

### Brett Allen - 30x Sled Hill – Cross Country:

Summer 2001 – 30 x the Sled Hill workout. That summer we had a good crew of guys who showed up regularly for our self-led weekly workouts; I cannot remember exactly who showed up on this afternoon but it was about 8 of us under Brett Allen's (Senior) lead. Believe it or not Coach's summer program had scheduled 30 x the Sled Hill at Branstrom Park. Simply warm up, then sprint up the hill and jog down 30 times. The workout happened to land on the hottest day of the summer... In any case, we ran from the HS to the Branstrom Sled Hill and started the workout. It was damn hot. Luckily there was a water fountain up by the Softball field, so we could get water if we ran down that little hill to the fountain and back up again 😊. After about 10 repeats guys started dropping out of the workout. It was obviously too hot for any workout, much less this beast. Brett Allen, our leader, was determined to press on and challenged each guy to continue, but it was just too hot, and guys kept dropping out. I think it was after the 20th hill that most remaining called it a day (20 x the sled hill on the hottest day of the summer was dumb enough as it is..) and then it was just Brett and myself. Another 10 hills really seemed impossible in the moment and I didn't know if we would make it. As Brett dragged my ass up that hill the final few reps, I knew that I would never forget that workout. And I would forever respect the hell out of Brett's ability to run with "guts". We all have workouts or "key experiences" we recall when pushing our bodies and for me 30 x the sled hill is high on that list. Thanks Brett for showing me how to "run when it's hard to run". Unfortunately for Brett and the team, Brett hurt his hip later that summer, was pretty banged up going into camp and wasn't able to run most of the 2001 runner-up season. None the less, I'll always think of this as one of the Top Performances.

Nate Straathof '04