



One Mile Bang Race Report

Craighton and Jim's Mile

By Craighton Chin

Los Gatos is a crazy far distance from Davis to go for a one mile race, but it is an intense, fast race. Jim Farrar has been methodically working towards this race to break his previous 5:57 PR by entering regional track meets. Craighton mainly has been doing the Tuesday night speed workouts and some 200m intervals on the grass waiting for his pesky foot pain to subside. They got up at 5 am to drive to Los Gatos. Jose rolled out bed in his parent's home in SJ and decided at 8 am that it was a good day to race.

The One mile can be an intimidating distance. Daniels says, "You must learn to run fast and still be in control of your mechanics; run fast and not strain; run fast and still feel you have another gear when you need it.... You have to know yourself well enough to save your anaerobic reserves as your final gear."

This Los Gatos course is a fast, slight downhill, point to point course. Weather is usually perfect and the course is shaded. As PAUSATF Gran Prix Road race, it is accurately marked and timed. It would be hard to envision a faster course to get your PR.

Jose's Mile

By Jose Zaragoza

I didn't specifically train for this race. I hadn't raced a mile in over 2 years and missed my opportunity to do the mile time trial with GVH this year. I originally planned to do it the following week, but kept postponing it. The excuses began to pile up (the heat, the wind, the fatigue). To be frank, I was mostly worried that all my training wasn't enough to finally break 5 minutes. I was inspired by Jim and Craighton who had already registered for the One Mile Bang. Although, I still had many doubts in my ability run a sub-5 minute mile, many of my friends at GVH had plenty of faith in me (this I am grateful for). This gave me the final boost in confidence to finally register for the race.

The race:

As I approached the start line I heard the group of guys next to me say "lets start conservative with 65 second quarters." I tried not to let it get to my head, but to be honest it was a bit intimidating. As the gun went off I went with the lead pack and after 100m realized that 3:55 pace would probably kill me, so I made a conscious decision to slow down. As the leaders began to pull away all I can remember saying to myself was, "hang on Jose, these 100 mile weeks have to be worth something!" This gave me the strength to continue to push and pass a couple of guys. I came through the first quarter right under 70 seconds. I gradually began to fatigue, running my second quarter in 72s and the third in 74s. As I started the final quarter I was sure that the guy that had been drafting me the entire race was going to out kick me. My gut told me that he would make his move with 200m to go, so I committed to a full sprint about 30m before that. Fortunately, I managed to finish ahead of him, earning a 34 second PR and my first sub-5 minute mile! I was so happy that I didn't know what to do with myself.