

# Top Times

Patrick Bose  
15:37

Joe Schaefer  
16:26

Tom Altier  
16:35

Luke Perman  
16:41

Owen Ness  
16:41

# finally FIRST

Patrick Bose wins state

At the beginning of the race, senior Patrick Bose started off in the back of the group of runners at the state meet. "It's state, it's always slow," Bose said. "I knew I did not have to rush and go out hard from the beginning." Slowly he began to make his way up to the front.

Sophomore Joe Schaefer, was slightly behind Bose and watched him take the lead. "I knew about the two-mile mark that Pat had won," Schaefer said. "It was one of the greatest feelings seeing his hard work pay off."

Running into the home stretch, Bose sprinted as fast as he could. "I didn't want to look back," he said. "I didn't know how far he (Cedar Falls senior, Sam Schillinger) was behind me."

Going into the race, Bose had multiple strategies to use, depending on how the race unfolded. "The goal of a distance race, since it is so long, you need to beat your opponent early enough but not too early that you tire yourself out," coach Matt Jaschen said. The first four kilometers Bose stayed with the leaders, then after that he took off. "He threw a strong surge in there," Jaschen said. "He went and no one else could go with him."

Jaschen had a feeling that Bose was going to win the championship. "When you are that talented of an athlete, like Patrick is, and you have the confidence and attitude of a champion like he does, you know," he said. "Of course, you are very humble about it. You don't go around saying Patrick is going to win, but deep down inside, yes I knew." Bose was the first-ever state champion in school history and was ranked 16th in the nation.

Over the summer, Bose was iron deficient, so he was unable to start running until August. "I was worried about how behind I was," he said. "But after the first meet, when I won it, it gave me the confidence that I could actually do this." Bose's confidence grew throughout the season and over the years. "When he (Bose) was a freshman, he was like a lot of freshmen, not very physically mature and not always acting the most mature, and he didn't believe in himself," Jaschen said. "This year he just had this confidence to him, it wasn't cockiness, it was just 'I believe in my training, I believe in my coaches, I determine my success.'" His attitude became visible to the rest of the team. "For kids to see that, I just hope when he leaves that has rubbed off on them," he said.

With the change in his confidence, Bose became a leader. "Last year when I was a junior, I wasn't really into being a captain," Bose said. "It just wasn't something that was in me, but this year I kind of stepped up. It is really cool to have guys looking up to me."

The team enjoyed watching Bose compete throughout the season. "It's kind of fun to see all of his success because we can kind of live through him," Schaefer said. "Just going to the bigger meets and having your team be on the map because of him, you have different people you have never met trying to come up to talk to him."

The team as a whole placed sixth at state, after being preseason ranked at 14th. "Nobody saw us as a team that was going to contend at state," Jaschen said. Part of that success was attributed to Bose leading the team. "He was the one that kind of helped reel them (the team) in and get sixth at state."



1. Senior Nathan Zoss runs in the early stages of the home meet at Camp Dodge. Zoss, who ran junior varsity, came in 36th place with a time of 20:01.5. (Photo by Justine Bohall)  
2. With crowds cheering on the side-

lines, sophomore Luke Perman runs next to sophomore Cade Meyer, at state. Meyer completed the race in 17:00.4 while Perman ran a time of 17:04.8. (Photo by Justin Gard)  
3. Exerting himself, sophomore Joshua

Davis nears the finish line at the Valley Southwoods meet. Davis came in 105th place with a time of 21:14.4 a personal best. (Photo by Alaina Lampe)  
4. Junior varsity team members sophomores Ben Kinman and Jack-

son Marshall and junior Carsten Thompson huddle together before the Johnston Invite. Both varsity and junior varsity placed first at the meet. (Photo by Alaina Lampe)  
5. Coming around the bend dur-

ing the final stretch, junior Jimmy Le runs at Valley Southwoods. Halfway through the race, Le began to have multiple cough spasms due to being sick the week before.  
6. Junior Bonj Doyo strives ahead

during the Tom Karpan Valley Invite with a time of 18:30. "I was feeling very tired because my legs were still sore from the last meet," Doyo said. (Photo by Alaina Lampe)  
7. Senior Patrick Bose crosses

the the finish line at state. Bose placed first while the team placed sixth. (Photo by Alaina Lampe)

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