

Lobo Track & Field

UTEP Springtime Invitational Saturday March 23, 2013
Stanford Invitational Friday/Saturday, March 29-30, 2013

COACHES CORNER: The first two weeks of the outdoor season brought the team to two different locations. To open up the outdoor season most of the non-distance runners traveled to El Paso, Texas for the annual UTEP Springtime Invitational. Last year was the historic “dust” storm at UTEP which brought high winds and a blinding curtain of dirt. The team certainly hoped for better this year, but again the meet greeted athletes with high winds that sometimes gusted upwards of 30mph. Thankfully it was somewhat warm so at least that was in our favor. The sprint races were generally helped by an over-the-allowable tailwind (anything over 4.0mps is not allowable in NCAA competition) but anything that was one lap or more around the oval had to fight serious headwinds down the homestretch. It was so bad in some races that athletes coming off the final turn got stood straight up and almost came to a complete stop. Tough conditions for everyone. The second weekend of competition saw roughly a dozen distance runner trek to Stanford University in Palo Alto, CA for the first of their magnificent distance series. It has gotten so that if a college has a good distance runner they almost have to come to Stanford to race, since the fields are loaded with the best in the country. What most coaches are trying to do is get an early season NCAA First Round qualifying performance out of the way, so they can focus the rest of the season on preparation for conference, regionals, and nationals. The Lobo faithful put on a nice showing with quite a few high-level performances and Stanford really did the job for UNM.

Arter Takes Down 28 Year Old School Record at Stanford

In 1985 Kristi Leonard ran 4:20.38 to establish a new UNM record in the 1500 meters. Who knew it would take almost three decades before someone would come along and replace that. Jr. Charlotte Arter (Austin Friars St Monica, Carlisle, England) had red-shirted the indoor season (although she did run 2:09.71 as an open athlete) and had been on a great trajectory for the last three years. In 2010 she ran 4:40/2:18, then in 2011 improved to 4:23/2:09. Then last year she took a major step forward with seasonal bests of 4:18.75/2:08.06. The Stanford race had 12 women racing plus a pacesetter to make sure the tempo was strong. Once the gun went off Charlotte went right to the back and stayed that way as the leaders came through in 68 for the first 400. Through the 800 where the leaders came through at 2:20 CA stayed patient just cruising at the back. At the bell signifying one lap to go (1100 meters into the race) Charlotte finally made her move going to the outside and moving quickly up to 8th passing 1200 meters in 3:30. Up the backstretch she went right through the middle of the pack and suddenly was fourth. Around the final turn and into the homestretch she unleashed her long flowing stride and crossed the finish line in 4:19.03. Right now that time is the #4 collegiate performance in all the land and shows she will be a force this year.

Ellis Takes Top Spot in Javelin
Jr. Mike Ellis (Mayfield, Las Cruces, NM) had to deal with swirling winds in the Javelin at UTEP just like everyone else was dealing with them on the track, but he handled the situation well to lead all athletes with a 185' 5" distance. A javelin is a structurally aerodynamic instrument which



Mike Ellis

flies through the air when a proper “air flow” assists it. Too much wind pushing down on the spear and it won't fly correctly. Too much wind getting under the instrument and it will come crashing to the ground. Athletes have to adjust their technical delivery based on those factors. Many athletes did not do a good job, but Mike experimented with the different delivery options, and got that one nice smooth toss to win the competition. Newcomer Marcus Simon (Liberty, Colorado Springs, CO) took third place with a solid 176' 2" distance.





Weeeeeeee.....Enjoy the Ride
 Three of the Lobo sprinters (L-R) Aasha Marler (Hope Christian, ABQ, NM), Yeshemabet Turner (Pecos, NM), and Haley Sanner (Cajon, San Bernadino, CA) enjoy the nice tailwind as they fly down the homestretch in the 100 meter sprint. Yeshemabet got to the line first with her 12.09 clocking aided by a 3.3 meter per second (mps) tailwind. Aasha produced a 12.17 which is a nice PR for her, while Haley crossed the line in 12.21.



The three Lobo 1500 meter runners from left to right, Ashlee Smalley (West, Greeley, CO), Nancy Holguin (ABQ, NM), and Sophia Torres (Pojoaque, NM) fight the winds running their 3 3/4 laps of the UTEP track. Ashe would end up finishing 7th overall in 5:00.35 while Nancy got a PR of 5:03.61.



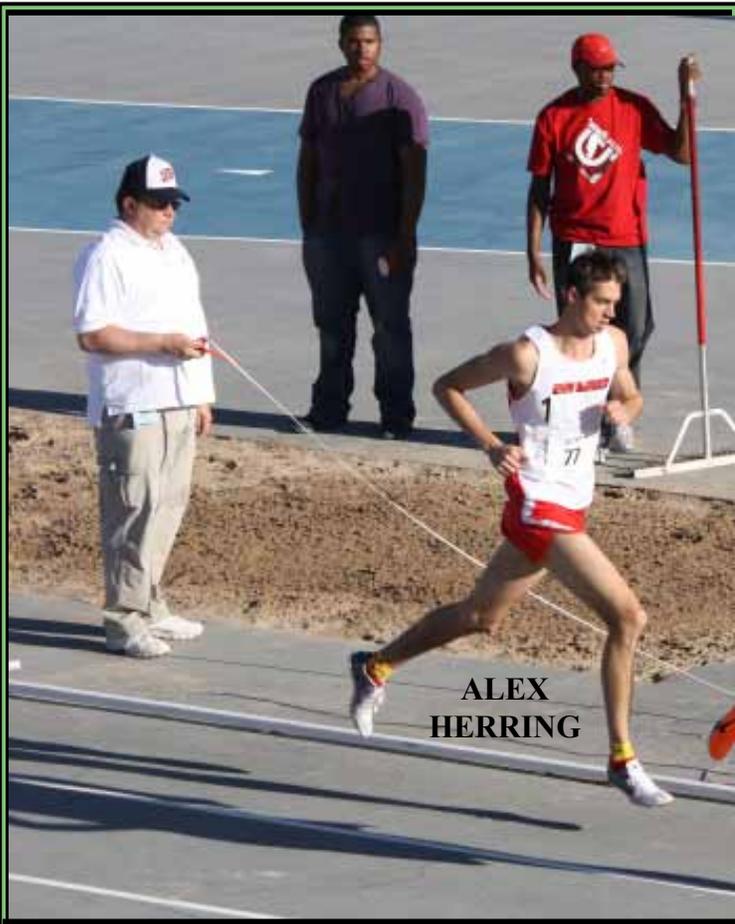
IMOGEN
 AINSWORTH

Ainsworth Produces BIG First Effort

Sr. Imogen Ainsworth (Seven Oaks, London, England) had mostly done 800's, 1500's, and 3000 Steeplechases last year but this year moved up to the 12 1/2 lap, 5000 meter distance to see how she liked it. After the final Stanford results were done we think she likes it pretty well as she clocked a nice 16:27.01 effort which is the sixth fastest time in Lobo history. It also places her 17th on the descending order list for the West Regional and 37th on the national listing. Right on her heels was Janna Mitsos (Lockport Twsp, Mokena, IL) who snagged a big PR as she clocked 16:28.46. That drops 20 seconds off her old PR which was established in 2010 at this same meet. Janna moves up to 40th on the NCAA national list and 18th in the West region and 7th all-time at UNM. Oh, and by the way they are now #1 and #2 in the Mountain West Conference. Nice.



Sr. Derek Montoya (Highland, ABQ, NM) flashing down the homestretch in the 100 meter sprint race. DM just missed his all-time PR of 10.88 as he clocked a just-under-the allowable 10.89 with a 3.9mps tailwind.



**ALEX
HERRING**

Herring Hits Big PR in 1500 Meters

Soph Alex Herring (Academy, ABQ, NM) won the MWC title during the undercover campaign in the 800 meters. He dabbled a little in the 1 mile during the indoor season, but has turned his full attention to the metric mile distance during the outdoor season. Both he and freshman Elmar Engholm (Blackbergs Gym, Hasselbym, Sweden) were in the same section at Stanford. For Elmar it was a big test as he had been out for an extended time wearing a boot for a foot injury and this was his first race in a long time. At the gun both Lobos were content to stay in the back part of the fourteen man race and they came through the 400 in about 62 seconds. Throughout the next 400 meters nothing changed in the race when they hit the 800 in 2:04. Then Elmar came squirting out of the pack and immediately pushed the pace from the front. Alex jumped right on board and suddenly the Lobos were 1 & 2. Down the homestretch approaching the bell lap Elmar and Alex remained in the lead pushing the pace hard. They hit the 1200 meter point in 3:03, basically running a 59 second third 400. At 1200 meters Elmar had a five meter lead on Alex, and Alex had a five meter lead on the rest of the pack. Elmar drove hard until there was 150 meters to go when Alex whizzed by him. For Elmar his competitive zeal is right now ahead of his physiological training point but it was nice to see him out front. Alex did his best to keep the lead but with about 100 meters to go an unattached athlete got by him. Alex had his head down and drove really hard to the finish line holding off all other collegiate athletes. At the finish Alex clocked a good 3:48.26, over ten seconds faster than he has ever run outdoors at UNM, while Elmar stayed the course and finished in a 3:49.29, remarkable given his limited training window. Right now Alex is 37th nationally while Elmar is 52nd. Within the MWC Alex is ranked #2 while Elmar is ranked #4.



Zacharias Moves to #25 nationally in 5000 meters

Soph. Pat Zacharias (Academy, ABQ, NM) did not want to run the 5000 meters during the indoor track season. Seems like 25 laps around a 200 meter oval did not excite him, and realistically who could blame him. But once outdoor season came around the prospect of "only" running 12 1/2 laps didn't seem so bad. At Stanford Pat got into a nice race where the pacesetter kept right around 14:00 pace. During the first couple of laps Pat was content to stay in the back but by the mile point he had moved up to the top five in the 25 man race. He stayed right near the front going back and forth from second to fourth place as the jockeying occurred. Getting to the 3000 meters in just about 9:00 meant the race was maintaining sub-14:00 pace. At about 3800 meters six athletes finally broke away from the main pack which Pat was part of. Then right after that three athletes put a hard surge to break it down further and gapped the trio that Pat resided with. With one lap to go all six runners were driving like crazy with the intent to get under 14:00. Off the final turn they were pumping their arms in a furious fashion. At the finish line Pat crossed in fourth place with a 14:01.65 which is 25th nationally, 12th in the West region, and #1 in the MWC. Very nice run over the 12 1/2 laps.

WHAT DO ALL THE SYMBOLS MEAN????? In parentheses after a performance will be a 1st, 2nd, 3rd, etc. This indicates the COLLEGIATE place in the meet that athlete finished. All unattached or professional athletes are removed since we are most focused on NCAA competition. After that may be two numbers like (2,8). This stands for how the athlete ranks on the All Time Top Ten Outdoor Track & Field PERFORMER AND PERFORMANCE list. The number on the LEFT indicates how that athlete is ranked as far as individual PERFORMERS are concerned. The #2 would tell us that performer (athlete) is the second-best in New Mexico outdoor track & field history in that event. The number on the RIGHT indicates how that performance is ranked in relation to all the top performances in New Mexico history in that event. The #8 would tell us that performance is the 8th best in New Mexico history in that event. It is possible, and even probable that one athlete could have many performances which rank in the top ten during their four year career. An x on the LEFT (x,8) tell us that they have achieved a better performance before, while on x on the RIGHT (8,x) tell us it doesn't make the performance list. PR indicates a PERSONAL RECORD) (their best ever in that event). An @ indicates the performance has been altitude adjusted based on the NCAA protocol.

UTEP SPRINGTIME INVITATIONAL - SATURDAY, MARCH 23, 2013

WOMEN

100	Yeshemabet Turner 12.09@	Kayla Fisher-Taylor 12.13@	Aasha Marler 12.17@ PR
	Haley Sanner 12.21@	Casey Dowling 12.35@	Zoe Howell 12.69@w
100H	Precious Selmon 14.27@w (5th)		
200	Shirley Pitts 24.90@ (4th)	Haley Sanner 26.62@	Zoe Howell 26.12@ Jasmin McCray 26.37@w
	Lucretia Vigil 26.72@w	Holly VanGrinsven 26.77@	Christina Clark 27.26@w Mackenize Kerr 27.34@
400	Jasmin McCray 60.79@	Lucretia Vigil 65.48@	Christina Clark 67.17@ Mackenize Kerr 69.41@
800	Mia Weaver 2:25.72@ (5th)	Samantha Sheppard 2:30.19@ (6th)	
1500	Ashlee Smalley 5:00.35@ (7th)	Nancy Holguin 5:03.61@	Sophia Torres 5:05.82@ Rebecca Chow 5:25.81@
4x100	Kayla Fisher-Taylor, Yeshemabet Turner, Casey McDowell, Aasha Marler 48.40@ (7th)		
LongJ	Holly VanGrinsven 17' 8 1/4"w (7th)		
HighJ	Marin Schweigert 5' 3 3/4" (2nd)		
PoleV	Amber Menke 12' 4 1/2" (3rd)	Margo Tucker 12' 1/2" (5th)	Annie Stirling 12' 1/2" (7th)
	Emily Heisler 11' 2 1/2"	Julia Cook 10 2 3/4'	Nathalie Busk NM
JAV	Kelsea Hawkins 117' 5"		
SHOT	Holly VanGrinsven 27' 10 1/4"		

MEN

100	Derek Montoya 10.89@ (6th)	Thomas Trujillo 10.92@ (8th)	Zach Smith 11.17@ PR
	Chris Kline 11.19@w	Chaz Lewis 11.20@	
110H	De'Vron Walker 15.07@w (8th)	Yannick Roggatz 15.65@w	
200	Chris Kline 22.20@w	Derek Montoya 22.38@w	
400	Ty Kirk 57.51@		
4x100	Zach Smith, Kendall Spencer, Yannick Roggatz, Floyd Ross 43.46@ (3rd)		
HighJ	Django Lovett 6' 9 3/4" (3rd)	Markus Miller 6' 1 1/2"	
PoleV	Rob Warensjo 15' 5"	Tyler Jackson 14' 5 1/4"	
JAV	Mike Ellis 185' 5" (1st)	Marcus Simon 176' 2" (3rd)	

STANFORD INVITATIONAL - FRIDAY/ SATURDAY, MARCH 29-30, 2013

WOMEN

800	Chloe Anderson 2:08.08 (7,x)	Charlotte Arter 2:10.61	
1500	Charlotte Arter 4:19.03 (3rd) (1,1) NEW UNM OUTDOOR RECORD		
	Chloe Anderson 4:27.08		
5000	Imogen Ainsworth 16:27.01 (6,9)	Janna Mitsos 16:28.46 (7,x)PR	Shawna Winnegar 16:47.21 PR
	Kirsten Follett 16:45.91 PR		
10,000	Kendra Schaaf 34:30.11 (10,x)		

MEN

1500	Alex Herring 3:48.26 PR	Elmar Engholm 3:49.29	Gabe Aragon 3:54.73
	Graham Thomas 3:55.58	JP Cordova 3:55.65	Logan Rosenberg 3:59.05
5000	Pat Zacharias 14:01.65		