

7/26/11 Time Trial @ Santa Ana River Trail

Temperature was mid 70's; strong tail wind

This time trial has been occurring for Esperanza runners since 2000. This is the 12th season of cross country runners being tested during this time of training. You will see previous times posted by athletes during their tenure as runners at Esperanza.

2011 time	2010	2009	2008
7:13.3 Dholakia	7:44	8:07	8:31
7:30.6 French	7:49	8:06	8:31
7:40.0 Harlan	8:45	DNR	
7:50.2 Morales	9:09	8:46	DNR
7:51.0 Sommer	8:08	8:15	8:35
7:51.7 Ogan, R	9:45	DNR	
8:09.3 Llamas, R	8:13		
8:18.5 Human	8:09	8:53	
8:33.5 Llamas, K			
8:35.0 Enos	9:45		
8:39.6 Nawfal			
9:11.3 Mosqueda			
9:26.4 Gongloff			
9:52.7 De La Torre			
9:57.2 Harris			
10:07.8 Fry			
10:21.8 Ellington			
10:28.5 Castro	10:38		
10:50.3 Greenberg			
10:59.2 Quezada			
11:04.5 Wan			
12:36.9 Eddie			
12:54.6 Worden			

Of course the times you see listed above for 2010, etc, represents the times they posted in July. Like you these kids were able to run again in late August to test again over the 1.5 mile course. Take a look at these times from our veterans and start making goals for improvement.

You can see by the times above we have more kids that are new to the sport on the team than we have veterans. Only 10 kids on the team raced this time trial before. The times posted by our new members of the team would represent a beginning.

We had a few standout performances that need to be noted. Junior Chris Harlan's time of 7:40.0 is one of the fastest times in the history of this event for 11th graders. This ties for 5th on the junior list with current Olympic hopeful and school record holder for cross

country, Mike Chavez. Chris' time is also faster than our very own Amar Dholakia's time from his junior year. Senior Thomas French also ran a very fine time placing himself amongst Esperanza's senior legends. Furthermore, Thomas was sick the day of the time trial so you know he has more in the bag. Senior Amar Dholakia dropped the hammer today and came very close to breaking the course record set by Airforce Academy plebe Elliot Myers.

Improvement is the name of the game in this sport. Don't let yourself become stale and not run for something. Look at Chris Harlan, Brian Morales and Ryan Ogan. Chris has already been given feedback so let's take a tighter look at Brian and Ryan. Both of these runners have been coming to practice everyday. They don't miss and they are reaping the benefits of the amped up mileage with each week that comes. Injury prevention is a big part of this sport. When you come to practice each day and painstakingly take on each challenge of every run, your body becomes accustomed accordingly. Missing practices a few days here and a week here for vacations or other priorities increases your risk of injury because of ego. Most people come back and run too fast too soon. Boys in high school tend to not practice patience. With this kind of eagerness, kids get hurt.

Make goals

Be patient

Come to practice each day prepared to train

Drink lots of liquids (water and refueling aides)

Sleep and rest

Ice aches and pains