

Joliet F/S Inv.
Thursday, April 10, 2014
Mid 60's calm, beautiful
FAT

4 x 800:

Skucas	61.3-65.5	2:06.7*
Cummings	64-74	2:18.7*
Wagner	66-72	2:18.4*
D Gleisner	61.8-69.1	2:10.9*
		8:54.7 5th

3200

Laskero	72-76 (2:29) 78-78 (5:05) 79-81-80-73 (5:15)	10:20.3 1st
Sieczkowski	74-79 (2:33) 83-84 (5:20) 83-84-83-78 (5:28)	10:48.5* 4th

800

Lukas	61-63	2:05.0*
Lifonti	62-65	2:07.1*

1600

Skucas	65-72 (2:18) 73 (3:31) 69 (2:21)	4:40.7* 2nd
D Gleisner	66-71 (2:17) 73 (3:30) 71 (2:24)	4:41.7* 3rd

4 x 400:

Lukas	54.8*
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Comments:

I loved getting the updates from Joliet! I was glad to see our 4 x 8 didn't make any excuses about warm up time. They arrived, adjusted, problem solved and got the job done. Four PRs. That's what I want to see. No excuses. Find a way. That's the mentality of a winner. **Skucas** popped a solid PR, **Cummings** is progressing really well, **Wags** looks like he ran a solid race, and **D Gleis** knocked off some time on his PR to bring us home. It was good to see **Sieczkowski** get into a 3200 and run a solid time. **Laskero** needs to focus on what it's going to take to break 10:00. **BLukas** knocked more time off his 800 PR. He needs to be ready to really hurt—push the boundaries of pain. **Lifonti** won't quit—every race he's touched has been a good one. Our milers came back and finished off a solid double. I love to see how much Gleisner and Skucas pushed each other in this race. Those guys are feeding off of team competitiveness and running really well right now. **BLukas** showcased some solid speed in the 400. I was thrilled to see the F/S guys represent our team so well. We were feeding off of the Joliet results at Hillcrest. That synergy is when you have something special going.

Everyone: We have a lot of work to do. We have specificity to add now—race pace. We will develop further because of this last ingredient and we will be ready at exactly the right time for some great times. You can either settle now for good or you can be bold enough to become the greatest. We aren't even close to being great yet. As always, the decision is yours if you want to become great.