

# Time Trial

Tuesday, April 15, 2014  
39 degrees, overcast, wet, calm

## 3200:

Walter	5:03-5:03	10:07.3*
Brower	5:06-5:25	10:31*
Carollo	11:02*	
Cavalier	11:04*	
Arrigoni	11:19*	
Claire	11:26	
Foster	11:34	

## 800:

Lahucik	2:20*
Starzec	2:23*
Stogin	2:23*
Markey	2:26*
Peters	2:27*
Sanchez	2:27*
Bowald	2:30
Cachares	2:31*
Mangold	2:31
Walsh	2:34
Mi Bovard	2:35
Kos	2:44
Wieczek	2:58

## 1600:

Lopez	5:10
Papan	5:32*
Brncich	5:50
Wojo	5:51
Raheja	6:33

## Comments:

It's never ideal to get a meet cancelled. However, I loved the racing intensity that we showed in the time trials that replaced our cancelled meet. This is huge. I was absolutely thrilled after this time trial. When we race, we take on a mentality of ultra competitiveness and we find our best, regardless of the competition, conditions, or any other potential excuse. If you start making excuses that is exactly what you'll be left with: excuses. As we always say, you can either find an excuse or find a way. Judging by the number of PRs, we found a way on Tuesday. **Brady Walter** and **Mike Brower** got things going at the front of our first heat in the 3200. Their commitment to a fast pace, far faster than their PR, put a jolt into our team. Walter found another level of running out there and has put himself in a position to be a stud varsity runner. Brower found some success in an event he hasn't been competing in. Meanwhile, **Nick Carollo** and **Lou**

**Cavalier** were rolling behind them, finding their way to PRs and just missing breaking into the 10:00s. That is some serious running. Our 800 group also was super aggressive. **Kyle Lahucik** has been an awesome leader for us and led the way with some serious effort. It's exciting to see the potential of **David Starzec** as well. He hasn't had too long to train consistently, yet he is running really well. I think he could be an elite mid distance runner if he could train consistently year round. With our mile open race scheduled for Saturday, we had only a few guys in the 1600. We only managed one PR out that group with Papan scheduled to run the 800 on Saturday. I was glad to see the guys take on the challenge of the mile.