

# Hillcrest Inv.

Thursday, April 10, 2014

Mid 60's, calm, absolutely beautiful

## 4 x 800:

Lehnhardt	28.4-30.7 (59.1) 32.9 (1:32) 35.2 (68.1)	<b>2:07.2*</b>
O'Callaghan	28.4-29.4 (57.8) 29.2 (1:27) 31.5 (60.3)	<b>1:58.5*</b>
Brower	30.5-32.5 (63.0) 33.7 (1:36) 36.7 (70.4)	<b>2:13.4</b>
Brennan	28.1-30.2 (58.3) 29.6 (1:27) 31.4 (61.0)	<b>1:59.2</b>
		<b>8:18.4 1<sup>st</sup></b>

## 3200:

Adams	72-77 (2:29) 73-74 (4:57) 74-76-75-73 (4:58)	<b>9:55.6* 1<sup>st</sup></b>
W Becker	72-77 (2:29) 73-75 (4:58) 75-77-74-74 (5:05)	<b>10:03.4 3<sup>rd</sup></b>

## 800:

McMahon	29.8-30.1 (59.9) 32.7 (1:32) 32.9 (65.6)	<b>2:05.6* 3<sup>rd</sup></b>
Hetzler	SCR	

## 1600:

Brennan	66.7-70.9 (2:17) 67.6 (3:24) 70.6 (2:18)	<b>4:35.4* 3<sup>rd</sup></b>
Burzinski	67.2-70.7 (2:17) 69.0 (3:26) 72.0 (2:21)	<b>4:38.9 4<sup>th</sup></b>

## 4 x 400:

C Torpy	<b>52.7</b>	Scheldberg	<b>54.6</b>
Brown	<b>54.6</b>	Brown	<b>53.4</b>
Caulton	<b>53.5</b>	Yozze	<b>54.7</b>
Parthemore	<b>52.1</b>	Abiona	<b>53.2</b>
	<b>3:33.1 4<sup>th</sup></b>		<b>3:35.9 1<sup>st</sup></b>

## **Comments:**

We had some great things happen, but it wasn't quite a great night. It was close. Our varsity **4 x 800** is our pride and joy. We have a golden baton that I've had since my first year coaching. Many of the All-Time Greats used that baton. It is only used for varsity, big time 4 x 8s who have the responsibility to carry the stick. It's your leg, you've earned it, now honor it. Other ran before you and represented the distance team with courage and determination and toughness, not it's your leg. Before you know it, it will be your turn to hand off to future champions. When you get a chance to carry that baton, you carry the entire tradition with you. I've said the same words to multiple All-State 4 x 800s, to school records, to guys who carried the baton to sub 1:55s. We don't allow that stick to lose. I can count on one hand the number of times that baton has lost. Last season, it made it across the finish line first in every race. Only two guys managed to squeeze in front of it in the state final. Let's see if we can do last year one better. At Hillcrest, **Max Lehnhardt** got the stick first. He carried the opening pace out a bit too fast—that will be doable in 3-4 weeks. He'll be able to finish that sub 2:00 pace in May. He fought his way through and managed a sizeable PR. He was not happy with his performance, but he'll get it down. **O'C** got the baton with a few guys to run down. The Brother Rice opening leg went 1:59, so OC had a 7-8 second deficit and ran him down by 500 meters and proceeded to gallop down the back stretch and finish in a PR. This was the performance of the night, coming off an injury and using this as a step toward other races, yet he miraculously PR'd. He's like Seabiscuit, who smells competition in front of him and feeds off of it. That performance is a great sign. We know his fitness is not totally there. It's going to take some more patience and effort to get sharp, so we need to keep working his way back to sharpness. Brower struggled to finish off his race and I think he would have run better if he had been in the open 800 with B Mac. **T Brennan** ran a really strong 800; he was able to finish well, actually running slightly faster than OC in the final 200, and secured his first ever sub 2:00. It's a great sign of things to come. While **WBecks** struggled with apparent health or general fatigue concerns, he hung in there and never quite. I've seen plenty of people quit in that situation. Meanwhile, **Adams** took the bold step to win a race. We let the pace drift a little on lap 2, which is okay—there is plenty of time to make up a second or two—and drift a little in the hardest lap—lap 6, but overall he was very efficient and even. You can't get a whole lot more even than his race. He's been beaten by Becker and Durkin before, so this was a big confidence boost to find the courage to commit to the lead. Many don't understand what I mean when I say, "Don't be afraid to win." They often say, "Why would I be afraid to win." But this moment of execution and boldness is exactly what I am talking about. Over time, through training and competition, we tend to limit our own abilities in our heads. "I run x pace," (and no faster), "I usually run with this guy; this guy is normally beating me, etc" That stuff only limits you. Don't put a limit on your abilities. Don't be afraid to *commit*. Adams took that step last night. It's a big step and it much more significant than the lap pace, it's a mental barrier that he conquered. The other barrier that he conquered was 10:00. Three digits rather than four. **BMAC** took a big step too and competed for the win in the open 800. That is a significant time drop as he raced his way to a solid 2:05. His move before the bell was bold and tough. We are close to finishing that off and being on another level—the victory and a 2:00. **Brennan** completed a solid double and **Greg** kicked some rust off. We need to take that mile to another level. It required a bigger commitment in the middle laps and then the toughness to finish. Finally, we pulled **CTorps** off the bench and inserted him into the 4 x 4. He

came out of a standing start to run a fast 52.7 after having completed a full workout. That is a good half a second faster with a hand off rather than a starting position.