

Laurynne Chetelat (Davis) 10:05.95 3200

#6 AT California 8-lap clocking for Davis star

Sunday, May 25th, 2008 Davis, CA



photos by Joe Hartman and Foot Locker

Chetelat talks after big break-through in Sac Joaquin Section Finals

During a weekend of stunning weekend distance performances Laurynne Chetelat added a 10:05.95 3200 to the array, making her the #6 AT Californian over the eight lap distance, a real step up from her seasonal best of 10:15.17 while racing in the wake of Jordan Hasay and Christine Babcock's sub 10:05's at Arcadia.

Laurynne traveled to Europe in late March for the World Cross Country Championships as a part of the US Junior team, an experience that has left some Golden Staters in the past with months long recovery from the whole "away from school, travel, time zone, different sport kind of" syndrome of that activity. Her effort a couple weeks later in mid-April at Arcadia showed there was not an immediate effect, with her effort this past weekend and her comments below showing the experience was really an inspiring one that really helped her for her overall spring track season and total running career.

She indicates below in a short talk with us that she felt confident of a fast time off her training, and 5:02 first mile this past week shows the ability to purr along with or close to Jordan Hasay, who typically leaves the pack behind early in the end of season State meet affairs. With Christine Babcock deciding on the 1600, with her stunning 4:36.57, the Golden State distance finals this coming weekend will, as usual, be much anticipated.

We certainly appreciate Laurynne taking time out from her week prior to State to answer a few questions below for us.

[Doug Speck](#)
Editor - DyeStatCal

DyeStatCal - What was the goal coming into the Section Finals for the 3200m run?

LC - I wanted to break 10:10 in order to gain confidence before my big effort at Cerritos next weekend.

DSC - Do you have any "indicator" workouts that pointed to the possibility of a big pr Friday evening?

LC - Almost all my "vo2 max" workouts for the past two months have been indicators because I ran them, for the most part, with sub-10:00 3200m male runners on my team.

DSC - What were your 1600 segments run in during the 10:05?

LC - My splits for each 1600 were: 5:02(for the 1st) and 5:03 (for the 2nd).

DSC - How was coming back from the trip to Europe for the World Cross Country Meet? We have noticed it takes folks a bit of time to get back in gear for track and on top of the whole act--did you experience any of that and how was that whole trip and competition for you as a runner?

LC - I wasn't too tired coming back from Europe, and I had a fairly easy time getting back into my routine. The entire world x-country experience with the USA team was wonderful and amazing. The world x-country race in Scotland seemed to have prepared me for track quite well actually because it invigorated me with excitement, enthusiasm, and motivation for the track season. It didn't take me too much time to get back in gear for track. I wasn't worried about it anyways because I was happy to have had a successful and fulfilling cross country season. I have full trust and confidence in my coach's training, so when I came back from Scotland, I did precisely what he told me in order to be best prepared for state championships at the end of the year. I didn't worry so much about my performances at the meets leading up to state because I knew my coach was getting me ready and in shape for a great effort at the end of the track season. Therefore, I can say Scotland benefited me in every way. I had a fun time with all the USA and foreign runners. That race was a major turning point in my racing strategy because it demonstrated that I race best when I go out more conservatively in the start. The entire trip was an honor.

DSC - What are your competitive plans coming up besides the state meet if any?

LC - I might race at the Golden West Invitational. Also, I would like to compete in Ohio at the USA national outdoor track and field championships.

Good Luck Laurynne
Thanks - DyeStatCal