

Ohio High School State Mile Champions

"God does not play dice with the universe."

Albert Einstein

The Proof

Why is it reasonable to think that we can measure, weigh and count out the exact requirements needed to win the State 1600m race? And even after we have determined the minimum requirements needed to complete this effort what gives us proof that anyone out of a crowd is capable of achieving the goal upon completing the requirements? Well if we believe in Albert Einstein that nothing is random, and there is a rhyme and reason for everything, then we can continue on. Beyond what AI says, our State 1600m champions show that there is evidence to support the concept that almost anyone can win the State 1600m title by doing the right things.

One of the interview questions for our runners was what were the fastest mile times for each grade in your high school running career. The chart in this chapter shows the results of the answers. The average decrease in times junior year to senior year is five seconds. However, there are two runners that are far outside this average, Mark Grogan and Jake Edwards. Mark Grogan dropped 25 seconds off his 1600m time and Jake Edward's dropped 15 seconds off his. Now if we look back at the interviews for these two runners we notice that during their senior year they followed the necessary training steps compiled from our "what's important" training categories, such as running on Sunday, putting in 50 miles a week over the winter, doing speed intervals etc. These two runners show a clear improvement in times and reached their goal of running a 4:11, compared to their slower times when they were not following the "what's necessary" elements.

Same people, same talent, same physical features but a faster time. The only thing that changed was the training. We can even throw Clark Haley into this proof of concept category. Clark did not run track until this junior year and did not race a 1600m until his senior year when, like our other winners, he fulfilled all the training requirements in the "what's important" list.