

## 2020 Hale Cross Country







Top Row: Coach Dewitt, Coach Mach, Robert Petrovick (11), Sam Walder (11), Nathan Benti (11), Ryan Bergeman (11), Deven Eiler (9), Dylen Eiler (9),

2<sup>nd</sup> Row: Derek Forrester (9), Joseph Hertel (12), Jack Hutter (11), Matthew Kees (12), Cole Konczal (11), Brennan Kompas (12), Colin Koscinski (10), Mikey Lee (11),

3<sup>rd</sup> Row Collin Raschka (11), Brock Ringger (9), Carson Shane (11), Tate Sormrude (9), Kyle Steele (11), Parker Szura (10), Joshua Truchon (12)

Bottom Row: Jose Valdivia (9), Alex White (11), Chase Witty (11), Will Zagzebski (9)

Not Pictured: David Bevsek (9), Frank Bevsek (11)

## Hale XC Team Standards

Our team standards are what ground us and lead us in how we develop character. Within our VICTORS standards there consists deeper team discussions every week and individually with guys on how to live these standards and do what is right.

Valor

Intensity

Consistency

Trust

Overcome

Responsibility

Selflessness

*In 2020 we aligned with the track slogan VICTORS, but they are based on our original seven values found below in more detail.*

## **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!

## Quotes of the Week

Week 1: "To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." - Ralph Waldo Emerson

Week 2: "The purpose of life is to discover your gift. The work of life is to develop it. The meaning of life is to give your gift away."

Week 3: "I must not fear. Fear is the mind-killer. Fear is the little death that brings total obliteration. I will face my fear. I will permit it to pass over me and through me. And when it has gone past I will turn the inner eye to see its path. Where the fear has gone there will be nothing. Only I will remain." - From the book Dune by Frank Herbert

Week 4: "The process is the goal...perfect the process first...hard things take time. Impossible things take a little longer."

Week 5: "Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure."

Week 6: "Think progress, not perfection"

Week 7: "Well-being is realized by small steps but is truly no small thing."  
"The professional concentrates on the work and allows rewards to come or not come, whatever they like."

Weeks 8 and 9 were a focus on our standards and coming together as a team to run for one another.

## **Athletes of the Week**

### **Betz Invite**

Jack Hutter - Claimed individual title in race 1

Joseph Hertel - Claimed 2nd overall on the weekend

B&G - Joseph Hertel and Matthew Kees - Held off key competitors to secure the team win.

### **Brook Central Invite**

Joshua Truchon - Came with plan to run controlled after intense training week with team and helped out team on his way to win.

Parker Szura - Got out in the lead and ran fearless from the gun.

### **Marquette Invite**

Brock Ringger put in a solid week of training and put himself up there in the freshmen race.

Collin Raschka steps up and runs as the top Hale guy with three of our guys getting the week off. Building trust and depth.

Nathan Bentti worked his way up during the race to pick up a couple of teammates who had off races.

B&G - Tate Sormrude for putting himself in a position to be uncomfortable and run fast

### **State Invitational**

Jack Hutter leads the way in the first race, breaking 19 for the first time and setting himself up to really fly to end the season.

Brennan Kompas has put in consistent and very purposeful work, training with guys the fastest guys to break through with a huge personal best. Big races coming in October.

B&G - Joshua Truchon races solo up front to a school record and 37 second victory in a strong field of runners.

### **Pre Conference Meet**

Alex White claims the victory by pulling away on the second lap of our 5k course.

Derek Forrester gets out in the lead and breaks through with a huge personal best time.

B&G Will Zagzebski finishes strong and sets himself up for big race at conference.

### **Conference Meet**

Joshua Truchon wins by 65 seconds and sets the all time conference record running 15:13

Dylen Eiler breaks through with a competitive race and scores low points for the team.

Jose Valdivia comes in with great intention and runs a huge personal best race to gain momentum heading into the off season

Kyle Steele runs a huge season best race putting himself up toward the front of his race.

B&G – Jose and Kyle

### **Subsectional Meet**

Brennan Kompas runs his career best race to finish as our 3<sup>rd</sup> man and put our team in contention

B&G – Brennan Kompas

### **Sectional/State Meet**

Joshua Truchon becomes the first Hale XC runner to win the WIAA State Meet

### **Unlimited Power T Shirts**

Parker Szura

Brennan Kompas

Matthew Kees





## 2020 Season Recap

Even during the first official week of the WIAA season, Hale was forced to begin one week later than other schools. Uncertainty still existed whether we would even compete, and if so, how long we would be able to compete for. Forward to a couple months later, the Hale men were healthy and racing for a chance to head back to state. We always stress focusing on the process and that was truly put to the test this year. With each week being an unknown, we could never look ahead toward desired outcomes, but instead had to be in the moment and focus on the process of getting better, being great teammates and building momentum in training. I commend the team for the work they put in during spring and summer, especially our seniors who trained at a high level and got to show their commitment by being our top 4 runners at the end of the season. The team turned the cancellation of track into opportunity, then had the fortune of health and opportunity this fall to show off that fitness.

We are thankful to compete. It is so important for these kids to be together, especially as school is fully virtual. This was the most important season of coaching I have ever had, and I am glad we were able to be together.

Entering the season as a top 10 team in the state, our team fell a bit short of our own expectations this fall, but this was still the best team since I have started coaching here. We struggled to put together a strong meet during the first couple of months but were able to hit some big races when it mattered in the end. The team ended the season strong, including taking 3<sup>rd</sup> overall at subsectionals with 6 of our 7 men running career bests in the process. Our up and coming studs finished with some great races as well, including four freshmen making our all-time list, and a huge group of underclassmen all finishing with career best races. The men are excited to hit the track and continue to build our XC program. This group decides how great we can be.

History of course was made this fall with senior captain, Joshua Truchon. He is the first Hale athlete to go undefeated all season, capping his regular season with a 20 second win at the WIAA State Championship held at Arrowhead High school. Joshua set four course records and the Greater Metro Conference all-time record as well in the process. His trust in the training and his love for the sport and his teammates are what helped build his success. He sets a great example for other athletes that want to run their best and build a strong team. Buy in, train consistently, train with purpose, and run fearless. He finishes the regular season as the Milesplit 14<sup>th</sup> ranked runner in the country. He has been an amazing athlete to watch. Bigger things ahead!

We are thankful for every opportunity we have and have reminded ourselves of the gift that running is. The outdoors is ready to explore whenever you choose to head out. This is a lifelong sport, where memories are made, friendships are formed, and physical and mental wellbeing are built. We look back on a great season with an amazing group of young men and look forward to the unlimited possibilities of future champions with more amazing memories to be made.



### **All Conference Team**

Joshua Truchon - 1st Place (GMC Record)

Joseph Hertel - 3rd Team

### **All State Team**

Joshua Truchon - State Champion

### **GMC Scholar Athletes (Eligible 11/12 grade > 3.5 GPA)**

Alex White

Brennan Kompas

Chase Witty

Collin Raschka

Jack Hutter

Joseph Hertel

Joshua Truchon (Also Academic All State)

Kyle Steele

Nathan Benti

Robert Petrovick

Ryan Bergeman

**The Average GPA among this group is 4.04!!!**

## **FROM THE BLOG – The 2020 Season and Workout Highlights**

### **Tosa/Wisco/Hale Scrimmage Throwdown @ Tosa Gravel Loop**



**The men compete in a 4k scrimmage to kick off the season and get back to competing for the first time together in months.**

Seeing high school runners back together and competing was an amazing sight. It had been a long time for many athletes! In the first 4k race of the day, we had a huge crew of Hale guys, many of them competing in their first ever race with the team! Coach Dewitt and I have been very excited about our new runners. We see this group of freshmen and sophomores as a very special group that can develop into great teammates and runners.

Dylen Eiler led our freshmen men, racing competitively up front to a 3rd place finish. Dylen's twin brother Deven also had a solid first race as a Husky. These two have been around the Hale program the last couple of years, and they will certainly be big time runners now that they are in the training system with these guys. Parker Szura joins us a sophomore this year after moving to Wisconsin from Illinois. He's a guy we are also extremely excited about as we feel he has huge untapped potential and will improve greatly with improved training and being around a strong group of runners. Parker has shown up big in some early workouts, and with more racing could be a huge contributor us sooner rather than later.

Tate Sormrude has really come a long way in just a short few weeks and his stride shows his potential to be a top tier runner. It was great seeing him be able to have a blast and compete in his first race. Along with him we also had the first races for Jose Valdivia and David Bevsek. Jose, on just his third day, and David, on just his 4th day, both went out and raced fearless!

Coach Dewitt and I see comparisons with our young freshmen to some past runners who went on to become top tier athletes in the state/country, so trust us when we say there are bigger things ahead and that you have no idea what you are capable of. It's not an instant gratification game, but if you buy in and put in the work, things can get fun. With more experience will come more confidence for all these new athletes. They will be a special group to watch grow up together, and will also have a huge impact on this year's success of the team.

The second race had some solid performances to kick off the season. Joshua Truchon's training has been great over the past year

and he is excited to have a historic season and influence our other guys to do the same. Joshua used the first race as a very solid workout doing the 4k at tempo and coming back with a 2k tempo after a short rest. Our pack has been a big focus, especially in a season of smaller races where the 2-7 runners will have a huge impact. Joseph Hertel has emerged as one of the top runners in the state as well with his consistent and purposeful training. He had a solid debut and finished 3rd overall. Brennan Kompas has burst onto the scene as a front pack runner and has shown incredible strength this season. Those 3 set a great tone and placed well for the squad's opener.

We know behind them we have a group of guys that will be moving up an insane amount starting this week. Collin Raschka is ready to step it up in practice and get back with that top 3. Matthew Kees has amazing fitness and will be ready to do the same. Carson Shane is strong and with more races will see huge improvement as well. Alex White has been a consistent runner who we know through the season will continue to improve as well and be a huge impact guy in our scoring come October.

Jack Hutter had a great debut race! Jack and Robert Petrovick are two guys on the cusp of breaking through and we look for them to take chances in practice and start pushing themselves to places they didn't think were possible.

### Week 1 Training Recap

The team officially started the season a week late on August 24<sup>th</sup>, but of course most of the team had been training together the week before and a nice group of men also trained very consistently the entire summer. On the Friday of the first unofficial week of practice, the guys



ran a time trial 3k on a tough part of the Greenfield Park Course. This was a nice rust buster after many had gone months without racing!

The Tuesday workout was a fartlek on a woods loop portion of the course done at 5k effort, one of their faster runs of the summer as they transitioned the body from sustained aerobic work back into 5k racing form. Many guys then did the 3k time trial on Friday and came back with a long run on Sunday.

The first official week brought a Saturday opportunity to compete in a 4k low key race against Wisconsin Lutheran and Tosa East. On Tuesday we transitioned into a combined effort workout of 5x hills, followed by a 2x2 Loop tempo, and finishing up again with 5x hills. We came back Thursday with a 3x3 minute tempo on the lagoon and finished up with 2x300's for a short quick workout on a very warm day. The men finished up with the 4k race on Saturday which was a gorgeous summer morning for running. The team tied for 2<sup>nd</sup> with Wisconsin Lutheran after a solid week of training.



*Alex, Carson, Brennan and Joseph ran a DMR in summer, it was great to get back and compete together!*

## Mini Betz Invite



### **The One Two Punch**

The Hale boys came away with a 3 point victory on Saturday behind a first and second place finish from Joshua and Joseph. Jack Hutter and Parker Szura set the tone early in the day with their 1-3 finish in the first race, setting the table for the guys in the second race to take the team title.

What you do in the dark will shine in the light, and nothing is truer than what we see with our team thus far. In our first real competition in many months, we see our four seniors lead the way to victory.

Joseph has been a joy to coach and he is a guy continually looking for ways to improve. Pulling double duty swimming and running in the winter, and then turning that fitness into a professional level training regimen during the spring has helped build him to becoming a stellar

competitor and athlete. He essentially took home the individual victory in the race occurring behind Joshua, edging the Slinger athlete at the line.

Brennan Kompas and Matthew Kees have come out the gates strong and are learning they can be front runners too. Both of these young men have been great examples of consistency and intensity over their four years. Brennan finished as our 3rd man for the second consecutive week and Keesy as our 4th, but is moving up closer to our front guys to help close the gap on our scoring. Him and Joseph both held off Slinger guys in the final stretch to secure the victory!

Collin Raschka had his best week of training and got shot out of a cannon in excitement of his first race back. Continued intensity in practice and a bit smarter start will have him back near the top of races where we know he will be. Carson Shane, Alex White and Dylon Eiler had great workouts this week too and they will see the impact of those in the coming weeks as workout gains aren't instantaneous. Dylon as a freshman earned his sport with this group and I'm glad we put him there. We don't settle for average and sometimes that means putting athletes in challenging spots and even spots where they can fail. He will bounce back and can be a huge influence on the team's success if he builds and learns from this experience.

Jack Hutter took home the win in the first race and was followed in 3rd place by Parker Szura. Jack has had a very nice couple of weeks and we hope he builds off of that and keeps improving. Parker has seen his training increase in both volume and intensity. When he accumulates this training over the coming months and years, you'll see him doing some really big things at Hale!

The rest of our young crew continues to show promise and when you compare their debuts to some of the debuts of our scorers this week you see just where they can go with running! But that comparison is just that, a comparison. One may settle and become comfortable, but our coaches won't accept that route. There are no limits. Use the opportunity as an example, but don't settle for being as good as someone else, focus on being the best you can be.

Lastly never to take for granted Joshua put on a great display of running solo up front, running incredibly fast on not the fastest of courses. This young man's training over his career has been special and the jumps he made over the spring and summer have been very large. He takes advantage of his gift and loves what he does and the team he does it with. When talking race strategy before the race he told me he would do whatever was best to help his teammates run fast. He will get some opportunities in some good races this fall and we are loving being a part of his journey.

## Week 2 Training

Monday was an aerobic focus day. A small group of men did a long run while another group did a critical velocity tempo workout. An assessment I made on some guys was that the long run was not producing the type of quality I desired on aerobic days. A few of our men really thrived off the long run, but many others required focus to improve their long runs and develop them into better efforts. The solution to this was to bring up tempo effort work in form of an aerobic tempo, teaching the body to run at a sustained pace for a longer time.



Joshua, Brennan and Joseph had great long runs. Joshua averaged around 6 minute pace for a 15 mile run, picking up where his spring and summer progression had brought him in his elite level training. Joseph made huge jumps in spring and rolled with Joshua on most runs as well, and Brennan had recently broken through in a workout and decided to start running up front, which as we would later see would produce huge breakthroughs.

Matthew Kees had one of his best tempo runs of his life, rolling through the tempo loop from 5 minute to 5:30 pace and getting a great effort with his pack. Colin Koscinski joins us for the first time this fall and showed great potential running up front right from his first day. (Unfortunately, he continues to deal with a chronic back injury that cut his season short, but hopefully we can get him healthy and racing in track and future cross country and track seasons as he has an elite ability and can seek discomfort). Dylon Eiler continued to impress running up front in the second pack with Jack Hutter, and with his early efforts, would earn himself a varsity racing spot in his first race. Jose Valdivia comes to us from soccer as well and shows some insane ability if he's able to buy in to the sport and take advantage of it!

Wednesday was a fun faster pace workout of 3 sets of 600/400/200 at 5k down to 800 pace. We did this workout on a new workout loop behind the baseball fields at the Hale campus. The packs were the focus, and we had a solid team workout heading into our Saturday morning race.



### An intense week of training coming off the win at Betz

Saturday at Brookfield Central was a strange day where the team was just not on with racing. However, many guys had their best week of training combined with their first week back at school (fully virtual).

Last week brought some great training among our older guys especially. Our top 3 men from this past weekend's meet went very intense with workouts and runs from Monday through Thursday with little rest. Wednesday's workout included a 3x5 minute workout where Joshua ran a 4:49, 4:42, and 4:35 mile during. Joseph was averaging around 5:15 mile pace on this workout. The rest of the group did a cutdown workout and some different guys really stepped up their game and into new territory. Carson Shane had two breakthrough workouts and Matthew Kees has continued to mix it up front. These guys are training at elite levels and are going to light it up in the coming weeks.

Arriving at the Brookfield Central Meet at Mitchell Park, I could tell our emotional energy was low and as a coach that is something that I have worked hard on to correct coming into this week. We will keep things fun, while returning our focus to our team standards and remembering our WHY. On Monday we will remind ourselves our purpose to build and love our teammates and make sure we are coming in each day with that attitude. And furthermore, we will remember that we worked hard this week and this Saturday wasn't our target in training.

Shout out to Parker in the first race getting out in first place and looking very strong before going the wrong way and having to fight back. Not to his fault as the course changed prior and was not marked well, but that is beyond control and not something you expect. Just like a fall, it's a good reminder if that happens to stay calm and patiently get back into the race. Trying in one swoop to get back to where you were can zap your energy. It takes much will power and relaxation, but a good reminder to all guys. Parker fought back nice and was deserving to be leading that race. We are excited to see him light it up as a Husky.

We were excited to see David Bevsek show some signs of his ability in his race and thought he made some good steps toward competing. We're looking for improved intensity during the week from our freshmen crew. The beauty of the selfless pursuit is it takes being your individual best for your teammates. It's the ability to enjoy discomfort and push for the guys around you. David's brother Frank also did a nice job as our 2nd man in the first race. This week we look to build up that pack and be more aggressive like David and Parker were.

### Week 3 Training

Well after looking back on our training in the early season, it doesn't come as a huge shock that our team had an off day at our first Mitchell Park race hosted by Brookfield Central. The focus is always on each day and stacking up those consistent days over a long time to make big things happen. We are willing to come into some early season races on tired legs in order to be ready to run fast later in the season.

We did a unique week with a Tuesday/Wednesday combo workout. Tuesday was a fast fartlek on the Hank Aaron trail with short and quick pickups. Wednesday, we came back with a longer tempo run cutdown workout. This workout was one of the best workouts I had ever seen as a coach, so we definitely left some of our racing legs into this day! I even tweeted about this day, walking away knowing this team was special. Sometimes a workout can be more exciting than a race, particularly in the early season. What you do in the dark shines in the light.



Brennan felt great after the back to back workouts and Thursday he got moving at the end of the run. Joseph and Joshua, being the competitors they are, responded and also had fast runs. It was an intense week and we would need some time for the body to build from it. Patience was in order!





### Tendick Park – Marquette Invite Recap

The Hale men came off a good week of practices which saw us refocus our attention on our team standards and loving our teammates. When we focus on loving each day and bringing our best effort, good things happen. The men also focused on building trust in the depth of our team, with different guys looking to step up and reach beyond their perceived limits in workouts and races.

The day kicked off with the varsity men getting an opportunity to find themselves each as scorers as we only ran 6 men. With the short turn around ahead of our next race, we had planned to create this opportunity for our scorers to free themselves from thought and put themselves in a position to help the team. We are getting closer to a breakthrough with this group after having good training over the past

few weeks. A big hurdle will be overcoming complacency in races and being able to push when it gets quiet. We are having very strong starts but getting a little too comfortable in the middle of the race and losing ground. With a short week and some good recovery from our hard efforts over the prior weeks, we will come in anxious and ready to fly on Thursday. Collin Raschka led the squad with his 15th place finish and was followed by Carson Shane who bounced back nicely this race. Our scorers have changed frequently over the season and we are excited for one guy to step in and take a chance having a big race and getting that whole group to come with.

The freshmen race followed, and we had some positive building today. Tate Sormrude came in with great focus and intention, and it showed in his race as he put himself in a great position early and broke through with a nice race. We have seen him building confidence and a love for running over the past few weeks and it's fun when it starts to show in races. Him and Deven both did an extra rep on Wednesday's workout and that's a cool thing to see when freshmen understand the process is what matters.

Brock Ringger started turning it up on Thursday's run and came back Friday with another good run with our front group. If he keeps producing consistently like that over the coming months and years, he will be another guy to look out for. He got out great on Saturday and we loved the aggression. We want our other guys to have that same aggression and keep pushing to be up front where they belong! Dylon Eiler came back well and finished right along Tate and Brock. Will these guys continue to build and buy in to the training required to become great? Only they can answer this question by their actions in the coming years. They will be fun to watch down the stretch as they continue to let loose and run fast.

Our 4-7 frosh guys were also very close together! This group of Jose, David, Deven and Derek all had nice races and are capable of running with those other three guys! What a dangerous young group this could be, again if they choose to believe it and trust in the team and their coaches. Will continues to improve and learn as he finishes up just his 3rd week of running! With their strong showing, these freshmen finished 2nd overall in the frosh race.

The JV men also took 2nd place which is a good sign for our depth, and considering 3 of our top men didn't run and potential freshmen scorers were in a different race. Parker did great being out in the lead again and running his career best race. He has done the little things right and is committed to becoming a great runner, big things ahead for him! Frank Bevsek was running great until he struggled the last mile, but he will bounce back Thursday on the short turn around. Nathan Benti and Robert Petrovick moved up very nicely and became important scorers for us. Chase Witty rounded out the scoring and this Thursday we look for him to get out more aggressive as he has great potential to lead with this group! And much props to be given to Colin for his first 5k getting out in the lead. Many of our best runners have gotten out fast in their first race and it shows great competitiveness. Although he would have liked to finish stronger, it was a good sign to see him out competing as that shows long term potential. He's a very strong athlete that could burst onto the scene. Kyle got to get back to racing for the first time this season and we were so happy to have him competing!

## Week 4 Training

This week we kicked off with an aerobic Monday with more guys now doing the long run after adjusting their minds and bodies the week prior with their tempo run. The long run was more efficient with much of the pack staying together and having strong efforts that we desire from the long run. The freshmen continued their progression and growth toward productive long runs by going to Morgan Hill and doing up tempo up hills with jog down rest. Their purpose is in learning to stay uncomfortable for extended periods of times and building into consistent long runs through the year.

Tuesday was very fun, we decided to all meet at Minooka Park and mix up the groups running. With our focus always on packing up and working hard together, it was nice to get some of the guys mixed up and running with others. Without some of the normality of our summer camp, pasta parties and typical team building activities this year, it was nice to build this into our training. Building relationships is the key to building championship men with championship character. When the running is bigger than oneself, that is when it is important.

We went back to our grass loop at school on Wednesday to get a solid effort but not a burn out effort. For three men, it was a week ahead of their next race as they would get the weekend off from racing. Most of the group did 6x700s at 5k effort. Brennan Kompas had a smooth workout and looked ready for a big breakthrough which would come that Saturday. Deven Eiler and Tate Sormrude really began showing development in their work ethic and making themselves uncomfortable. Will Zagzebski shows wheels when we headed to the track to finish up with some 200's and thus earns his nickname of Willy Wheels. Parker also gave a quick run on the 200s, really getting after it up front with Joseph.





### State Invitational Recap

The men's team had 3 individuals place in the top 25 and medal at the stacked State Invitational held at Mitchell Park last Thursday. Joshua led the field from the start, finishing first in a new school record time of 15:23. It was nice to let him go fast and test himself running solo like that. The race will serve him well as a jumping point into the championship season. Joseph and Brennan also ran personal bests finishing 18th and 21st respectively. All three have their best racing ahead of them.



Not just the consistency, but the competitive nature to be their best over the past months and years produced the solid race results for those three. Brennan has been a great example this year of how taking risks is the only way to break through limits. Around week two of the season, he put himself up there in a workout and since then has done it every day at practice, allowing him to drop a minute so far off his time this season and with bigger races ahead. We are looking to see which guys follow this example, focusing on the process and stepping up as solid scorers to round out our squad. We have a good group capable and ready to do just that! Run fearless, for the team, take risks!

Cole Konczal made some progress in his 2nd race back and we hope to see improved intensity from him at practice for a strong finish. Collin, Matthew and Carson got a good shock in a big meet and it was a nice thing to motivate them in training and intensity down the stretch. Their fitness is in a good spot and now it's about believing in themselves, removing limits, and staying focused on the process and not the outcomes. The focus is on the team and blood and guts for our guys here on out! Run fearless, for the team, take risks!

The JV guys got to compete in a very competitive dual against a great squad in Brookfield East. Seven of those boys had career or season bests led by Jack Hutter in his first sub 19 performance. Now that he broke this barrier, we look for him to think less and put himself in uncomfortable spots in practices and races upcoming! Run fearless, for the team, take risks!

The team then kicked off our off week in style and came back with a strong aerobic effort on the Lakefront Run Monday. Sixteen men made the run this year, ranging from 8 up to 14 miles total. Two freshmen completed the run, with Brock Ringger putting himself with the pack

and having a great run! The team will workout Wednesday with sub 5k pace work then come back with a tempo run on Friday. This week will set up for a good workout next Tuesday before Varsity Conference on Saturday and then winding down a bit and prepping for sectionals and state!

### Week 5 and 6 Training

Our week 5 was a short training week with a Thursday race. The race was our biggest yet of the season, so we came in ready to roll and did some light wheel work on the track the Tuesday heading into it.

Week 6 allowed us to really ramp up a mid-season aerobic work week as we headed into the championship part of the season with an off weekend of racing. We did our annual lakefront run on Monday and had some great runs. Brock Ringger led the freshmen running with a large pack the whole way down for his longest run yet! It would be fun to see him and our other freshmen come together to build a special group going forward.

On Wednesday we tried a new unique workout for many by doing 5k pace 300s followed by float 200s. The float 200s are what made the workout tough as it required a faster version of repetition recovery. I monitored and adjusted the reps to make it an efficient workout. For some of the younger guys it turned into a tough workout when it came to change gears, but I reminded myself and them that it's ok to not have the workout go perfect. It was a learning curve for a new type of stimulus for some, and a reminder that on race day changing gears is not easy. Teaching the body to go faster when you're in a fatigued state is a main purpose of training. You can't do it every day, but over time it's another way to teach the mind and body that there is always more there.

Friday we split the group with some going to the loop for some tempo and speed work while a large group staying at the track for some fast specific work. We already found ourselves with two weeks remaining for much of the team not moving on to the post season competition, and this requires some guys doing different type of work. The guys built a good understanding of working together, but at the same time having individuals do what is best for their progression and for that reason the team itself.



*The 16 men who ran to Lake Michigan – an annual event!*

## Home Meet and Varsity Conference Week Recap

### Thursday Home Meet Recap



Here we go! Thirteen men ran a career personal best on a beautiful night for racing on the Hale Campus Course (The Elliot Kramsky 5k Course). The team finished 3rd overall in a very tight team race. A big thing that the guys took away was how big it can be to pass even just one guy. That is, a two point swing and can make a major difference. With some big packs of runners, winning the pack can be the difference between 1st place and 3rd place as a team. That team focus must be the thought when it gets uncomfortable.

Alex White embraced discomfort and made the field work to keep up with him, throwing in surges and commanding the first place position from the start. When it got quiet on the 2nd half of the course, Alex kept the pedal down, opening a big lead and winning the race. This was a great break out race for Alex, the one he has been waiting for patiently. He will now be gearing up for his best racing at sectionals next week!

Rounding out the scoring were Jack, Frank, Parker and Dylon, all of who ran career best races. In the second race Derek Forrester took a huge

risk getting out in front and racing to a nearly 2 minute personal best time. He showed no limits and earned runner of the week honors for taking that chance and making it happen. Will Zagzebski earned a blood and guts award for putting himself in the race and competing his way to an over 2 minute personal best!

Through the week the guys showed a lot of love and building each other. This energy carried into the Thursday race and produced great races. When focused on loving and being in the moment, the results are what they are. Good things are bound to happen when consistently building the willpower of choosing to do what is right rather than what is easiest.

### **Saturday GMC Recap**



Joshua Truchon headed in looking to race for the all time GMC Meet record which had stood at 15:21 from the year prior on this same Rotary Park course. He raced to a very impressive 15:13 and



conference championship. Pushing oneself like that racing alone is a very rare ability and is something that has been built on over years of training. The GMC has been around a long time with hundreds of elite runners, so this record is very special, but also we know bigger things are ahead. Joshua will now gear up for the state meet to be held in a few weeks.

Joseph Hertel put himself in a good spot and battled on Saturday to hold on to 3rd team all-conference honors. He would consider this a bit of a down day which we love as he expects more, but to earn a top 18 finish in the GMC is still a nice accomplishment especially given it wasn't an 'A' race for him. That's exciting to know that Joseph can come in and let loose the next few weeks!

Rounding out the scoring were Brennan Kompas, Collin Raschka and Matthew Kees. This team is ready to let loose and roll.

*I think it is fun noting as well how competitive and fun our conference is. Had we re-run that multiple times, you'd get a variation of results. Marquette was 3<sup>rd</sup> place at conference, but 2<sup>nd</sup> at state. Last season, we placed 6<sup>th</sup> at conference and 15<sup>th</sup> at state. I love the GMC.*



## Week 7 and 8 Training

Many of the men racing in our Thursday meet would have a short training week 7 coming off the off weekend of racing. We did a short Tuesday workout of 4-5x600 @5k cutting down to 3k pace the last 200 of each. We then went to the track for 4x200's at mile effort. A couple of the guys not racing until Saturday would do a slightly bigger effort on Tuesday but mostly the group was all together on this one.

The week 8 training block we let Joshua and Joseph extend another week of the long run on Monday, knowing we needed to extend Joshua's training through state as he would qualify through quite confidently and the knowledgeable mind of Joseph after years of running knew his body needed it. We did a fast fartlek workout with the rest of the group with some long hills to follow, being one week out from the subsectional meet. We did one final workout on Friday heading into the weekend, focusing on gear changing and faster pace work again coming off some good aerobic work the week prior, and freshening up to roll fast at subsectionals.



*Frosh crew early in career – Derek, Tate and David*



## JV Conference/Subsectionals/Sectionals Recap



## JV Conference – Building Momentum

Last week's home meet was a just a warm-up for the big breakthroughs we would see at the GMC JV Conference Meet. With 14 of our 16 men running career or season bests at our Pre Conference home meet, we set the bar high coming into the finale for the 2020 XC season. For ten of our young men, this would be the completion of their first season at Hale, but also only the beginning of a life changing journey they are just embarking on.

At the JV Conference Meet held at Rotary Park, we walked away with 14 more career or season bests to cap the season! Jack Hutter led our scorers with a career best 18:10, followed closely by a good pack of three runners also all running career bests with Park Szura at 18:24,

Frank Bevsek at 18:33, and Dylen Eiler at 18:47. Jose Valdivia and Nathan Bentti rounded out the scoring with huge personal bests of 19:34 and 19:38 respectively.

One of the best moments of the day happened before we even boarded the bus. Freshman, Jose Valdivia came up to me and told me he felt a bit nervous. This made me excited to see him beginning to fall in love with and care about a sport that was new to him just six weeks prior. When a group like this takes you in and believes in you, you can't help but eventually fall in love with what these guys are striving for. That nervousness translated to excitement and a monster improvement for Jose. We hope he sticks it out with cross country these next three years as he has the potential to be a front runner.

Dylen Eiler showed a huge step as he learned from just a week prior to keep with the pack and win the close races. This week he found himself seconds ahead of a large pack which significantly helps the team score. To see a young man actively learning is rewarding as a coach.

Two other freshmen, Brock Ringger and Tate Sormrude, also join the sub 20 minute club which is a great barrier to reach in your first year. David Bevsek was very near doing it himself and had a great race. Not to be outdone, Will Zagzebski had a huge breakthrough race and has also really developed his love for the sport late in the season. I hope he is another freshman who can enjoy and work hard these next four years. Derek Forrester got out aggressive again and we love to see that, his intensity improved a ton in the last few weeks. Although Deven Eiler had a bit of a rough ankle in this race, I love his willingness to put it out of mind and step up and race for his team.

Sam Walder made a return to racing and ran to a season best, working together much of the race with Ryan Bergeman and Kyle Steele who also had great final races.



Kyle had one of his best performances in the last race. He battled all season to get to the line healthy, and we are so thankful he was able to do so at conference. He ran a huge season best and looked like his old self, moving up throughout the race and having fun.

This young group has amazing potential and it will be up to them to decide what they will do with it.



### Tuesday Subsectionals / Saturday Sectionals Recap

The format was new, and with it brought some post-race tension. That is because the men had to wait for a few hours to see the results of the 2<sup>nd</sup> race that would be combined to our race results to determine who moves onto the sectional meet Saturday. And this would be just the first time in the last couple of weeks that we would be holding our breath on results.

The seven men racing were coming off of a subpar team performance at the conference meet but were sparked by seeing their teammates in the JV conference race perform at a high level. This is why we stress



the importance of the entire team, as performances can create momentum and belief in others.

Our race was against Wisconsin Lutheran, and we know in the second race that Muskego would be the team we would need to beat to advance. The course at Rivermoor Golf Course in Waterford was amazing and the weather was prime for racing fast. Light winds, low 40s and a smooth low-cut grass surface meant the race was going to move.

In what essentially was a dual meet competition, it can be harder to tell how the team is doing overall. But at the two mile, I knew the guys were positioned and running well, the best they had all season. We knew we had one point with Joshua, who would go on to run a relaxed tempo effort in turn which would be his fastest 5k up to that point (goes to show how smooth and fast the course was, and how fit the man is).

Following up as our 2 and 3 men were Joseph Hertel and Brennan Kompas coming in back to back at 16:50 and 16:52, both breaking 17 for the first time. Shortly thereafter were our 4-6 men with Matthew Kees at 17:08, Collin Raschka at 17:14, and Alex White at 17:21. Carson Shane rounded out our 7 men at 18:51. The four seniors led the way and took care of business, and Collin and Alex were excited to put together a strong race to end their season and build confidence to what they can do going forward.

Wisconsin Lutheran had beaten us, but we knew we raced well. Now the wait was on as the team and some of the parents went to Oscars to enjoy time together and wait on the results to see if we would be the second place team and advancing to sectionals.

After a long wait and some good burgers the results appeared, and Hale was 3<sup>rd</sup> place behind Wisconsin Lutheran and Muskego. The men of

Muskego raced very well and all you could do was congratulate them for racing well and beating the Hale men on their strong effort.

Although the team would not advance this year, it was likely the strongest team we had in some time, even stronger than the one 15<sup>th</sup> at state a year ago. There were many new scorers with Joseph, Brennan, and Collin being consistent week to week scorers for the first time in their careers. The finish that the underclassmen and seniors had also showed the true ability, depth and future this program has.

Joshua and Joseph would advance individually to the sectional race just a few days later at Mitchell Park. It was another beautiful day for racing! Joshua was able to put it in cruise control and secure the win in preparation for the state meet the next weekend. Joseph had a solid first half of the race but let himself a go a bit mentally in that last mile, possibly having his mind only on being up front and qualifying and letting that limit a strong race. But that experience will only help and fuel Joseph as he heads into track and hopefully beyond at the collegiate level. He is excited to now turn to swimming this winter while also running 3-5 days a week. He will continue to work on breaking through limits and building confidence for a special track season ahead.



## Have No Limits

After watching too many teams and athletes not recognize their true ability, our program began this philosophy of “no limits” starting in the spring track season of 2018. In this world of quick comparison, it is easy to look at fast individuals and teams as somehow being built different or having some innate ability that must be possessed in order to achieve. But in reality, we know that these individuals/teams are simply ordinary people that decide to take an extraordinary route.

By the fall XC season of 2018, our team had just one senior, a bunch of freshmen, and a handful of unproven sophomores and juniors. We had no reasons to think we were good, but more importantly, we had no reasons to think we weren’t good. Instead of looking up to the top ranked teams and wondering how they were so fast, we turned inward and focused on our own team and our own selves as individuals. We took away the comparison and focused on the process of getting better, believing in what we were doing, and knowing that we were just beginning to build at Hale. This was not meant to be a one season project, but rather a consistent building of the program to limitless possibilities. We are still just getting started, and we will forever be building as there exist no limits.

Of course, that 2018 XC team started breaking through and gaining confidence. We finished 2<sup>nd</sup> at the sectional meet, knocking off state ranked Greendale and surprising many (except ourselves) earning our first trip back to state since 2012. This 2018 team was not necessarily *better* than many of those teams during that 5 year absence from the state meet (last qualified in 2012), but this team was able to perform better because they began to remove limits and comparison.

That building carried over into the 2019 season where we improved to a 15<sup>th</sup> place finish as a team at the state meet. More than looking just

at the outcome results however, it's important to notice how the group is improving in process and daily commitment. Our group of consistent runners steadily built from the prior year, with a couple of those athletes choosing to run at elite level training. Our next steps as a team will be to up our training and see more guys choose the route of elite daily training year round. I can encourage it, let's see what guys decide to commit to it!

**Hale star looks to cap memorable career**

**Curt Hogg**  
Now News Group  
USA TODAY NETWORK - WISCONSIN

Joshua Truchon brings the same blanket with him to every meet. There's no superstition behind it; it's just practical.

On days like Saturday, when Truchon will be running at the Division I state cross country meet at Arrowhead High School and the temperature could be in the high 30s at race time, the blanket could offer some critical warmth. A memento from a few years ago, it provides a bit of comic relief as it features a skinny, younger Truchon giving the camera a posed stare in full pads and holding a football from a photo day.

"My mom bought this blanket of me as this little kid looking serious and angry," Truchon said. "My mom loves it but my girlfriend hates it, so I bring it out at every meet and set it up in as many ways as possible. It's the best."

It also is a reminder of one of the best decisions ever made by Truchon, a senior at West Allis Hale and one of the best distance runners in Wisconsin.

"I was doing football growing up and I'm not very good," Truchon said. "Like, well, I could not catch anything to save my life."

One day at Lane Intermediate School in West Allis, the cross country coaches Hale set up a table outside the gym room. Truchon walked over and asked about what, exactly, cross country entailed. They told him it's just distance running.

Truchon has won back-to-back sectionals, and he placed fourth at state last year after a 200-plus finish as a sophomore. He was also 30th out of 250 runners at the 1000 Heartland Regional race and has developed into an aerobic runner who runs upwards of 70 miles per week in the off-season and performs better the longer the race is.

So far, Truchon has achieved just about as much someone who didn't go out setting any specific goals could.

"He really embodies being in the moment at each practice, each race," Machmueler said. "He's not thinking about other runners. I would point out a runner to him and he'll say, 'Remember competing against him at this or that meet?' and he just doesn't know who it is. He stays focused on what he's doing. He's such a loving kid and loves what he does."

That mentality will come in handy Saturday. The WIAA has split each state competition into three separate races per division in an effort to limit the number of runners in each race as crowd sizes. Truchon will race his first DI session with the start sounding at 10:30 a.m. He will wait and then wait to see who runs in the two later sessions.

"I get pretty nervous no matter who's in it," Truchon said. "I used to be that I'd get hype and get anxious before the big races. It's better at that age running my own race."

level on Gutter Haro - but few are better runners than him.

Truchon owns the school record (55 minutes 12 seconds) and Greater Metro as the fastest time of any runner this season heading into state.

This journey began during summer training before Truchon's freshman year when he would keep up with the lead pack despite minimal experience.

"I think back to that," Hale head coach Dan Machmueler said. "He's like, 'Oh, I guess I'll try it.' I went for a run with him, an easy four mile run, and we ran easy and talked about video games the whole time. For a kid to be able to do that on his first run gave you an idea this was a special kid."

For Truchon, falling behind the lead pack was never an option, even from the get-go.

"I'm a pretty competitive person so I'd kind of stick my nose in with the front group as much as I could," he said. "I think I had some grasp of how good I could be, but (Machmueler) always says all freshmen are clueless and they put limits on themselves. I was just like that."

At Truchon's first race, he broke 18 minutes. By the end of the year, he was posting times in the low 17-minute range and missed out on a state qualification by just a few seconds.

"We wanted him to take on a mentality of having no limits," Machmueler said. "Not having a concrete time goal lets you go from being a 17-minute freshman kid and thinking that getting down to 15 minutes isn't impossible."

**West Allis Hale runner Joshua Truchon wins the Brookfield Central sectional race at Mitchell Park on Saturday.** CURT HOGG / NOW NEWS GROUP

Truchon asked. "You just run?"

**'A mentality of no limits'**

Nearly four years later, Truchon couldn't imagine his life without running. Sure, he has other interests - Boy Scouts, a course load of AP classes, violin, Fellowship of Christian Athletes and, as he'll gladly tell you, he can complete just about every song on expert





### The State Champion – Built Over Years, Not One Day

Joshua was still just a freshman when we started talking about having no limits with the team. That spring season, coming off a committed winter training campaign, he ran some solid times for a freshman recording a 10:00 3200 and a 4:43 1600. From there, he decided he wanted to get better. The source of that improvement would come from a patient and focused daily approach.

He said it best after finally finding out he had won, “This isn’t something that happened today. This is four years of consistent running.” He chose to take the difficult route, to seek discomfort, to challenge himself to continually improve and never settle for being normal. He also has failed multiple times and struggled during this time, and that is a very important thing to remember.

After a momentum gaining sophomore campaign where he finished 21<sup>st</sup> overall in his first state meet, Joshua looked to break through big time in track that spring. He had a phenomenal winter training period which included the growth of building long runs to be 13 miles. He had a nice



start to indoor and then arrived at the TFA meet at Whitewater looking to have a nice race against some great competition. Joshua ended up taking 2<sup>nd</sup> to last in his heat of that race and not racing to where he expected of himself that day. After initial frustration, he took it as a learning lesson and came back the next day and ran to the lakefront with the guys... at quite a fast clip... and maybe a bit too fast.

About four days later he quietly told me his shin was bugging him a bit. We tried running the next day and he did seven miles with some pain. The next ten days turned into off days mixed with cross training as he had a calf strain that needed a few days to heal up. It was a contrast to the smooth training and progress he had before, but we reminded him that progression isn't linear. It is filled with ups and downs, and the downs are necessary if you ever want to truly improve. They are the reminder that you are doing something challenging and not normal. You are living the counterculture.

He did everything to get healthy and came back a week later racing in Illinois to a solid personal best 9:40 in the 3200. A few weeks later he made it to the state track meet and finished 13<sup>th</sup> in the 3200 in 9:27.

Joshua faced more challenges as a junior in cross country. He was really breaking onto the scene and having a historic season. When conference came around, he came down with a sore throat and cough that persisted all the way through state. Well we can admit a year later that he ran with a pretty nasty cold and probably a fever at the state meet, and considering this fact, probably ran what could be argued his best races of his career. He went out and took the lead at the 2 mile, and his body just didn't have that normal 3<sup>rd</sup> mile strength to finish off the win, but he was still able to take 4<sup>th</sup> overall.

He was able to bounce back quick from setbacks and overcome difficulties such as sickness because of his trust in himself and the work

that he had accumulated. The important point to recognize is that he wasn't simply checking boxes and going out for easy runs, but instead was maximizing the intent of each day whether it be a long run, a tempo run, speed work or a recovery day. Max effort means bringing max intention to what the day asks, and Joshua has a unique ability to really thrive on training and enjoys the building process. He has welcomed the results to be what they may be, knowing that he is taking all the steps he can to be his best for himself and his team. The more a person does the right things with their best intentions, the more likely good things are bound to happen. So, while we all face difficult times, if we hold onto our character and belief, we can come out stronger from the hardships.

True adversity had not fully been faced until this past spring when not just the team, but the entire world, faced a global pandemic which significantly altered lifestyles and has impacted everyone's life in some way. The canceled spring track season was a huge disappointment for every athlete, but ultimately it shined a light on how beautiful our sport is. While everything was being canceled, running never wavered. Just as when the weather brings snow and cold, or the tasks of the day bring little time, there is always the opportunity to run. The pandemic was no different, and in fact, gave an opportunity for Joshua and many of our men to train at a high level. More importantly, they were able to train not with any outcome in mind, but with a sole intent on loving each run and the feeling of health and improvement.

Adversity and tough moments are discussed here because sometimes the world is viewed through a lens showing only successes and happiness. Social media posts show only the good moments and hides the failures that led to those moments. Running is not always easy and it's the reason many students don't do it. It can bring challenge, it can bring fear, it can bring question to whether you are capable. No matter

of ability, every athlete at every level has doubts and fear. The athletes that are able to maximize their ability are the ones that can step into situations that they fear and take chances. They are the ones that can be okay with discomfort and understand that failure is part of process.

Joshua has consistently done difficult and sometimes scary things and thus has created opportunity to make history. He has stepped into the unknown and made it known. He has allowed for the possibility of failure which has allowed him the possibility of success. Let him be a model to all of us. Understand that he is an ordinary person with similar thoughts and similar fears. He chose to be extraordinary; he chose to be different; he chose to do what is right. After all, you are who you choose to be!

We congratulate Joshua on his state championship. We congratulate the entire team this fall for building the environment for state champion individuals and teams to be made. We congratulate past graduates and former seniors for helping build the culture of love and building.

We now encourage our group of guys to take Joshua's season as motivation of what is possible. Break through any limits and bring intention and love to each day. Remember that running is a blessing and never take it for granted. Don't let outcomes dictate your life, let the moments of working out together, laughing together, and simply being there for one another drive your purpose. We are all champions when we live and act the right way for one another. Build and Love!

Bigger things to come.

- **Coach Mach**





## Senior Reflections

### **The Journey – By Senior, Brennan Kompas**

Dear Freshman Brennan,

Doing cross country your freshman year over soccer was possibly the best decision you have ever made. The family of runners you are about to join are going to be lifelong friends and will teach you more than you will ever believe. You will share unforgettable memories with them and create a culture of love and nonsense that will make the team the best it can be. The journey you are soon going to embark on will change you as a person and athlete. But be wary, there will be challenges and hardships.

Injury, lack of motivation, bad races: these will become common in your running career but don't let those things fuel your anxiety. Getting better takes time and energy that you must put into every moment, even when no one else will see it. Don't stress over not seeing results from your training, everything won't come at once. Getting better doesn't happen overnight. You will fail over and over and encounter frustrating races but taking it as it is and learning will bring you success. Make mistakes and be fearless enough to put yourself in discomfort and run with the top pack. There are no limits to what you can achieve. The only barrier between you and greatness is yourself.

Above all, savor each practice, race, and pasta party that you have the opportunity to be at. You might think that senior year is far away, but time will fly faster than you would think with these guys. It going to feel like your sophomore year just started, but junior year will already be over. Love every second you have with the guys around you because that time you get with them every day at practices will be gone faster than you can now imagine.

Best wishes,

Brennan Kompas



*Great reflection from Brennan who has gained great perspective and advice to pass on to current and future XC athletes. Brennan improved 81 seconds his senior season and was our 3<sup>rd</sup> fastest runner for the 2020 season! In cross country, we don't focus as much on times but an improvement this significant is evidence in huge improvement as a runner. He ran up front in most his races and finished with his career best race at subsectionals.*

## Dear Freshman Joe – By Senior, Joseph Hertel

Dear Freshman Joe,

If I were to ask you what sport you see yourself doing in college and beyond, you would probably say swimming. And that's alright, because you have enjoyed swimming for years and haven't found any reason to think differently. But let me say that you are going to enjoy running even more. Not just because the team and community are more uplifting and helpful to each other, but you will also learn to accept failure and the struggle to get better every day.

It will be hard to fail, failure is always hard. But I want you to know that all failure can be turned into success if you can learn and grow from it. I know you will experience some bad failure, but if you stay consistent and do the little things right, you will grow beyond what you will even imagine. You will learn that even when you don't want to go out for a run, you will do it because you know it will make you stronger, not just because you feel like you need to do it. And the best part is that you will be surrounded by people who will want to do the same and want the best for you as well.

You will learn to love and respect the people around you. Even if you don't hang out with them outside of sports all that often, each one of them you will still be able to call a friend. They will help you out through a lot even when you don't notice, so don't take any day with them for granted.

So, that summer before your freshman year when you tried to run with your older sister and didn't think you'd ever be able to keep up, just know that within 2 years you will have so much success and be able to run faster than you could ever have imagined. Remember, that first failure will be the beginning of many personal successes!

“The moment you think of giving up, think of the reason why you held on for so long.”

-Senior Joe Hertel

*Joseph joined us his sophomore year and has developed a true love for this sport.*

## Freshmen Reflections – By Senior, Joshua Truchon

Dear Freshman,

I was a freshman when I was your age! Joining a new sport, especially in high school, can be a little intimidating but taking the risk in the first place demonstrates that you aren't normal. Most kids would rather just go through school and go home to do a whole lot of nothing, and that's sometimes a good thing to do; however, choosing to commit to a sport means you aren't like most kids.

That's the first thing you should remember: be different. Most freshmen get a lot of flak for being immature, loud, annoying, but that is exactly what the community needs. There are plenty of normal people in life, so take the step and be a part of the counterculture, in short, just be YOURSELF. Sports also allow you to meet new people and enter High School with some friends from all grades, it's all about getting street cred. You'll quickly find that most cross country athletes are just weird, but it's an awesome weird. Every guy brings something to the team, and you'll bring your own thing. It doesn't matter how good you are, you'll always have a team to joke around with during practice. It absolutely feels like a family.

Now onto the actual sport. Running is great! Your first month or so will be a struggle fest, I won't lie to you. Even after that some days it feels like your body is on strike and you feel like you've never tried to run in your life. However, if you give it a chance, you'll find that you can't go without it after a while. So, I beg of you, BUY IN! Take a risk! Give maximum effort every practice and race fearlessly. Day one just take off and run up front. There's nothing to lose! The hardest thing to do is not running fast, but rather breaking free from limits. Most young guys, myself included, make the mistake of limiting themselves or comparing themselves. Comparing yourself does you no good! You don't become better at basketball by being in awe of Giannis' stats. Focus on being the best runner YOU can be.

Be fearless, anyone can become a leader for this team. It doesn't matter what year you are; you can be a leader.



Finally, remember to be a sponge. Absorb all the experiences and advice you can, because it will help you become a better person arguably more than any class at school will. Our coaches are filled with so much knowledge and sound advice that you can come to them when you need anything. At every practice or team meeting, take in what they have to say. Some of the best advice I've ever received comes from them. Mach and Dewitt are the best cross country coaching duo this side of the Mississippi, so listen and absorb what they have to say. You fellow teammates also have books worth of valuable advice to bring to the table, so when you're breaking it down at the end of practice just quiet down a little and listen up to what they have to say.

Running has been an escape for me during High School, and I can't imagine not taking it up. I simply would not be the person I am today without the influence Cross Country and the people have had on my character. Remember to be yourself (but also know when to calm down and listen up), run without limits, buy into the we-greater-than-me philosophy, and always Build and Love.

You got this!

- Joshua Truchon

*A great message of reflection from another senior who has really grown and learned a lot. Be yourself, but also look to develop and improve as Joshua, our seniors, and countless Hale XC athletes have over the years. This sport can build the character that you will take with you on your continued journey of building and loving.*

## Reflection and Advice – By Senior, Matthew Kees

It wasn't really a team to me; it was more like a second family. The thing that I enjoy about cross country is that everyone wants to get better individually but also for their teammates to get better as well, both as runners and people. If it wasn't for the team, I wouldn't have had any of the opportunities that I've had or meet any of the people I've met during these four years of doing this sport.

The advice I have for incoming freshmen is listen to the coaches and what they say, and to build trust with them so that you can keep an open and honest communication with them. Also, get to know your teammates, and don't be afraid to get close. The team will become family to you.

—Matthew Kees

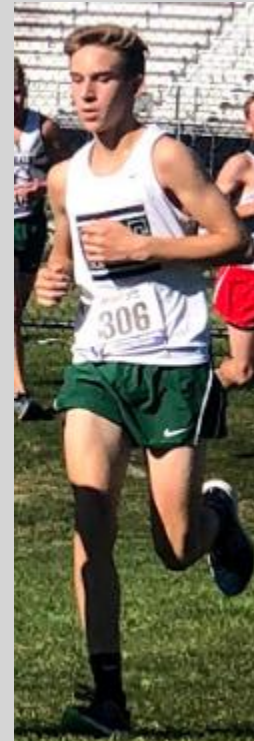
*A man of few words but powerful those words are. Matthew has found his teammates to become more like family.*



## 2020 Hale Cross Country Individual Recaps

# Freshmen

### Brock Ringger (Brock)



### **Coach Pick – Betz Invite @ Hale – Runs 21:36 debut**

Skateboarder and runner, fast on the flips and quicker on the grass, Brock showed some great promise in his freshman campaign. He had some early season runs where he put himself right up with the front of the group, and he really began asserting himself as the season progressed as he gained more confidence. Running as one of our top freshman early in the season, Brock hit a bit of a quad soreness that held him out of a race but then was able to finish strong breaking 20 minutes at the conference meet. Brock is a great addition to the team, and if he chooses to, he could be a guy winning races in the near future!

## **David Bevsek**



### **Coach Pick – GMC Conference @ Rotary – 20:21**

With the cancellation of football brought an opportunity for David to join us this fall. He had run with us in the summer when he was a 6<sup>th</sup> grader and he showed a nice ability to run for a long time and enjoy it. Quiet, like his brother, David slowly gained more confidence in racing about halfway through the season. At the first Mitchell Park meet he was able to put himself up front in a race and have a nice breakthrough. After that, he showed some improvement in practices and by the end of the season came very close to breaking 20 minutes in the 5k. We would like to see him continue to join us in cross country in future years and are excited to see him whip around the track this spring.



## **Derek Forrester**



### **Coach Pick – GMC Pre Conference @ Hale – 20:45, runs fearless in lead**

Making his way to Wisconsin by way of Idaho, Derek first joined us at the Lourdes Invite last fall, racing in the middle school race. Derek brought some experience running cross country, and really learned a lot through this year. A big highlight was definitely our home meet in October, where Derek took it out in the lead from the gun and improved by nearly two minutes over his previous fastest race. He found that hunger to compete and have no limits, putting himself up front and taking a chance! We hope Derek keeps building on that experience for the next three years! He has been a joy to have out.

## **Deven Eiler**



### **Coach Pick – GMC Pre Conference @ Hale – 21:22, huge breakthrough**

Deven will always give it his all. This guy will also make you smile and brighten your day. He's quick to ask how others are doing and shows genuine care in his teammates and us coaches!

It was so fun to see Deven really crush it on our home course in October and run a competitive race finishing with a 21:22. More fun though was watching him at practice. He brought great effort and energy, and doesn't let himself give up. If he can continue to do that, he will outperform a lot of guys who don't have that same work ethic. We are thankful to have Deven join our family!

## **Dylen Eiler**



### **Coach Pick – GMC Conference @ Rotary – 18:47, 4<sup>th</sup> man, shows growth and learning from prior race**

The bash bro of Deven, Dylen was a guy that we considered to have immediate ability to impact and score for the team. He showed truth to that premonition in the first couple of weeks, working out with our top 8 and putting himself in the faster race for his first meet. His mindset got the best of him a bit this race as he put some big expectations on himself. He learned from it though and began to understand that there's no 'varsity' or 'jv' and that we are all one team. There's not one man that makes a team. It is the collective. He was able to take my feedback as the season went on. He ran a personal best race at our home course, scoring for the team. But always learning, I showed him the large group of guys right ahead of him. He took that with him for the conference meet, and if you look at results, you'll see a huge group just seconds behind him. He showed learning in racing and improved a ton in beating the pack. This led him to a sub 19 minute performance and a great job scoring for our team. We are excited to see him as a guy that can also be a huge contributor and we hope he builds and loves.

## Jose Valdivia



### **Coach Pick – GMC Conference @ Rotary – 19:34, brings intention**

I reached out to Jose a few days into the season to see if he would want to join us due to the cancellation of soccer. His first day happened to be the day of our team skits! These skits are well thought out and acted by the guys. He was thrown right into a team and into a skit on his first day. The skit happened to be the winner and was based on a 'mach' funeral. His quote I'll never forget, "I don't even know this man, I'm just here for the party." Well, I'm glad after a fall season that I got to know this man, and he got to know me and the team as well. He also stayed for the party and started becoming quite the runner.

Watching him run, he has an amazing stride and could be a guy we see in the Hale record books if he sticks with us. He made me very proud at the last meet of the season. He came up to me in the parking lot and said, "Coach I have some butterflies, I think I'm nervous." To me, it showed him really starting to care about the sport and that is the first big step to performing. He ran a great race, breaking that big 20 minute barrier, and doing most of it with just one shoe! Jose should stick with cross country, he's definitely a runner and we all want to see what he is going to accomplish with this sport!



## **Tate Sormrude (Tater)**



### **Coach Pick – Marquette Invite @ Tendick – Put himself up further**

Tate has been a great addition to the team. The guys love him and he definitely has found a home. He has enjoyed the relationships he's built as a freshman and has become comfortable being himself around the guys and coaches. Like all the freshmen, he has some great untapped ability and fortunately got a season to learn what it meant to race and be uncomfortable. He also broke into that sub 20 freshmen group in his final race at conference.

Since then, he's taken some time off and has set an example as a new runner by training with the team in the off season and looking to improve. His loving attitude and his drive for improvement will make him a fun guy to watch these next few years. With his off season commitment, expect him to be a varsity scorer as soon as this spring in track. We are excited to see him progress and embrace no limits on what he can do.

## Will Zagzebski (Willy Wheels)



### **Coach Pick – GMC Conference @ Rotary – 21:20, ran up front**

Earning the nickname while doing some 200's on the track, Will Zagzebski showed amazing growth and adaptability after joining us in week two for his first season ever of cross country. We threw him in that first meet right away after a week of training and you could tell he had no idea what it meant to compete against other guys. For a few meets after that, he continued to talk about how his time improved. While that was definitely true, we were waiting for that moment where he would disregard the outcome of time and go out and compete against guys. He made it happen at the conference meet where he ran up front with confidence finishing high up in the race. And go figure, a huge personal best time came with it!

Joining cross country is a big commitment and it takes great patience to find a true love and understanding of the true beauty that underlies the sport. I feel Will has gained some love for the sport and his team, and with the motivation of a big finish to his season, we look forward to seeing him on the track this spring and his continued growth as a person and runner.

## Sophomores

### Colin Koscinski (Colin With One L)



Another soccer transplant, Colin joined us during the 2<sup>nd</sup> week of the season. This kid can seriously RUN! I hopped in a few runs with him and he was getting down close to 6 minute pace and pushing himself. This is a very rare attribute for a new runner to have this ability, but Colin has it. He unfortunately dealt with a back issue that his doctor wanted to keep him from physical activity until they were able to diagnose what it was. For a while, Colin still came and biked with us but when he was told by his doctor to completely rest, he still came every day and did walks and supported the team. His commitment to the team, even when not able to run, did not go unnoticed and it showed true love and building of others. We look forward to the impact Colin will make when he is healthy and able to race, but we do know that Colin made a significant impact this fall even without the ability to run with the guys. Way to set a great example Colin! Let's carry that into track and hopefully have you back next fall as an elite and healthy cross country runner.

## Parker Szura



### **Coach Pick – GMC Conference @ Rotary – 18:24, 2<sup>nd</sup> man**

I received a text from our athletic director that 'An athlete from Texas named Parker is interested in cross country, could you get in contact with his dad?' The next minute I was reaching out to Parker's parents and getting him connected with the team. Turns out he actually arrived here from Illinois, but boy are we glad to have him join us in Wisconsin and at Hale! This guy is a sleeping giant in this sport and is just getting started with what he is capable of. From day one, Parker showed that he would do anything to get better. He comes from a smaller team where he ran up front at practices all the time and had to adjust to a bit of a shock of some of our guys beating him up a bit early on. But he loved it! He knew he would get better with teammates pushing him and asking more out of him, and he bought into our system very quickly.

In just a short couple of months, Parker dropped time like crazy and walks into the offseason as one of our top returners for next season. Given that he has yet to put in a big off-season training cycle, his ability is still very raw and he has a chance to make some huge improvements and continue to improve this spring in track. He is one of only a few guys to earn an Unlimited Power t-shirt this year, and that was from the commitment and energy he brought each day. We look to Parker to continue building and becoming a leader for others.

## Juniors

### Alex White



**Coach Pick – GMC Pre-Conference @ Hale – Individual Champ, breaks through limits and sets himself up for big race at subsectionals**

Alex became the 3<sup>rd</sup> individual invitational champion for Hale this fall when he took down a good field at the October home meet on our campus. He carried that late season momentum into the subsectional where he raced to a huge personal best time which turned out to be huge at this rare racing day where the team had to race against competition as well as the clock. Alex is thoughtful on his progress and was honest about looking for improvement after feeling a bit sluggish in races mid-season. We had a good conversation and found some ways to get back to feeling fast and confident. Those conversations are things I will always remember, and its fun to see when communication leads to output!



Alex is also a very funny young man. He made my cry of laughter during their team's skit as he played the role of pastor and also filed arrangements for the "Applebee's get together" after their skit. Check that one out on our website if you haven't, it's genius comedy.

Look for Alex to continue taking the role as leader and developing in his running as well. He will be a big piece in our strong returning group of athletes.



*Alex racing at 2019 Sectionals at Grant Park*

## Carson Shane (Shane Carson Shane)



### **Coach Pick – Marquette Invite @ Tendick – 18:30, 2<sup>nd</sup> man**

It is all about breaking through limits. Carson had some solid performances this fall, scoring at the Marquette Invitational and racing as our 6<sup>th</sup> man at our home Betz Invite where we took home first place as a team. Carson built on a consistent summer of training and has created a strong reliability which has really influenced our team and promoted our value of consistency. His building focus for this spring in track is to build now on the intensity and use the strength of miles he has built this summer and fall. He's going to be fun to watch in all the events in track as he has great strength and range among all the disciplines.

Carson will come into track hungry for a big improvement and the breakthrough season he is seeking. To do this, he will let go of limits and put it on the line for his team by upping his intensity at practices and races. He is looking to really break through and hopefully he will take chances with upping his training and intensity. He can create his own confidence by having no limits and putting himself in a position of possible failure. Here is where he could step into a consistent scoring role next fall and really surprise a lot of outsiders.



*Carson and Matthew racing at Tendick Park.*



## Chase Witty



### **Coach Pick – GMC Preview Meet @ Hale – 20:07, 8<sup>th</sup> man**

Chase consistently seeks knowledge and inquires about the daily workouts. With the knowledge gained, he took a big step this summer and fall in starting to lead guys. There would be times a group was back earlier and Chase would get them going right away on the day's strength workout. It helps build the team so much when guys take control of the process and own the program, and Chase contributed to that this fall and we look for him to continue building on that as we head into next season.

Chase felt his consistency was good early in the season, but he didn't feel like he was running as fast as he wanted. I had to keep him patient while also looking for ways to light that fire and get him confident again. He lit that fire himself though in a workout on The Loop early in the season where he had one of his most consistent tempo runs, running super even Loop splits. From there, he was able to let loose a bit more and progress nicely this season, hitting a personal best race at

the Pre Conference Meet and finishing as our 8<sup>th</sup> man. Chase was a scorer early in the season at the Betz Invite where he finished as our 3<sup>rd</sup> man and helped kick the team off to a strong start. He was also the 5<sup>th</sup> scoring man at the Marquette Invitational.

Chase was very grateful for the season and did well at appreciating each day with the guys. We look forward to Chase continuing to take leadership roles and take some big risks in racing and training as he enters his senior season.

*The patented Witty Mean Mug*





## Cole Konczal (Pizza or Console?)



### **Coach Pick – GMC Conference @ Rotary – 17:34 – improves from prior weeks**

Cole was given a good lesson this fall as based on time he could have been racing on our subsectional team, but spots are not earned solely on times but also a combination of effort, consistency at practices and team values. Cole ran very well the week of JV conference after knowing his spot was in jeopardy, but this motivation is not the type of motivation that builds the best team and runners. To be great, our motivation must come from running our best for the team.

Cole's race at the Conference Meet for the second go around was very strong as he ran up front and took 2<sup>nd</sup> overall. It showed the importance of purpose. In just one week, Cole ran over a minute faster

on the same course. His fitness didn't change that much in just one week of training, but the difference was he ran with purpose.

Cole has all the tools to be a great and even an elite runner, and he will have to bring that no limits approach in parallel with a selfless attitude in order to achieve this. Now, Cole goes into this spring and next fall with an amazing opportunity to learn and really bring some energy to make this team great.

We love Cole and the fun he has with the guys on runs. He always brings up the best questions on runs and makes the guys laugh and have fun. He is another guy that asks about you and remembers things about your personal life. He's a loving kid and when he is on, he is on. The focus for him will be turning it on always when with his team, the best part of the day!

*Cole at the 2019 WIAA State Meet*



## Collin Raschka



### **Coach Pick – Subsectionals @ Rivermoor Golf Club – 17:14, 5<sup>th</sup> man**

Collin was our Junior Captain this fall. Being a captain is a big commitment, and his peers had reached out to me recommending him to get the opportunity. He had some great mentors to help him learn and grow as a captain this fall, and it will be fun to see him continue develop in that regard. Since the season has ended I have run with Collin multiple times and he is fired up about stepping up and having the group make a step forward. My hope is he can take that ownership and patiently lead guys to believing in what can be possible if guys can come together toward a common cause.

Collin had a solid Betz Invite where he got out fast but also hung on to help score and get the team a win. The next couple of meets he didn't progress as he or I would have liked, but we turned to the process of practices and stayed focus on improving there. After some great workouts and staying patient through a couple of off races, Collin came through with a very nice subsectional performance to be our 5<sup>th</sup> man on a day where the team ran very well together.

Collin has front runner ability, and I've seen a big adjustment in belief over these past few weeks. He is on a mission and is ready to run like a madman with no limits. Take risks, continue to build patience as a leader, and inspire your teammates to go places Hale has not gone before. Let's start it this winter and put in some big, fast miles!

### **Frank Bevsek**



### **Coach Pick – GMC Conference – 18:33, 3<sup>rd</sup> man**

Frank got that huge race he was looking for in his last one of the season. Stepping up as our 3<sup>rd</sup> man and putting himself under 19 minutes for the first time, Frank had a great finish to his season. Frank is always a steady hand and you know he is going to give you consistency in racing. Watching some of his great workouts and runs though, we wanted to see him really break through. He took a good first step at the conference meet to end his junior year and now being a senior next fall should come in thinking of himself one of the guys that can contribute in a big way to the team.



## Jack Hutter



### **Coach Pick - Betz Invite – Individual Champion helps Hale secure two individual wins on the day**

It's fun to watch guys develop through high school. Jack made huge improvements in running and brought great energy this year. He has become more vocal and I have also seen him lead in events outside of cross country. He has removed limits and broke many barriers. As I have stated, cross country is not about time but rather competing. Every course differs, weather differs, tangents differ. But sometimes those time barriers can become mental barriers. One can become fixated on breaking a certain minute barrier instead of just racing and letting the outcomes be what they are. Jack made big jumps this fall because he was all about competing and not worried about specific times. His mindset toward racing certainly shifted after he came out swinging with a big individual victory at our home Betz Meet.

Jack continued rolling and improving all season, finishing as our top man at many meets including the GMC JV Conference Meet. Jack had a nice breakthrough season and I can tell he is now hungry for bigger things. He has said he's planning to do track this spring and that would be a huge boost in his continued improvement. Great cross country runners do track and we look forward to a fun and fast spring!



## Kyle Steele



**Coach Pick – GMC Conference @ Rotary Park – 23:05, moves up, season best**

“Let’s go!” was my reaction to watching Kyle Steele at the conference meet. This guy has battled all fall. He missed some races early and we ultimately realized he needed some new shoes. Performance Running did a great job providing some great shoes that fit for Kyle. Slowly, this allowed him to get workouts in and gain momentum.

Kyle has always given me the thumbs up, down or sideways on how he is feeling. The thumbs down days were tough, but as they turned into sideways and then thumbs up I was elated. I was so happy we could get him feeling good and able to workout with the guys. There were still a couple of days that didn’t go great but Kyle showed great patience and committed daily to himself and his improvement. He never is a guy that will give up. I am so proud of the way Kyle gives it his all and has a true love for this sport and being a part of the team. I look forward to a very fun and fully healthy spring track season.

## **Nathan Benti**



### **Coach Pick – Marquette Invite @ Tendick Park – Hangs in there to score for the team**

Nathan was excited to be back with the boys. The season was on, but with the delayed start we decided to have an intersquad 3k on our course for fun the week before our season would start for Hale. Benti had a great pace rolling and was starting to roll through the wooded loop of the 3k course we made when he went down on a root. The running gods said... welcome back Nathan! Not a fun start to the season as he hobbled a bit with a sore back and worked with Alissa for the next seven to ten days to heal up. After the fall in the woods, Nathan overcame and came on strong once he regained his health.

I point out my pick of his Marquette Invite, although he wouldn't say it was his best race, I loved the way he held on for his team. He could have let himself slip back after not feeling his best, but he fought and scored lower points for his team. This tenacity to stay strong is then something that carries over into future races. Nathan came on with a

huge personal best going sub 20 and running to a 19:38 at the conference meet. I was pumped to see him have a big performance to end his season. It's a testament to learning from every experience.

He also had some practices that week prior where he was really pushing it including running around 6 minutes or faster on a few of his miles. I would love to see him continue pushing it like that and just having fun with his team. No limits, and no pressure, just love and give it heck. Nathan had a strong season and is going to build off it as we head to track!



*Bentti staying strong at Tendick Park*

**Robert Petrovick (Robby)**



**Coach Pick – State Invitational @ Mitchell Park – 20:28 drops 1 minute from two weeks prior and is 6<sup>th</sup> man**

Robert searched for that big race all season but couldn't quite hit it on race day. He started building that momentum back at the Mitchell Park Meet in the middle of the season where he continued to move up with Nathan and Frank, finishing close behind them and helping push the scoring as our 6<sup>th</sup> man. Coming off a strong training week afterward, we moved into our off weekend. The next race was Pre-Conference and Robert was forced to take multiple days off that week and a few days the week after due to a head cold or allergies. This year, we had to play it a bit smart and do some easy training and off days to make sure we were healthy before showing up to practices.

Robert was #fearless lining up at Pre-Conference and racing while still congested (allergies were the culprit). He had a strong race considering the circumstances but the guys he had been racing with finished a bit further ahead than he would normally be accustomed to.



Although the season didn't go quite the way Robert would have liked, it was a great learning experience to understand that progression isn't linear. The disappointments are necessary catalysts for improvement. I have no doubts that Robert will be motivated to bounce back and really crush it on the track in spring and on the course next fall. No obstacle will stand in his way.



***Robert racing at Grant Park in 2019***



***GMC Conference @ Rotary 2020***



## **Ryan Bergeman**



**Coach Pick – GMC Conference @ Rotary – Felt strong but wanted more, can be a big fueling race for future**

Ryan was certainly consistent this fall, racing within about 10 seconds of his personal best on every course we raced. As I mentioned earlier, that consistency is a nice gift, but I know for sure that Ryan would have liked to have that big race. At the conference meet, Ryan showed some disappointment after his race, feeling strong about his effort but a bit upset with the finish. With time now to relax a bit, Ryan can reflect on things that went well and things that he would like to improve. The beauty of the sport is being able to improve, and Ryan is just a couple slight adjustments away from a big time drop.

Ryan had some big time workouts where he was rolling with guys that raced ahead of him, so carrying that confidence into racing will be a big key. Running is a funny sport where just one mile being a bit faster in a race can make a difference in how you look back on an entire season. Ryan looked very strong at conference and really started turning it on at the end of the season. He plans to build off of that training momentum and keep seeking more discomfort to push him past his limits.

Beyond running, Ryan has been a wonderful person to have on the team. He represents the program in a great way within the community and the school and has really stepped up again as a leader for the team. He not only leads the guys, but also explains the why of what we are doing. That shows great capacity to learn and apply what he has learned to improve himself and help others. His selflessness does not go unnoticed. This ability to reflect and learn will serve him well as he continues to build and get better as a runner and person.



*Ryan and Rob do their Mach and Dewitt impersonations during last year's homecoming week look alike day.*

### Sam Walder (Sammy)

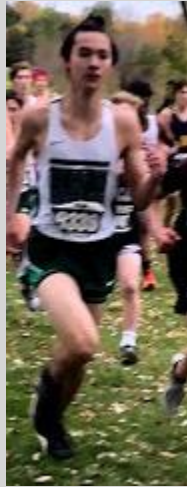


### **Coach Pick – GMC Conference @ Rotary – BACK RACING!**

Sammy had quite the experience this season. He was unable to be with the team for a few weeks but was cleared to return the last week and we got him back in to race! This would be only his 2<sup>nd</sup> race of the season and unfortunately his last, but it meant a lot for him and the team that he got to finish with a season best. It has been a great lesson in not taking anything for granted.

Sam has been staying involved with the school and since the season ended has been helping our trainer Alissa. He's shadowing and getting great experience from a great teacher. We are thankful to have Sam on our team. His goofiness brings great balance to our team dynamic.

**Shawn Lee (Mikey)**



**Coach Pick – Pre Conference @ Hale – 20:41 5k debut!**

Mikey is a talented hurdler for us in track and decided to give cross country a try this fall. A late joiner, Mikey took some time to build the strength physically and mentally to race 5k. He has great ability and once he had the confidence and health to do it, he finally took the opportunity to race at the Pre-Conference meet at Hale. In his debut, he ran tough and raced to a very solid 20:41. This was a pretty solid debut 5k. I got to run with Mikey a few times in the summer and he had some moments where he could absolutely fly. Now utilizing that ability requires the learning to embrace discomfort. If Mikey comes back next fall with more experience, he can hopefully build on that and run at the very high level I believe he is capable of.

Until then, we get to watch him in track. He's explosive and strong and will really be fun to see hurdling.

## Seniors



This group of four men has been extremely special. They have been rocks in our program. They've demonstrated the right way to act, have consistently lived our values and have selflessly built and loved every step of the way. Their impact on the team these past four years will continue for years to come. They have truly left the program in a better place. Words cannot describe how special these four young men have been.



**Brennan Kompas (Benner, Brenner)**



**Coach Pick – Subsectionals @ Rivermoor Golf Course – Sub 17! 3<sup>rd</sup> man once again.**

It happened on a workout in early August. I remember it was a 5x3 minute tempo run on the grass loop that goes through the woods at Greenfield Park. Brennan Kompas was flying. Rep after rep, he looked strong and confident. He was his same humble self but showed a bit of a swagger with new exuded confidence. I was so excited to see a guy move beyond a limit like he did this day. And that was just the beginning...

Brennan continued to put himself in new positions at practice. He truly made the unknown become known by taking risks. He expected more out of himself and with that new expectation brought a very fun and rewarding season for Brennan. A guy who has put in consistent work for four years, it was great to see it really come together this fall. And even now, it is just the beginning as he heads into track and then post high school running.

Brennan not only brought intensity this fall and summer, but also had a knockout spring during the canceled track season. He put in some big long runs and I truly believe this training period brought great reflection and perspective for Brennan to go love the sport and have no limits and no worries about failure. Running alone gave him time to build both his body and mind. He was ready for any obstacles. Brennan was also ready to let loose and break through.

Brennan showed great improvement right away at our Scotty Wolter 3k scrimmage, racing as our 2<sup>nd</sup> man. He followed it up the next week in our first competition against other teams, racing up front and finishing right with the front pack along with Joseph. After continued intense training, Brennan had a huge performance at the State Invitational against the best runners in the state, placing 21<sup>st</sup> overall and racing to a personal best of 17:23. He was exhausted after the race and really put on a great performance. But there was more to come.

Brennan had consistency not only in running but in composure and patience. Conference didn't pan out the way he would have liked but he trusted in his work. He never wavered and came into the sectional confident and ready to roll. And roll he did. Brennan raced to a 16:52 performance and finished as our 3<sup>rd</sup> man, just 1 spot from moving onto the sectional. He helped the team stay confident as well throughout the season. His calm leadership was a huge reason for our entire team's success in October. Brennan's positive energy is contagious, and he always had his smile.

Brennan is a role model for the entire community. He has taught me a lot and I am forever thankful he is in my life. We love Brennan. He is planning to go to the University of Michigan where he will study aerospace engineering and run on the track club. But first things first, we have a track season to go crush!



*Leading way @ Mitchell Park*



*Big debut @ the scrimmage*

## Joseph Hertel



**Coach Pick – Betz Invitational @ Hale – 2<sup>nd</sup> overall, edges Slinger runner to help team win the meet.**

Pure and simple, Joseph can grind. This spring and summer, Joseph was training as an elite runner would. Morning workout with the group, then an afternoon 6 miler with Coach Dewitt at 6 minute pace. The springtime had some huge long runs at low 6 minute pace. His tempo pace in the fall dropped significantly, and he had one of his best 3x5 minute workouts on The Loop running consistently around 5:15 mile pace with short rest. Joseph is the definition of an aerobic beast!

I highlighted his Betz Invitational race as he essentially won this invitational. With Joshua setting the pace up front, Joseph battled in the front of the next pack, finishing 2<sup>nd</sup> overall and helping the team

secure a narrow victory. This race signified a big step for Joseph and his ability to utilize his aerobic fitness and put it to use in racing. He established himself as one of the best runners in the state very early on.

At the conference meet, Joseph finished as a 3<sup>rd</sup> Team All-Conference runner, and then went on to race to a personal best at subsectionals earning himself a spot at the sectional meet. He was consistently our 2<sup>nd</sup> man throughout the season and established himself as a front runner.



In practices, Joseph was always bashing with Brennan and Joshua, and it's no wonder those three were consistently up front in races. As can be seen in some of the workout descriptions, this bashing is what creates a love for the hard work and a desire to be great. We hope other athletes see this desire and daily drive to be great and are motivated by Joseph's pure love for running.

Joseph has a love for running fast and running far. I love his energy and excitement for practices, it's a true sign of the great culture Joseph and our seniors have helped establish. When Joseph is out crushing a long run and then coming back and adding on, the young guys look up to



him. He sets the tone for the entire team and for other guys to step into that role of ambition and love for being better and doing work.

Joseph is an incredible young man, quick to be there for any of his teammates. He's a helper and will put others first. He's helped me whenever I needed it whether it be a project at my house, leading guys in a workout, or delivering a message to the group. He has kept us improving by consistently inquiring about running and staying on us coaches for ways to improve the entire team. He is always thinking about the guys and I'm excited he gets to lead them again this spring for track. We love Joseph.

Joseph is deciding between UW-Oshkosh, UW-Stevens Point and Wisconsin Lutheran for college. He plans to run and would like to major in physics or engineering.



*Joseph holds off Slinger to finish 2<sup>nd</sup> overall and secure a team win*

## **Joshua Truchon (JT)**



### **Coach Pick – GMC Conference @ Rotary – Conference record and great solo effort**

We wanted a season for all the guys, but I'd be lying if I didn't say there wasn't some extra motivation for a season when you have a guy like Joshua on your team. He quietly goes about his business as an elite runner, training at a high level and trusting his opportunities will come. Watching him train at an elite level, we awaited the opportunities to show up and race again with this improved fitness. In July we got to finally race again on the track. It was a 5k on the hottest and most humid night of the year. Joshua raced to a 15:13 and given the dew

point at the time we estimated to be closer to a 14:45 effort. Based on his training at that point, we knew he was around this fitness level. At that point, we just wanted any opportunity for a fall cross country season to build on that fitness and be able to race against the rest of the state.

When the opportunity came, Joshua proved his readiness. Winning every race this season, he averaged a margin of victory of 50 seconds in his races. We picked just three meets to really go after in order to maintain himself through the season. Those include the State Invitational, the GMC meet and of course State. The others were a bit more relaxed efforts and showed the type of runner he was having the ability to run in the low to mid 15's and be smooth and relaxed.

As described in the previous sections, Joshua has truly embraced no limits and our coaches believe he is destined to be an All American at the collegiate level due to his amazing aerobic strength and intuition skills. He could choose to continue running post collegiately as well given his likelihood of growth. His training has built up to leave room for huge improvements in college and afterwards, and we will really look to take big steps forward starting this spring.

Against great competition in Wisconsin, Joshua showed himself to be top of the class winning the state meet and also finishing as the top Wisconsinite at a postseason race in Terre Haute, Indiana. He finished 15<sup>th</sup> overall in that elite field, moving up very strong the last mile. The state has some amazing athletes this year, and spring track is going to be super fun watching Joshua and the others go after some state meet history on the track in June. He will have some other great opportunities before that as well.

After having a couple of races just by himself (state and Terre Haute) Joshua said to me on a run, "I'm glad to be back with the team, the last

couple of weeks were too much about me.” Joshua has gotten to where he is because of his teammates and because of his love for them and the program. He’s excited to put in a great winter of training and keep focused on the process like he always does.

Joshua rewrote what is possible for Hale XC. His love is boundless and he has changed many lives including mine. Joshua is a person you want to be around all the time. I love each day with him and am lucky that he is a lifelong friend. We love Joshua.

Joshua is still undecided on school but is starting to narrow it down. He will run and has interest in the fields of engineering and economics.



*Left: Joshua races to the finish at the 2019 State Meet*



*Right: Joshua rolling to a huge victory at the 2020 State Meet*



## **Matthew Kees (Keesy, Playoff Kees)**



### **Coach Pick – Subsectionals @ Rivermoor Golf Course**

Quiet Keesy. At least around the coaches. When you look up you may see him standing on top of a table or chasing someone around the park. Come up behind him on a run and you'll get the patented Matthew Kees scream. Always up to some shenanigans, Matthew gets athletes of every grade level involved and comfortable from day one.

I give Matthew a ton of credit for his entire high school career he has been dependable. It is a big reason why he has been a part of two state teams and was a consistent scorer for three years. Check our Instagram from a winter run a couple of years ago where it had snowed over a foot, Matthew still came over for his run and we slogged through the storm getting in a good 6 miles. Raining, snowing, hot or cold, Matthew shows up. And when did Matthew REALLY show up? In the biggest races of course.



“Playoff Kees” is what Dewitt calls him. Sectionals of his sophomore year, he pulls a 17:30 massive personal best to help the Hale XC team shock the state and qualify from our sectional. The next year, he steps up as our 5<sup>th</sup> man and again helps the team get back to the big show. This year he had gotten into a little funk but worked through it, finishing at the subsectional with a huge personal best and as our 4<sup>th</sup> man! To have our seniors as our top four at the end of the year was fitting as all these men have really poured a ton into the program.

Matthew has been a great responder to my coaching. He can take honesty and quickly turn to action. I have mentioned some of the workouts Matthew put together this fall, but it should be known some of those came from discussions on how to improve and feel better. Some of it was simply around adjusting to the schooling at home or looking at improving sleep and nutrition. We knew Matthew was too good of a runner to be having the inconsistencies he had in races mid-season, and he showed that to be true by running his strongest career race at the subsectional to round out his XC career.

Matthew is excited to have a track season this spring and to cap off an awesome career. He will be a 4<sup>th</sup> year member of the swim team this winter and will continue to join the guys on Sunday runs. His commitment to the team is another great example for the younger athletes. Most of the time, guys don’t realize the type of role models they are. Matthew has many young guys that looked up to him this year, and I’m stoked that they had him to look to. We love Matthew and he will forever be a part of Hale history.

Matthew plans to attend college in state but is still finalizing his decision.

*Alex, Joseph, Brennan and Carson racing on Thanksgiving.*



*Collin and Matthew on a mission at the Betz Invite*



## Season Awards

Student Name	School Award
Alexander White	2nd Year Major
Brennan Kompas	Four Year Senior Major Letter
Brock Ringger	Freshman Numerals
Carson Shane	2nd Year Major
Chase Witty	3rd Year Minor
Cole Konczal	3rd Year Major
Colin Koscinski	1st Year Minor
Collin Raschka	3rd Year Major
David Bevsek	Freshman Numerals
Derek Forrester	Freshman Numerals
Deven Eiler	Freshman Numerals
Dylen Eiler	Freshman Numerals
Frank Bevsek	3rd Year Major
Jack Hutter	3rd Year - 1st Varsity Letter
Jose Valdivia	Freshman Numerals
Joseph Hertel	3rd Year Senior Varsity Letter
Joshua Truchon	Four Year Senior Major Letter and Reverse Letter
Kyle Steele	2nd Year Minor
Matthew Kees	Four Year Senior Major Letter
Nathan Bentti	2nd Year Minor
Parker Szura	1st Year Minor
Robert Petrovick	3rd Year Minor
Ryan Bergeman	3rd Year Minor
Samuel Walder	3rd Year Minor
Shawn Lee	1st Year Minor
Tate Sormrude	Freshman Numerals
Will Zagzebski	Freshman Numerals

## 2020 Team Captains

Senior Brennan Kompas

Junior Collin Raschka

Senior Joseph Hertel

Senior Joshua Truchon

## In The Press

Joshua Truchon ranked as high as 14<sup>th</sup> in the Milesplit National Individual Rankings.

14

▲  
10

**JOSHUA TRUCHON**



West Allis Hale

Truchon might not end the year with Wisconsin's fastest 5K time, but he undoubtedly will be the state's top runner after winning the WIAA Division I race in 15:18.30. He closed off his regular season with seven straight wins.

<https://www.fox6now.com/video/870913>

## West Allis Hale's Joshua Truchon has won each of his races this year. Now it's time for one final test at state.

**Curt Hogg** Milwaukee Journal Sentinel

Published 6:00 p.m. CT Oct. 29, 2020 | Updated 1:03 a.m. CT Oct. 31, 2020

[View Comments](#)





Joshua Truchon brings the same blanket with him to every meet. There's no superstition behind it; it's just practical.

On days like Saturday, when Truchon will be running at the Division 1 state cross country meet at Arrowhead High School and the temperature could be in the high 30s at race time, the blanket could offer some critical warmth. A memento from a few years ago, it provides a bit of comic relief as it features a skinny, younger Truchon giving the camera a posed stare in full pads and holding a football from a photo day.

"My mom bought this blanket of me as this little kid looking serious and angry," Truchon said. "My mom loves it but my girlfriend hates it, so I bring it out at every meet and set it up in as many ways as possible. It's the best."

**RELATED:** [Homestead runner poised for big finish](#)

**RELATED:** [Schedule; runners and teams to watch](#)

It also is a reminder of one of the best decisions ever made by Truchon, a senior at West Allis Hale and one of the best distance runners in Wisconsin.

"I was doing football growing up and I was not very good," Truchon said. "Like, at all. I could not catch anything to save my life."

One day at Lane Intermediate School in West Allis, the cross country coaches from Hale set up a table outside the lunch room. Truchon walked over and inquired about what, exactly, cross country entailed. They told him it's just long distance running.

"I was like, 'Oh, that's it?' a perplexed Truchon asked. "You just run?"

## **'A mentality of no limits'**

Nearly four years later, Truchon couldn't imagine his life without running. Sure, he has other interests – Boy Scouts, a course load of AP classes, violin, Fellowship of Christian Athletes and, as he'll gladly tell you, he can complete just about every song on expert level on Guitar Hero – but few are better runners than him.

Truchon owns the school record (15 minutes 12 seconds) and Greater Metro Conference meet record (15:13), as well as the fastest time of any runner this season heading into state.



This journey began during summer training before Truchon's freshman year when he would keep up with the lead pack despite minimal experience.

"I think back to that," Hale head coach Dan Machmueller said. "He's like, 'Oh, I guess I'll try it.' I went for a run with him, an easy four mile run, and we ran easy and talked about video games the whole time. For a kid to be able to do that on his first run gave you an idea this was a special kid."

For Truchon, falling behind the lead pack was never an option, even from the get-go.

"I'm a pretty competitive person so I'd kind of stick my nose in with the front group as much as I could," he said. "I think I had some grasp of how good I could be, but (Machmueller) always says all freshmen are clueless and they put limits on themselves. I was just like that."

At Truchon's first race, he broke 18 minutes. By the end of the year, he was posting times in the low 17-minute range and missed out on a state qualification by just a few seconds.

"We wanted him to take on a mentality of having no limits," Machmueller said. "Not having a concrete time goal lets you go from being a 17-minute freshman kid and thinking that getting down to 15 minutes isn't impossible."

## **Capping off a career**

Truchon has won back-to-back sectionals, and he placed fourth at state last year after a 21st-place finish as a sophomore. He was also 35th out of 290 runners at the NXR Heartland Regional race and has developed into an aerobic runner who runs upwards of 70 miles per week in the offseason and performs better the longer the race is.

So far, Truchon has achieved just about as much someone who didn't go out setting any specific goals could.

“He really embodies being in the moment at each practice, each race,” Machmueller said. “He’s not thinking about other runners. I would point out a runner to him and be like, ‘Remember competing against him at this or that meet?’ and he just doesn’t know who it is. He stays focused on what he’s doing. He’s such a loving kid and loves what he does.”

That mentality will come in handy Saturday. The WIAA has split each state competition into three separate races per division in an effort to limit the number of runners in each race as well as crowd sizes. Truchon will race in the first D1 session with the starter’s gun sounding at 10:10 a.m. He will post his time and then wait to see what the runners in the two later sessions do.

“I get pretty nervous for every race, no matter who’s in it,” Truchon said. “It used to be that I’d get caught up in the hype and get anxious and nervous before the big races. Now I’ve gotten a lot better at that and focusing on me and running my own race.”

## WIAA state cross country: West Allis Hale's Josh Truchon, Oconomowoc boys bring home state championships

**Mark Stewart** Milwaukee Journal Sentinel

Published 8:18 p.m. CT Oct. 31, 2020 | Updated 8:33 p.m. CT Nov. 1, 2020

[View Comments](#)





*A group of supporters for the sectional racers (Collin hiding?)*



*The men at war up front at subsectionals*





*Always for others. Selflessness.*



*Hutter battling a pack of Falls racers in back to back weeks*



*The group cools off after running to the lake*



*Thankful coaches 😊*



*Joshua interviewed by national media – Dyestat*



[https://www.dyestat.com/qprofile.php?mgrou\\_p\\_id=44531&do=news&news\\_id=609702](https://www.dyestat.com/qprofile.php?mgrou_p_id=44531&do=news&news_id=609702)

### **2020 Team Motto - #Fearless**



*Fearless does not mean a lack of fear. Being fearless means doing something scary, taking a chance, releasing any limitations, understanding failure is part of the journey.*



*Ryan kicking it at the finish on the not mowed Mitchell park Course*



*The first race back had some extra meaning*







*Find your 'Why'*

*GMC Conference start*











*Tate rounds the corner to finish at Pre-Conference*



*The men starting at Mitchell Park*



*Tate and Brock team up @ Mitchell Park*



*Derek's first h.s. 5k!*



*Many first time 5k's or many first races since nearly 1 year ago!*





*Ringger's high school 5k debut*



*Robert rollin' @ Betz*





*Chillin'*



*Pushin'*





*Hale Pack*



*Keesy @ subsectionals*



*Matthew Kees caps off his career- moving up at the finish*



## Joshua Truchon State Champion and Team Celebration



*Fox 6 and TMJ4*



*The Hernandez Family! Coach Micah has played a major role in many lives in West Allis including our seniors and our coaches. Thank you!*





*The Team drives the success of everyone involved.*



*Joshua gets to thank the team and his amazing parents!*





*Principal Matt Lesar – Proud supporter and organizer of the event!*



*Thankful to be along for the ride – The Journey*



*Post season race in Terre Haute at the famous La Verne Gibson XC Course. Family and Brennan had down with Joshua who takes 15<sup>th</sup> overall and top Wisconsinite in the nationally stacked field.*



## 2020 Schedule

8/24/2020	First Practice	Greenfield Park
8/29/2020	Scrimmage vs. Tosa East and Wisco Lutheran	Tosa Trail
9/5/2020	Betz vs. Slinger and Pewaukee	Hale
9/12/2020	Quad Meet	Mitchell Park
9/19/2020	Marquette Quad Meet	Tendick Park
9/24/2020	Wisconsin State Invitational	Mitchell Park
10/3/2020	Lakefront Run Week	
10/8/2020	JV Meet - Pre Conference	Hale
10/10/2020	Varsity GMC Conference	Rotary Park
10/17/2020	JV GMC Conference	Rotary Park
10/20/2020	Subsectionals	Rivermoor Golf Course
10/24/2020	Sectionals	Mitchell Park
10/31/2020	State	Arrowhead

*Results and Stats Link -*

[https://docs.google.com/spreadsheets/d/1pUC1PDEUCwvy6WMe\\_LSIje\\_mElBopKn3oCaQuJfe6F9o/edit#gid=807179203](https://docs.google.com/spreadsheets/d/1pUC1PDEUCwvy6WMe_LSIje_mElBopKn3oCaQuJfe6F9o/edit#gid=807179203)

*For more photos and videos, see our 2020 XC album here -*

<https://photos.google.com/share/AF1QipOjBCGfKfriN2bk6-3be7QbTN2AS5hAUGdDqbC77UKJ7vbIf4oK7UxebfnOGSFrkQ?key=eGE1TmxWM3BZVFBjMnEzbC1aRW9GcnVOcVd2N1VR>

*Team Skits –*

<http://www.halex.com/athlete-page.html>

**THANK YOU to the parents and families of Hale XC! Your support is what allows this program to become a positive through the entire city and community. You are all for the cause and essential part to the building of the Hale XC Tradition. We all look to leave the program in a better place.**



*Looking forward to more history and memories that lay ahead.*