

# Five Crowns

## Schaefer wins three Drake and two state titles

After winning his third Drake Relays event, senior Joe Schaefer was electrified. Winning the 1600, 800 and anchoring the 4x800, Schaefer made school history. But he was not satisfied with the season yet. "It's amazing to win here and bring success to my school, but this isn't my end goal," Schaefer said. "I want to win a state title and complete the goals I set for myself this year."

Schaefer was a varsity cross country and track runner all four years of his high school career. Once he finished cross country last fall, he went straight to newly-minted head track coach Matt Jaschen – who has also been his cross country coach for the four years – and asked him if they could put a plan together for track. "Coach Jaschen and I put together a plan after cross country season for how we wanted this track season to look," Schaefer said. "He gave me a detailed training guide that I needed to follow in order to get to the next level."

Not only did Schaefer follow that plan to a tee, he executed it in a way not many have ever done at the highest level at Iowa High School Boy's Track.

800 meter dash at the Drake Relays? Won and broke the school record his friend Grant Lair set last year.

4x800 at the relays? Anchor leg to secure Johnston's first-ever relay title at the event. 1600 meter run? Another win.

Yet like he said, those wins were great but were not his goal. Schaefer wanted to be a state champion. "It's something you dream of as a kid, bringing a state championship to Johnston and representing the school right, showing we are here to compete with everyone," Schaefer said.

At state Schaefer admitted he did not run his best race in the 1600 or 4x800, finishing 10th and seventh respectively. Yet, he still managed to win the state title in the 800 meter dash, as well as anchor the shocking state championship win in the distance medley relay. When it was all said and done, Schaefer was a two-time state champion, three-time Drake Relay champion and the prestigious Drake Athlete of the Year.

Graduate Grant Lair (the 800 meter state champion from last year) realized the magnitude of what Schaefer accomplished.

"It's special to see someone dominate the best of the best out on the oval," Lair said. "I can't put into words how cool it is to see him dominate like that and I know at ISU he will do the exact same thing."



1. Junior Karson Kleve receives a handoff from sophomore Carter Borwick in the 4x800 at state. These two, alongside seniors Michael Schmitz and Joe Schaefer, won one of, if not the first, Drake Relays title in a relay event for the school. At the state event, junior Andrew Bauer ran instead of Schmitz and the team got seventh place. (Photo by: Hanna Tanner)
2. Senior Anthony Coleman glides in mid-air during the 100 meter dash. Coleman qualified for the state meet in the 4x100 relay, 100 meter dash and the sprint medley. In the 4x100 and the 100, he made it in as the final state qualifying spot. Coleman finished ninth in the sprint medley, 17th in the 100 and 21st in the 4x100. (Photo by: Hanna Tanner)
3. Senior Aaron Potter rears back to hurl the shot put at the state meet. Potter threw a distance of 48-06.05, good enough for 13th place. (Photo by: Hanna Tanner)
4. Sophomore Tyler Kronlage jumps over a hurdle during the shuttle hurdle relay at the state meet. Kronlage, alongside senior Kyle Schneider, sophomore Max Roquet, and freshman Caden Haggerty ran at the state meet. They finished in 17th place with a time of 1:03.77. (Photo by: Hanna Tanner)
5. Running the 3200 at the Drake Relays is senior Luke Perman. Perman, who doubled as a very productive XC runner qualifying for the Relays and state. He finished 12th at the Relays and 10th at state (Photo by: Hanna Tanner)



### Special Instructions

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