

Lemont Indoor Inv.

Saturday, March 22, 2014

4 x 800:

Skucas	65.9—67.2	2:13.1
Lehnhardt	60.1—71.1	2:11.3*
Lifonti	64.7—67.5	2:12.1*
Lukas	65.2—67.9	<u>2:13.1</u> 8:49.6 1st

3200:

Benz-Weeden	78-81-81-81 (5:24) 83-84-84-79 (5:31)	10:55.2*
Wagner	80-83-84-84 (5:32) 87-86-88-84 (5:46)	11:18.9*

800:

McMahon	64.9—67.9	2:12.9 2nd
Brower	64.9—72.3	2:17.2 3rd **fall

1600:

Adams	69.8—71.4 (2:21) 72.8—71.0 (2:22)	4:45.1* 1st
W Becker	DNF	

Comments:

We certainly didn't have a perfect day at Lemont. With Will Becker going down and Mike Brower taking a spill, we could have had a better day. However, I was thrilled with our 4 x 800 intensity. **Martin Skucas** is learning the 800 and will improve with more experience. The 800 is two minutes of big time intensity. He got in a good effort and handed off the baton in first. **Max Lehnhardt** had a great race. I loved how aggressive he was—that is what I've been looking for. He ended his indoor season with two strong races in the mile at SWSC and the 800. I think he has some good mid distance ability and we'll continue to work in all three events. He has that big time risk taking back and I am thrilled to see it. **Anthony Lifonti** is on a roll and looks better every week. His indoor season has been phenomenal and he's going to take that momentum into outdoor. His 2:12 is yet another PR. **Brandon Lukas** put down another solid time to finish off the victory. **B-W** hasn't run a 3200 in quite some time and he looked better than he has in indoor to this point. I am looking for him to take his fitness to the next level and get that time down to the low 10:00s in outdoor. **Wags** has the attitude of a winner and I was thrilled to get him into his first varsity race. I am confident there will be more in his future. **BMac** looked strong in the 800. He's going to have to dial up the intensity even more to get that PR in the 800. **Justin Adams** managed a slight PR while having to run solo. He's nailed down his 3200 and 1600 PRs and is ready for some big time improvements in outdoor. The best thing that happened at Lemont was our overwhelming support of each other. We had bunches of guys who made it out to the meet and crowded the place. It seemed better than a home meet and every time a Sandburg guy went by the back straightaway, he was greeted with some loud, aggressive support. We've had a bunch of alumni come back the last few weeks. It seems every day we had someone different show up to practice. Don't forget how lucky you are to have the opportunity to practice every day, have the team that you have, and represent a tradition that is really something special. Your time is short here. I'm the luckiest guy on Earth—I get to stick around more than four years. Your time is short. While you'll always be a big part of Sandburg CC/Track, you get a brief opportunity to wear that uniform, run for and with all those cheering on the sidelines, and contribute to the story of our program. Every time you are in a race, consider how many people are jealous of your position. Consider how many people you are representing. You have a lot to run for. As we begin outdoor season, take a minute to consider how you'd like to represent our team and our tradition. What will be the chapter that you contribute to the story?

Please visit our website and read some of the great stories of our team: <http://sandburgrunners.weebly.com/>

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