do well, not just the varsity. You guys are important to the morale of the team. Eckerle, Figueroa, Ogburn, Hale, Spadoni... all of you would be top guys on most teams. I know a few of you have won races! Incredible! I hope you guys continue to run track and think about running in a junior college. You'll be very successful!

As for the top 10 from Arcadia! How impressed I was that you stood shoulder to shoulder with the best team in the United States, and then ran the best race in the history of the school! THAT IS NOT NORMAL! Most people would and do fail against that kind of perceived pressure. You did your best. Of course it was awesome! But, listen! The boys from Arcadia set a U.S. Record that day! And you guys were 2nd to them! Not only were you racing them... you helped them achieve their success! The coach told me before the race that his team was going for the record. I was shocked! I mean think about it. I don't think there are many times in any sport where the coach is thinking, "We are going for the National Record today!" And, when he told me that... I was like, "Dude! WE ARE GOING TO FREAKING RUN SO FAST!!" and you did.

Congrats on your race! You all did well... and I'm more than happy to be part of this experience. I'm lucky to be here. This has been a life changing experience this year for me. I appreciate all of your hard work and dedication. I'm inspired!

Athlete of the Meet

Top 5!

Myers, Dholakia, French, Merget and Lindsay! So Fast!! You guys rocked!

75:47

WOW!