

## 2019 Nathan Hale Men's Cross Country



The 2019 15<sup>th</sup> Place Men's Team



## Season Recap – Coach Mach

The team is built on love and having no limits. It's the oxygen we breathe, and the culture we live each day. This group of young men is the counterculture, dedicated to being different and doing things on their terms. They're relaxed, but confident. They have fun, but know how to compete at a high level. The Hale Cross Country Team isn't here to do what others have done, they are here to make history. 2019 was a great step in our journey.

The season was capped off with a 15<sup>th</sup> place finish at the WIAA State Cross Country Meet. This was the second consecutive trip to the state meet, and the 27<sup>th</sup> overall for the program (ranks in the top 10 of all schools in the state). The men improved off of their 19<sup>th</sup> place finish a year ago, and they continue to build confidence in what is possible. This year, we continued to break through prior limitations by putting 3 men under 17 and having the school record shattered. We went 10 men deep on varsity this year, and look to continue growing the depth and breaking more barriers.

We have built around our seven team standards, which kept us grounded through some tough times. The men started holding each other accountable which is a true sign of positive culture. They have begun to realize the true power of selflessness. When a teammate was in need of help, the team was there for him. Watching guys step up and break through has been exciting and rewarding as a coach. Each man on our roster has such an enormous impact on the history we look to create and the success we are building. Seeing each individual buying into selflessness and the cause of others has been worth every tough moment. Let's continue to build and love, and together we have no limits on what our impact to the world can be. Live the counterculture, show kindness, and be the positive change the world needs.

May I close with saying how fortunate myself and Coach Dewitt are to work with this amazing group of young men. They challenge us to be great and hold us accountable to the counterculture. We all make mistakes along the journey, and get better from them. What stays strong through every situation is the character of this entire group, and that is what makes this program so powerful.

-Coach Mach

The following book will follow the season of an amazing group. Much of the writing are my daily reflections or notes, and are even more detailed toward the second half of the season. There's some honesty involved which hopefully helps you relive all the moments of a season. I'm not the greatest writer, but I do my best and try to capture some cool moments. I hope this book can be cherished and something to look back on years down the road.

## Team Standards

These standards are what we focus on, whether it be summer runs or the state meet. Running fast doesn't happen just from workouts, it occurs when we are focused on being great men that display kindness and vulnerability.

### Our Purpose - Run to build on the Hale CC tradition and create our own legacy -

1. Foster love and selflessness
  2. Remove self-imposed limitations and commit to achieving meaningful goals
  3. Create lasting memories and friendships
  4. Do what is right, develop good character
- 
1. **For The Team.** We find success together. We fight for each other and genuinely care for others. Only together as a team can we achieve the highest possible success. We do take care of ourselves and our jobs, but recognize the team is what brings our success.
  2. **Character.** We represent ourselves and our program with everything we do. We strive to be kind people and choose to do what is right. We compete against, but respect, our fellow competitors. We thank coaches, meet officials and our parents that make what we do possible. We are not just there for our teammates, but there for everyone in our community and school that may need a pick me up or a friend. Invite the kid sitting by himself to eat lunch with you, stand up for the kid being bullied, and give a helping hand to anyone because it's the right way to act.
  3. **No Complaining.** On this team, we love running, training, improving, competing and winning. We never take shortcuts because we understand our purpose. Have perspective of what it really means to have it hard. We have nothing to complain about.
  4. **No Excuses.** We are appreciative of what we have and make the most of our situations. We control what we can, and focus on being our best each day. When things go wrong, we never blame.
  5. **Find A Way** We overcome obstacles. We make the unknown become known. We do things that the average person could never dream of, and we are driven from our purpose of never lowering our standards. We also help others overcome and are there to help when needed.
  6. **Be Accountable** We are reliable, communicative and committed. We are there for one another. We do things that are not easy. We communicate dates and practices with our parents/guardians. We commit to attending every practice and competition. We commit to excellence in all of our endeavors, and are never "too busy" to accomplish or attend to what is important.
  7. **Max Effort.** We do everything with purpose. We understand to be in the moment, and give our best toward what we are doing. Being able to put max effort into what we do allows us to be prepared achieve success on the big stages. Intention and purpose!

## **2019 Builds**

In 2018, I did a quote of the week each week. This year we focused on 'Build' and structured our philosophy around selflessness. There were five specific builds that we emphasized the first 5 weeks.

### Week 1

#### **SELFLESSNESS**

Don't be a participant, be a contributor

Execute beyond pain - understand the shared suffering for team

#### **Actions to promote selflessness**

Risk failure and take risks to break limits and push others to be better.

Live beyond your limits (e.g. live your visions, to be a top 3 team, be a top 3 team today and every day)

Create your reality through positive affirmations. "We can" "We are" "Hills make us faster"

Our selflessness purpose is to create a loving team where each member is willing to go through extreme pain, and push past limits in order to help the team. Only the mind stops you.

Running for your team makes EVERYONE faster!

Let go of the self.

## Week 2

### **No Limits #Fearless**

Despite obstacles - we can do hard things.

Race fearless - go out and make things happen. Feel comfortable taking risks and never afraid to fail.

When you can't keep going, go faster!

Find the delight and satisfaction of pushing through old limits!

Feel the satisfaction of a great workout or run!

### **Actions to embrace no limits**

Ask, "Why not us?" , "What can't we do?" Set sights high!

Belief=Roger Bannister and sub 4:00 example.

Build a habit by feeding the process and getting better each day. This will give you and the guys the confidence that you can do anything. Be in the moment - relax and trust.

Doers will be criticized for doing things that are too hard for the critics! Fuel off of them, it means you're doing something special when you get questioned or even looked down at (it's jealousy, don't worry about it). Take risks, be fearless!

*Society and 'normal' people will want to create limits to what you are capable of. Don't be normal. Be great!*

## Week 3

### **Embrace and Seek Discomfort**

Pain is the purifier

Pain is the constant companion, let it be a detriment to others but a positive to us. We seek it and overcome it.

It's not whether you'll hurt or how much, it's what you will do with it and how well you will do it.

Willingness to embrace and conquer pain for our teammates!

### **Actions to embrace discomfort - It is about purpose!**

Take stress as a positive and make other things easier. For example, an essay looks a lot easier after being able to run 10 miles.

Be in the moment - focus only where you are and the current rep of a workout, minute of the race or mile of a longer run.

Disassociate or associate. Think elsewhere about teammates and get away from your discomfort, but also be present and accept it so you can ride the edge.

Keep the pedal down in races!

With the purpose of the team, you'll dig further and further.

*Enjoy the competition, they make you better  
Love the discomfort. It's fun to ride the edge!!*

## Week 4

### **Build Love**

The bond of love is what we will use to race hard.

Take shots FOR each other rather than AT each other.

Pack it up, no one off the back.

By helping your teammates improve, you show love for them.

### **Actions to love**

Fight to stay with the pack.

Get more excited for a teammate than yourself.

Build others up - build on their visions.

Be inviting!

Love what you do as well. Running hard workouts and races are a privilege, just as learning and other areas of your life.

## Week 5

### **Pound The Stone**

It's the 1000's of hits to the stone that cause it to break, not just the final hit. The small actions are what add up.

Most of life is lived in 'The Process'

Be where your feet are. Presence in the moment allows for you to love where you are and succeed at what you're doing.

You aren't great by just winning a race, you are great by doing what it takes to win a race - living the right way with your best effort.

### **Actions**

Give purpose to everything (e.g. lunge matrix, listening to coaches, listening to teammates).

Live the counterculture - Do what is right, take care of business

Don't ever worry about what others are doing, focus on US.

Trust - Buy in. < Hard to commit but you won't regret it, see examples of our guys.

Grow from adversity. Learn and become better rather than giving up after setback or failure.

## 2019 Nathan Hale Cross Country State Team

<b>Athlete</b>	<b>Year</b>
Angel Rivera	9
Braeden Rausch	9
Max Wessel	9
Nikoli Dorsey	9
Tony Rodriguez	9
Tucker Sander	9
Tyler Koney	9
Alex White	10
Carson Shane	10
Chase Witty	10
Chris Clark	10
Cole Konczal	10
Cole Orłowski	10
Collin Raschka	10
Frank Bevsek	10
Gavin Graham	10
Jack Hutter	10
Jaylon Alexander	10
Jordan Strothenke	10
Kyle Steele	10
Nathan Benti	10
Robert Petrovick	10
Ryan Bergeman	10
Sam Walder	10
Brennan Kompas	11
Joseph Hertel	11
Joshua Truchon	11
Matthew Kees	11
Ethan Fisher	12
Ian Hoffman	12
Joey Elliott	12
Liam Kelley	12
Nick Burgess	12

## CWES Camp 2019

To kick off our season we went to the CWES camp up in Amherst, Wisconsin. This was the 2<sup>nd</sup> year we went to the camp and it is quickly becoming an extremely valuable part of our season. In those short three days, the men have incredible opportunity for learning and growth. Sleeping under one roof together for two nights, gaining an understanding of others and looking to accept differences. I look back at these three days as a jump start to our selfless mission.



This year we had TWENTY SIX men at the camp which was awesome. Coach Chase and last year's captain Brad Glisczinski were able to join too and add to the experience. Both contributed some great advice and experience to our younger group.

I checked the weather forecast quite a bit leading up to the camp. Strong storms were expected that Monday so I was deciding how to structure our runs. We got very fortunate however and the rain held off until late at night, allowing us to get in two awesome runs to kick off camp. The counselors on site created some amazing team building activities including archery, ziplining, kayaking, tree climbing and roof ball to name a few.

Beyond the activities, the camp allowed the men to develop their interactions and understanding of one another. We are here to accept people and also guide each other toward doing what is right rather than what is easy. We concluded camp by allowing this group to set some standards and ideas of their own at the camp fire. The hope is that experience helped us for next year and they can continue to improve and take ownership of everything they want to accomplish and do as a group. A self-governed group that makes the choice on what we can accomplish together.

Monday morning was a shakeout around camp, with the afternoon run taking place at the Tomorrow River Trail. We encountered some knocked over trees blocking the path after tornados had hit the week prior! We adjusted however and got in a great run utilizing the road for some of it. The men then got in an epic long run on the Green Circle Trail in Stevens Point on that Tuesday. For some, it was the longest run of their careers at that point. On Wednesday we did just one run in the afternoon before departing. It was a mini fartlek from the camp site. It was a big 3 days of training and helped develop some discomfort and a sense of shared suffering for others.

As many of the parents know, our trip back was adventurous. We were fortunate to avoid the storms for most the camp but the drive home made up for that. We drove through some of the most intense rain I had ever seen and it lasted nearly a half hour! (felt like 5 hours) The visibility was low and the road started to flood. The guys in the back helped ease my nerves by saying "Hey Coach Mach, there's a tornado warning." Thanks Jack! But all we could do was keep driving cautiously. I had a vehicle in front of me that kept me paced. It was as if you were having someone dump 100s of gallons of water on your car constantly for 30 straight minutes. It was extremely dark out and only the vivid lightning would give the way. Finally, we exited the storm and I sensed a sigh of relief from the group. I never felt in danger, but wow that storm was incredible. I will never forget that ride with those guys. We built a lot of trust with that one.



## Week 1 – Team Olympics and Minooka Park Skits

### Workouts

We did the team Olympics the first week just like last year. At the end of each practice we did a different competition. This year we played the golf ball game, extreme tic tac toe, trivia, and every guy's favorite – SKITS! Seriously the time spent on the skits showed the type of dedication this group has and their commitment to the process. The skits were all performed on our Friday trip to Minooka Park. All four skits are on our team page Youtube. They were absolutely amazing and very well prepared.

This week's workouts fell on Tuesday and Thursday. With no meets, we were putting in some good work this week as we typically do only one solid weekly workout. Tuesday's workout was on the course and was 6x600's at 5k effort for most guys. This was a change from their summer tempo work, and was meant to introduce some faster effort work and pack running. A few guys began the run on the lagoon with a tempo. Joshua did a two mile tempo followed by 4 fast 600's near 5 flat mile pace on the course with Coach Chase. Joseph also did some tempo work on the loop with Brennan and Matthew before the 600's.

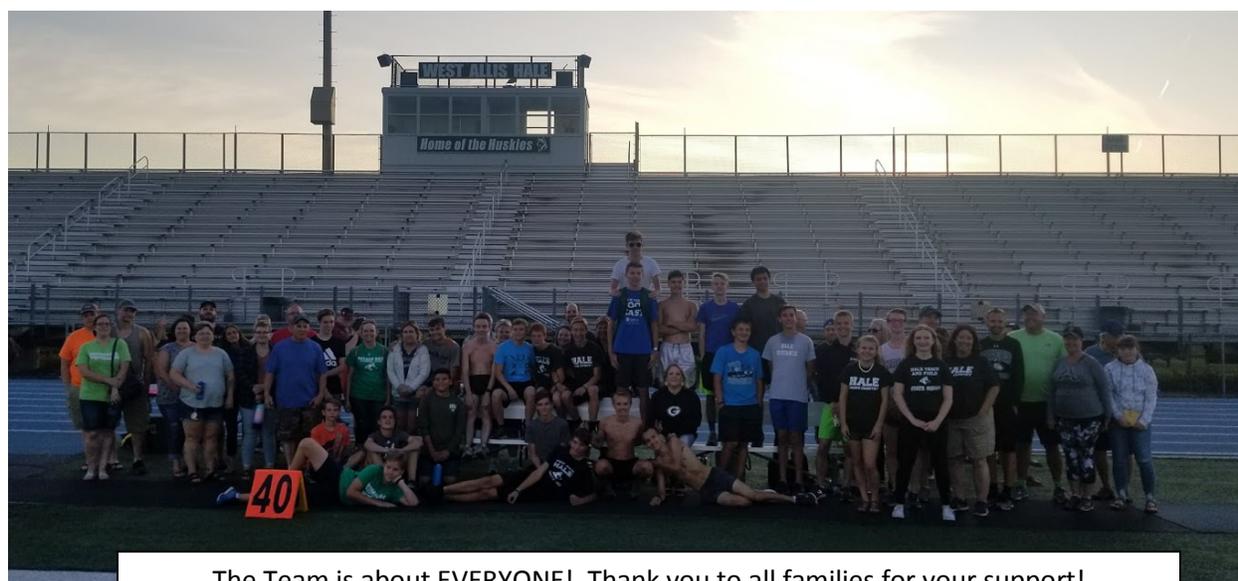
Thursday, most of the men did 4-7 Pendulum Hills. Carson Shane showed up today adding an extra hill and looking extremely strong. He brought great intensity that helped the team. Hills are a great workout as they are effort based and allow guys to decide the type of effort they are willing to give. Some newcomers showed some great potential, with Nikoli Dorsey throwing down some fast hills. Jordan Strothenke brought some good intensity in his first week of cross country. Alex White, also in his first season, showed early season willingness to stick himself in the top group and put himself in an uncomfortable position.

Saturday capped the week with our team fundraiser, a one hour runathon on the track. The fundraiser not only raised funds for the team, but also for Children's Hospital. We were able to deliver \$300 to Children's! Thanks to everyone that got involved with this experience. We had some incredible runs. Many freshmen were able to do their longest run of their life thus far! Six men were able to average under 7 minute pace. Joshua was said to have closed his last 5k of an 11 mile run in close to or under 16 minutes. There was excitement building for him, of course coming off a great track season and great summer.

Below is the table of miles and average pace for the guys who competed. It was such a fun day with amazing support from families! We hope to build on this event in the future.

Total Laps	764	Average Laps	32
Total Miles	191	Average Miles	8

Athlete	Laps	Miles	Pace
Joshua Truchon	42	10.97	5:33
Joseph Hertel	37	9.6	6:15
Brennan Kompas	37	9.25	6:29
Matthew Kees	37	9.6	6:15
Liam Kelley	36	9	6:40
Carson Shane	36	9	6:40
Collin Raschka	33	8.25	7:16
Joey Elliott	33	8.25	7:16
Frank Bevsek	33	8.25	7:16
Jack Hutter	32	8	7:30
Sam Walder	32	8	7:30
Nathan Benti	32	8	7:30
Nick Burgess	32	8	7:30
Alex White	32	8	7:30
Jaylon Alexander	31	7.75	7:44
Gavin Graham	31	7.75	7:44
Robert Petrovick	31	7.75	7:44
Chase Witty	29	7.25	8:16
Tony Rodriguez	29	7.25	8:16
Ryan Bergeman	27	6.75	8:53
Tucker Sander	25	6.25	9:36
Braedan Rausch	25	6.25	9:36
Tyler Koney	24	6	9:36



The Team is about EVERYONE! Thank you to all families for your support!

## **Week 2 – Badger Invite**

We are prepared for another big week of training as school still hasn't started. Our first invitational, the Badger Invite, was set for this week Thursday. It was new to our schedule this season and we used this meet as a training opportunity only. It was a chance to establish race day routine and for new athletes to get their first racing experience. Even though it was the first meet, I still didn't feel like we brought good energy to the race. We were a bit lazy and not bringing the right purpose to practice or this meet. This was a major turning point for the team. I had an honest conversation with the guys on turning up our purpose and focus if we wanted to be the team we expected to be. You'll see in week three that they responded very well and started building much better intensity as a group.

### **From The Blog**

#### **Badger Invitational Recap**

The boys competed in their first meet of the season at Lake Geneva Badger. For many, this was a nice 'rust buster' after a long cycle of training. We looked to establish our race day routine and focus on the middle mile of this isolated course where it can get tough mentally. As a group, we weren't necessarily satisfied with the intensity and purpose we brought to the invitational. But following the meet the guys look to improve their intensity in both training and meets and used the first meet as a launching point for the season. It's August after all, we are just looking to build and learn right now. The real season starts in October, so it's about doing what's right now and being where our feet are as we look to grow as a team.

Our runner of the meet this year will be one guy each week. We won't have a JV and Varsity runner of the week as we feel that a runner of the week should represent an impact on all guys. It's not necessarily the fastest race each week, but the person that brings the focus, energy and selflessness that impacts the team in a positive way. This week, newcomer Carson Shane was our runner of the week, scoring as our 4th guy in his first ever cross country meet. Carson brought some awesome intensity to training in week 1, and with continued racing experience, could be a huge contributor as a scorer for the team as the season enters championship season in October.

Another tradition at Hale is the Blood and Guts award. This award has been around for many years and represents someone who overcomes and represents no limitations in racing or training. The meet champion, Joshua Truchon, garnered the award for week 1. His plan was to go out relaxed through 1.5 to 2 miles and then throw down the last mile. To our surprise, he was a bit further back than we thought he would be when we saw him at the beginning of the race. As it turns out, the back of his shoe was stepped on and he was running with the entire

heel riding under his foot! He did this for over a mile before finally deciding to stop and fix the issue. After literally stopping for 5-10 seconds to fix the shoe, he got right back into the race, didn't panic and by the 2 mile had the lead over the field. The 3rd mile he pulled away to win convincingly by 35 seconds over a very good runner from Janesville Craig.

As team captain, Joshua exhibits selflessness and runs for his team. The team is lucky to have him as a leader as he exhibits an healthy counter culture habits that contribute to performances like week 1 and the ones we will see as the season goes on. The whole bus ride home, Joshua sat with me and we talked about other guys the entire time. His focus was on how to make others better and continue to grow as a leader himself. His performances and development into one of the best high school runners are not due to luck or circumstance. It has been months and now years of purposeful and consistent training. We have a lot of amazing runners on this year's team and after week 1 we have a renewed focus and purpose in our training. Expect to see a lot of guys step up and take Joshua's model to heart, making themselves and the team much stronger. It begins and builds with selflessness and making it about others!

With two possible scorers not racing, Collin Raschka also stepped in to score for the first time in his career. Collin is really growing as a person and will continue to develop as a runner with a selfless focus. Along with Collin, Joseph Hertel scored for the first time in his career as well. Joseph was tired of being an average runner, and has really brought great purpose and consistency after his first cross country season last fall. He's a guy that showed up every Sunday in the winter for sub 0 snowy long runs, while being on the swim team. He put in consistent work this summer while also stepping up his intensity to run with the top group. He and Collin will both look to put their fitness toward a successful season of racing while continuing to contribute as scorers for the team!

A big shout out to all the freshmen and sophomores who completed their first every 5k's or cross country races. The first one is all about getting the experience. It's uncharted territory at first, but after a few races in your first year, you'll really see some drastic improvements as you get more comfortable being able to push earlier and longer in each race. See the prior paragraphs above of guys who all started in your shoes and now months later are contributing in a huge way to scoring for the team. Ethan Tilson and Tony Rodriguez got out aggressive and put themselves in a position to compete! We look for that with all new guys, take a risk and give yourself a chance in the race. All of our freshmen are capable of being amazing runners. Keep having fun with the training and living the counter culture life of doing things right and having no limits! (And amazing people, the counter culture life applies to the classroom and elsewhere as well!!)

We had a very amazing opportunity last Wednesday as professional runner and 3x NCAA Champion Matthew Baxter spoke to our team and answered guy's questions! He brought great lessons of being great teammates and a great perspective. One day, many of our guys will realize how cool this actually was!!! He tweeted out to us and we will be sending him some Hale CC gear as a thank you to him.



We are so thankful that Matthew spoke to our team, and I really hope the men realized how cool this opportunity was. I hope to continue getting guest speakers, and thank Joshua for the idea in our pre-season meeting.

## **Week 2 Workouts**

To The Loop we go! The Loop is a key workout spot for our group. It's sacred and represents the shared suffering of a group looking to be great together. It's about 752 meters and includes a rolling hill through a quiet neighborhood. We have had many historic workouts here and it's building a quick history of greatness.

Tuesday's workout was a tempo based workout. Our training, especially for cross country, is built on effort and riding the edge. A tempo run is meant to find that edge where we are pushing together as a group, but not going over the edge into a racing zone. The more we can run fast and relaxed, the better off we will be for racing. Mixed with our tempo work we threw in some fast hills to the middle. This is meant to break up our rhythm and prepare the body and mind for pace changes. It builds the confidence that we can surge in a race and be fine.

So the majority of the group did 2x3 minutes, 6 hills, then 2x3 minutes again. The end of each 3 minute segment also included a surge. A group of 6 did 7 minutes, 6 hills, then 7 minutes again. This was the more aerobic group or older guys who had put in big summers. They also cut

down the last 2 minutes of each. Joshua ran 4:40's pace his last two minutes of his first segment, and sub 5 pace the entire second 7 minute session. Joseph Hertel was leading the second pack, with Kees and Brennan having slight off days. Matthew was sick, and Brennan had some leg issues. Coach Chase helped carry Joseph to 5:40's average on the tempo for a solid workout.

We had a big pack then of Liam, Carson, Cole, Cole and Collin. They alternated who led and showed that the pack we have has the ability to push one another and pick each other up. Joey and Frank paired up for the longer tempo today and did really well early on and battled the second half. Nick Burgess led our next group, with Alex White staying with the pack. On the hill section, Robert Petrovick went bananas. I was excited to see his wheels and a sign of things to come!

The guys returned Saturday after our Thursday meet for either a long run or tempo hills at Pendulum. We had some better intensity Friday and Saturday following our team conversation. The guys on the long run did a range from 60 to 85 minutes for the day.

### **Week 3 – Betz Invitational**

I really wanted to make this year's home meet amazing for the athletes. We added music and smoothed out some turns on the course to make it flow better. I also made the weather behave, and we had some atypical cooler weather which created fast conditions! The course was also officially named the Ron Kurtz 5k Cross Country Course. We honor Coach Kurtz who coached me and hundreds of others over his 39 years at Hale! He coached the last state title in 2000, and impacted many lives. He was there to take a ride on his new course!

The Betz Meet is a VERY strong early season meet. Now looking back, 4 of the top 10 individuals from the state meet on the boys side were here. Girls state champions and now national qualifying team, Muskego, raced here. State teams of Arrowhead, Slinger, Indian Trail and Hale competed in the boys side.



Coach Kurtz 5k Cross Country Course!



Collin Raschka leading the pack



Jordan Strothenke racing strong

### **From The Blog**

#### **Betz Recap**

A big thank you to our parents, athletes and alumni Brad Glisczinski! Brad was with me from early in the morning until the meet started helping set up and prepare to put on a first class invitational. Many parents stepped up and helped with concessions or with the race and on the course. The athletes were accountable and showed good character, getting themselves prepared and ready to race, knowing that I was hosting an invite and coaching as well. The guys also did a great job taking down the course and some stayed well after the meet as well to continue helping. I can truly say, this was the best Betz Invitational I have been a part of, and it takes a monumental effort. Preparations, from small to big things, were in process since last year, so to have it all come together with a successful meet for everyone was cool to see.

It was a very special evening. For the first time we had a freshmen only boys race which was a huge success. There were 90 boys in the race! It was an exciting way to begin the meet. We had music playing, and a ton of energy throughout the course which led to some historic performances. And of course, this was the first meet ever run on the newly named Ron Kurtz 5k Cross Country Course. A man that changed my life and the lives of many others over 39 years of coaching cross country at Hale.

#### **The Race**

After a sub par first invite, our men stepped things up this past week, and with that, saw progress as a team at our home meet. The varsity placed 6th overall, moving up 2 places from last year when we were 8th. The JV guys took 5th overall. Our top 24 guys (in comparison to the 24 who ran last year) were all faster than the corresponding runners from last year's

Betz. Everyone also dropped significant time from last week. Yet, time is just one measure we use, and our biggest focus is on how we compete. This week, we saw some much better aggressive racing early, guys giving themselves a chance to succeed. That will continue to pay off if guys continue to crush it in practice and learn from every experience.

Cole Orlowski in his 2019 debut stepped up to be our 3rd man in a nice breakthrough of 17:44. With a year of experience and a successful track season, we were well prepared for Cole to be a big contributor to us this fall. He showed early that he will be a low stick for us the rest of the way! Cole is part of a huge group of guys that are continuing to grow together and run for each other. He will help that big group in workouts and will bring that pack further up with him as he continues to get faster.

The JV racers really set a nice tone, with an aggressive first mile. I believe we were in or near the lead as a team around the mile mark. Although we finished 5th, it was still a very nice performance and showed that guys came with much better energy this week. Our team is much deeper as well this season, which means the JV and Varsity will both compete very well. Everyone pushes the team upward!!

For all first year guys, expect some huge improvements with it being your first season. Simply learning to race 5k and understand that you can push harder in the middle is a slow process for many. Keep using practices and races as opportunities to take chances and push further than you have in the past. There are no limits.

And of course, the race up front for the varsity men was historic. I can't recall the last time there was more than 1 guy under 16 at our invitational, and on Friday we had 3 (and a near 4th) accomplish this feat. I had so much adrenaline from watching those guys, and they will definitely be four runners that will be competing for the top at the end of the season. The winner was extremely humble and showed great character, coming to tell me how great our guys did. His dad also helped our girl's coach take down flags from the course. It's another reason to love the sport. After guys go to battle with each other, they still show love and good character to others.

With all of the amazing tradition of the Hale Cross Country program, it is quite the accomplishment to run faster than anyone in history. **Joshua Truchon's 15:52 performance puts him ahead of Adam Nelson as the fastest 5k in Hale Cross Country history.** The record was accomplished with a focus on the process, with consistency and purpose and a team first focus. Congratulations Joshua! Pretty cool to do at the home invite! Bigger things ahead! No Limits.

Some more shout outs to some guys that really got out this week. Guys were racing selfless and putting themselves in discomfort for their team. Nick Burgess was more aggressive than I have ever seen and it helped our top 5 in the JV race get out and race well. Joey Elliott really stepped up this week scoring as our 3rd guy. Frank got out great again, and held on a lot better than last week! He had an epic run Wednesday after doing a hard effort on Tuesday last week. He's amped up his training, and it's already translating to racing. We always tell guys, you can't expect to flip the switch once a week on race day, it's how you bring it in practice that will translate to races.

The more guys continue to commit to each other, the better the team will perform. Keep everything selfless and go into each race with character and confidence. We aren't yet near where this team is capable of, and it's very much alright as we are sitting only on September 8th. The guys that came and did the long run this morning are showing that we are winning each day and taking advantage of the opportunity presented to this team. Stay fired up, this team has amazing fire power and a love to drive it.

### **Week 3 Workouts**

We went back to the grass for some more 5k work.

Joshua did a longer tempo as we looked to extend his progression and individualize what's best for improving each guy to be their best. He did a broken 13 minute tempo of 8/5. He's a team player but understood the reasons for doing a tempo run today and was really glad he did it. He had a great workout again.

Joseph started the tempo along with Kees, both doing 5 minutes at tempo before going to the grass loop for the faster 5k work. Joseph was up front in the 5k work and was looking really strong. Cole Orłowski was up front early, but dropped back the last few. He was still gaining the confidence that he belongs up front, and that would come soon. Cole Konczal had a solid enough workout in the top 3 for most the reps. Liam, after a bad warmup and rough start, came on fine to run with the pack. He just needed a focus readjustment. Carson continues to learn, and latched on with the group. He was showing great selflessness early on in his first season! Brennan looked a lot better after a rough week, running up front most the workout.

The second group did great, with Joey heading that group and the leaders alternating. They looked very strong. Tony led our freshmen group and ran consistent. He had run some in the summer and was catching on fast. Some of the other freshmen struggled midway through the workout, but it's so early in their running careers so it is a test to their persistence.

On Wednesday, a lot of guys cruised our run of 40 to 50 minutes. Frank Bevsek put himself up there on the way out! We ran toward Mccarty and did an out and back with many guys going to 68<sup>th</sup> street.

A big group would commit to our long run the Sunday after the Betz Meet this week. We kept those long runs a bit more chill than normal and got in a good 60 to 75 minutes.

#### **Week 4 – Rocket Invitational**

This week is the South Milwaukee Rocket Invite. We looked to race well here as it is the site of our sectional meet. The meet went pretty solid as the men placed 4<sup>th</sup> overall. Joshua won his 2<sup>nd</sup> race of the year by cruising solo up front. Cole Konczal really came on after a tough first meet and missing the first invite. Carson Shane stepped up to score as our 5<sup>th</sup> man and we were starting to fill in some pieces.



3<sup>rd</sup> Place Team at the Rocket Invitational

## **From The Blog**

Be where your feet are, because most of life is lived within the journey. Through adversity, we gain strength through overcoming. With success, we stay humbled and never take for granted our current day. Never too high, never too low. It's the life of the person, the team, and the idea of living with no limits. Who sets the limits anyway?

## **Break On Through to The Other Side**

An incredible group of young men from Nathan Hale High School continue to forge on in their journey of selflessness and counter cultural ideals. They are the rare high school students that understand the privilege of testing one's perceived limits. Seeking discomfort, but not alone in their adventure, these boys are building themselves and one another to be better each day. They are becoming self-governing, holding one another accountable not only to be great runners, but to be kind men of character. There is no ultimate outcome goal, but rather a focus and appreciation for the current moment. Through increased purpose and building selflessness these past few weeks, these men are starting to break through.

## **Week\_4\_Recap**

Built upon our selflessness theme this season, our training has emphasized pack running. Our workouts have been built around guys in each pack not letting down their teammates by falling off. It's understanding that discomfort will exist with each runner when pushing yourself to the edge. It's taking that discomfort, understanding it, and embracing it because your teammates depend on you overcoming it. This group has an unbelievable potential, and our patient approach will bring out these guys bests at the right times.

After two solid weeks of team training, we have seen good progress. And also with two weeks of being back in school, that brought on some sickness and a new stimulus for the guys. It's all

part of the journey, and we had some guys that stepped up in training and racing to make sure we didn't have a letdown at the Rocket Invitational.

The JV guys set a good tone early. Matthew Kees ran up front and shook some rust off of a tough sickness he battled for almost four straight weeks. He finished 3rd, and after being a strong 4th man for us last fall, we believe he will regain his intensity and form these coming weeks and be a solid producer for us. Nick Burgess continues to get out and help guys with him, including Alex White who in his first season of cross country has shown signs of being a top tier high school runner, and probably sooner rather than later with the effort he has been showing in practices. Losing a shoe in the final part of the race, Alex finished as a solid 2nd man for the team. No\_limits.

The entire group on JV definitely improved from Betz in terms of getting out and holding on. We are looking to improve however in the middle lonely miles, where most teams let it be too hard and slow down. We want to be at our strongest the second half of the race, so our training will focus on good starts and being able to close better. The JV guys ended up 5th overall, and as our depth improves, we expect the JV to keep moving up and pushing our varsity to be better as well.

With our pack behind Joshua being as large as it is, we have seen some fluctuations in our finishing order. The coaches love this group and believe in it's firepower. A lot of these guys are new to the scene and are now starting to settle into the roles of being big dogs. Behind Joshua's dominant win, Liam Kelley held on to finish right ahead of teammate Cole Konczal who stepped up as our 3rd guys. Cole Orłowski had an off day, but an amazing week of training which will pay off huge. Finishing as our 4th guy Saturday is exciting because it shows how solid our team is this year to have a guy of his ability in that position. He's a great runner and as he breaks through, he's going to bring this group with him. The 5th and final scorer was newcomer Carson Shane, in just his 3rd cross country meet. Coming over from soccer this fall, he definitely made an excellent decision. He's enjoyed the sport, and put in great training this first season. Close behind him was Collin Raschka finishing as a strong 6th man. On a wet and sloppy day, those guys made

some big jumps, and are just scratching the surface of where they will be soon with continued consistency\_and\_purpose.

Collin had a fantastic long run last Sunday and improved a lot on trying to be with the pack. As a coach, we get to see all of these guys and their growth as runners and people. On my run this morning, I talked with Coach Chase about how cool it is to see guys improve so much within just one year. When parents, the fans and the state see guys starting to break through, they are amazed. But us coaches and within the team, we are not in awe. We see the ups and downs. We see the process and the daily work put in by the guys that make the successes possible. We see the setbacks and the disappointments along the way. And throughout each guy's journey, we keep the constant state of belief and allow for no limitations to be set. This team is just getting started.

Finishing 3rd overall, we take away some good positives but are nowhere near complacent. We move on to week 5 and are excited to get back to work on Monday. Our guys that were sick will get better, the guys that missed a practice have learned to be more accountable, and the couple of guys that got a bit banged up on Thursday will be back to full power this week.

We live in the journey, so it's important to enjoy it. As we enter our 5th week with this amazing group, we remind ourselves to love each day. The special moments we look back on will be our impacts we make on each other, and the moments we share every day. If it's any wonder, this week's focus message will be on the journey and the process.

Nikoli Dorsey, Gavin Graham, and Chase Witty closing strong



## Week 4 Workouts

Something I strive for is giving the guys ownership. When creating a selfless culture, the coaches need to allow for the athletes to own the program and their goals. I assign a lot of runs and workouts with options. "Four to six tempo reps", "40-50 minutes", "4-8 strides". This allows the guys to progress at their pace and also take chances when they are ready. We have done other things such as the pre race huddle being just with the guys and no coaches, and trying to do all the talking early in the week and none late in the week when it's the guys time to race.

This week we started asking guys about each other. "Who had a great workout and why?" "What motivated you today, who motivated you?". Big props to Coach Dewitt for getting this going. This open discussion caught on and really brought energy to the group! The men would comment on others and how they made the group better. We were fostering selflessness and reminding ourselves of the bigger purpose behind what we do. It was so powerful to hear guys talking about each other. It makes this so much more fun, and allows guys to relax and just race out of their minds knowing it's about the team, and not the individual.

We also did something we like to do once and a while, we split the group in half and each coach took a group. This not only allows for more specificity for the guys, but also let's some new guys be up front and lead! I was a bit nervous doing this, as I like having all the guys together, but sometimes I found it extremely effective in giving different guys a chance to step out of their comfort zone being in smaller groups.

A group of 13 did maybe our first 'bigger' workout of the season. The workout for this group was 3 sets of 800/400 with the 800 at 5k and the 400 cutdown to 3200 with just a short with just 1 minute rest between the 800 and 400. I made a terrible loop with tight turns on the football fields at Greenfield Park. I tried adjusting the turns a bit during the workout as best I could. It was a bit muddy and not a fast loop! But most of the men did well with it and got the effort we wanted.

Joshua torched the workout mostly by himself. I tried hopping into each group. Our pack was now growing which is awesome. Cole Orłowski and Cole Konczal led the big group and had solid workouts today. Collin looked a little tired today, probably from absolutely crushing his Sunday long run which was over 9 miles at sub 7 pace. I wasn't worried at all. These three sophomores are really coming along and starting to gain confidence, really amazing ability with all. Joseph was out sick today, and we would find out that was just the start of a pretty long sickness. Carson fought well with Brennan today.

Alex White led the second big pack for all but one of the 400 reps. I saw a guy at CWES camp that could really be special, and now he was starting to show signs of his ability today and sporadically among workouts early this season. He was gaining confidence.

A large group of 17 went with Coach Dewitt to the lagoon and did 6 by 600 gear changers with 400 at 5k and 200 kicks. Jaylon had a breakout workout along with Jordan and some of our freshmen crew starting to open up. Robert and Tony were starting to turn it up too this week.

The whole team came back Thursday with a bike path fartlek (also became somewhat of a go to workout through the season a few times). It was nice to see guys packing up and feeling fast on the cement after Tuesday's tough surface and turns.

### **Week 5 – Angel Invitational**

This week we just want a big week of training. We are willing to sacrifice the race a bit to put in a big midweek workout. This is a great week to get after it as we near the midpoint of the season and will look for a big stimulus hit and to continue learning how to race fearless. We don't talk too much about racing specifically, rather we work on different scenarios and prepare the men for a lot of situations. Through experience they learn best, we don't want to over coach what they're doing, we're more likely to mess them up. We do however have an idea to work on in meets early in the season. This week our focus was on running a fast last mile. In later weeks we would work on different points of the race or strategies.



Cole Orłowski, 10<sup>th</sup> fastest Sophomore Ever



Jaylon Alexander crushing with the kick

## **From The Blog**

### **Everything that happens to us is in our best interest...**

Our focus this prior week was to put in a huge week of training, as we are nearing the midpoint of the season and preparing for later championship racing. We had a great team workout Wednesday, bringing a lot of focus and intensity. With that, we brought more of a workout focus to the Angel Invitational, focusing on trying to progress the 2nd half of the race and pack up early.

Early on, things didn't go quite as planned. Carson Shane rolled his ankle badly in the first 800 meters. Our secondary pack was also not together in the position we planned. One of those was in our control, while the other was not. We will learn from not packing up early and how that negatively affected our ability to progress. It's EASIER to race fast and keep the pedal down when our teammates are around us. We will look to bring better positive affirmations, and not let courses or conditions be a factor that limits the skills that we build in practice. Our guys are prepared for the hard courses, and need to be confident that the course doesn't dictate how we finish in a race. Don't mentally disarm yourself of the skills you have built! Trust where we are headed and where you are.

With the non-controllable of a man rolling an ankle or not racing because of sickness, we look to the team to step up. This is selflessness, and our reason that every man is so important! Carson Shane is the definition of the type of athlete we want in the program. He could have pulled off and not finished, but he had a team only mindset and ran the rest of the 5k on a bad ankle. After the race, he was more upset that he thought he let his team down. He definitely did NOT let his team down, but it was amazing to see his thoughts go to his team rather than himself. His gutsy finish also pushes other team's possible 4th or 5th scoring runners back, increasing their score. A truly selfless run. That's the attitude that brings out our best races, when we give up our own egos for the better of our team. The other 6 guys must pick up for the team when these things happen. I'm proud of our guys stepping up!

With those learning lessons, our team is definitely in a fantastic position. We're on pace or ahead of where we were last year in our progression. We will come into this Saturday more fresh and feeling fast, and the guys will bring a lot of positive affirmation and self talk. We have to embrace no limits and love one another as we look to turn our amazing fitness into some memorable races. None of our guys have even scratched the surface of what they are capable of this fall. We have to ask ourselves, "why not us?". We have the guys, now we need to come in with the belief that we are the best team in the race and look to race fearless!

Our top 5 varsity average was almost a minute better than last year at this meet. The shorthanded JV team also finished 3 places higher than last year.

Robert Petrovick followed our race plan to a tea, moving up in the 2nd and 3rd miles and scoring for JV. He stepped up for Joseph Hertel who we gave off to get healthy from his bronchitis, and Alex White who had a slight off day but will definitely crush next week. Joey Elliott really stepped up nicely along with Jack Hutter as well, finishing as our 2nd and 4th men respectively!

In the varsity race, Joshua ran a more controlled effort, focusing on the 3rd mile as we look to make that a strong suit as we enter championship season. He looked good cruising to his 3rd victory of the season after having one of the best workouts I've ever coached on Wednesday and a monster long run Monday. This was Hale's first individual champion at this large invite since 2002. Liam Kelley held on as our 3rd man but is going to break through in the coming weeks. His workout Wednesday was the best of his career, and it takes more than just one good workout or week in this sport to have things come together. He's turning up the heat and will be dangerous down the stretch. Our large crew 2-7 all have front runner capability. I look forward to watching them run beyond their belief this next weekend at Oshkosh. They will need to run selfless and FEARLESS.

Most of our frosh guys ran at Arrowhead on Thursday. I was invited the week prior and thought it was a good opportunity for our developing group this fall. Tony led the crew to a 20th place finish. He also has been fantastic helping lead our standards and no limit beliefs. He was great working with kids at our youth camp last week as well! Tyler Koney raced his best race and ran more aggressive than he has been. The frosh group is learning to face more discomfort and that they can race faster, and practices will help translate to this! Take risks and put yourself out there!

As we move into fast racing, we are not focused on winning or what other teams are doing. We're focusing on each moment and our 'builds'. Love, selflessness, embracing pain, and having no limits. With those builds, love will be our driving force as we look to race fast this next week and enter the off weekend on a high note. Being the best teammates, showing character, and putting in our max effort for another is what winning looks like. We are ambassadors for others, showing what it means to be a fun and loving team that inhibits no limitations on human capability. What are you going to do for a teammate this week to make them better? How will you exhibit selflessness and no limits? Let love lead us, and come in confident and relaxed as it's the daily habits that produce the amazing moments!

p.s. - thanks as well to Liam and Max for also helping at our youth camp and being great with the kids! And Matthew, Jack, and Chase for helping at the youth race Thursday. Also thanks to Brennan and Joshua for going to Lane to speak and run with the team. We love building excitement and happiness with our great sport!

## **Week 5 Workouts**

Monday brought on a tradition route, Bishop's Woods. Some guys would add on but for most this would be the entire run. It's about a 7.5 mile hilly loop route that allows guys to attack some hills while out on the run.

Wednesday brought on one of our bigger focus workouts. We did a workout where we planned a fast start, a consistent middle, and strong finish. It was 2x400 at 'get out race' pace. 4x800 at 5k goal pace. And finish with 2x400 at 'close pace'.

Cole Orlowski and Cole Konczal were up front and really had great workouts today, with Orlowski ripping the last 400. Liam rebounded today and had a better workout, so I'm hoping he continues to progress and have good workouts. Collin was starting back on reps and moving his way up, he's still working on the confidence to go out up front and run with the guys right

away. Brennan and Carson were right off the top 3 on all the reps and had solid workouts as well. Joseph wasn't his normal self, still getting over being sick. We would give him off racing this weekend in an effort to get him back to full health for the end of the season.

As Joshua's times are getting closer to 15 minutes, he needed a different stimulus today to keep him progressing. He did one of the most impressive workouts yet. His workout was a continuous 1 mile at 5k pace, 2 miles at tempo, then another mile at 5k pace. He ran the first mile in 4:56, his tempo at around 5:20 pace, then finished with a 4:50 mile. This was a very big workout and would help him continue to progress and handle faster races.

## **Week 6 – Lourdes Invitational**

### **From My Log**

This was supposed to be the guys' showcase meet. The one where we start putting down fast times and passionate performances. But you find out often in sport that what is supposed to be isn't always what happens to be.

That's not to say we didn't perform, but it may have occurred in a fashion different than expected. Entering the week, things were looking up beat, and guys were coming off a hard week of training knowing that a moderate week and a fast race lay ahead.

In seeking excellence and avoiding average, we rely on our standards and our purpose as a team. Even with a tough situation, this was a great week of growth for the entire team. We decided to keep our commitment to being great, and grew from our mistakes.

Although our excitement was high to run well as a team at this meet, we got a more valuable lesson and grew stronger. Some other guys got an opportunity to step up and I believe that will really help the entire team in the biggest meets ahead. Time will tell.

The full squad plus our middle school crew!



### **From TheBlog**

**"Common men go nowhere. You have to be uncommon."**

As we look to hit our stride heading into October, the progressions and workouts have been leading the group toward a great finish to the season. We look to stay focused on US, and make each day important. We can't rely on past success, or dwell on past failures. Instead we need to recognize that both are necessary for our growth as men. Down the stretch, the team needs to fight for each other, doing what is uncommon. We must embrace the role of underdog, and fight for every last guy, putting focus into every drill, every run and every insightful words a coach or teammate shares.

Together, or not at all. Talent won't win in October, it will take the power of a loving team, guts and a desire to make it happen. We have the opportunity, but it won't be easy, and nor should it be. **What are you guys willing to risk, to sacrifice, or endure in order to make this five weeks a historic 5 weeks for the Hale Program?**

### **Stepping Up!**

Starting things off, it was great to have 7 middle school boys competing! Many of them future Huskies, it was exciting to see them get an opportunity to run on a fantastic course on a beautiful sunny day. They represented well, many brand new to the sport. Just build that love and excitement for THE best sport on the planet.

Some guys took on new roles and embraced the opportunity on Saturday.

Brennan Kompas has had some incredible workouts and his fitness is at another level. He had struggled to put things together the past couple of weeks in races, but this week he started putting those frustrations behind him. Breaking out as our 3rd man and coming home with an all time best on a wet sloppy course showed more light on where Brennan truly is with his training and progression. He expects to keep moving up, and so do his coaches. With a nice confidence week with great workouts and a solid race, we look forward to seeing Brennan have a breakout October.

Our 3-6 guys definitely were a light tighter with a 20 second spread between them. It's cool to see the packs emerging from practice into racing, and it goes to show that the way we practice, whether it be positive or negative, DOES translate to races. This pack, along with Cole who was out ahead as our 2 man Saturday, can really move up if they can come together and believe and trust in their work. If we find a way to go into the final races with complete selflessness and a for the team attitude, we WILL have success. Again, that's a decision you guys must make.

Frank Bevsek blew the doors off the first mile and helped get the boys out in the JV race. Following close behind were Nick Burgess and Ethan Fisher through the mile, and both thanked Frank for helping them get out more aggressive, ultimately helping them finish higher. SELFLESSNESS!

Frank held on nice, with Ethan Fisher, Alex White, and Nick Burgess progressing nicely to finish as our top 3. Our scoring 5 on the JV side had a 1:02 spread which is a nice improvement. Our 5th man Tony Rodriguez had a huge day moving up throughout the race! This was his first time scoring as a high school athlete, and definitely not his last time! He's been a great leader, and showed it Saturday, responding mid race by moving up and carrying the pack of Robert and Jack along with him. We love guys running together, but it's important also for someone to step up and PUSH that pack forward once past the mile and definitely past halfway. If everyone has that thought process, that pack will roll and pass tons of guys by the finish! No limits with these packs, but again, huge step in the right direction. Now let's see them move up in the next 5 weeks!

Joey Elliott got an opportunity to run varsity and we are glad he did. He unfortunately went down early in the race and had to work most of the way to get back in a good position. I was happy though that he took the opportunity with excitement, and he will definitely bounce back in a huge way at Viking in a couple of weeks!

Jaylon Alexander bounced back nice from last week. He's had some killer workouts and will keep growing confidence and have a huge breakthrough by the end of this season. Chase Witty was rolling close behind our 5 and 6 guys and is another guy that has huge breakthrough potential. It's been great to see both of these guys improve so much over this season and compared to last season big time!

### Three Straight Victories

We can't take for granted what's happening up front and the fantastic season Joshua is putting together. He had a phenomenal race putting 20 seconds on 2nd place within the last 1k alone. The second place runner is a fantastic runner from Hortonville, and both him and Joshua (along with a great Illinois runner) really put on an impressive battle. Coming through the mile in 4:50, and the 2 mile under 10 minutes and continuing to push shows the strength and power Joshua continues to build through consistency and purpose, along with a great trust. He will continue to enjoy each day and keep a team focus as we head into October with this great group of guys. He and this team have some much bigger moments coming.



Joshua Truchon just prior to breaking away for a huge victory at the Lourdes Invite

## **Week 6 Workouts**

Monday's run was a moderately paced 40-50 minute assignment with 6-8 hill strides to follow. Cole O, Brennan, and Collin for a while, took chances running up front with Joshua on the way out. It was a good step taken and one that I would like to see continue going forward. As a coach, it's a blessing to have a runner like Joshua. Not only is he fast, but he is on board with what we're doing, and brings an amazing perspective and light heartedness along with his high expectations for his teammates. (Joshua defeated the eventual state champion, Jake Krause, by 20 seconds in the last mile of the Lourdes Invite. It was one of his strongest races of the season.)

After crushing the week prior with some intensity and volume to boot, we planned a different stimulus for this week. Tuesday's run was a broken tempo of 5x3 minutes w/ 60 second steady between each on segment. Following the tempo, we like spinning the wheels this time of year so we would head to the track for 4x250's @ 1600 down to 800 pace. The packs demonstrated to be growing stronger in this workout. Joshua took charge of a 3x5 minute tempo running low 5 to sub 5 minute effort. Our large pack battled with different guys stepping up to lead each.

Joseph Hertel still looked sick and was on his 5th day of antibiotics. He's struggled recently, but has put in great work so we're optimistic that he will rebound and get back to form soon. Matthew Kees is still looking to show that spark he had, but isn't progressing like we expected yet. Cole Orlowski and Cole Konczal really set the tone along with Brennan Kompas looking much better after nabbing some new trainers that eased the burden on his calves.

## Week 7 – Off Weekend



Men make the run all the way to Lake Michigan!

Mach and Dewitt Dopplegangers?



The men have an off weekend this week, which also coincides with Homecoming week this year. To prepare for championship season, it is nice to have the weekend away from racing and get a chance to slow things down as things ramp up in the coming weeks. To start this week, we had planned our annual Lakefront run for sixteen of our men. The weekend would provide off days for most, with ten men meeting up for a light Saturday morning run.

## **From The Blog**

Homecoming week comes and goes. Our team had a solid week with some impressive performances and breakthroughs!

The Monday lakefront run brought some challenges with high heat and humidity, but our guys overcame and many had fantastic runs and kept solid pace. As the weather cooled down for us midweek, we were able to have some excellent workouts that displayed months of work leading to a fun and fast October for the crew. The guys have brought focus to the journey and the day by day process of being great. We're having fun working hard and embracing being different. I actually overheard a teacher that was surprised we ran on Friday after the pep rally. You guys truly are doing uncommon things that will cultivate innovative minds and the discipline and drive to put your creativity to work! Normal is boring.

Nothing will be handed to us, we're just going to go out and let a rip every day. No limits. This group of guys is ready to put on a show and have some huge races this month. It's fun to have the group coming together at the right time, and Thursday will be a nice launching pad for us.

We have to keep focused on 33 guys all being essential to the success of the team down the stretch. While only 7 men will toe the line to race at sectionals and state, EVERY man is essential to build the team and create special moments. Push for each other and discover a new reality with some huge breakthroughs. Out and after it now!

## **Workouts**

### **Monday**

Our annual run to the lake, or what we call, The Lakefront Run. Summer is still taking it's hold as dew points climbed to near 70 with temperatures in the 80's. This made the 9-10 mile run feel much longer than it actually was.

17 excited men embarked on the destination run, and for many, they struggled the 2nd half of the run. Joseph bounced back running with Joshua through about 6 miles before fading a bit, however it was great to see him getting back to his old self. Liam really got moving and delivered a great long run which was good to see.

## Tuesday

A pretty chill day. Guys tired and sore from yesterday, some felt great and hammered today. Cole O and Alex definitely felt the best today. Hertel responded nicely and ran with Joshua the whole run, as did Collin, Cole K and Brennan off the pace a bit. Joshua took it a bit easier due to school stress and a bit less sleep than usual.

## Thursday

We wanted a couple of days between the long run and our workout day. We did however prime a bit for today's workout by doing a 3x3 minute tempo during the run on Wednesday. The guys looked so smooth and fast on Wednesday that I almost had wished I just done the workout then. Nevertheless, they were ready to go Thursday for a good effort, probably the last really big one of the season for many.

We utilized the north intramural field today due to the insane amount of rain we received this week. Greenfield Park was just giant puddles and not runnable for the workout. I was tentative on the intramural fields, but really wanted to be on grass for this one. The assignment, 5x1k with the last 200 of each sub 5k or moving.

I never make things too simplistic though. I staggered the groups to start ahead, so some did 900, some 800, some 750 meters. All starting at the same time, the point was to finish at the same time so we had just one split to take care of. The value is that every guy is doing the same workout, the time spent at the effort is the same and they start and finish together. The workout worked well as most guys finished all together at once. It was cool to watch.

Brennan Kompas just looked great again, pushing the group, along with Orłowski on most reps. I really want to see Brennan break through, he's really coming on in practice.

Joshua had a slightly different assignment of 4x1200. He was to start the first 400 at tempo with the group and then progress to 5k and sub 5k by the end. Having him with the group to start each was great and also he got about 2 minute rest while the group got 2:30 which also worked out well since he needed a bit less. Coach Chase ran it with him and they were rolling the last couple especially, getting down into 4:30's range by the end. The gears are there.

Kees and Cole K probably struggled the most today off the back, but both showed resiliency and responded to my direction. The other guys really trading blows leading up front including Carson Shane, who is preparing to run JV at our next meet. Guys are aware that we don't really talk in terms of varsity and JV, and rather the whole team. We want interchangeable parts and guys with the ability to step up and run to the best of their ability. Limiting yourself to a position on the team is not what we want.

Having it staggered let all our groups finish together, and Tucker Sander had a great workout leading the 'chased' pack and finishing ahead of everyone. It was fun watching all the guys step up and run together. We were starting to pick one another up!

The coaches are confident in our ability, regardless of being able to really have a full strength team at any meets thus far. We have to be patient too. We are human, and do get antsy and wonder just like anyone, what type of progression will we make these coming weeks? Only the guys could answer that.

### Week 8 – Viking Invite

Training was starting to go better. The team was getting healthy, and we were excited for the Viking Invite at McCarty Park. Here's our chance to finally show what type of team we are building. The guys are ready to rock it this October, and Thursday will be a great starting point.



Three in the Top 11 at the competitive Viking Invite



Alex and Carson set the tone

## **From The Blog**

Monday was a gorgeous day, and we were able to get the entire squad out to a 2 mile gravel loop in Wauwatosa for our tempo workout. The guys brought some solid intensity, especially the group up front. That day created a good energy among the men. The runs the following two days were very up tempo pace, and guys are starting to feed off one another's energy. Our selfless development is really coming to fruition and it's creating some powerful moments and very fun practices and races!

That team energy carried into the invitational on Thursday at McCarty Park. On a beautiful day to race, the first race kicked us off in a big way. As a team, we look to learn and improve each day, and with each race. We many times have intentional focus for each race as we build toward a complete race during the end of the season. The men executed this week's race plan very well.

Alex White ran patient early with Carson, and really hit the pedal at the mile to finish in a huge personal best time of 18:12 en route to a 13th place finish. Carson fueled by his teammate, was close behind in 18th place. In our post race meeting on Friday, the men got to share about their teammates and how they fueled each other, and many referenced the effect these two had on raising the level of the varsity guys in the second race. This is why I say it so often, every man makes such an impact on the whole. So all those days you avoid excuses, and bring max effort, and many times overcome pains or illness, those are the days that your teammates improve. That's why our individual efforts are so important, because no matter what kind of day you have, if you're following our team standards and driving with every ounce of energy you have to suffer for your teammates, you are providing a huge impact to the success.

Joey Elliott finally shakes off an old personal best set at the (short course) Chocolate City a few years back. He now has a legit 5k personal best that crushed his old Chocolate City time. He looked phenomenal finishing as our 4th man, and it was the the last time he will cross the finish in the Hale uniform. Joey brings maximum effort and a positive quiet leadership to the group. He's also one of the best musicians in the state, playing as a co-principal violist in the Milwaukee Youth Symphony Orchestra and is part of the WSMA all-state orchestra. He's also the student leader of the school orchestra. His music career is sure to be fun to watch and he's done a great job committing to our role. With his amazing talents, he will unfortunately miss his last invitational due to state competition, but he will be with the team the rest of the way helping other men step up and fill his scoring role!

We had a nice run of all time bests for the rest of that crew. I told Robert Petrovick he'd break 20 minutes this week, and he did that with plenty of room to spare. Starting points in this sport, whether you are running 17, 20, 23, or 26 minutes your first year, really mean nothing. All of the most successful runners build off wherever they start and commit to getting better. Robert is beginning that phase with a nice breakout season, and if he commits to some daily off season work, he can be a big contributor! Nathan Bentti earned blood and guts honors for stepping it up all week and coming away with a huge breakthrough race. He asked me if he could move up a group, and by the way the answer to that is always - YES! He came in Saturday morning and ran with our top group. Confidence is contagious, keep believing and remember you all have no limits.

Chase Witty had another personal best and has shown flashes of even a bigger breakthrough these last two weeks. He can definitely join the guys in the teens and also is a guy that can be a big contributor as he grows in mental confidence. Tucker Sander is starting to figure out racing more and more and will keep moving up, along with Kyle Steele who was close on his heels. It was great to have Kyle finish smiling with a personal best after having to drop out of the Lourdes Invite with a foot issue.

The second race showed our patient progress as well. Joshua Truchon has been a joy to watch and shows amazing intuition and knowledge when racing. He understands his body well and ran a very smooth race finishing in 15:41 well ahead of 2nd. The coolest moment was when I saw him after the race. He came jumping up and down to greet me saying how awesome it was to have his teammates coming in right after him. That gave me goosebumps as it reinforced the power of the team. It was great to see Liam back racing up front along with his teammate Cole Orłowski, finishing in a solid 10th and 11th in a tightly packed group. Those 3 are really fun to watch.

Also fun to watch will be that whole group we have that can fill scoring roles. Joseph Hertel had a solid race as our 4th man, and with improving health and back to his old self, we know he has the ability to really move up these next 3 weeks. Cole Konczal had a rough first mile that affected his placing, and will improve on that in the coming week being out more confident and racing fearless. Keesy and Raschka have the firepower and are gaining confidence in their ability to really produce. Brennan is fit as can be and will overcome some calf issues to a big finish as well. Having a group of 10 men up front, all with untapped ability, makes these last few weeks very fun. I expect to see all of them helping one another, suffering together and living a selfless lifestyle. Together, this whole group is amazing.

They understand that how we progress works, but none are settled or content. We preach no limits and mean it. We run loose and get after it daily. The men will keep having fun, taking care of each day and surrendering the results. We are fearless and running with love.

One last note, we had the pleasure of having Thomas Breitbach join us for practice Saturday morning! He coaches Coach Dewitt along with 19 other professional individuals. Along with that, he's now the assistant women's coach at UW Madison. He shared some amazing life advice that I hope many guys took inspiration from. Thank you Thomas for joining us!!



### **Workouts**

On Sunday, I walked a 2 mile gravel loop in Tosa, checking it's condition in preparation to take our top 9 men there for a tempo workout in preparation for what now became a very important Thursday evening race. I texted Joshua and Joseph a picture of the trail and asked what they thought about bringing 9 men there for practice. The response was everything you'd want from a selfless captain. He thought it was great but asked me, "why just 9?".

It was a thought that sort of escaped me. I was taking the easy route which is unusual for me. I thought of the transportation and communication necessary to get 30+ men to the destination trail a 15 minute drive away. Then, my guys reminded me of what's important and essentially told me not to make excuses for why the whole team can't go.

An entire afternoon then spent checking on reserving our two school vans and reaching out to parents and alumni for help in carpooling. By the morning, we had it all set. Enough drivers and enough room to get exactly the amount of men we have on our team out to the gravel loop for our tempo workout.

The quick decision brought surprise to many as they loaded into vans to begin practice. It was a picture perfect day, the sun shining down and mid 60's temperatures with no humidity. Fall was officially here.

We got things going quickly and explained the workout to be done on the 2.1 gravel loop. Some sections were definitely difficult with bigger rocks and less traction, but overall it's a pretty nice loop with some good sections to move on. The assignment for our top group was 4x5 minutes @ Tempo or 5:38-5:45 effort with two minutes steady between each. Joshua was assigned a 10 minute tempo or 5:10 effort followed by two 4 minute tempo efforts cutting down to 5k or sub 5k the last two minutes of each of those.

The guys shot out on the warm-up, getting down to low 6's and for better or worse stringing out our group.

The guys finished up dynamics and focused on strides in simulation to a quick but smart start in our Thursday meet which narrows quickly, and then more importantly for our championship meets where establishing early position is key for confidence within the team and for demonstrating our power. The longer our pack up front can stay out front and together, the more fearless we will become.

It was time to start the workout, and I let the fastest group of 9 get out first, followed by our next group of 5 and so on. Now, it was up to them as I couldn't see the loop since it's 2.1 miles in length. They did shoot out hard though. I saw them come across under the bridge, with Liam out leading. It was a bit of a surprise as he had some tough workouts after a back injury the prior week, but I was honest with him about stepping up, and he responded great to it. It's a good dynamic we have built in which honesty leads to trust and doing right for each other.

Right behind him was Orlowski and then a pack of 4 and lagging behind a bit were Carson and Collin. Carson, I would find out, was sick. Collin was probably just thrashed from his aggressive weekend running, I could live with that as I've been waiting for his big break out and he's starting to show signs. I don't limit guys and let them develop and push when their mind and body allow.

Orlowski is just running like an animal. He's taking process more to heart after his mistake, and he's out there to prove something. I keep long term thinking and hope he finishes the season strong and continues to focus on being the best he can.

Coach Dewitt rolled with that group, Brad came today and helped with Jaylon and Gavin's group which was nice. I wasn't helping much where I was positioned, so I decided to throw myself in by hopping in with Joshua on his 4 minute reps. I rolled with him the first rep, but his last one he smoothly and easily rolled me while I went all out to keep up with him. It was a proud moment for me to see him roll so easily while I got to push and share in the suffering from behind.

### **10/8/2019 - Tuesday (2 days before Viking)**

I spent much of the day just wanting to get better. A typical day I suppose. What can I do to improve how I communicate and get the best out of these young men? I listened to podcasts on the drive to and from work, and just bounced ideas around. These guys are important and I love learning and growing with them.

I came into the meeting ready to pump guys up, and did maybe mostly a good job. I mostly realized the talking is done and it's just time to do. I will continue to spread messages to be consistent, but now is the time to relax and get after it.

A big message I conveyed is pressure is a privilege. It's a phrase I get from a coach in Illinois, John O'Malley. It's amazing what we go after, and the risk of failure that comes with all of the work. Everything though is process, even racing. Being able to be in that position to fail means we are doing something different and truly living counterculture ideas. It's powerful.

I went back to last Friday, post pep rally and before the parade. A teacher walked by me and asked "You're making them run today?". At first I was frustrated and mostly acted as if I didn't hear her. Thinking back, it just made me more proud of the men. Knowing that I wasn't making them do anything. We were just there to do what we do. To be different, to get better. Day by day, no laying off the pedal. It's true counterculture and embracing different. Normal people will just never get us distance runners.

For today's run post workout and two days out of Viking, I communicated to the top guys to chill out a bit. Collin immediately looked at guys and shook his head. Proud coach moment there. Collin communicated to guys that, no, we are here to run hard. I really loved it and called that out to the group. We need more of that energy!

The guys did pack up nicely, with a solid pace. By the end, they did get rolling low 6's. I might just have to live with that as the norm now and that may be what makes us great. Who knows? On the way back we picked up a bunch of guys and had a very huge pack going for a while. Man, there's power in these kids I don't give credit to at times. It's moments like that that will remind you how important each guy is, even if they aren't up front. They may very soon be

your big stud scorers with the right patience, and regardless, every guy's attitude affects the whole.

### **Wednesday**

Light pre meet day. Guys were very amped like they have been the past week now. It's a good sign I think. This team's just way too good not to run fast now. With the energy levels going up, things are looking primed for a great race Thursday, and then 3 fantastic races at conference, sectionals and state.

Joshua looked great running 5 miles and is ready to go, but in a smart fashion on Thursday, focusing on a good start and smooth finish. Conference and state will be his big races, and he will be primed and ready to win both against some great competitors.

The groups did clockwise or counterclockwise around Greenfield Park. The top 8 varsity guys are ready, with Liam leading the run today.

Rowdy meeting (Lesar, GPS drawings, clapping), lots of fun. Let's hope they carry that momentum.

### **Friday/Saturday**

(Here's a look at notes I had written of things that aren't always perfect)

3 of our top 5 get a little banged up or sick. Liam had a sore tailbone but I think it's getting better. He told me he'd like to finish with great effort these next few weeks, so I know he will overcome and put it on the line.

Orlowski got a cold and didn't run over the weekend. Hoping it's only a couple days and that he's back firing early this week.

Cole Konczal's left knee is now bugging him, but he needs to just do Alissa's rehab work and overcome. I know he will be fine and step up.

Collin Raschka crushed Friday's run. 5 miles at 6 flat pace, getting under 6 minutes toward the end. He definitely had a chip on his shoulder and wants to do better. I really would love to see him drop a minute and step up for the team. He did pull a lot of guys with him on this run which affected some of them for Saturday's longer run. I love it though.

Saturday's run was solid, with guys packing up on the way out and chilling. The way back, Joseph and Joshua got rolling. Brennan turned and just did 6 miles, smart for him though today. Nathan Bentti was great on the way out, just off our lead pack. Alex White was struggling a bit today off lead pack, then Collin struggled a bit on way back but still had very fine run following his epic Friday run. Carson rolled his other ankle and struggled after that, the guy

has no quit though. Keesy came back strong and had a solid run, he's getting serious about scoring again which is huge.

Thomas Breitbach ran with us as well and talked to the guys. He had some great words to share. He's now the Badgers women assistant coach and coaches Dewitt and had coached me. I use Thomas a lot to share ideas and grow as a coach myself. What a great guy.

## **Week 9 – GMC Conference**

It's conference week. Cole Orłowski is still sick, but we have had guys stepping up all year, this weekend would be no different. We were ready for a great race, but kept focus on our standards and loving each day together.

### **From The Blog**

We came off a nice performance at Viking and carried that momentum into this last week. The culture at practices has been great, with every guy pursuing excellence and growing our front pack. Some great character being shown. The evolution of selflessness and running for each other has been the theme since the start of summer, and it continues to build and help our team run well.

We trust and believe every guy on our team can be the best man out there every race day. We're all progressing and have no limits. Last week, one of our men who had a big breakthrough at Viking got sick and thus we decided it was best to rest him at conference and have him ready for sectionals. For some teams, this may have been a setback, but for our men we know it's a team effort. We have had many meets this season where different guys have scored or had to fill scoring roles with someone or multiple people being out of the lineup. Those experiences help build every man's confidence that they can step up and score. And even if not scoring, they know the power of racing to their best and how that raises the level of everyone on the team. It's about US and not ME. Soft roads create soft people. While we don't want obstacles, we need them to become our best. These men have been incredible in the ways they have used each one this season as fuel to improvement. We let nothing limit us and continue to control only what we can. Every man on this team is capable of greatness.

Men in the first race got out very well and put themselves in a position to compete well. Alex White had a great performance, attacking, racing fearless and racing to win. He got out to the lead early and stayed up front most the way. At about 2.5 miles, a pack of 5 passed him, but he responded short after (and upon seeing his teammates cheering him on) by immediately passing that entire group and getting back into 2nd place in his pursuit of first! He ended up 3rd overall against great competition. He set an example of responding and making a move (although it may not feel great!) to pass the guys right ahead of him. We have to be willing to take that chance, create some discomfort to pass guys and you'll always get momentum and strength from it! Last note on this one here is Alex ran 5:38 in the 1600 this spring, and held 5:45 pace in his 5k this past weekend! In running careers, it's not about where you start.

Brennan and Carson formed a solid 2/3 combo with Brennan running a career best as well and Carson with another consistent performance. Three men under 18:20 in the first race showed the continued improvement of depth and the team concept. Frank Bevsek stepped up to be our 4th man and had his personal best race as well on a day where a couple of our past scorers were a bit further back than last week. Nick Burgess rounded out the scoring. 11 of our 15 men in the first race ran career bests! I was especially pumped with Tyler Koney getting more out of his comfort zone and helping pull his teammate's Jordan and Kyle to some great performances as well!

The varsity men were up next. 6 men toed the line with the confidence that all 6 were all conference level runners whether it showed on the day or not. Liam got out like he does and cleared himself well of the pack. He did his job well, ending up 16th for 2nd team all conference honors for the second straight year. Our other 5 got out a bit too calmly and got caught up behind early on the narrow course. Two guys from other teams broke away early and Joshua was way back even at the mile. We know he would have been neck and neck with the leader with a better start, but we are more preparing for next week and to watch him make up the ground he did in the last two miles is a testament to his strength and ability. He's ready to roll and just keep improving. Our pack was able to move up a lot as well and got us in a better position as a team. Collin raced a lot more aggressive and helped our 4 and 5 continue to get closer to our top 3. We look for continued aggressiveness from all 7 of our guys who will go out smart and set the tone from the gun next Saturday. If you look at the team standings, it was very close. We were in a position to take 3rd overall with just some slight adjustments early, so we know we're in a good spot and are glad we have more to go after. We learn each race and are fueled for much more this coming week!

I'm incredibly proud of the team culture and this group. I love watching them and seeing them every day! A huge shout out to the top 3 men at conference all running under 15:32 and the top 3 times in the state. The old conference record was 15:30. It was so fun to watch all of them and see other competition push each other to new heights!

Much love for all the men, a lot more write ups to come as I continue to work on our season book. Keep supporting and loving each other, it's been so much fun to see this group of men grow.

We look to be full strength and have another great week this week. We will continue our focus on building and loving one another. Total selflessness as we hit the line the next two weeks. Business as usual, always just improving, learning and growing. There are no limits.



Carson and Brennan – 2 guys to watch



Alex White races fearless to a 3<sup>rd</sup> place finish



Headed to battle with the boys



Kyle Steele paces the pack

## Workouts

On Monday we did a 6 to 7 mile fartlek run on the bike path with 5x1 minute pickups. It was a positive primer run for our Tuesday workout this week. We had a nice pack and it continues to build.

Tuesday's workout was a 6x 3 minute tempo on The Loop with 2 minutes at tempo and the last minute cutting down faster. Cole Orłowski tried it but was coughing and not his normal self. We would have to be smart this weekend. I had him do 4 of the pickups and take one off as

well. Collin, Brennan, Matthew and Joseph packed it up really well today. They were ready to step up for Orlowski this weekend. The team concept kept growing.

Joshua had a kink in his neck from sleeping. I told him he could workout the next day if he wanted, but he ended up doing it today and felt okay. His first rep wasn't his normal poppy self, but he got rolling after that. The workout was a bit tougher doing 3x6 minutes with pace changes mixed in.

### **Wednesday (Notes from Mach's Log)**

"Soft roads create soft people"

Adversity isn't fun, but it builds and it's necessary. Come out on the positive side and good things will happen.

We got the men rolling right away today with activation as we wanted it to be a shorter day. The assigned runs and the route were posted on the wall. We ran Cleveland West toward the dirt trail.

The pack was solid. No Cole Orlowski again today, got his fever back but it's just a virus and he will get better hopefully quick! Cole Konczal began negative worried about his knee, and I told him honestly, "Hey look, I need to know you can run well if I'm going to put you in the varsity race this weekend." Whether that statement helped or not, he had a good run running up front and getting about 5 miles in as he turned a bit early. His confidence and health seemed to be back, and I hope he can remember that now.

Joshua and Joseph ran up front for 7.3 miles at a solid effort. Some guys right behind were a bit upset that they were going faster, which brings up a learning point I will discuss Thursday of letting go of the ego, and not limiting teammates. We each have our role, and that may mean different paces for runs. Keep consistency and purpose all year and we will have more guys trading spots and running faster on normal days.

Hurdle drills and agility ladder, then out a bit before 4:30 to help guys in the band and orchestra concert held at night.



## **Thursday**

I stepped out for a break and was watching a lone goose in the pond. It was shouting out randomly, so it seemed. After a few minutes, I watched as a giant v formation of geese flew in from the East and landed right by that original lone goose. They were all honking and now diving their heads into the pond and grabbing a good breakfast meal. It made me think of the guys and humans, how we are better off when we help each other. This lone goose found a tasty feast, and called to other geese to share in it. I assume that goose understands the favor will be returned as the power of the group is much more powerful than the individual.

The men did 200 on 200 off on the track for a total of 6 laps. They were a bit slower with the colder weather and wind, but hopefully will be ready to give a good effort and step up for Orlovski this Saturday.

## **Week 10 and Week 11 – Sectionals and State**

### **From The Blog**

“The obstacle is an advantage, not adversity. The enemy is any perception that prevents us from seeing this.”

No excuses. One of our seven standards, and a statement of honesty and being in the moment. Our coaches and men look to do things to the best of our ability, and not let anything get in our way.

Nine different men have scored this season, and we have realized that we aren't static to a certain position on the team. Every guy is looking to be their best so they can move our pack up. We are building understanding that selflessness means excitement when teammates are with you or ahead of you, pushing one another to get the lowest score possible for the team. The individual mind becomes engaged for the good of the whole rather than the good of one self. By battling and finding a shared suffering for each other, we continue to build love and a powerful team.

Every day is living the counter culture, and we definitely do things different than most teenagers. We're building every day and have a crazy vision of what this group can accomplish.

It feels as if though I blinked and the last 10 plus weeks just flew by us. It seems like it was just last week that guys were meeting in the humid summer mornings to get their daily miles in. Finishing summer off with the CWES camp, with guys beginning their journey toward embracing the counter culture and building love and selflessness. The ups and downs that ensue through the journey have brought us to this point.

This past Thursday marked the last race for many guys this fall season. The site, Grant Park, same as the sectional to be held the Saturday after. This meet is important to us and our guys

bring great purpose and character to it. For the underclassmen, it's a building block. A window into the future possibilities made possible through consistency, purpose and belief that nobody is limited in what they can achieve. This meet impacts the guys racing as well as those racing two days after. The men build excitement and the energy for our sectional racers to fuel off of. The reverse would be true on Saturday as well when the guys return the favor and cheer loudly.

I've stressed to guys from day one that times are mostly irrelevant. They are fun, and give some indication of progress, but the course matters as do other factors, and the competition is what we care about. Grant Park was in fun autumn shape. Wet early, and muddy throughout the woods. It's what cross country is all about this time of year. Forgetting one's individual pursuit of a time (limit) versus racing with love and for each other (unlimited potential).

The meet featured two races, and we tried placing guys in positions where they could compete up front in either one. In the first race, Tony, Chase and Nathan got out in a good spot and ran aggressively. Tony took the top scoring position in the first race, running the fastest time of his career thus far. As a freshman, Tony has really begun to buy in to the process and is excited to work consistently in the off season to be a big contributor for the team. Nathan Benti finished strong in his first cross country season and now also has a taste of what it takes to compete at a high level. Chase Witty has had a nice season and is beginning to believe in his ability more. I look forward to seeing all three of them commit to year round training as they continue their young careers.

In the second race, Brennan Kompas got out fearless with the leaders and went on to finish in his best race of the season. He ran a lifetime best on the sloppy day and finished 8th overall in a good field. Brennan has been a great leader for the guys and is a guy we can count on to hold others to a high standard and make the team better.

Carson Shane came up hobbling a bit as he rolled his ankle once again. This ankle gave him some issues this year, but the guy never brought it up. He continued to train, do strengthening and put himself in a position to be his best and help the team. Carson displayed great selflessness in his first season, and we know his future seasons will bring better health and competing at the highest level.

### **Sectional**

We arrived to Saturday's sectional ready to rock. The guys were loose, but had the right amount of focus. They were happy and listening to music on the bus. Upon arrival, the men did a short shakeout to let their body and mind know what they were about to ask of both. They were here to race fearless and for each other. (Oh, and we had Frank the bus driver.)

I went to the coaches meeting and got our guys not racing ready to support and cheer the team on. Finally, we were at warm-up time and the 7 men plus our alternate took off. We knew they were ready. We believed in any of the 7 guys we put at the line, knowing we do things the right way on a daily basis. It was now time to perform.

The team only focuses on us. I don't talk about other teams or other runners ever. We come to compete to our best ability, and together, beat as many non-Hale racers as we can.

The countdown neared, and I stood in my first position. Coach Dewitt and I planned our cheering spots to help support the execution of our race. Now the ref began the countdown and I held my hand to the watch getting ready to start it, also knowing I will never even look at it. All I cared about was where we were positioned.

Bang! The gun sounds and the fans start screaming.

I watch as the guys take off clean and as I stand about 300 meters in, they all came by in a great spot up front. I sprinted over to my next spot which would be right before the mile.

I stood waiting, hearing the lead vehicle coming through the path not in my view yet. I knew the first runner would be Joshua as he would be able to have good separation against the competition today. He came by with a strong lead and we talked about settling in the rest of the way.

Shortly after Joshua, I got very excited. Out of the woods popped Liam, Cole K, and Collin as a pack running strong. A little gap and then our 5th and 6th men of Joseph and Kees appeared. I shouted at them knowing we needed one to just get a strong position as our top 4 were out after it early.

By the 1 mile, I knew we were in a position to make state, and now it was about winning the sectional against Greendale. My next spot was around 1.7 miles. After Joshua, a Greendale runner, and then here came Liam battling close with a Tosa West runner right ahead. I saw as Liam made a great move to pass the Tosa West runner going back into the woods. Throughout the woods section, our Hale guys were going nuts, and it really makes a huge difference having that culture. The men racing fueled off of their great start and the guys cheering them on.

Cole Konczal rolled through next, still in a strong position. He was stepping up nicely after a purposeful week and racing in place of Cole Orlovski who was still out sick. Not far behind him was Collin Raschka, having a great breakthrough race at the right time! 4 men all in the top 12. I waited a bit and Matthew Kees came rolling through. Joseph had fallen a bit back as had Alex, so it was up to the front 5 now. I loved the way Alex got out in his first varsity race, and he really helped push that top 5 on Saturday.

And this is what this team is about. We pick each other up. It's new guys every week and we trust that as a team we will get the job done. The front 4 finished in the top 12, and Kees moved up big the last mile to finish as a strong 5th. Collin ended up finishing very strong to finish 10th overall and would have been an individual qualifier even if our team hadn't made it! Coach Dewitt and I came running over to the finish, fired up for the way we raced, and anxious to see if we had won the sectional.

The guys were happy, knowing they had made it through and an awesome huddle ensued. I'm not sure what was said, but watching these men take ownership is what I love. They get it. They know there's no limits and they hate normal. It's fun to see them building each other and doing things differently and on their terms.

Coach Dewitt gave me a sly look and showed me the phone. We tied state ranked Greendale 44 to 44. The 6th man tiebreaker put us 2nd overall. An initial disappointment that didn't last long. Our job was to get through to the state meet, and these guys took care of business and with authority. No matter what obstacles, the men built them as positives. The obstacles built depth and confidence in everyone. They could trust any teammate to get the job done.

Two years in a row and 27 times in school history. They Hale CC team was headed back to the state meet.

## **State**

**Alex White** – We love having you on the team. You have built guys up and brought a positive sense of humor to the team. You went to watch the band/orchestra concert to support your teammates. You trusted the coaches when we put you in the JV race at conference, and you went out and took 3rd place. You ran your first varsity race at sectionals, and competed aggressively. And at the state meet, you took on a role as alternate as Cole Orłowski came back healthy. I am proud of your growth after not even a full year of competing. The experience has been big, and your buy in is going to lead you and this team to more amazing moments. Make it a great winter with the guys through the tough weather, and continue to build and focus on others. Great first season Alex. Big things ahead.

**Brennan Kompas** – Your leadership is powerful. Often I have seen you redirecting your teammates and unafraid to create conflict in order to hold teammates to our standards. I was pumped to see you finish the season on a high note and serve as an alternate for the state team. You should continue to seek the unimaginable. Put in the work of a champion your junior and senior seasons, and believe that you are one. You have no limits, and will continue to develop. Continue to hold guys accountable and lead by example on what it takes to be great. Let's make spring track amazing and senior year of cc the best Hale's program as ever had.

**Carson Shane** - We are so thankful you came out this season. You showed no fear contributing as a scoring member in your first ever meet! You also stepped in to score at the Rocket Invite and really had a breakthrough race. The coaches knew you were a strong runner, but we were most impressed with how you displayed a passion for the sport and love for the guys. You battled an ankle injury from Parkside that made things slightly tougher, but you never gave in. You did the rehab and continued to run well. With the experience you gained, we are excited to see you develop and grow into a great runner. You are a great person, and have helped the team in so many ways. We love having you out, and are excited to see you crush it on the track.

**Joshua Truchon** – We entered every race knowing the focus was you and your team. You are such a smart racer and there's not much I ever had to tell you. Training all season was fantastic, and your confidence and fun with the sport took on a new level, especially after winning 6 invitationals this season. Of course, there are things outside of your and anyone's control. A cold hit you around conference and very slowly got a bit worse by the week of state. Your discipline and focus on sleep did help hold it off however. But most importantly, you wouldn't let it affect you. You controlled what you could!

The week's workouts didn't feel perfect and you knew there would be a bit more effort than usual. When you woke up on race day, you knew you were ready no matter what as that is the definition of no limits. When the gun went off, you got yourself into a great position. At the mile you were 25th but only 2 seconds back of the lead, and by 2 miles you were in the lead. Watching you battle with the front pack of 6 coming into the last half mile was super exciting. You fought so well, and although being sick did affect your normal strong last mile, you still closed great, and finished 4th overall in the state of Wisconsin. You raced with character and tip your cap to the three guys ahead of you who also had great races and great seasons! More experience gained, everything will help you in your journey. You have built great trust in yourself and the coaches, and it's been really enjoyable to watch you daily. We will continue to focus on doing things the right way, and being great. We want you to continue building a great career in running, that goes through college and beyond. You just got started, we're so excited to continue working with you. Now get healthy for some Nike and Footlocker racing.

**Liam Kelley** – Experience at the state meet is unmatched. You were well aware that in 2018 you got out great, but pushed for too long. It cost you as you dropped a lot of spots after the fast start. But this year, you brought focus and knew what to expect. Your start was fantastic and you came through the mile perfectly in 5:08. The whole race you ran confident, and only moved up throughout! You ran the best race of your career finishing 54th overall and 34th in the team scoring.

Your focus the last few weeks was a lot better and it showed in racing! You had some struggles early in the season and for a couple weeks might have let that get to you. When you started to let go of past results and put in some good runs with the team, your race results improved. As you enter your senior track season, I hope you can realize the potential you have is still incredible. If you were to come each day over winter and put in purposeful runs, there's no telling in how fast you could run this spring. Along with that, we want to build a strong 4x8 and I know you can be a contributing member to that this spring.

Way to end your senior cross country season on a great race. You bring a lot of joy to teammates and your coaches with your kindness and willingness to help. Remember the lessons you've learned along the journey, and help build others this spring as they continue to develop as underclassmen.

**Cole Konczal** – Ditto. Experience helped you a lot too. It's hard to explain the state meet without fully experiencing it. The crowds are loud, the runners are all fast, and the atmosphere just feels a bit more amped up. But this year, you knew what to expect and came in ready to take care of business. You ran a solid race, and your fastest of your career, on the state course!

I love how you are always thankful, and you should know we are thankful for you. You know you had a tough couple weeks through conference that knocked you off our sectional team initially. You handled that very well, and came out that week practicing with more purpose. You stayed prepared, knowing you may be needed, and wouldn't you know it, you got thrown in. You stepped up great, having your two best races at sectionals and state. We believe you can contribute to the team in a big way, but it will take some selflessness and dedication in the off season. This winter training and track season will be huge with your development. As you enter winter and spring, do understand that you are running at a high level and competing on the best team at the school. Track will be very important to improving and being selfless for your team.

**Joseph Hertel** – Just over one year of running and here you are at the state meet for the first time. Coming off what you know was an abnormal race, you stepped into the state meet rocking and ready. Just like last week when Collin and Cole picked you up, you picked up guys by finishing as our 4th scorer. The experience now will only continue to help you next season. You ran your fastest race at the state course in your first state appearance which is no easy feat. You moved up the most of any guy on the team the last mile, gaining 13 places for the team! A very fine race to end a great breakthrough season.

It's been great having you come to Sunday runs, and asking what you can do in the off season to be great. You should never limit yourself, and must be careful not to compare. Just be Joseph, because that guy is pretty great. You improved a minute and a half this season, and your dedication to the off season was a big reason why.

Were you frustrated at times? Maybe a bit. A sickness that lasted longer than you wanted didn't help, but it made you better and it's what you needed. Don't focus on times or comparison, just continue to enjoy and maximize each day. You are a great runner and person. I hope you can influence your teammates into really pushing each other to do something special this spring and this next fall with the great group that we have.

**Matthew Kees** – You made a nice improvement as our 5th man from last year. This track season, we will continue to work on your wheels and build some more confidence that you have the firepower to run up front. You overcame some sickness early as well and were able to finish the season on a stronger note. Your sectional race was solid, especially the last mile when you passed guys for the team.

Build that team focus and it will help you as well. Make it a great swim season, and hopefully you join us for weekend runs as I know Joseph for sure will be running 2-3 times a week. You have an opportunity this next year and a half to continue building the team. Encourage others to train at a high level, and take it upon yourself to improve. I know there's a lot more in that tank of yours, and it will take a bit of suffering and discomfort to utilize it. Congrats on your 2nd state race and helping the team move up, let's move us all the way up next fall.

**Collin Raschka** – You are great. You know that now. The way you amped up training the second half of the season was awesome. You pushed guys in workouts and ran a great race at sectionals. You were ready to rock it at the state meet.

The snow was falling and the setting was great for your first state race. Having the experience as an alternate last year, you know what it looked like which definitely helps. You got out in a solid position and were poised to move up.

Did it go perfectly? No, but it never does and that's what allows us to get back to work. You still finished with a solid state debut, and your teammates picked you up, just as you picked them up many times. How amazing is that? And trust me, the experience you got today will propel you next year when you're running up front with our pack.

This season, you grew. The physical ability has been there, but the mental game is starting to come around. Use your confidence not only to help yourself, but to build your teammates. Show them the right way to do things, and encourage others to be great. Together, you guys can do something incredible. I hope you decide to continue your purposeful training through the cold winter, and believe in yourself and your teammates. Lead with kindness and example.

**Cole Orlowski** – We loved getting to see you race again at state! Coming off of your great breakthrough at the Viking Invite, you got hit with strep throat along with the bad cough. You put trust in your teammates to compete well, and I think you can now reflect on how cool it is that they ran so well down the stretch. That's love.

You know what I told you about what's possible, but what's important for you is what you choose to do with your ability to run. It's about being process focused. Chop wood, carry water.

You got out excellent for a state debut and coming off of 3 weeks with no racing and less running. You set yourself up great, and at the mile our team was in 11th place overall. You fell back a bit and we know you have the ability to be higher, but we aren't worried about it. Be in the moment and take the learning experience. This weekend was positive and can be a big moment for you as a runner.

This spring, you'll tear it up on the track and these next 2.5 years will be fun to watch. The winter will be cold but you have teammates that will be pursuing different and living the counter culture. They'll be bundling up and getting miles in. You need to be a part of that. Believe in what this group will do, and make it happen by living the process. Surrender results, and enjoy a great training block. No limits for you or any guys!

### **Around the state meet**

We had a great dinner at the Dewitt's on Friday night! Thanks to his family for inviting us into their home for a great meal, it really led to some great performances. The team once again went mini golfing on Friday night. I'm proud to say that I took home the lowest score. J But honestly, it was really fun and a relaxing way to head into the state meet.

We moved up from last year, and finished 15th overall. If you look at the scores, they are close. Every team has 'what if's' and we're really proud of how we handled all of our obstacles and improved off of them. We had moments where we could have shown frustration or given up on our mission, but our standards kept us grounded. We always went back to the standards and building and loving. We raced fearless and had no limits. This group returns a lot of guys,

but we can't bank on that. You guys need to decide if we can turn this team into a top 2 team next fall. What are you willing to do for each other to make something like that happen?

Being able to attend the awards ceremony was really fun. Joshua has shown himself to be the top runner in the state. Our entire team really benefits from having him. His progression was slower than people on the outside see. As an 18's guy his first year, he steadily has gotten to where he is and continually improving. We have many men on our team capable of running at his level, it just takes patience and consistency. And it won't always be perfectly linear, there have been bumps for Joshua, just as there are for any athlete. But a big congratulations to Joshua, bigger things ahead for him and all of you guys!

Joshua will compete in Sioux Falls, SD this Sunday. The top 5 individuals will qualify for nationals in Portland. He will also compete at the Footlocker Regional after Thanksgiving, the top 10 qualify for nationals in San Diego.

### **Parents, Fans, Hale CC Community**

Thank you all. Everywhere you turn you see someone with Hale gear on. The program we build is stronger with supportive parents and fans. You guys have trusted the coaches to coach, and provided your sons with everything they need to do well in the sport and classroom. Being counterculture is not always easy. We have made a choice to not settle for average, and to pursue no limits. I truly believe that message has been for all of us. You parents have stepped up in so many ways to make this program great.

You have provided weekly pasta meals to 20-30 hungry teenage boys. You have helped me with providing equipment and nutrition to the team. You have given rides and helped transport our team to destination runs both in summer and during the season. Overall, our families have become one family. We really appreciate you guys allowing us to pursue our vision we have for this group. You provide as needed, but trust us to coach and do what's best for each guy.

We are proud of the Hale Cross Country program at Hale. We are more than just a sport, we're a positive impact on the entire community. The guys bring positive energy to Nathan Hale, and they are learning that being a man is about being kind and serving others. Thank you all, let's continue to make the unknown become known.

-Coach Mach

## **Sectional/State Workout Highlights**

Cole Konczal came into sectional week as the alternate but kept a great attitude. He came out rockin' right away Monday on our fartlek workout. Liam put together a great workout and brought great energy today.

Wednesday brought some concern as we had a few guys drop out of the workout or not feeling great. The workout was fairly straightforward on the track. 2 800's and 2 400's. Practice getting out on the 800's then changing gears again in the 400's.

We gave Cole Orłowski a go to see if he would be ready to race. Although he battled mightily, his cough was affecting him and we knew to be smart with our depth. I cut him early. Liam started out solid but then tweaked something in his leg so I called him early as well. Collin was quiet and looked unlike his normal self, so I asked what was up. Shortly after, he went over looking as if he had to throw up. Another guy to send home and get better. The other 4 had great workouts and looked really fast. Today wasn't perfect, but I learned it doesn't have to be. Guys step up.

Joshua had a sore throat still and that was a concern. He still had one of his best workouts on the loop. He was able to go a bit harder with us knowing he would be able to go easier at the sectional. He did 1k/1500/1500 practicing getting out fast in the 1k then closing hard on the last 1500 rep. He averaged 4:42 to 4:55 pace on the workout.

Thursday was a great day to have guys racing. It let me not think about Wednesdays unspectacular workout, and let the guys be selfless and watch their teammates. I do think the excitement of teammates racing helped guys who raced Saturday. I have heard from guys afterward saying how their teammates energy influenced them, that's selfless.

Friday before sectionals was great. No school, nice quick run and guys had great energy. Cole Konczal was a go as Orłowski would trust in his guys to give him another week. The pasta party was fantastic, and we once again watched The Rocket. The guys laughed and kept it loose, confident in what they were to do on Saturday once the gun went off.

**State Week – Monday.** We did a light tempo of 4xloop together with 4x hill sprints following. The group was electric and overall had a great run. Joshua was still sick so I cut him a bit early, but all is okay.

**Tuesday,** the guys were still bringing energy and tempo, with guys covering 5 to 7 miles at low 6 minute pace.

**Wednesday**, we had another semi okay workout. We attempted to do an 800 start simulation, which guys were a bit confused by so it didn't go as planned. But then we went to the track to do 200 on 200 off on a cold blustery day. The guys rebounded here and looked fast. They are ready to go.

**Friday was special!** We took the trip up to Steven's Point and got to run at the trail we ran on back at the CWES camp in summer! I tell the guys in the summer when we go to the Green Circle Trail for our long run, "We will return here for the state meet, you guys make it happen." It's cool to see it come to reality!

Joseph had some foot pain so I had him run a bit less and Joshua was still sick but is tough and didn't let it be a limiter. Both would end up racing very well the next day, bringing the right attitude and energy and not focusing on anything that could possibly be a limit.



Last team huddle after a run on the Green Circle Trail the day prior to State.

## Sectional and State Meet Photos

(For more season photos, check out our website [www.HaleXC.com](http://www.HaleXC.com))











## 2019 – Saturdays Are For The Boys

Cupid Shuffle

'B'oach 'B'ach

Breakin' it down

Hey There Delilah

Mach Milk

Shakeout

"Arm grab"

"You can't guard me. Free throw!!"

FBI

RATS

Ethan Fishaaa

"... and field!"

Mace Windu arm chopped off

"You were the chosen one!"

"A heesh a fraisho"

Wear a seatbelt

Critical Velocity

Mach GPS

Frank – Bus Driver

Iron

"Console or pizza?"

Lunge Matrix

## **2019 Team Awards and Recap**

State Qualifying (Runner-up in sectional on tiebreaker 44-44 with Greendale)

15<sup>th</sup> place at the WIAA State Meet

**Joshua Truchon** – 1<sup>st</sup> Team All State and 4<sup>th</sup> place overall in the WIAA State Meet

15:52 School record set at Betz Meet, then lowered to 15:32

6 individual victories, Team Captain

All Conference – **Joshua Truchon** 1<sup>st</sup> Team, **Liam Kelley** 2<sup>nd</sup> Team

Seniors – **Liam Kelley, Ian Hoffman, Joey Elliott, Ethan Fisher, Nick Burgess**

Academic All State – **Joshua Truchon, Joseph Hertel**

GMC Scholar Athletes - **Brennan Kompas, Joey Elliott, Ian Hoffman, Nick Burgess, Joseph Hertel, Joshua Truchon**

Check out the All Time Lists for guys who moved onto those!

[Link to all time lists and full 2019 results](#)

## **Blood And Guts 2019**

**Badger High School Invitational** - Carson Shane (So.) in his first ever high school cross country race steps up and scores as our 4th runner. We plan to see him continue to grow and score for us often and down the stretch this fall!

**B&G** - Joshua Truchon (Jr.) planned to run steady through halfway then cruise home. When his shoe was accidentally stepped on, it was half off for the first mile plus of the race. Sitting around 20th, he stopped to put it back on, put himself right back in the race and won in commanding fashion. He showed trust and patience in a hectic scenario.

**Betz Invitational - B&G** - Joshua Truchon set the school record running 15:52 en route to a 3rd place finish against great competitors.

**B&G** - Cole Orlowski (So.) debuted with a nice performance, running 17:44 and showing what are pack will be capable of as we progress and move on this season. As he keeps getting faster now with race experience, the others will come with him!

**Rocket Invitational - B & G** - Carson Shane starts to break through in his 3rd CC race, helping us score a 3rd place finish as a team. No Limits!

**B&G** - Alex White (So.) gets out aggressive and breaks through with a big improvement from his prior races. He's in his first season and is a huge contributor both in running and his kindness toward his teammates.

**Frosh Meet - B&G** - Tyler Koney (Fr.) opened up his stride and raced more aggressively this week! He will continue to build confidence and learn to push himself further.

**Parkside Meet - B&G** - Robert Petrovick (So.) trusted the plan and followed it by moving up the 3rd mile to score for the team!

**B&G** - Carson Shane second honor for running the entire race on an early rolled ankle. He did it for his team and that got him to the finish! Happy to say he is healthy now.

**Lourdes Invitational - B & G** - Brennan Kompas (Jr) ran aggressively and took a risk to step up and be the team's 3rd man!

**B&G** - Tony Rodriguez (Fr.) scores for the first time, finishing as 5th man. He moved up nicely and responded to helping the pack race faster.

**Viking Invitational - B&G** - Liam Kelley (Sr) ran aggressive with teammate Cole Orłowski and helped put 3 men in the top 11 at the invitational.

**B&G** - Nathan Benti (So) had a nice breakthrough, almost eclipsing the 20 minute time barrier and racing and training aggressively this week.

**GMC Conference - B&G** - Frank Bevsek (So.) runs a personal best to score as our 4th man in the JV race.

**B&G** - Collin Raschka (So) starts to move up with a personal best and pushes the 3-5 pack to higher finishing positions.

**JV State** - Chase Witty (So.) caps a great season where he gained confidence and maturity with his running. We look forward to his continued growth!

**Sectionals** - Liam Kelley (Jr.) passed a man in the finish to help our team force a tie with Greendale. Every man counts!

### **Unlimited Power T-Shirts 2019**

**These are awarded by peers only to guys who demonstrate the right way, selflessness, or make a big impact for the team.**

Joshua Truchon  
Carson Shane  
Robert Petrovick  
Alex White  
Collin Raschka





Team culture isn't just at practice, at meets, or at school. It's the oxygen we breathe and the lives we lead. 2019 brought us some amazing growth and we have all built toward love and selflessness. The building never ends, and we can always seek to love more and be thankful for the things we may sometimes take for granted. The journey is continuous and each day should be treasured with this group. With each day brings new opportunity. 2020 is setting up to be very special, but it's up to these men to decide on the direction the program goes.