

9/7/11

Esperanza vs. Upland @ Yorba Regional Park

Temp: High 90's! Very Warm. Not brisk, what-so-ever.

Scores: Varsity Wins! 24 to 31 (low score wins)

F/S Wins! 27 to 28

## Dholakia and Mosqueda Get First Wins of the Season!!

Winning is not normal! Please check the [Esperanzaxc.com](http://Esperanzaxc.com) website on Parent/Athlete handbook about this! Upland trains very hard all summer and they don't like to lose! It was nice to see Esperanza have two wins! Individually and Team wise! Excellent work!

15:36 Dholakia*****	10 <sup>th</sup> Fastest Senior Time All-Time @ YR Park
16:48 Harlan***	PR
16:58 Ogan, R***	PR
17:17 Mayans**	
17:44 Enos**	
17:56 Mosqueda*****	1 <sup>st</sup> Race of his career! Wins it! What a Natural!
18:05 Sommer**	
18:23 Human**	
18:25 Llamas, K**	
18:51 Park***	
19:22 Nawfal*	
19:49 Harris**	
19:52 Fry**	
20:16 Quezada**	
21:17 Llamas, R*	
21:17 Greenberg*	
21:20 De La Torre**	
21:21 Robelo***	
21:34 Wan***	
22:12 Max*	
23:01 Castro*	
23:55 Rodriguez*	
24:00 Welty*	
25:14 Worden*	

It is not easy to run in the heat! It was over 100 degrees all day! I addressed this with the team through the week about hydrating and I'm not sure you guys believed me! But, at

any rate, I don't think all the water in the world would have helped your performances. If I were to handicap the race with the weather, I'd say it was good for about 20 seconds. So, it's hard to gauge your effort with the first three mile race of the year with this hot weather. Don't take the marks I gave you above too seriously. I know you can do better.

Harlan and Ogan went out faster than they normally do and they STILL PR'd! It hurts to run fast before you are ready to. They had no business running 5:15 for the first mile in 90 plus degree weather, but they followed my directions and held on for some pretty good times. You'll see these times drop significantly with favorable weather. At any rate, it was great experience!

Steven did a great job controlling his race. We've had a F/S runner win this race 6 out of 8 years. It was nice to see this tradition continue against such a fine team! Steven had a little more to put on the line during the race, but he ran smart. He raced to win! That's got to count for something. You can't coach that kind of thing in a person. It's special.

Josh Park forgot it was a 3 mile race and was killing everyone by 20 meters by the half mile. Then a whole pack of bears jumped on his back. Mama Bear, Papa Bear, Baby Bear and Baby Bear's little Brother Bear and then little Brother's doll too! They were all angry and wanted Josh to slow down. Those bears are heavy. But, even though Josh was a wild man and went out too fast, he hung on like a champ. I don't recommend this strategy and would never want Josh or anyone on the team to attempt this. However, you have to admire the courage of Josh to do something like this. It is certainly courageous, right? Now, use a little more sense this Saturday and make something special happen Josh!

I am enjoying the race between 9<sup>th</sup> graders Chris Harris and Logan Fry. They've been battling each week. Chris started the summer strong and each week Logan keeps getting stronger. Logan got beat today and I'm fascinated to see who responds this Saturday to meet the challenge. It makes our Frosh/Soph team very strong.

It takes 5 guys to score. And it looks like that responsibility is going to fall upon Jose Quezada. His time of 20:16 finished him 8<sup>th</sup> overall in the race vs Upland. But, in a larger race 20:16 is not going to cut it. We need Jose to run with Logan and Chris to be semi-competitive. With Steven up front, an aggressive Park charging and Logan and Chris with their rivalry... that gives us a nice 4. Jose? Are you up to the challenge?

It's rare that I'm surprised on race day. And when it happens, it's pretty cool! It was a great surprise to see how well Eddie Robello and Jon Wan did today! In the heat, they ran around 7 min. pace! That's faster than their 1.5 mile time trial mile pace! I'm excited to see what happens this Saturday!

#### Athlete of the Race!

Steven Mosqueda! Come on! First race of his life and he wins?!! That's awesome! Right? So, keep that up Steven! I'd love to see you top 20 this Saturday!