

Pete Struck Eagle Classic

Friday, May 2, 2014

Mid 50s, calm

FAT Timed

1. Crete-Monee--106
2. **Sandburg--103**
3. DGN--98

4 x 800:

Lukas	29.4—30.4 (59.8)	33.8 (1:33)	30.4 (64.2)	2:04.1
McMahon	30.1—30.9 (61.0)	32.6 (1:33)	33.4 (66.0)	2:07.0
H Becker	28.7—30.9 (59.6)	34.6 (1:33)	33.9 (68.5)	2:08.0*
Adams	30.3—29.7 (60.0)	33.6 (1:33)	33.7 (67.3)	2:07.3*
				8:26.4 2nd

3200:

W. Becker	71-70 (2:24)	74-76 (4:53)	76-78-79-64 (4:59)	9:52.3
Walter	72-72 (2:24)	74-78 (4:56)	77-79-78-69 (5:05)	10:01.5*

800:

Hetzler	28.1—29.9 (57.9)	30.7 (1:28)	28.6 (59.3)	1:57.7 1st
C Torpy	28.1—30.3 (58.3)	29.8 (1:28)	29.6 (59.4)	1:58.1* 2nd

1600:

O'Callaghan	61.9—64.5 (2:06)	68.4 (3:14)	65.6 (2:14)	4:20.5* 4th
S Torpy	61.8—66.0 (2:07)	68.6 (3:16)	64.6 (2:13)	4:21.2* 5th
Brennan	62.0—66.3 (2:08)	70.8 (3:19)	68.6 (2:19)	4:28.8* 7th

4 x 400:

Parthemore	52.5
T Brown	53.8
C Torpy	52.0*
O'Callaghan	53.0
	3:31.4 2nd

Comments:

- We were looking for guys to be tough at the toughest moments and build victory through an attention to detail. We learned this week how important it is to do everything at its highest level. Plyos, for instance, at this point should not be getting us sore. If they are, that means we haven't been doing them well for the last few months. I was happy with both of our objectives on Friday. I saw guys who were determining their psychological environment and focused on the details that ready us for our best competitive ability. I don't care what any official tells you about taking off warm-ups—you are in control of your performance, not somebody else. As I left our 4 x 8 after check in and went to the 200 marker there was a little delay due to the National Anthem; our guys were all wearing their jackets and looking ready. You are in control of your performance—you determine what happens. That mentality showed up in the race. **BMac** ran over one of DGN's guys. I love the aggression, but **BMac** would have been disqualified in the sectional or state competition for multiple infractions. You can't pass on the inside. **BLukas** continues to learn the 800—we just need to be super aggressive and really stick that third 200 meter segment. **BMac** opened up well, but needs to really hurt for it the second lap. We got two PRs from a couple of seniors who haven't run the 800 very much and took advantage of their opportunity. **W Becker** was rusty with the 3200. The 64 last lap after a 79 second seventh lap showed that. Still, I was so excited to see him rally in that last lap and raced his heart out his last lap on that track—he went out passing guys. **Brady Walter** keeps getting better and dropped a six-second PR and narrowly missed the 10:00 barrier. Keep it going! **Hetzler** and **C Torps** raced their butts

off in the 800. They got it going early, then raced hard late, coming through in the final straightaway to earn us an 18 pointer. They flat out out-toughed the field. We need to get out a little harder to run down those 1:55s. The 800 was a highlight in the evening—there was some real racing going on. The mile lived up to its hype. We had three studs in there going against a bunch of studs. And we raced our hearts out! I loved the willingness to go with the hot pace—**Brennan** got out in the first 200 and didn't give an inch to anyone. When the pace blasted through in 61-62, we kept rolling and committed fully to the race. Then, when the DGN trio let the pace lag down the backstretch in lap three, **OC** was bold and took the lead. A perhaps smarter, but far less gutsy, race would have been to tuck in and gather himself for a big kick. There is nothing worse than teaching yourself to be a fearful and comfortable; there is nothing better than always running with the heart of a champion. Meanwhile **S Torpy** was hanging in there by a thread, but he was hanging. He followed up a huge effort of the first three laps with a monster kick (64 last lap). **Brennan** followed that up with a PR; he's just a strong kick away from state qualifying territory. OC and STorps both ran under state qualifying (FAT).

- **“If I had eight hours to chop down a tree, I'd sharpen my axe for six.”** For many of you, it is time to chop down the tree. The lessons that you have learned in training should not be forgotten for your races. The same values that you needed to succeed in training will help you in your races. If you have two, four or eight laps to win the race, use all of them. Stay composed while those around you swing recklessly at the task, while you go about your business, confident in your ability to run a complete race.
- **Fueling after the race.** Be sure to follow guidelines for preparing for your second race: five minutes of jogging, stretch major muscles groups, sit down, re-hydrate and eat a bar. Run a shortened version of the first warmup—10 minutes of jogging, dynamics and strides (would be a good idea to do a couple of longer strides at T-pace). We want to get our bodies prepared for recovery at important meets by getting it used to fuel after races now. Everyone should eat something small after any race, even if you are done. Let's start to get ready for our next effort, even if that is a day or two later.
- **Thank you.** Thank you to those who worked the Pete Struck Eagle Classic. Thanks, also, for your enthusiasm.