

# Tinley Relays

Thursday, April 25, 2014

Mid to low 60s, slightly windy

## 4 x 1600:

Laskero	32-37 (69.2)	35-38 (73.9)	(2:23.1)	37-37 (74.9)	?-? (73.7)	(2:28.6)	<b>4:51.6</b>
McMahon	32-36 (68.6)	35-37 (72.1)	(2:20.7)	36-36 (72.6)	?-? (71.6)	(2:24.2)	<b>4:44.9*</b>
Brower	33-37 (70.0)	33-40 (73.2)	(2:23.2)	39-40 (79.3)	?-? (76.2)	(2:35.5)	<b>4:58.7</b>
Walter	32-35 (67.5)	37-36 (73.8)	(2:21.3)	38-37 (75.9)	?-? (72.6)	(2:28.5)	<b>4:49.8</b>
							<b>19:24.7</b>

## DMR:

Benz-Weeden	32-35 (67.9)	35-35 (70.7)					<b>2:18.6</b>
Starzec	26-32		<b>58.58</b>				
Lopez	32-32-(65.1)	?-? (76.9)	43-36 (79.1)				<b>3:41.1</b>
Sieczkowski	33-38 (71.5)	38-39 (77.8)	(2:29.3)	39-40 (79.6)	?-? (73.0)	(2:32.6)	<b>5:01.9</b>
							<b>12:00.2</b>

## 4 x 800:

Walter	30-33 (63.74)	32-34 (66.47)					<b>2:10.21</b>
Szymanski	31-31 (62.79)	36-34 (70.64)					<b>2:13.43</b>
Cummings	31-36 (67.95)	?-? (75.72)					<b>2:23.67</b>
Brower	35-35 (70.98)	?-? (73.45)					<b>2:24.43</b>
							<b>9:11.7</b>

## 1600 Medley:

Budz							<b>24.84</b>
Newson							<b>23.65</b>
Martinez							<b>60.12</b>
McMahon	30-32 (62.68)	33-34 (67.49)					<b>2:10.17</b>
							<b>3:58.78</b>

## 4 x 400:

Scheldberg							<b>57.22</b>
Wagner-Zbonski							<b>55.24</b>
Jones							<b>56.23</b>
Zavala							<b>55.49</b>
							<b>3:44.1</b>

## Comments:

There is a big different between running a race and *racing*. The only people who will get in an invitational lineup are those who *race*. When you race, you find something extra. Zach Dahleen was one of the best at doing this—on race day he became a different runner. He would dig down deep to find something that wasn't there any other day of the week. That's what we want to see on race day. We didn't get PRs, with the exception of BMac, so that means we need to raise the bar for future race days. We have a lot of great attitudes in this group, with a great work ethic. Now we need to translate that into *belief*!