

# Buffalo Grove Inv.

Saturday, April 19, 2014

Starting low 50s, ending mid 60s, very sunny, calm, warm

1. Sandburg—224
2. Prospect—156.5

## Open 1600

Adams	69-71 (2:20) 71-71 (2:22)	<b>4:42*</b>
H Becker	70-73 (2:23) 77-70 (2:27)	<b>4:50*</b>
Brower	69-75 (2:24) 75-71 (2:27)	<b>4:51</b>
Lopez	70-74 (2:24) 80-76 (2:36)	<b>5:01.3</b>
Benz-Weeden	72-77 (2:29) 77-74 (2:33)	<b>5:02</b>
Lahucik	74-79 (2:33) 80-75 (2:35)	<b>5:09.3*</b>
Carollo	74-81 (2:35) 81-85 (2:36)	<b>5:11.7*</b>
Foster	(2:33) (2:43)	<b>5:16.5*</b>
Claure	73-80(2:34) 81-81 (2:42)	<b>5:17.8*</b>
Stogin	75-83 (2:38) 86	<b>5:20.5*</b>
Cavalier	73-83 (2:36) 85-81 (2:46)	<b>5:22.5*</b>
Markey	74-82 (2:36) 84-82 (2:46)	<b>5:22.5</b>
Mangold	74-80 (2:34) 82-83 (2:45)	<b>5:23.5</b>
Arrigoni	78-80 (2:38) (2:46)	<b>5:24.9*</b>
Peters	76-84 (2:40) (2:45)	<b>5:25.8*</b>
Ma Bovard		<b>5:33.8</b>
Bowald		<b>5:34.5*</b>
Cachares		<b>5:38.2*</b>
Brncich		<b>5:51.5</b>
Walsh		<b>5:53.9</b>
Mi Bovard		<b>5:53.9</b>
Raheja		<b>6:30.3*</b>

## 4 x 800:

Szymanski	31.5-31.8 (63.4) 35.3-34.2 (69.5)	<b>2:12.8*</b>
Wagner	35.7-33.6 (69.3) 37.9-35.8 (73.7)	<b>2:23.1</b>
Cummings	30.6-34.0 (64.6) 38.0-35.4 (73.4)	<b>2:17.9*</b>
Sieczkowski	31.8-32.8 (64.6) 35.2-34.0 (69.2)	<b>2:13.9*</b>
		<b>9:07.8 4<sup>th</sup></b>

W Becker	28.7-30.7 (59.4) 31.1-31.5 (62.6)	<b>2:02.0*</b>
McMahon	30.7-29.7 (60.4) 33.5-32.8 (66.4)	<b>2:06.8</b>
A Gleisner	29.5-29.7 (59.2) 34.0-35.3 (69.3)	<b>2:08.5*</b>
Hetzler	28.2-29.4 (57.6) 32.2-29.7 (62.9)	<b>1:59.4</b>
		<b>8:16.8 3<sup>rd</sup></b>

## 3200:

Laskero	69-76 (2:26) 77-77 (5:02) 76-77-77-71 (5:03)	<b>10:05.6* 1<sup>st</sup></b>
Lifonti	71-75 (2:27) 77-78 (5:02) 77-80-80-69 (5:07)	<b>10:09.8* 3<sup>rd</sup></b>
Burzinski	71-77 (2:29) 72-73 (4:55) 74-77-75-71 (4:59)	<b>9:54.7</b>
Skucas	71-77 (2:28) 74-75 (4:57) 77-80-78-72 (5:10)	<b>10:07.5*</b>

## 800:

D Gleisner	28.3-30.6 (58.9) 34.4-34.2 (68.6)	<b>2:07.4* 3<sup>rd</sup></b>
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Papan	32.6-35.0 (67.6)	38.9-38.1 (77.0)	<b>2:24.5*</b>
O'Callaghan	27.9-29.2 (57.2)	30.3-28.7 (59.0)	<b>1:56.2* 2<sup>nd</sup></b>
C Torpy	27.6-29.6 (57.6)	30.6-30.3 (60.9)	<b>1:58.1* 3<sup>rd</sup></b>

#### **400:**

Starzec **57.9\***

#### **1600:**

Lukas	65.2-71.6 (2:16)	73 (3:29)	69 (2:23)	<b>4:39.4* 1<sup>st</sup></b>
Lehnhardt	65.2-75.8 (2:21)	77 (3:38)	68 (2:26)	<b>4:47.7* 2<sup>nd</sup></b>
S Torpy	66.3-68.3 (2:14)	67.5 (3:21)	67.2 (2:14)	<b>4:29.2* 3<sup>rd</sup></b>
Brennan	65.7-69.6 (2:15)	67.5 (3:22)	67.1 (2:14)	<b>4:29.9*</b>

#### **4 x 400:**

Schelberg	<b>55.6</b>
D Gleisner	<b>57.0</b>
Wagner-Zab	<b>57.7</b>
J Brown	<b>52.2</b>
	<b>3:42.5 2<sup>nd</sup></b>

L Johnson	<b>51.5</b>
Caulton	<b>52.0</b>
T Brown	<b>52.7</b>
Parthemore	<b>50.9</b>
	<b>3:27.1 1<sup>st</sup></b>

#### **Comments:**

First of all, we had a number of PRs, and that is what we are looking for first and foremost. Keep chipping away at PRs and if you continue that you'll get to where you want to be. As many PRs as we had, I know we are even better. I see it in practice and I know it will show up in races as soon as we execute. At this point, as we put some more races in the books, it is going to be critical that you find a way to commit to another level of effort. In order for you to PR, you need to find a personal best in the category of effort. When you go to the starting line with that decision made, then you will find something special. The open milers got the ball rolling with a bunch of PRs, nothing out of the world, but a bunch of :2-3 PRs. **Nick Carollo** is starting to stick out, with two great races this week. **Justin Adams** dropped a couple seconds running solo after a really strong 3200 last week. I'm looking forward to what he can do against a stellar field at DGS (and I mean stellar).

Right now, our 800 group seems to be moving along really well. We had some strong performances from **Alex Szymanski**, who is rounding into great form and **Will Becker**, who just found another event option this season. Certainly Will looks capable of putting together a really good 800...I knew this was possible despite his lack of experience in this event. What I see in practice doesn't lie. I will never tell you that you are capable of a performance that I don't think you are capable of, so when I tell you I think you can run a certain time it's not blind optimism. It's a belief in your abilities and your character that shows up in practice. One of the keys is **Matt Hetzler** who got back on the track and put together a sub 2:00 for the first time this season, restoring some confidence after some extra rest with his hamstring. He's capable of some amazing performances. I've seen those workouts. He has our record in the 300 at the end of a workout. That doesn't lie. That is pure anaerobic and speed capability. He out ran a sub 4:00, 8:29 2-mile national champion who had quite the combination of anerobic, speed and strength to last through a workout like that and be able to turn on the gas. That 300 time also beats Zach Dahleen, a 1:53/4:10, Pat McMahon 1:53/4:16, Derek Hevel, 1:54, Nick Prajka :49.0/1:53...and on and on. Let's get sharp over the next two weeks and produce a PR on that blue track at the Eagle Classic. **Dan Laskero** found strength in running for someone else. I've always said it, run in a way that gives people something to believe in. Dan summoned the conviction to not settle for an easier pace as the pack slowed, and then turn away the oncoming competition in the final lap after having led the whole way. As a result of this determination, he found a sizeable PR. **Anthony Lifonti** is now officially a stud. He suffered

through the 3200, by lap 7 he was hanging on, but he had put himself in a position to finish...most people fall off too much to do that. When he got to lap 8, he rallied back, unwilling to settle for a nice performance in the 10:15 range, he galloped home into 3<sup>rd</sup> place passing three guys and is now in serious varsity territory (I'll talk more about the sub 10:10 category later). Our varsity 3200 were not quite there. **Greg Burinski** is still rounding into form. My goal for him is to get to the point where he believes he can run with all-staters that drifted away from him in this race. **Martin Skucas** was in his first varsity 3200, and it was a yo-yo pacing, going out very slow and then throwing down some tough laps and he lost contact. I was glad to hear after talking to him later on that he was disappointed. With some more experience, I am sure that that race was his last time in the double digit minutes. He's going 9:-- from this point forward. I absolutely loved **David Gleisner's** aggressiveness. The times will come, but for now he has the right mentality. He's not afraid to risk big, put it all on the line, and truly find his limits. Times will come, attitude comes first. As it was, his big risk-taking got him a :3 PR, but more importantly, I think it's a sign of a winner and bigger things to come. His track season has been off to a great start. Our varsity 800 runners were tough. These are two elite mid distance runner who teamed up to get after it. **OC** had a little more at the end than **C Torps** but that is the difference between a 1:58 and a 1:56—being able to finish what you started. **C Torps**, after a tough few weeks, battled hard and nailed down a solid PR and he is entering some very elite territory. In fact, he was .1 away from the CSHS Sophomore school record. Do I even have to list the names of state champions who have run for CSHS to indicate how special that time is? Meanwhile, OC keeps doing amazing things. Remember: he had to miss some time due to some pain in his foot. How did he handle it? Worked out like a madman, ate right, kept his attitude right, stayed patient, came back and worked through some tough workouts, and most importantly, never gave himself an excuse. Now he is rattling off PRs like it's no big deal. He just needs to keep focused on getting in better shape every day and then we'll be finishing that race off with no one in front of him. The mile had four PRs, with three guys relatively disappointed in their PRs. I think that race will be faster under the lights with less sun time and waiting around time. **Brandon Lukasis** running with some swagger right now. He got through a very fast opening lap and then did not hesitate to keep going, taking the lead and running to a 4:39!

I know there is a contest for sub 5:00, 10:30 out there. I don't care. We don't live by other team's standards, we live by ours. For most of us, 5:00/10:30 is not representative of our best barrier, so why run to that standard? For those of you whose best is represented by 5:00/10:30, and there are several of us, let's find that best. We'll be just as proud of a 11:00 as a 10:00 if that is your best. For us, we are all finding our own best barriers. When we look at the goals you've set for 2014, 5:00/10:30 is not going to cut it. In order to achieve your goals we've established some higher standards. In terms of returning runners, for the freshmen, I am looking at the number of guys who are sub 11:00/5:15. That is what will help us be a top end F/S team next year. For the varsity, I am looking for number of guys sub 10:10 and sub 4:35. That doesn't mean if you don't fall in those categories you won't help achieve the goals of a state title and a national qualifier. There have been many who've made some big time improvements and shocked people. In 2006, when we went on to take 4<sup>th</sup> in state and miss 2<sup>nd</sup> by :01/person, our eventual top five looked like this in the spring: Adamowski-4:19/9:29, Smith—4:25/9:45; LaRoqcue—9:48; Sideras—injured; Marbach—9:50. That means our fifth guy was at 9:50. Let's see if we can beat that. And I've seen that guys who run 10:10 or faster go on to be able to run sub 15:30. Guys who run 9:50-10:00 end up right around 15:00. Brian Glaza—9:53, went on to run 14:57. Chris Hogan—9:59, went on to run 15:05.

It's really simple: those who are hungry and tough and confident run well. Those who have found reasons why they aren't extraordinary are running ordinary. We need to focus on being extraordinary at all elements of what we do, all the time. Extraordinary, by definition, means to do things above ordinary. If you think you can get away with 90% effort, you are going to get burned by someone who is hungry. I believe great things are going to happen for us. I believe that if you release any fears you have and find the courage to have extraordinary belief and confidence then great *will* happen. We all have within us the will to win and the willingness to lose. It's there. Make *certain* at all points of your life and all aspects of your life you realize your own greatness and find your will. Lastly, prom season is upon us: 1. Let's maintain our focus. 2. There is a lot of nonsense with Prom—be sure you are treating people the right way.