

Boys Winter Track: Cherokee's Spisak runs NJ #7 3200

By Andrew Koob | NJ Advance Media for NJ.com
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Christopher Spisak believes that his teammate, Justin Kelly, is on an entire different level when it comes to their ability.

Yet Spisak, the Cherokee sophomore, certainly made his case that they're right by one another after he ran an NJ#7 9:39.90 to win the Olympic Conference 3200m race at the Olympic/Tri-County Conference Championships Saturday.

Kelly, who didn't compete Saturday, is currently tied for NJ#5 at 9:39.76 set at the Coach Glynn Holiday Relay Carnival before the start of the new year.

"It motivates us a lot," Spisak said. "Justin, he's on another level than I am. I just want to do my best and do what I can in the races. I look up to him a lot, I've known him for years now. He's a good friend and he's definitely someone I look up to."

The 3200m run is only Spisak's second indoor appearance in the event, first doing so at last year's Olympic/Tri-County Conference Championship where he placed fourth in 10:08.14. His previous overall best in the event came at the Holmdel Twilight Series during the 2017 outdoor season where he clocked in at 9:40.02.

Spisak credits the time with the breather the team received following the cross country season. Spisak and Kelly were two of the top runners for the Chiefs in the fall and Spisak recognizes how much that break has helped him put his best foot forward.

"We had a break and I was glad. It was a long cross (country) season so I'm definitely glad we had that break," Spisak said. "I knew I had a good season in the fall so I had to carry that over into indoor."

While there's plenty that Spisak can look forward to with two-plus years of his scholastic career remaining, he has his sights set on the Cherokee record books.

"My main goals are the Cherokee sophomore records," Spisak said. "I'm looking to run under 9:20 in the 3200 so that's what I'm looking at."

