

Joliet Central ATI F/S Invite

Saturday, May 3, 2014

Low/Mid60s, starting with some wind, turning to very windy

FAT Timed

4 x 800:

C Torpy	30.1—29.0 (59.1)	31.2 (1:30)	32.6 (63.8)	2:02.9
S Torpy	28.7—29.6 (58.3)	30.6 (1:28)	32.2 (62.8)	2:01.2
Brennan	27.2—29.4 (56.8)	31.2 (1:27)	32.5 (63.7)	2:00.0
Lukas	29.6—30.8 (60.4)	33.1 (1:33)	32.4 (65.5)	2:05.8
				8:10.2 1st SR

3200:

Laskero	72-75 (2:27)	73-74 (4:56)	76-77-76-70 (5:02)	9:58.5* 1st
Lehnhardt	72-74 (2:27)	73-76 (4:57)	80-79-80-73 (5:13)	10:11.4* 2nd

800:

Skucas	32.3-31.9 (64.2) (64.8)	2:09.0 3rd
Sieczkowski	34.0-33.4 (67.4) (67.1)	2:14.5 6th

400:

Starzec	59.0 8th
Szymanski	61.2

1600:

D Gleisner	64.9-70.2 (2:15)	73.0 (3:28)	69.1 (2:21)	4:37.5* 1st
Lifonti	65.7-70.9 (2:16)	76.7 (3:33)	71.8 (2:29)	4:45.5* 2nd

4 x 400:

Zavala	55.2
Skucas	56.6*
Wagner-Z	56.6
J Brown	51.9
	3:40.8 1st

Comments:

Quite a few distance points contributing to this win. Our 4 x 800 guys had a very quick turnaround from their Eagle Classic races the night before and raced to a new school record (by :14!!). We know this group is significantly faster than 8:10, but it was a strong effort on short sleep. It also was good practice for our pre-lim/finals turnaround at state. Considering the distance tradition we have, and the 4 x 800 tradition we have, which is one of the best in the country, a :14 school record is mind blowing. **Dan Laskero** took some pre-race nerves and turned them into competitiveness. This is important—there are no stressful situations, only stressful reactions. How we interpret pre-race nerves is one of the most important skills to racing well. Danny stayed on top of his effort throughout the race to maintain pacing, then rallied in the final lap to put the finishing touches on a sub10:00. **Maximus** was not happy with his race, but it was a big PR and good movement forward. We just need to keep PRing. That's the name of the game. Watching the 1600 got everyone really excited. I heard a number of guys say, "That was

awesome” after that race. Chris Torpy recognized the guts in that race and his face lit up and he demanded two headbands to be handed out. So what was awesome about it? It’s the simple idea that someone takes on a determined, optimistic and fully committed approach to their race.

Gleisner and Lifonti wasted no time—we all knew they were out to do something special. Now, I want to really emphasize this race. It was a champions’ race if I’ve ever seen one. I cannot tell you how awed I was by this race. Let’s break down the ingredients of this effort: 1. It was windy out. Very windy. To be perfectly honest, I didn’t think they would be able to run all that fast in those conditions. After watching them race, I am embarrassed by my weak mentality. They didn’t accept the potential excuse. They didn’t let the wind dampen their enthusiasm. Which brings me to my #2 ingredient: pure joy and excitement for the race. It was visible. Both guys smiling, excited, not fearful of the effort they were about to apply. They were excited about the opportunity to push themselves to their best. This sounds like a no-brainer, but it’s rare. Excited about discomfort? 3. They got it going right away and blasted through with a 65 opening lap—this kind of commitment to racing gets people excited. It was the same thing we saw the night before from the varsity 1600 and now we were seeing it for the second time in less than 24 hours. 4. The key was, it wasn’t just a reckless, dumb move to go out hard—it was an attitude and a belief. They re-committed on lap 2 and kept the foot on the pedal. You know when you see that even without looking at a watch. They were leaned into it and had a constant devotion to the effort. The “survival” mentality in a race is obvious as well—you know they aren’t going anywhere. They are surviving the next lap, leaned back in their seat, eyes cast downward. 5. They had great phase three effort. Once again, that was the key to our milers at the Eagle Classic as well, most obvious in OC’s move. We saw it here with these two guys on their own. Windy, tiring, it didn’t matter—they re-applied the phase 3 effort. Lastly, they finished. Immediately CTorps demanded two more headbands.

Torpy Tough Headbands: C Torpy, S Torpy, O’Callaghan, Lifonti, D Gleisner, Laskero
Weekend Takeaways:

1. We are successful when we race gutsy and fearless. We want guts, not rational thinking. Remember the lesson of the birds—they have no business attacking me, but when you care enough, rational thinking is out the window.
2. We best when fully committed to the effort. No surviving; only thriving.
3. You are in control of your race. We take care of the controllables better than anyone. No excuses for anything. Windy? No competition? Too much competition? None of it matters. What matters is your enthusiasm and your passion.