

TRACK MAGAZINE

A Movin' Shoes Enterprise



Volume IV, Number 1 -- September 25, 1998

San Diego's best prep cross country coverage

THE TOP 40

*Who's who;
who's back:*

A quick overview of the outstanding returnees and the departing seniors who will be missed the most.

The returning boys...

The top forty returning boys from last year's CIF Championship cross country meet, ranked by their respective times:

1 to 10:
15:47 Marcus Chandler, Serra, 12
15:49 Matt McInvale, Ramona, 11
16:08 Brian Paff, Bonita Vista, 12
16:11 Sean Ricketts, R Bernardo, 11
16:23 Justin Neuroth, Vista, 11
16:30 Jason Finch, Granite Hills, 12
16:33 Evan Fox, West Hills, 11
16:34 Jon Rankin, Monte Vista, 11
16:39 Efrain Casarez, Fallbrook, 11
16:40 Adrian Garcia, Sweetw'r, 12

11 to 20:
16:42 Bill Ungricht, Fallbrook, 12
16:46 Ben Aragon, West Hills, 10
16:53 Ian Bartonicek, Gran Hills, 12
16:57 Ruben Vences, Sweetw'r, 11
16:57 Adam Van Wart, SanPsq, 12
17:01 Ben Wagner, Valhalla, 12
17:04 Nick Thornton, RBV, 11
17:04 Mohammed Mussa, Henry, 11
17:05 Josh Pope, Poway, 11
17:08 Brandon Behr, La Jolla, 11

21 to 30:
17:11 Dan Kinsella, Helix, 12
17:11 Paul Saccone, West Hills, 12
17:12 Bart Conner, CalvinChrtn, 12
17:12 Sean Daley, Vista, 12
17:13 Eric Koster, La Jolla, 11
17:14 Mohamed Aden, Kearny, 12
17:15 Kyle Combe, San Pasqual, 12
17:15 Ted Herbert, Bonita Vista, 10
17:16 Jared Emmons, Vista, 11
17:21 Tom Antl, Point Loma, 12

31 to 40:
17:25 Pat Grimes, Scripps Rch, 12
17:28 Justin Mattos, Fallbrook, 11
17:29 Raphael Machado, ScpsR, 11
17:29 Paul Franco, Sweetwater, 12
17:29 Edgar Hernandez, UCity, 11
17:30 Josh Long, Poway, 12
17:31 Patrick Gomes, Santana, 11
17:32 David Olsen, El Capitan, 12
17:34 Jimmy Schroeder, Hilltop, 11
17:34 Peter Holland, Bishop's, 11

Say goodbye to...

The top ten graduating boys from last year's CIF Championship cross country meet, ranked by their respective times:

15:46 Mike Baskin, Mt. Carmel
16:13 Jon Doroski, Valhalla
16:17 Mike Helms, Poway
16:20 Nick Rivera, Granite Hills
16:22 David Romero-Young, ElCamino

Please see page 2.



Jason Finch of Granite Hills is having a great year, as are a number of other local runners.

The kids are alright

This is a strong year for the San Diego Section in cross country.

A number of the area's best individual runners have legitimate aspirations at the state level, and beyond. The best of the best also have a chance to contend at the Footlocker Regionals.

Some of the area's best teams are taking aim at state titles -- it's going to be fun around here.

Jason Finch, a Granite Hills senior, has a great chance to win the state's Division I title. In Division II, Ramona's Matt McInvale and Serra's Marcus Chandler are legit threats for the state championship.

Francis Parker's Angela Petersen and Hilltop's Desiree Davila both were state runners-up last year (in Divisions V and II, respectively), and should contend again. Helix senior Courtney Baird has been the most impressive local girl this season, and she will be a

factor in the state's Division I race.

Teams that might stir things up at the state level are the La Jolla boys (in Division III) and the University City girls (also in Division III).

Whichever boys and girls teams eventually emerge as the champions of Division I at the local CIF meet will also be strong contenders at Fresno.

It will also be fun to watch all the local infighting among dozens of excellent local runners, especially at the invitational meets.

The talented runners of the boys class of 2000 are now juniors, and they are ready to make waves. They include McInvale, Rancho Bernardo's Sean Ricketts, West Hills' Evan Fox, Vista's Justin Neuroth, Monte Vista's Jon Rankin, Fallbrook's Efrain Casarez, and more.

Those kids are alright, too.

We are back!

Track Magazine is publishing again, and this issue is the first print issue since the cross country season of 1996.

We will continue to offer, as this issue suggests, comprehensive coverage of high school cross country and track and field in the San Diego Section.

The publication is now financed by the Movin' Shoes group, which is involved in myriad areas of the local running community, including racing, training, and now, publishing.

The partnership runs three San Diego area stores that stock a full line of running shoes and apparel.

Track Magazine is still edited by Buzz Thom, who began the publication in 1994.

This is the first of five issues that will be published during the cross country season. The schedule for the rest of the fall:

Friday, October 9.

Friday, October 23.

Friday, November 6.

Friday, November 21.

We will also publish six issues during the spring's track and field season, with dates to be announced.

Track Magazine also runs a

Please see page 2.

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Baron: 17.

Bronco: 18.

Laguna Hills: 18.

Woodbridge: 18-19.

Mt. Carmel: 19-20.

The Top 40

From page 1.

- 16:35 Brian Sullivan, St. Augustine
- 16:36 Oscar Gonzalez, Carlsbad
- 16:38 Baruch Vega, Sweetwater
- 16:40 Don Overland-McKay, WestHills
- 16:44 Adam Greene, St. Augustine

The returning girls...

The top forty returning girls from last year's CIF Championship Meet, ranked by their respective times:

- 1 to 10:**
- 14:48 Desiree Davila, Hilltop, 10
- 15:13 Angela Petersen, Parker, 10
- 15:16 Kaleena Yee, RBernardo, 10
- 15:17 Heather Shurtleff, WstHills, 12
- 15:18 Julie Manson, RBernardo, 11
- 15:26 Courtney Baird, Helix, 12
- 15:28 Lesley Bravin, Valhalla, 11
- 15:31 Lorena Jimenez, OGlen, 12
- 15:32 Camille Dredge, TorrPines, 12
- 15:38 Kim Crosswell, Fallbrook, 11

- 11 to 20:**
- 15:42 Cathy Picha, Fallbrook, 12
- 15:43 Julie Komosinski, TPines, 10
- 15:45 Karen Vasko, MtCarmel, 11
- 15:45 Kim Pace, Santana, 12
- 15:53 Candice Osuna, BonVista, 12
- 15:54 Tiffany Lee, Vista, 10
- 15:56 Elaine Lassen, Valhalla, 12
- 15:57 Laura Trask, Valhalla, 11
- 15:57 Lanele Cox, Escondido, 12
- 16:01 Kristi Pinnell, Valhalla, 10

- 21 to 30:**
- 16:02 Kamaya Damwijk, Poway, 10
- 16:02 Katie Boyd, RBernardo, 10
- 16:09 Lyndsay Picha, Fallbrook, 10
- 16:10 Ashley Viens, Valhalla, 11
- 16:14 Marissa Leivas, Escondido, 12
- 16:16 Kaili Shumilak, Bishop's, 10
- 16:19 Katherine Ziegler, UniCity, 11

- 16:24 Rebecca Bartell, WestHills, 11
- 16:25 Bree Ann Alfstad, BonVst, 10
- 16:25 Jasmine Marquez, El Cap, 10

- 31 to 40:**
- 16:28 Ashley Handy, West Hills, 10
- 16:29 Angela Rivas, Montgom'y, 11
- 16:30 Amy Kermott, Valhalla, 12
- 16:30 Desiree Leek, La Jolla, 10
- 16:30 Michelle Barrack, USD, 12
- 16:32 Brianna Hibbs, Poway, 11
- 16:32 Shanna Cohen, ScppsRch, 12
- 16:37 Kerri Wheeler, RBernardo, 10
- 16:39 Jen Morris, Torrey Pines, 11
- 16:40 Dawna Marshall, BonitaV, 12

Say goodbye to...

The top ten graduating girls from last year's CIF Championship cross country meet, ranked by their respective times:

- 15:06 Andrea Clemons, Valhalla
- 15:13 Katie Cottrell, Orange Glen
- 15:25 Angie Van Dyke, Carlsbad
- 15:29 Kelly Grimes, Scripps Ranch
- 15:36 Cara Rumble, Orange Glen
- 15:45 Kristen Brown, Fallbrook
- 16:00 Christine Kitchen, RBernardo
- 16:05 Hollie Babione, Poway
- 16:10 Mindy Green, Fallbrook
- 16:16 Rabeka Spagnolo, MonteVista

We're back

From page 1.

web site that offers extensive coverage of cross country and track and field. The address is <http://www.crowncity.com/sdtrackmag/>

The web site is constructed and maintained by George Green, a coach at Coronado High School.

The Rankings:

BOYS	GIRLS:
1. Vista	1. Torrey Pines
2. West Hills	2. Rancho Bernardo
3. La Jolla (III)	3. Valhalla
4. San Pasqual (II)	4. University City (III)
5. Poway	5. Mt. Carmel
6. Valhalla	6. Helix
7. Scripps Ranch (II)	7. Fallbrook
8. San Marcos	8. Chula Vista
9. Mt. Carmel	9. Poway
10. Granite Hills	10. West Hills
	D-II: Scripps Ranch
D-IV: St. Augustine	D-IV: Coronado
D-V: Calvin Christian	D-V: La Jolla CD
(all schools are Division I unless indicated)	

Special group subscription rates are available to San Diego Section high school cross country teams -- your coach will receive information about how to sign up.

The magazine is also available by mail subscription (via first class mail), and will also be stocked in the Movin' Shoes stores.

For information on team subscriptions or mailed subscriptions, contact Movin' Shoes at 619-466-1656. For information on advertising in Track Magazine, the

Movin' Shoes representatives are also the best contact.

To contact the editor, you have three options. By phone, call 760-765-1914. To fax a message or results, call 760-765-3185. The mailing address is Track Magazine, P.O. Box 2276, Julian, CA, 92036.

A personal note from the editor: I thank the people at Movin' Shoes for their vision and efforts -- it is rewarding to be involved in the sports of cross country and track & field at the high school level.



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SAN DIEGO RUNNING CENTERS

A Tradition of Caring for the Running Community Since 1977

The 1998 Preview:

We begin our look at each of the San Diego Section's ten leagues, by listing the top runners from each league in last year's CIF meet.

After that, the teams in each league are presented in alphabetical order.

I used the CIF meet as a common standard because it serves the purpose of establishing marks that can be directly compared across the board, among any of the section's schools.

It also became a convenient way to view the effects of the new league realignments in the North County, as I have moved the teams and athletes into the league in which they now compete.

Read carefully, there may be a pop quiz later in the season...

Palomar: At 1997 CIF:

BOYS:

The fastest ten:

- 15:46 Mike Baskin, MIC-1
- 16:11 Sean Ricketts, RB-1
- 16:17 Mike Helms, Pow-1
- 16:23 Justin Neuroth, Vista-1
- 16:56 Andrew Gharst, Pow-2
- 16:58 Matt Gailey, Pow-3
- 17:04 Nick Thornton, RBV-1
- 17:05 Josh Pope, Pow-4
- 17:06 Ben Schwab, Pow-5
- 17:12 Sean Daley, Vista-2

The second ten:

- 17:14 Christian Esquivel, MIC-2
- 17:16 Jared Emmons, Vista-3
- 17:23 Jeff Sleichter, MIC-3
- 17:24 Scott Bachman, MIC-4
- 17:30 Josh Long, Pow-6
- 17:35 Arnel Aradanas, MIC-5
- 17:38 Leo Blasius, Vista-4
- 17:38 Reis Paluso, Pow-7
- 17:39 James Myers, RBV-2
- 17:43 Victor Olivares, SM-1

The third ten:

- 17:44 Ryan Montez, Vista-5
- 17:47 Andrew Smith, Vista-6
- 17:47 Chris Kenyon, MIC-6
- 17:47 Lawrence Mier, SM-2
- 17:49 Marcel Meerstetter, RB-2
- 17:49 Travis Laird, SM-3
- 17:52 Burt Romero, MIC-7
- 17:57 Carmelino Ortiz, RBV-3
- 18:00 Courtney Morris, SM-4
- 18:13 Salvador Morales, RBV-4

GIRLS:

The fastest ten:

- 15:16 Kaleena Yee, RB-1
- 15:18 Julie Manson, RB-2
- 15:45 Karen Vasko, MIC-1
- 15:54 Tiffany Lee, Vista-1
- 16:00 Christine Kitchen, RB-3
- 16:02 Kamaya Damwijk, Pow-1
- 16:02 Katie Boyd, RB-4
- 16:05 Hollie Babione, Pow-2
- 16:32 Brianna Hibbs, Pow-3
- 16:34 Jenna Laubaucher, MIC-2

The second ten:

- 16:37 Kerri Wheeler, RB-5
- 16:39 Julie Davidson, Vista-2
- 16:45 Britt Jennings, Pow-4
- 16:50 Veronica Roberts, MIC-3
- 16:50 Tanya Paluso, Pow-5
- 16:53 Angela Garcia, RBV-1
- 17:01 Lisa Lyons, RB-6
- 17:02 Heather Christofk, SM-1
- 17:07 Erin Masters, MIC-4
- 17:08 Brooke Roby, Pow-6

The third ten:

- 17:12 Karina Kloos, RBV-2
- 17:13 Mary Blasius, Vista-3
- 17:16 Kim Nessel, MIC-5
- 17:18 Samantha Stevens, MIC-6
- 17:25 Alejandra Mendoza, SM-2
- 17:28 Darlene Lee, Vista-4



Julie Manson
Rancho Bernardo

- 17:37 Mandy Clark, Pow-7
- 17:38 Sara D'Alessio, RB-7
- 17:39 Mia Cooper, RBV-3
- 17:47 Maria Mendoza, Vista-5

The Teams: Mt. Carmel

Division: One. **Coach:** Dennis McClanahan. Assisted by John Rankin and Nathan Boyer. **Course:** on campus.

BOYS:

Numbers: 35. **Returning:** Arnel Aradanas, 12; Chris Kenyon, 11. They are the only remnants from last year's strong varsity. Kenyon was the team's best runner at the Bronco Invite. **The new pack:** McClanahan has a group of juniors that have enjoyed success on the way up. They were one of the county's best frosh teams two years ago, and last year they formed the core of an undefeated junior varsity squad. Now, they'll be the nucleus of the varsity. Look for Sergio Esquivel, 11; Mike Klepper, 11; Mike Zahalan, 11; Mike Cooke, 11; Alan Aradanas, 9; and Greg Ryan, 12 to take varsity slots. "I had about six kids that ran from 10:15 to 10:45 as sophs last year," McClanahan said. He tabbed Esquivel and Klepper as the front runners of this group (Kenyon, another junior, was on the varsity last fall). Ryan was a good miler for McClanahan, but is trying cross country for the first time. Frosh Aradanas has a lot of talent.

The outlook: A real darkhorse team. The league's coaches collectively breathed a sigh of relief when Mike Baskin and his mates picked up their diplomas, but Mt. Carmel won't take long to get it going again. "We could be a year away," McClanahan said, "but this is the type of team that can come on real strong at the end of the year." The Sundevils are not the league favorite, but they will stir things up. The basic core of talent is very good, and the question is: when will they arrive?

GIRLS:

Numbers: 35. **The best:** Karen Vasko, 11. She is an excellent runner that ranks just behind the league's very best. Her strength at the top of the roster gives the team some nice balance. In track, she ran the 1600 in 5:12. **The pack:** Ashley Dere, 10; Janet Mulvey, 10; Manal Yamout, 10; Kim Nessel, 10; Megan Lyons, 10;



Justin Neuroth
Vista

Audrey Harrer, 10; Veronica Roberts, 12; Michelle Dos Santos, 12. This group has some talent. Roberts, Nessel and Mulvey were all on last year's varsity. In track, Mulvey ran 11:49; Yamout ran 12:10; Dere ran 12:12; and Lyons ran 12:15. Harrer is an all-around athlete trying running for the first time. In her first racing attempt, she won the JV race at the Bronco Invite. Roberts and Dos Santos are the team captains, along with Vasko. "We have pretty good depth," McClanahan said.

The outlook: They could easily be one of the county's top ten teams. Vasko is a very good team ace, the depth is there, and McClanahan always brings the team around at the right time. They may not be among the county's top four or five teams right now, but they are at the top of the list of teams that might push their way into that group.

Poway

Division: One. **Coach:** Dan Schaitel. Assisted by Mark Embrey. **Course:** Lake Poway.

BOYS:

Numbers: 50. **The leader:** Josh Pope, 11. He was the team's first finisher in the first two meets, and he is the only member of the top five to return. As a frosh, he was part of that surprise second-place State Meet team of 1996. "He's emerged as a leader," Schaitel said. "He's taken over in workouts." **Right behind:** Also returning from last year's varsity group are Josh Long, 12; and Reis Paluso, 11. Both are improved. **Not far back:** The pack also includes Aaron Powell, 10; Devin Lyons-Quirk, 10; Seth Dallman, 12; Tim Helms, 11; Pat Prunty, 11; and Jason Smith, 11. Powell and Lyons-Quirk got notice in the spring with good frosh track efforts. Powell ran 1:59 for 800, and Lyons-Quirk clocked 9:57 for 3200, both excellent ninth-grade marks. Helms and Prunty were JV runners last year, but are much improved; Smith is a transfer from Arizona. **Depth:** The numbers (fifty) are not just bodies; the quality drops off very gradually. Nobody is deeper.

The outlook: Last year's CIF championship team was senior-dominated, but the rebuilding was well underway during track season, when Schaitel was developing young talents like Powell and Lyons-Quirk, both now key pack members. It's a younger

team now (one senior in the top seven), but there doesn't seem to be much dropoff. Pope has stepped up to be a solid number one, and a busload of guys are breathing down his neck. At the Bronco Invite, Poway had a 0:37-second spread from one to five, and only West Hills got their fifth man across faster. That's the kind of fast-moving pack that spells trouble for opponents. Put them solidly in the county's top ten teams, for starters, and expect them to improve.

GIRLS:

Numbers: 60. The leaders:

There are a number of girls who could be the best at various times. Kamaya Damwijk, 10, is the team's fastest returner. She's a 2:22 800-meter runner. Megan Briscoe, 10, didn't run cross country as a frosh, but in track turned in a 5:15 effort, and she was the team's best at Bronco. And there's Brianna Hibbs, 11, who was the team leader as a frosh (also running a 5:07 for 1600), who battled injuries last year. She seems healthy now. **The pack:** Britt Jennings, 11; Mande Clark, 12; Amber Smith, 10. These three also seem key to the team effort. Jennings is a 2:24 800 runner; Clark timed 5:33 and 12:09 during track; and Smith ran the 1600 in 5:22. **Depth:** Mucho depth: Julia McGurk, 11; Arlene Collier, 12; Meredith Nespor, 12; Angela Mares, 11; Sarah Graves, 11; Allyce Ozarski, 10; Nicole Kenley, 9; Breanna Suzuki, 9, and Audrey Cohen. One or more of this bunch might push into the varsity group. McGurk, for example, was the number four last year before getting hurt; and Nespor has been a varsity member as well. The frosh could come on late in the year.

The outlook: The numbers, the pack, the quality of the talent all are well within the normal range of the Poway tradition. It's a team that, in the early season, ranks just below the very best, much like Mt. Carmel. It wouldn't take much for the entire team to step up - just a breakthrough or two from the runners at the top of the roster - and then Poway would be among the top teams.

Rancho Bernardo

Division: One. **Coach:** Don Jones, assisted by Terry Dockery. **Course:** Rancho Bernardo Community Park.

BOYS:

Numbers: 25. **The gun:** Sean Ricketts, 11. He's been the best at RB almost since he arrived as a freshman, when the team was good enough to tie for second in CIF Division I. "He is by far our best kid, ever," Jones, who has coached some good ones, declared. He is the fourth fastest returning runner from last year's CIF final race. In the state race, he was the second fastest soph in Division I, running 15:57. In track, he was the masters 800 champ, in 1:53.55, believed to be the fastest soph time in the event run by a section athlete. It's safe to say that he'll be one of the best ever from this area by the time he graduates. **The pack:** Three remain from last year's varsity: Mike Lavorgna, 12; Andy Campbell, 11; and Mike Shannon, 11. Jones is overhauling his pack, so expect some changes. **The candidates:** Ryan Crim, 11; Brett Stone, 12; Mark Mongeon, 12; Jake Fulton, 11; Chris Rogers, 10. Most of the group are first year runners.

The outlook: Ricketts will be in Fresno again, but the team needs time to develop.

GIRLS:

Numbers: 25. The leaders:

Julie Manson, 11; and Kaleena Yee, 10. They are the fifth and third fastest returners, respectively, from last year's CIF race. In track, Manson ran 5:08 and 11:13; Yee ran 5:13 and 11:16.

Please see page 4.

Palomar:

From page 3.

It's the best one-two punch of any county team. **A third?:** Sarah Wilkins, 12, was the team's ace for two years, but dropped out of running last year. Now, she's back. If she returns to her former form, nobody will have a stronger top three. **The pack:** Katie Boyd, 10; Kerri Wheeler, 10; Lisa Lyons, 11. They were the 4-5-6 runners on the team that finished sixth in the state. **Depth:** Belinda Oberum, 9; Allison Hall, 9; Mikaelyn Austin, 11; Katy Coin, 11. Oberum is a former swimmer who Jones thinks has a shot to contribute. Hall has been a revelation in early meets, winning the Mt. Carmel frosh race, and taking her place among the team's top three.

The outlook: The team will be improved from last year. Jones thinks his team is upgraded at virtually every lineup spot, which means that they are among the top two or three teams in the county, and among the best in the state.

Rancho Buena Vista

Division: One. **Coach:** Tom Lux, assisted by Josh Fuller and Mark Jordan. **Course:** Buena Vista Park.

BOYS:

Numbers: 13 to 18. **The leader:** Nick Thornton, 11, one of a number of junior standouts across the county. As a soph, he ran 1:58 and 4:33, and should be ready to take the next step. "He put in a very good summer," Lux said. **The pack:** James Myers, 12; Aaron Trunnell, 10; Brian Hill, 12. Hill ran 10:20 in the spring; the others were good XC runners last year. **The depth:** Jose deLeon, 9; Jason Gatewood, 12; Jamie Zolnier, 12; Mark Johanson, 12; Shaun Ferris, 9. Lux thinks frosh deLeon could make an impact on his top five. High jump ace Gatewood was running in the top four at one point last year; Johanson is a 2:03 runner.

The outlook: Thornton should continue to develop into a top runner, and Lux thinks his 2-3 positions are developing into "above-average" performers. There also seems to be enough able candidates to fill out the pack. RBV could be more than respectable, but the Palomar League is always very tough.

GIRLS:

Numbers: 12 to 17. **Last year's ace:** Angela Garcia, 10, was last year's number one as a frosh, and she's backed that up with a "great summer" of training. **The new hope:** Natassja Hall, 9, "could be our number one," Lux claimed. She has great speed, with track marks of 59 and 2:21 as an eighth-grader. She also clocked a 5:14 mile in a road race. In a pre-season time-trial, she was ahead of a number of the RBV boys. **The depth:** Karinna Kloos, 12; Maribel Gonzalez, 12; Laurie Hauf, 12; Jessica Murray, 10; Courtney Allen, 9. Lux thinks Gonzalez could be ready to challenge for the number two slot; Kloos put in "her best summer ever;" Murray is a 5:35 runner who may split time with soccer; Allen is another talented frosh.

The outlook: Hill will be worth watching, and there's enough quality in the rest of the group for RBV to be better than most county teams. The problem: the Palomar has a number of great, near-great and very good teams.

San Marcos

Division: One. **Coach:** Kyle Billings. Volunteer assistants are John Counselman and Abbie Thompson. **Course:** Palomar College.

BOYS:

Numbers: 20. **The leaders:** Travis Laird, 11; Laurence Mier, 12; Andrew Boring, 12. All are veterans, although Boring didn't run last year. They put in the work during the summer and were rewarded with success at the Laguna Hills Invite. Laird ran 16:15; Mier ran 16:19 and Boring was clocked in 16:28 (all for 3.0 miles). **The pack:** Kirk Massengill, 12; Isaac Chitica, 10; Chris Harris, 10; Ryan Skrel, 9. Massengill is also a returning varsity runner. Soph Chitica ran 17:35 at Laguna Hills; and Skrel ran 18:05 to win the Division II frosh race.

The outlook: Much improved. It took a year, but Billings seems to have things turned in the right direction. The team did a lot of running in the summer, and they were rewarded with success in their first meet. It's a well balanced group, with three good runners at the top of the roster, and decent talent behind them. After Vista and Poway, the league race seems wide open.

GIRLS:

Numbers: 15. **The leader:** Nicole Mier, 9. She joins an older brother on the team, and it didn't take her long to make her own mark. At the Laguna Hills Invite, she won the Division II frosh race in a quick 19:40 (for 3.0 miles). For some perspective, that was faster than all but one of the Fallbrook girls (who were at the same meet, but in a different race). **The pack:** Kelly Kodadek, 12; Nicole Whadford, 11; Jennifer Peterson, 11. They all return from last year's team. Kodadek is expected to be the team's number two girl, and is the team captain. **New:** Meghan Boring, 12; Donna Martin, 11. Boring is new to the sport, but Billings thinks she'll be one of the team's best.

The outlook: Mier has great talent, and will be worth watching just by herself. But the rest of team seems to be improved. It's Billings second year as the coach, and many runners bought into the off-season conditioning. But the Palomar remains as the toughest league, top to bottom, for girls teams.

Vista

Division: One. **Coaches:** Pete Brooks, head coach and boys; Cindy Brooks, girls. **Course:** Guajome Park.

BOYS:

Numbers: 31-32. **The leader:** Justin Neuroth, 11. He's a good one. Among his credentials: he is the fifth fastest returning runner from last year's CIF finals; he is the fifth fastest returning runner from last year's state Division I race (and was the first soph in the race); and he blazed to a 4:17 1600 in the spring. And, "he's in good shape," Pete Brooks said. **The pack:** From last year's varsity, the team only loses their number six runner. In order, the returnees are Sean Daley, 12; Jared Emmons, 11; Leo Blasius, 11; Ryan Montez, 10; and Mark Baddas, 10. Montez, who ran a 9:58 in track, can be expected to move up the ladder. Emmons ran the 800 in 1:59; Daley concentrated on vaulting. **Depth:** Josh Garcia, 11; Andrew Luckow, 11; Irving Franklin, 11.

The outlook: Rosy. The Panthers are certainly a high Top Ten team. They might have the most talent of any team, and it's basically just a question of when it all falls into place. At the very least, they are among the best in the Palomar; the best-case scenario could be scary.

GIRLS:

Numbers: 22. **The leader:** Tiffany Lee, 10. She didn't get a lot of notice last year, but by the end she was a good runner. In the realigned Palomar League (see above) she was

the fourth fastest at CIF as a freshman. **Not far behind:** Lauren Aposhian, 12, and Theresa Acosta, 10. Aposhian was the team's leader for most of the year; Acosta is a talented youngster. Both are not far behind Lee. **The pack:** Maria Mendoza, 11; Erica Lopez, 9; Devann Yata, 10; Tyra Moe, 10; Sylvia Rivas, 11. Mendoza was on last year's varsity; Yata was an 800 runner in track; Lopez is a talented frosh that could already be in the top five.

The outlook: "We have a lot of work to do," Cindy Brooks said. "The girls must learn to be mentally tough." The Palomar lost some good girls teams with the realignment, but it's still a tough league. Vista could be in the thick of things.

Avocado: At 1997 CIF:

BOYS:

The fastest ten:

16:22 David Romero-Young, ElCam-1
16:27 Colin Steele, Carl-1
16:36 Oscar Gonzalez, Carl-2
16:39 Efrain Casarez, Fall-1
16:42 Bill Ungricht, Fall-2
17:20 Dave Dennis, LCC-1
17:28 Justin Maltos, Fall-3
17:34 Noah Lidman, TP-1
17:35 Jose Escobedo, Fall-4
17:39 Alex Serrano, Carl-3

The second ten:

17:40 Pete Coughlin, Fall-5
18:23 Jacob Holt, Fall-6
18:29 Jorge Carmona, ElCam-2
18:34 Joey Sheffer, Carl-4
18:36 Steve Branson, TP-2
18:42 Wes Austin, TP-3
18:43 Chris Burnham, Carl-5
18:54 Michael Breining, TP-4
18:55 Ben Miedema, Carl-6
18:57 Carlos Rios, LCC-2

The third ten:

19:09 David Gilboa, TP-5
19:10 Brian Perkins, ElCam-3
19:17 Tres Steffler, Fall-7
19:21 Miguel Hernandez, Carl-7
19:34 Darren Baker, LCC-3
19:40 Ian Feder, TP-6
19:48 Bow Archer, LCC-4
19:48 Trent Sabo, Oside-1
19:54 Steve Tarouilly, ElCam-3
19:55 James Clester, ElCam-4

GIRLS:

The fastest ten:

15:25 Angie Van Dyke, Carl-1
15:32 Camille Dredge, TP-1
15:38 Kim Crosswell, Fall-1
15:42 Cathy Picha, Fall-2
15:43 Julie Komosinski, TP-2
15:45 Kristen Brown, Fall-3
16:09 Lindsay Picha, Fall-4
16:10 Mindy Green, Fall-5
16:39 Jen Morris, TP-3
16:42 Jaclyn Nolan, TP-4

The second ten:

16:43 Katie O'Connell, Carl-2
16:43 Kelly Platko, Carl-3
16:44 Toney Connor, TP-5
16:49 Jamie Carmichael, Fall-6
17:05 Cindy Lopresti, TP-6
17:09 Carly Hampton, Fall-7
17:43 Julia Corman, LCC-1
17:46 Kayla Adams, LCC-2
17:59 Cathy Read, TP-7
18:01 Heather Mathe, LCC-3

The third ten:

18:15 Kate Pool, LCC-4
18:17 Eva Lund, Carl-4
18:26 Amanda Johnson, Carl-5
18:29 Kristen Miller, LCC-5
18:45 Christina Serrano, Carl-6
19:04 Nadine Sherrod, EC-1
19:05 Julia La Puz, Carl-7
19:11 Erin Lee, LCC-6
19:40 Rosa Sandoval, Oside-1
21:24 Vanessa Robinson, Oside-2

The Teams: Carlsbad

Division: One. **Coach:** Keith Van Eflin. Kathy Kinane is a volunteer assistant. **Course:** On school land, at El Camino Real and Tamarack Blvd.

BOYS:



Camille Dredge
Torrey Pines

Numbers: 20. **The pack:** Joey Sheffer, 11; Chris Burnham, 10; Ben Miedema, 10; Dave Schertzer, 11. All are returners; Sheffer, Burnham and Miedema were the 4-5-6 runners from last year's excellent team. **More pack:** Brandon Woodward, 11; Greg Horn, 10; Steve Daniels, 11. Daniels is new to the sport, but is already moving high into the pack - he was the team's fourth at Bronco. Van Eflin thinks Sheffer, Schertzer and Miedema are close to being interchangeable at this point, and that Daniels is almost in their ranks. It's the makings of a classic pack team.

The outlook: The Lancers don't have last year's front runners, but there is a nucleus of talent and it is well balanced among the squad. In the first meet, the team had a 0:54-second span from one to five, a promising start. Later in the season, when that group starts moving faster, the team will be competitive. One final note: there are no seniors, so this is a team that is developing.

GIRLS:

Numbers: 10. **The leader:** Cindy Lopresti, 12. She ran on the Torrey Pines varsity in cross country and, in the spring, ran track for the Lancers (3200 best was 12:02). She has improved this season, and was the first Lancer at the Bronco Invite. **The core:** Katie O'Connell, 10; and Kelly Platko, 10, were key runners for Carlsbad last year, running two-three. O'Connell later followed that up with track times of 5:25 and 11:32. **The pack:** Deanna Lynn, 10; Destiny Stapleton, 12; Sarah McMahon, 11. Lynn and Stapleton are vets; McMahon is new to the sport, but was among the team's top five at Bronco.

The outlook: Carlsbad's girls were surprisingly good last year, and much of the quality of that team returns. Depth is a bit of a question, as the overall numbers are thin. Van Eflin's immediate focus is to tighten the pack. If he can develop his four-five-six runners, it will be a good team.

El Camino

Division: One. **Coaches:** Jerry Young, head coach. Ellie Young, girls. Assisted by Steve Tarouilly. **Course:** Guajome Park.

BOYS:

Numbers: 10. **The leader:** Jorge Carmona, 12, who was last year's number two man at CIF. **The pack:** Brian Perkins, 11; Steve Tarouilly, 10; James Clester, 11; Billy Burke, 11. All return from last year's varsity. Burke is the team's most im-

Please see page 5.

Avocado:

From page 4.

proved runner. Tarouilly's father is an assistant coach. They have the same first and last names, but are not junior and senior. Also, Luke Haywas, 10; Ashu Maharaj, 11; Tallin Sherrod, 10; and Jonathan Dade, 10, are in the picture. Maharaj sat out last year, and could be in the team's top five. Haywas also is being counted on to contribute.

The outlook: Last year's top man, David Romero-Young, is currently adapting to life at the Air Force Academy, and the El Camino team is adapting to life without its star. "It's a different type of team," Jerry Young said. "We are very young, and it's going to be more of a pack running team."

GIRLS:

Numbers: 10. **The veterans:** Ann Clawson, 12; Nadine Sherrod, 10; Stephanie St. Laurent, 11. Clawson has run for four years, and is the team captain. Sherrod was the team's fastest girl at CIF last year as a frosh. St. Laurent was a promising runner as a frosh, but suffered a stress fracture. **The frosh:** Young and Young have seven freshmen runners on the team: Sabrina St. Laurent, Danielle Quintanilla, Lyric Colon, Monica Juarez, Rachael Leeder, Leslie Clawson, and Debra Williamson. "There is a lot of excitement," Jerry Young reported. "The attitude (of the girls) is just excellent. They all want to run." He thinks Sabrina St. Laurent, Quintanilla and Colon are interchangeable talents, and that they may well form the top of the roster, possibly along with Stephanie St. Laurent. Another group is right behind them, headed by frosh Juarez and Leeder.

The outlook: For El Camino, it's almost like opening up an unexpected gift: seven promising frosh pop out and it's an instant team! The team had been down in recent years, so this is a nice turn of events.

Fallbrook

Division: One. **Coach:** Marty Hauck, head coach. Gary Lutgen-dorf, girls. Assisted by Tim Hauck, Jeff Ropes, Troy Hamlin. **Course:** On campus, with route to be altered by new construction.

BOYS:

Numbers: 22. **The front:** Efrain Casarez, 11, and Bill Ungricht, 12. Casarez was last year's top gun, and ran 9:56 in the spring. Ungricht comes from a noted running family, and ran 800 in 1:58. **The pack:** Jose Escobedo, 11; Justin Mattos, 11; Pete Coughlin, 11; Roy Quinn, 12. Quinn was running well early last season before a stress fracture sidelined him; the others were key members of Fallbrook's varsity last year. **The depth:** Tres Steffler, 12; Freddy Espino, 11; Josh Wilson, 12; Will Nelson, 12. Nelson was one of the team's top runners two years ago, and could return to form.

Outlook: The Warriors turned to serious rebuilding a couple of years ago and ended up with a nucleus of young, talented runners. That group is starting to mature, and they'll be the logical favorites in the Avocado League (see above for how a league final might have looked last year). The team is a year away from its peak, but they could develop into a viable CIF contender this season.

GIRLS:

Numbers: 18. **At the front:** Kim Crowell, 11; Cathy Picha, 12. Both are among the best returning athletes in the county, and Picha added a 2:16 800 in the spring (Crowell is a swimmer). **Experience and depth:** Lindsay Picha, 10; Jamie Carmichael, 10; Allison Plischke,



Cathy Picha
Fallbrook

12. Carly Hampton, 12, may move. Picha and Carmichael ran 5:30 and 5:31 as frosh. **Young talent:** Hauck is excited by his new crop of freshmen: Jennifer Promack, Katherine Crowell, Maija (pronounced My-uh) Rohde, and Coral Lloyd. All four have intriguing credentials. Promack was a standout last year in the Mt. SAC middle school cross country meet; Crowell and Rohde follow talented sisters into the program; and Lloyd broke one of Milena Glusac's running records at Bonsall.

Outlook: "I'm real excited about the girls prospects," Hauck said. "I've been excited since the last day of last season." The team is considered to be one of the best in the county, but the competition at the top level is very tough. They could rival Torrey Pines for league supremacy, and they'll be one of the heavyweights at the CIF meet.

La Costa Canyon

Division: One. **Coach:** Bill Vice. **Course:** San Dieguito Park.

BOYS:

Numbers: 12-20. **Rebuilding the pack:** New coach Vice finds himself with some major reconstruction ahead. Only one varsity runner, Bow Archer, returns, and he may not run. Brian Schultz, 12, has been in the program for four years; and Geoff Berlin, 11, was on the track team in the spring. In the early stages of the season, Vice was also impressed with Mark Barry, 10, and Barrett Larson, 10. "We are starting from scratch," Vice admits. "But I like it that way."

The outlook: Vice seems to relish the challenge of building from the ground up. That's good, because it's going to take some time and patience. Vice's first priority is to continue to recruit and build numbers. "We want a lot of kids," he said.

GIRLS:

Numbers: 26-30. **The leaders:** Julia Corman, 11, and Kayla Adams, 10. They were the team's one-two runners at last year's CIF meet. Vice describes Corman as, "very good." **The pack:** Erin Lee, 11; Sara Anderson, 12; Sarah Getz, 11; Candyce Sanger, 12; Hillary Soule, 11; Shelley Edson, 10; Liz Cooper, 11; Jamie Zakoski, 9. Lee was on the varsity last year. Vice thinks a few of these girls, possibly Getz and Soule, could move right up the roster. **Missing:** In the coaching transition, some talent fell through the cracks. Morgan Soule, who ran 5:19 for 1600 last spring as a frosh, apparently won't run because of conflicts with her triathlon schedule. Also, senior Heather Mathe, a 2:22

800-meter runner, hasn't appeared yet.

The outlook: The present roster is not bad, with last year's team leaders returning, a likely group of prospects, and good numbers overall. It is also a young, developing team. A lot will depend on how Vice fares in his continuing efforts to uncover more talent on campus. If he has any luck in finding and/or persuading a few nuggets, the outlook would be upgraded.

Oceanside

Division: Two. **Coaches:** Boys: David Kalt. Girls: Shelby (Watson) MacLeod. **Course:** Guajome Park.

BOYS:

Numbers: 11-15. **The leader:** Colin Cornforth, 11. He's new to the sport, but he's not without an extensive athletic background. To now a basketball player, Cornforth has built up a base of endurance and established a strong work ethic. Kalt thinks he has the potential to finish in the top ten in the league. **The pack:** Trent Sabo, 11; Matt Collins, 9; Jerry Garcia, 11; Brandon Herrington, 11; Michael Carter, 9. Sabo and Herrington return from last year's team. Kalt thinks Sabo might be the number two, and freshman Collins could be the team's third runner. **The new coach:** Kalt, a mathematics teacher on campus, ran with the strong El Camino cross country teams of the 1980s, which were coached by Dayle Mazzarella. Kalt maintains his contacts with his former coach.

The outlook: Rebuilding. Kalt has a young group this year, including a handful of talented freshmen. The goal this year is respectability, which could provide a foundation for better efforts down the road. Kalt's previous experience with a great program is another positive.

GIRLS:

Numbers: 8. **The leader:** Angelika Brandle, 12. She's an exchange student from Switzerland who is very athletic. She tried out for volleyball, made the varsity, and quit because the conditioning wasn't hard enough. Now, she leads the cross country squad. **The pack:** Rosa Sandoval, 11; Tamara Smith-Hardy, 10; Jennifer Danley, 12; Deanna Castro, 12. All four return, but there has been a transformation. "They have really stepped up this year," MacLeod said. "They really want to run." A newcomer with potential is Leah Libolt, 11.

The outlook: Improved. The dedication to training will obviously pay positive dividends, and the addition of a leader like Brandle is another plus. "It looks promising," MacLeod said.

Torrey Pines

Division: One. **Coach:** Brent Thorne, assisted by Tim Pausa. **Course:** San Dieguito Park.

BOYS:

Numbers: 35. **The leaders:** David Gilboa, 12; Steve Branson, 12; Michael Breining, 12. Branson is a 1:57 runner, but often suffers from allergies. Gilboa is "much improved," after increasing his summer mileage. "He saw what Noah Lidman did last year with hard work," Thorne said. Breining will need some catch-up training after being out of town all summer. **The pack:** Mike Ambrose, 11, Jonathan Green, 11, Kevin Nolan, 10. Thorne is counting on this trio to fill out his scoring group. **Getting strong:** The Falcons will put a bit more emphasis on a weight-training program, under assistant Pausa.

The outlook: "We'll just take it a step at a time," Thorne said. "There is no reason not to have a winning record in the league. The guys feel good about themselves." One key is

health, especially among the top group. The other key is how fast the young runners develop. Could be the best Avo team after Fallbrook.

GIRLS:

Numbers: 30-35. **The one-two punch:** Torrey has some great talent right at the top, in Camille Dredge, 12, and Julie Komosinski, 10. Dredge was last year's best Falcon at CIF, and sped to a 2:15 in track; Komosinski was quietly impressive, and almost won the CIF Division I 3200 with a late rush; running 11:19. The quality of these two rivals the best teams. **Three's company:** Kathy Read, 12, was at the back of the varsity pack last year, but may have turned the corner in track, running 5:20. "It was a breakthrough," Thorne said. Read increased her summer training significantly and is now in a position to join the top two. **The depth:** The experienced returners include Jackie Appel, 10; Jen Morris, 11; Monica Vasquez, 11; Laura Alessio, 11; Dara Bier, 10 and Deana Sobel, 11. Appel is new to XC, but ran 5:36 in track. Morris was a key runner last year; Vasquez just missed making the varsity. **The frosh:** Torrey always seems to have a crop of freshmen to spice up the mix. Dorothy Trogler is the best of this year's bunch so far, and is expected to push her way into the top group. Other good-looking frosh include Krista Remley, Emily Quinn, Lauren Jeffers and Tessa Connor.

The outlook: A classic Torrey team: excellent talent at the top, very good depth, and a number of good, young prospects that could push the Falcons near the county's highest levels. They'll be a handful when they race Fallbrook for league honors, and they will be among the top teams at the CIF finals.

Valley: At 1997 CIF:

BOYS:

The fastest ten:

15:49 Matt McInvale, Ram-1
16:52 Enrique Guerrero, SP-1
16:55 Steve Hall, OG-1
16:57 Adam Van Wart, SP-2
17:14 Alvaro Reyes, Ram-2
17:15 Kyle Combe, SP-3
17:44 Matt Dowthit, SP-4
17:45 Nick Schlapfer, OG-2
17:57 Kendall Richardson, SP-5
17:58 Nick Wheeler, OG-3

The second ten:

18:03 Jose Carrillo, OG-4
18:05 Eric Garvin, Ram-3
18:08 Brandon Montgomery, OG-5
18:14 Ian Robinson, OG-6
18:18 Josh Stein, Ram-4
18:20 Enrique Montoya, Esc-1
18:23 Jaime Ramos, Ram-5
18:24 Mark Wollam, Esc-2
18:25 Joe Dupee, SP-6
18:26 Erik Kerby, SP-7

GIRLS:

The fastest ten:

15:13 Katie Cottrell, OG-1
15:31 Lorena Jimenez, OG-2
15:36 Cara Rumble, OG-3
15:57 Lanele Cox, Esc-1
16:14 Marissa Leivas, Esc-2
16:17 Kendra Goffredo, OG-4
16:26 Sarah Shepherd, Ram-1
16:45 Caroline Rolls, OG-5
16:47 Christine Lupo, SP-1
16:53 Jenny Roane, Ram-2

The second ten:

17:03 Elizabeth Ghiotto, OG-6
17:59 Sandra Mitchell, Esc-3
18:00 Kristin Spivey, Ram-3
18:02 Amber Rucker, SP-2
18:04 Jennifer Wilcoxson, Ram-4
18:13 Cassidy Tinsley, SP-3
18:15 Nereida Pahua, Ram-5
18:16 Kennie Kwok, Ram-6
18:25 Jenny Cruz, SP-4
18:30 Stacy Pierce, SP-5

Valley:

From page 5.

The Teams:

Escondido:

Division: Two. **Coaches:** Lonnie Morrow, head coach; Jared Meek, girls. Brady Clay assists. **Course:** Jesmond Dene Park, although the team has no home meets this year.

BOYS:

Numbers: 15-20. **The leader:** Enrique Montoya, 12. He was last year's top runner. **The pack:** Joe Voshell, 10; Nick Cueva, 10; Juan Rangel, 11; James Barlow, 10. All are varsity vets; it was a very young team last year. Barlow is just now starting to train after recovering from a stress fracture. **Challenging:** Juan Mondragon, 9; Appolard Reyes, 11; Stephen Servis, 9; John Cordes, 9. Mondragon, "could be one of the best freshmen in the county," Morrow said. At Woodbridge, he won the frosh race in 16:15, just 0:05 seconds slower than Montoya ran in the senior race. Reyes has looked very good after joining the team late, and he should make an impact on the varsity.

The outlook: Last year, Morrow talked of concentrating on the boys side, and of trying to build a team. He's going about it the right way, constructing a core of young runners. Check back with this group in another year. "We're awfully young," Morrow said. "But I think we'll be competitive." Judging from early results, the team seems to be ahead of schedule.

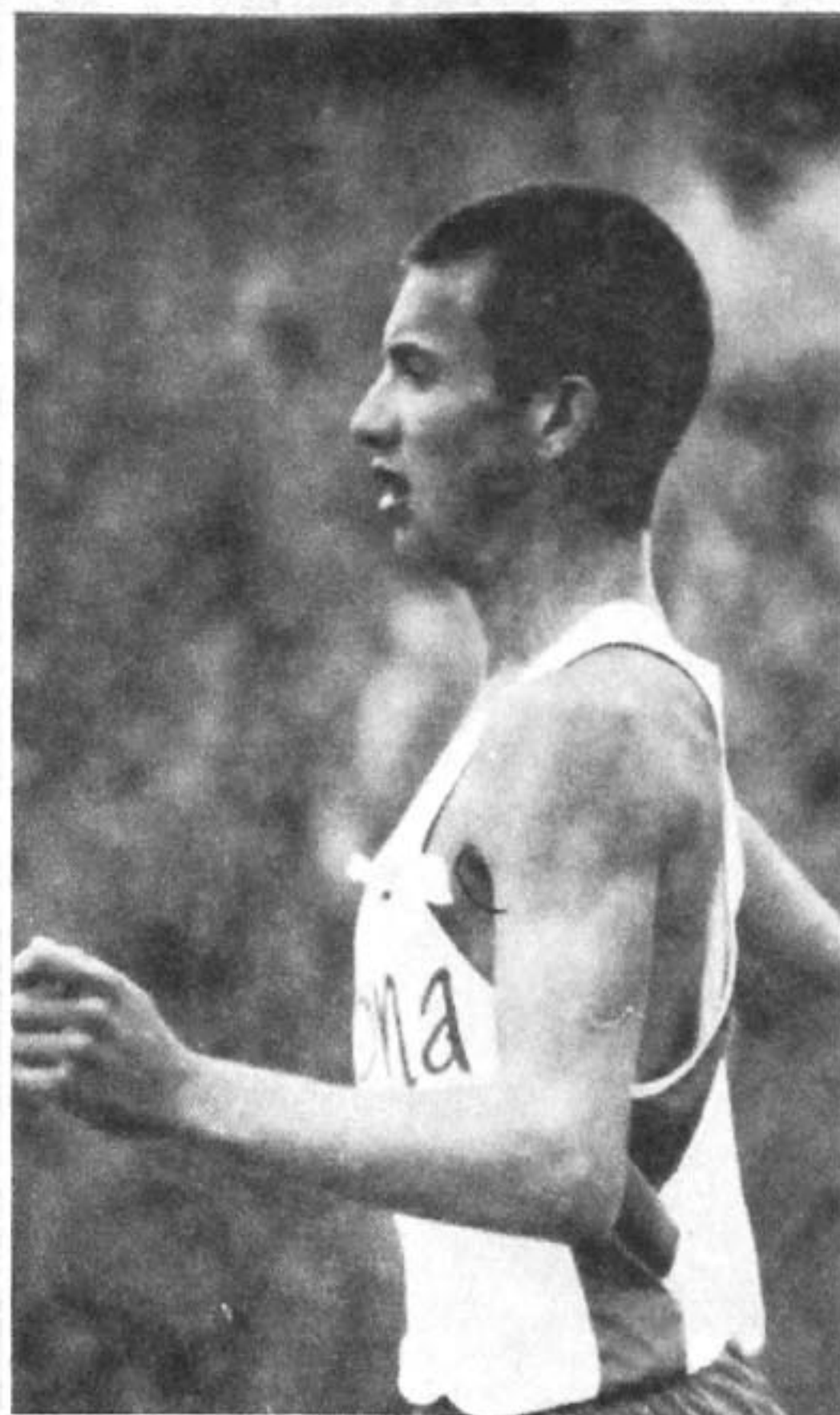
GIRLS:

Numbers: 20-25. **The leader:** Lanele Cox, 12. She's now in her fourth year at the top of the Escondido food chain, and she has been excellent in all of those seasons. In track, she runs 5:12 for 1600 and 11:13 for 3200. "She is as strong as she's ever been," Meek said. "I think she'll have a good season." Only a few teams in the county have a comparable number one, although two of them happen to be in the Valley League. **The strong two-three:** Marissa Leivas, 12, and Thea Rusthoven, 12, give the Cougars strong backup for Cox. Leivas has battled injuries off and on, but seems healthy now after missing all of the track season with a knee injury. She's a 5:19 1600 runner. Rusthoven, a basketball player, had never tried running before this spring. She found she was good at it, clocking a 2:20 for 800, and now she is trying cross country for the first time. **The depth:** The team returns Sandra Mitchell, 10, and Aimmee Davignon, 10, from last year's varsity. Meek thinks that help could also come from a group that includes Ruth Fikse, 10; Shawna Kelly, 10; Molly Kelly, 10; Debbie Dow, 12; Dana Kerby, 10; and Karen McGuire, 10.

The outlook: The quality of Lanele Cox is a given. If Leivas can stay healthy and if Rusthoven can adapt to the longer distances, the Cougars will have a top three unmatched in this league. Meek seems to have a number of likely candidates to fill out the pack. If the four-five spots can contribute, Escondido will be tough to beat in the Valley, and they could be very tough at CIF as well. Admittedly, there are a lot of unknowns, but the potential is clearly there.

Orange Glen:

Division: One. **Coach:** Randy Boozer, an assistant at OG the last two years and a former OG athlete. **Course:** Kit Carson Park.



Matt McInvale
Ramona

BOYS:

The Numbers: 17-22. **Injured:** Nick Schlapfer, 12, is just recovering from a broken leg. The best candidate for the number one slot, he only just began training at the beginning of September. **The leaders:** Until (and if) Schlapfer gets completely back to form, Boozer thinks his best runners are Nick Jones, 12; Jose Carrillo, 12; and Hector Jimenez, 11. They were all key runners for OG's varsity last year. **The pack:** Best of the candidates is Brandon Montgomery, 12, also an OG varsity veteran. Ian Robinson, another varsity performer last year, is undecided about running.

The outlook: There is a lot of continuity on the boys team. Boozer has watched the runners develop for two years, and almost the entire varsity returns (except for last year's number one). The big change is the move from the Palomar to the Valley League. If the veterans can all take a step up in quality, OG can be one of loop's best.

GIRLS:

The Numbers: 18-23. **The leader:** Lorena Jimenez, 12. She is the lone holdover from last year's big five (three graduated, one is at Valley Center). Maybe the spotlight will help her earn some well-deserved credit. She could race with any of her better-known teammates; in fact, she was the team's second finisher at last year's CIF. She's always been a diligent trainer, and Boozer hopes that she'll serve as an example for the team's younger runners. **The pack:** Most of the returning runners from last year's OG team still reside in the district, including varsity veterans Caroline Rolls, 12; Sarah Koch, 12; and Elizabeth Ghiotto, 10. Other candidates include Amy Rolls, 10; and Gwen Brown, 11. Brown has put in a great off-season, and may step up. "We have a lot of new sophomore girls," Boozer said.

The outlook: You just know that everyone is going to overlook this team, what with the graduation losses, the coach leaving and the school split. But that would be a mistake. There's still a pretty decent core left from what was a great team. And Boozer wants to keep up the Orange Glen tradition. "I've learned from a great professional and a great coach," he said.

Ramona:

Division: Two. **Coach:** Dave Wilson, assisted by Sal Hernandez, Dale McInvale and Susan Amiteus. **Course:** On campus.



Lorena Jimenez
Orange Glen

BOYS:

The Numbers: 22-30. **The ace:** Matt McInvale, 11. He had an eye-popping season as a soph. He is the second fastest returning runner from last year's CIF race; and is more than a minute faster than any other runner from this league. In the spring, he ran 4:23 and 9:22, both excellent soph times. "He's on schedule," Wilson said, "according to our plan." Area coaches and fans are waiting to see what the next two years may bring. **The pack:** The Bulldogs lost four of the six runners after McInvale, and must regroup. Two veterans and one youngster will be key: Jaime Ramos, 12; Shawn Benson, 12; and Ricky Roane, 10. Ramos and Benson were solid varsity runners last year, and Roane showed some zip in track, so this group could be solid. **Depth:** Candidates also include Kenny Lawrence, 10; David Ilana, 10; Jon Shellhammer, 9; Jordan Van Camp, 9; and Matt Sullivan, 9.

The outlook: "We're gonna be young," Wilson said. But that's not bad — a lot of the young talent will be ready next year, when McInvale is a senior. Just how good the talent is, and how fast it will develop, will be an unfolding story all season.

GIRLS:

The Numbers: 26-30. **The leader:** "We don't have a star at this point," Wilson said. "We have a pack." **The pack:** "Fourteen runners have a chance to make the top seven," Wilson said. Despite the "no star" disclaimer, there's some talent in the lineup. Kennie Kwok, 12, is a 59-400 runner, and Leslie Mitchell, 11, is a 2:26 800 runner. Perhaps the best of the other candidates are Lauren Beresford, 12; Nedi Padua, 12; Lindsey Richwalski, 12; Nicole Stark, 12; Kristin Spivey, 11; Jennifer Wilcoxson, 11; Camille Lucille, 11; Ryan Butler, 11; Loretta Kilmer, 10; Deanna Hitchcock, 10; Amber Demers, 9; and Brianna Goetz, 9. Wilson is particularly high on his junior group. **Lots of depth:** Claire Poissonnier, 10; Veronica Turgeon, 10; Nicole Mendoza, 10; Nancy Pahua, 10; Kim Kutzler, 10; Amber Chapel, 10; Tara Lucille, 9; Simon Gutierrez, 9, and Rosio Sanchez, 9.

The outlook: It's hard to know how to assess such a large roster of able athletes. The large numbers have to work in Ramona's favor, however. The quality of the program is already established, so two important parts of the equation are in place.

San Pasqual:

Division: Two. **Coach:** Pat

King, assisted by Evelyn Kibbe. **Course:** Kit Carson Park.

BOYS:

The Numbers: 30. **The leader:** Adam Van Wart, 12. He's been one of the team's best since he was a soph; his 4:24 in the spring shows his speed and talent. **The top of the pack:** Kyle Combe, 12; Erik Kerby, 11. Both have been in place on the varsity for at least a year. Combe has gone through a growth spurt that could translate into added speed; Kerby might be the most improved after his 16:56 for the Balboa 3-mile in August. **The pack:** Matt Dowthit, 12; Joe Dupee, 11. Both are varsity vets. Two other candidates are Jason Zamora, 12; and Matt Johnson, 10. Johnson ran 2:02 as a frosh.

The outlook: The Golden Eagles have taken a step forward each year since King, now in his third year, has been there. The group finished second in CIF Division II last year, and the champ, West Hills, is now in Division I. That makes San Pasqual among the pre-season favorites. "We'll be a pack team, like last year," King said. "Only I think our pack will be running about 30 seconds faster." It's a very solid Top Ten group.

GIRLS:

The Numbers: 16. **The leaders:** Christine Lupo, 10; Stacy Pierce, 10; Jenny Cruz, 11. Lupo was last year's team leader; the others were in the top five. Lupo and Pierce will split time with club soccer, so you'll rarely see this team intact in invitations. **The pack:** Returning veterans include Amber Rucker, 11; Rachel Rubin, 12; and Cassidy Tinsley, 11. New candidates are Jennifer Dowthit, 9; Whitney Rothey, 10; Katie Johnson, 12; and Jaclynn Kenney, 12. Dowthit has an older brother on the varsity; Johnson is new to running but is a good athlete; Kenney is a sprinter in the spring.

The outlook: There's better continuity here than last year, when King had to scramble to rebuild. Six of the seven return, and it is still a fairly young group. "We'll be better than last year," King said. What is unknown is how good are the other girls teams in the league.

Valley Center:

Division: Four. **Coach:** Mike Cummings. **Course:** Still being designed; may be on campus.

BOYS:

Numbers: 15-17. **Starting from scratch:** Cummings has virtually no veteran runners from his Orange Glen squad. He is hoping two of last year's younger runners, junior Omar Hernandez and soph Curtis Martineau, can help. "It's all part of the challenge," Cummings said.

The outlook: There have always been good athletes coming out of the new school's area. It will take some time, but Cummings' expertise and enthusiasm, coupled with the base talent and the high energy of school spirit will produce results down the road.

GIRLS:

Numbers: 25. **An ace:** Diana Dibble, 11, fit right in with the best OG runners last fall before getting hurt at the end of the season. In fact, some observers thought Dibble was the best of the bunch. She ended up missing most of the track season, but worked hard in the summer and, "has the passion back," according to Cummings. "She has a good base." **The pack:** Cummings has to construct a pack to complement his gun. Top candidates are Maria Cervantes, 10; Laura-Lee Reid, 11; and Jamie Morasco, 11. Kristen Burditt, 11, a 2:28 runner, is not out.

Please see page 7.

Valley:

From page 6.

The outlook: Dibble will be a big plus, but the pack had better jell pretty quick for this team to be competitive in the league. In the CIF finals, the team has reason for hope, competing against Division IV schools. The school seems to have everything going for it for the long term; it's just a question of how soon things will fall into place.

Grossmont South:

At 1997 CIF:

BOYS:

The fastest ten:

- 16:13 Jon Doroski, Val-1
- 16:20 Nick Rivera, GH-1
- 16:30 Jason Finch, GH-2
- 16:34 Jon Rankin, MV-1
- 16:53 Ian Bartonicek, GH-3
- 17:01 Ben Wagner, Val-2
- 17:11 Dan Kinsella, Helix-1
- 17:13 Jack Favilukis, Helix-2
- 17:24 Royce Walters, GH-4
- 17:35 Ryan Maynard, GH-5

The second ten:

- 17:37 William Burer, Val-3
- 17:38 Matt Theisen, Val-4
- 17:41 Tyler Ludwig, Val-5
- 17:43 Brad Leavitt, Helix-3
- 17:51 Rafael Morales, MV-2
- 17:53 David Santos, Val-6
- 18:07 Bryon Lamorandier, Val-7
- 18:08 Musie Meche, Helix-4
- 18:16 Matt Watkins, MV-3
- 18:19 Jeff Hunter, GH-6

GIRLS:

The fastest ten:

- 15:06 Andrea Clemons, Val-1
- 15:26 Courtney Baird, Helix-1
- 15:28 Lesley Bravin, Val-2
- 15:56 Elaine Lassen, Val-3
- 15:57 Laura Trask, Val-4
- 16:01 Kristi Pinnell, Val-5
- 16:10 Ashley Viens, Val-6
- 16:16 Rabeka Spagnolo, MV-1
- 16:30 Amy Kermott, Val-7
- 16:43 Morgen Rounkles, MM-1

The second ten:

- 16:52 Natalie Sullivan, Helix-2
- 17:26 Meredith Harns, Helix-3
- 17:28 Angela Panfili, GH-1
- 17:36 Lulu Terry, MV-2
- 17:41 Melissa Carson, MV-3
- 17:53 Natisse Martin, Helix-4
- 17:58 Kellie Sharp, Helix-5
- 17:58 Elizabeth Harns, Helix-6
- 18:00 Kristyn Clement, GH-2
- 18:00 Sara Fine, GH-3

The Teams:

Granite Hills

Division: One. **Coach:** Dave Yarbrough, assisted by Jeremy Stalnak. **Course:** Lindo Lakes, and Harry Griffen Park.

BOYS:

Numbers: 23. **The big one:** Jason Finch, 12. He was virtually just a step away from winning the state meet Division I race last year, after leading almost from the gun. After a promising freshman year, Finch began to invest time and energy into his running, and the results paid off. He was one of the county's very best as a soph, and was one of the state's very best last year. What's the next step? He put in another great summer of training, and began his senior year with an impressive course-record performance at Lindo Lakes. "He looked great," Yarbrough said. "If everything falls into place, he could be pretty stellar." Without speed work, Finch ran a time trial of 4:22 for the mile just before his first race. "The speed is there," Yarbrough said. "That's a real good sign." On the track, Finch has



Courtney Baird

Helix

4:19 and 9:16 bests. **The pack:** Ian Bartonicek, 12; Ryan Maynard, 11; Jeff Hunter, 10; Brandon Vielguth, 11; David Rivera, 12. Bartonicek was last year's number three on a team that was second in the CIF. He is currently battling a hip injury, however, and is doing some cross training. **The young guys:** Luke Pepin, 9; Efrain Carrillo, 9; Marten Mendibles, 9; Josh Rivera, 10; Sean Bartonicek, 10. One or two of this group might be talented enough to push their way into the team picture.

The outlook: The Eagles were somewhat overlooked in mid-year in 1997, with two other Grossmont South teams taking runs being ranked number one in the county. The team came on strong at the end and took second in the CIF Division I race. They won't catch anybody by surprise this year, but the team has the potential to be even better. Finch is primed for a monster year, and the roster is deep.

GIRLS:

Numbers: 25. **Leaders:** Angela Rochester, 11, and Jolene Adams, 12. Adams is one of the few returners from last year's varsity; Rochester was the team's fastest girl in the first meet. Another varsity returner is Jennie Speidel, 10. **The pack:** Gina Bartonicek, 12; Christy Rust, 9; Quena Crain, 10. Bartonicek is the twin sister of Ian. Rust is one of the more promising frosh. **A prospect:** Morgan Avery, 9. She moved into the district just before the start of classes. Once she gets into the flow, she'll help.

The outlook: There is a wide range of girls teams in the Grossmont South, and this group ranks somewhere in the middle. The numbers are very solid, and there is some good talent on the roster. Another plus is the team's work ethic. "They're working really hard," Yarbrough said.

Helix

Division: One. **Coaches:** Dave Schultz, boys; Ray Mounts, girls. **Course:** They have home meets at Lake Murray, Harry Griffen Park and Lindo Lakes. Girls will run three miles.

BOYS:

Numbers: 21. **The leader:** Dan Kinsella, 12. He was the team's best runner in their last meet of the season, and later ran 10:01 for 3200. He's the kind of kid a coach loves to have on a team, with great work habits in the classroom and on the track. Schultz reports that Kinsella is in "excellent" shape. **Also back:** Musie Meche, 11; and Justin Amador, 11, are the only two other varsity members to return from a strong squad. Meche was in the first five;

Amador, who is in "great shape," was just behind the scorers. **The pack:** This is where the real construction must be accomplished to build a competitive team. Candidates are Ryan Castanos, 11; Danny DeFord, 11; and Rickey Robles, 11.

The outlook: At one time last year, Helix was ranked tops in the section. They didn't turn out to be THAT good, but there were a strong unit of hard-working, motivated kids with decent talent. Only part of that group is back, and the depth must develop. Kinsella is one of the league's best.

GIRLS:

Numbers: 34. **The gun:** Courtney Baird, 12. She is one of the top runners in the section, by any measurement. She had her first full track season last year and responded with a 5:01 for 1600. To avoid a repeat of past injuries, she has adopted a cross-training philosophy that includes biking, weight-training and swimming (she is a former competitive swimmer). "It's a good way to keep her workouts at high quality without beating her legs up," Mounts said. "She is fitter than ever, and really focused."

The pack: Natalie Sullivan, 12; Meredith Harns, 10; Elizabeth Harns, 10; Kellie Sharp, 11; Cathy Danh, 11. Mounts returns virtually his entire varsity. Sullivan is in her best shape since her standout freshman year. The Harns twins joined the team late last season, but quickly showed their worth. Sharp and Danh are solid. **New:** Stephanie Baird, 9 and Kaitlin Martin, 9, Bryeanna Barmer, 9. Barmer is the surprise of the group, and is running well. Baird and Martin follow sisters into the program.

Challenging: Also threats to make the varsity are Jamie Cleveland, 10; Arlene Amador, 10; Kara Malnaritch, 10, and Alexa Kahn, 9. Malnaritch was a top JV runner last year, and Amador has looked good in early runs.

The outlook: "We can be a really solid team," Mounts said. Solid is an understatement. Baird in early season was blowing the doors off any other runner in the county. The girls behind her were all running well, and the team was easily in the Top Ten.

Monte Vista

Division: Two. **Coaches:** Bob Muszhek, boys. Juan Naranjo, girls. **Course:** Cuyamaca College.

BOYS:

Numbers: 13-16. **The ace:** Jon Rankin, 11. Rankin is part of what is one of the best classes of distance runners to appear locally. They are all now juniors, and they have been making news since they were frosh. Everybody knows the names: McInvale, Fox, Ricketts, Neuroth. Rankin is comparable. He is the eighth fastest returning runner from last year's CIF meet, and his track season yielded a 4:20 for 1600. "He is going to do real well this year," Muszhek said. In addition to his talent, there is an added dimension. "He has taken on the role of team leader," Muszhek said. "He wants the team to do well, not just him." **The pack:** Jonathan Buckley, 11; Spencer Tipton, 12; Daniel Oakes, 12; Marion Morgan, 11; Wesley Rankin, 10. Buckley, Tipton and Oakes were last year's 4-5-6, in that order. Oakes has put in a good summer, and now may be the number two; Buckley and Morgan also trained well. Rankin is the younger brother of Jon Rankin, but is in his first year of running.

The outlook: Rankin is, as noted, a real ace. He won't have a fast early season, but the real racing is in November. The pack might be good enough to make this team very competitive, although there is not much depth beyond the top group. In



Laura Trask

Valhalla

this league, third is a good placing. At CIF, the Monarchs are a Division Two school. In fact, they are the only Grossmont South school that is not Division One.

GIRLS:

Numbers: 16. **The leader:** Sarah Straight, 11. Naranjo thinks she is the team's best in early season.

Also: Desiree Ferreira, 10. Straight and Ferreira are the only two returning runners from last year's team.

New: Paula Evans, 9; Candice Brown, 10; Dyanna Lorenzana, 9; Tanya Frank, 10; Felicia Gotcher, 9; Lisa Froistad, 9. The core of the team is frosh and soph runners. There are no seniors, and only one junior (Straight). Evans and Brown seemed to be the best of the bunch in early season.

The outlook: "We're starting from scratch," Naranjo said. "Our top five graduated." Having such a young group might mean rough going at times, but it will be interesting to see the team develop. "There is a lot of talent there," Naranjo said. "They are going to improve tremendously. I'm excited to see what happens."

Mount Miguel

Division: One. **Coach:** Glenn Recasner, head coach. Assisted by Chris Tiller. **Course:** Home meets at Harry Griffen Park and Lindo Lakes.

BOYS:

Numbers: 8. **The leader:** Chris Mananquil, 12. He was the team's best runner at last year's CIF meet. **The pack:** Also returning from last year are Cory Kubicki, 12, and Dominic Daly, 11. **Young talent:** Recasner has a young bunch coming up: Kerry Tilaro, 9; Tyler Felix, 9; Nick Balsley, 9; Bud Cothorn, 9; and Dean Daingler, 10.

The outlook: "It's a rebuilding situation," Recasner allowed. That's true, but the group of young runners is a real plus.

GIRLS:

Numbers: 10-12. **The leader:** Morgen Rounkles, 12. She was the 10th fastest at last year's CIF meet from the league. "She is a hard worker; a very nice young lady," Recasner said. "I can't say enough good things about her." **The pack:** Nancy Gallarza, 11; Samantha Garcia, 10; Tara Roach, 11; Carlina Vela, 11; Jennifer Seaman, 12. They all return from last year's team.

The outlook: Rounkles will run well, and there is an experienced group behind her, but there are some heavyweights on the league schedule. Depth is a concern.

Please see page 8.

Grossmont South: From page 7.

Valhalla

Division: One. **Coach:** Randy Montesanto. **Course:** Cuyamaca College. Girls will run 5K.

BOYS:

Numbers: 20. **The leader:** Ben Wagner, 12. He was a solid number two last year and, "he had a great summer," Montesanto said. **Right behind:** Tyler Ludwig, 12. "He had the best off-season of any of the boys," Montesanto reported. "He's not far behind Wagner." **The pack:** William Burer, 12; Matt Theisen, 12; David Santos, 10. All were on the varsity last year. Theisen, an academic standout, has good speed; Santos, the youngest, has the most potential to improve. **The next wave:** It's a senior-dominated lineup at the front. Getting in line are Jason Brown, 11; Eric Swain, 11; Casey Lange, 10; and Craig Nowakowski, 10.

The outlook: Valhalla builds around a tight pack, although they occasionally come up with a standout like last year's team leader, Jon Doroski. In a good year, the pack ranges around 45 seconds from one to five. The top five returning runners were spread just 52 seconds at last year's CIF, which is just about where Montesanto likes it. The only question at this point is, how fast will that pack be moving?

GIRLS:

Numbers: 25. **The leaders:** Andrea Clemons, last year's Division I champ is gone, but there is too much talent for one or more not to step up: Lesley Bravin, 11; Laura Trask, 11; Carri Leto, 11; Elaine Lassen, 12; and Kristi Pinnell, 10. Bravin was the tenth fastest girl at last year's CIF meet and, of course, she has that great 2:14 800 talent. Leto was Clemons' equal as a frosh but was set back by a soccer injury last year. Trask was at 5:20 in the 1600 in early season, but a bout with mono wiped out any further improvement. Lassen had, "the best summer of anybody," Montesanto said. Pinnell has been running right with the others. **The pack:** Valhalla's "pack" is full of girls that would be right at the top of the roster at many schools. Also returning from last year's varsity are Ashley Viens, 11; and Amy Kermott, 12. Viens is an 11:22 3200 runner, and Kermott ran 12:00. **The talent doesn't end there:** Is anybody deeper than Valhalla this side of Yucaipa? Not likely. Last year, the quality went down to their sixth JV girl. In fact, by the end of the season, the Valhalla JV was good enough to rank in the county's Top Ten. Among the best of last year's JVs and this year's frosh crop are Kelly Perry, 10; Julia Kermott, 9; Laura Rhea, 9; Carrie Pinnell, 9; Sarah Chionis, 12; Casey Cleveland, 11; Laurel Hanscom, 11; and Melinda Hammack, 10. Pinnell and Kermott are joining older sisters on the team.

The outlook: They shouldn't drop off much, if at all. There is just too much talent, and the experience of winning Division I last year doesn't hurt. Part of the fun will be watching the internal races for team positions. One difference: Montesanto was disappointed that the girls dropped off a bit at the state meet last year, and has adjusted things accordingly. "We aren't going to try to impress anybody in the early season," he said.



Evan Fox
West Hills

Grossmont North: At 1997 CIF:

BOYS:

The fastest ten:

- 16:33 Evan Fox, WH-1
- 16:40 Don Overland-McKay, WH-2
- 16:46 Ben Aragon, WH-3
- 17:02 Dustin Diaz, WH-4
- 17:11 Ryan Beckhelm, Gro-1
- 17:11 Paul Saccone, WH-5
- 17:19 Nathan Snodgrass, Sant-1
- 17:31 Patrick Gomes, Sant-2
- 17:32 David Olsen, ElCap-1
- 17:49 Dan Sutton-Kane, WH-6

The second ten:

- 17:50 Nick Mathis, ElCap-2
- 17:53 Mark Petitfils, Sant-3
- 17:55 Bryan Hillberg, ElCap-3
- 18:09 Tyson Oberndorfer, Gro-2
- 18:20 Nat Jagers, ElCap-4
- 18:23 Mike Hunter, Sant-4
- 18:25 Nick Redman, Gro-3
- 18:31 Luis Agundez, ECV-1
- 18:37 Matthew Heibel, Gro-4
- 18:45 Matt Rendina, WH-7

GIRLS:

The fastest ten:

- 15:17 Heather Shurtleff, WH-1
- 15:45 Kim Pace, Sant-1
- 16:24 Rebecca Bartell, WH-2
- 16:25 Jasmine Marquez, ElCap-1
- 16:28 Ashley Handy, WH-3
- 16:28 Ava Benitez, Sant-2
- 16:34 Kim Baza, Sant-3
- 16:40 Kerie O'Grady, Sant-4
- 17:04 Rachel Nathaman, ElCap-2
- 17:05 Becki Chaney, Sant-5

The second ten:

- 17:17 Kristen Green, WH-4
- 17:19 Sarah Garcia, WH-5
- 17:19 Shauna Winfrey, WH-6
- 17:31 Sonia McKeon, ElCap-3
- 17:39 Sandi Jenkins, ElCap-4
- 17:42 Ann Rendina, WH-7
- 17:42 Rebecca Venegas, Gro-1
- 17:44 Brenda Hernandez, Gro-2
- 18:03 Carol Boland, ElCap-5
- 18:22 Paige Sessions, Sant-6

The Teams: El Cajon Valley

Division: Two. **Coaches:** Tony Lee, boys; assisted by Carlton Hoggard. Jay Sevier, girls; assisted by Richard Torge. **Course:** Harry Griffen Park.

BOYS:

Numbers: 7. **Returns:** Phillip Perez, 11. **Prospects:** Anthony Kupcap, 11; Jeroid Jordan, 10; Hani Khoshaba, 10; Al Took, 10; Juan Yanez, 9; Osualdo Beltrang, 9.

The outlook: "We're very, very

young," Lee said. The upside of that is that the team has a group of youngsters to develop. All but one are new to the sport.

GIRLS:

Numbers: 17. **The best:** Monique Bell, 11; Angela Perry, 12; Natalie Helms, 11. Perry is in her fourth year in the program; Bell has run track for the last two years but is trying this sport for the first time; Helms is new, but looks like she'll be pushing the top two. **The pack:** "We have a lot of hard-working girls," Sevier said. "They're out there every day."

The outlook: "We just got started last year," Sevier said. "We had just a few girls, but they liked it so much that we all went out and recruited. We're creating a program." Improvement always starts with numbers, so Sevier is on the right track. "We're feeling very good about it," he said.

El Capitan

Division: Two. **Coaches:** Dick Wilkins, boys; Sean O'Hara, girls. Assisted by Mike Muirhead. **Course:** Lindo Lakes.

BOYS:

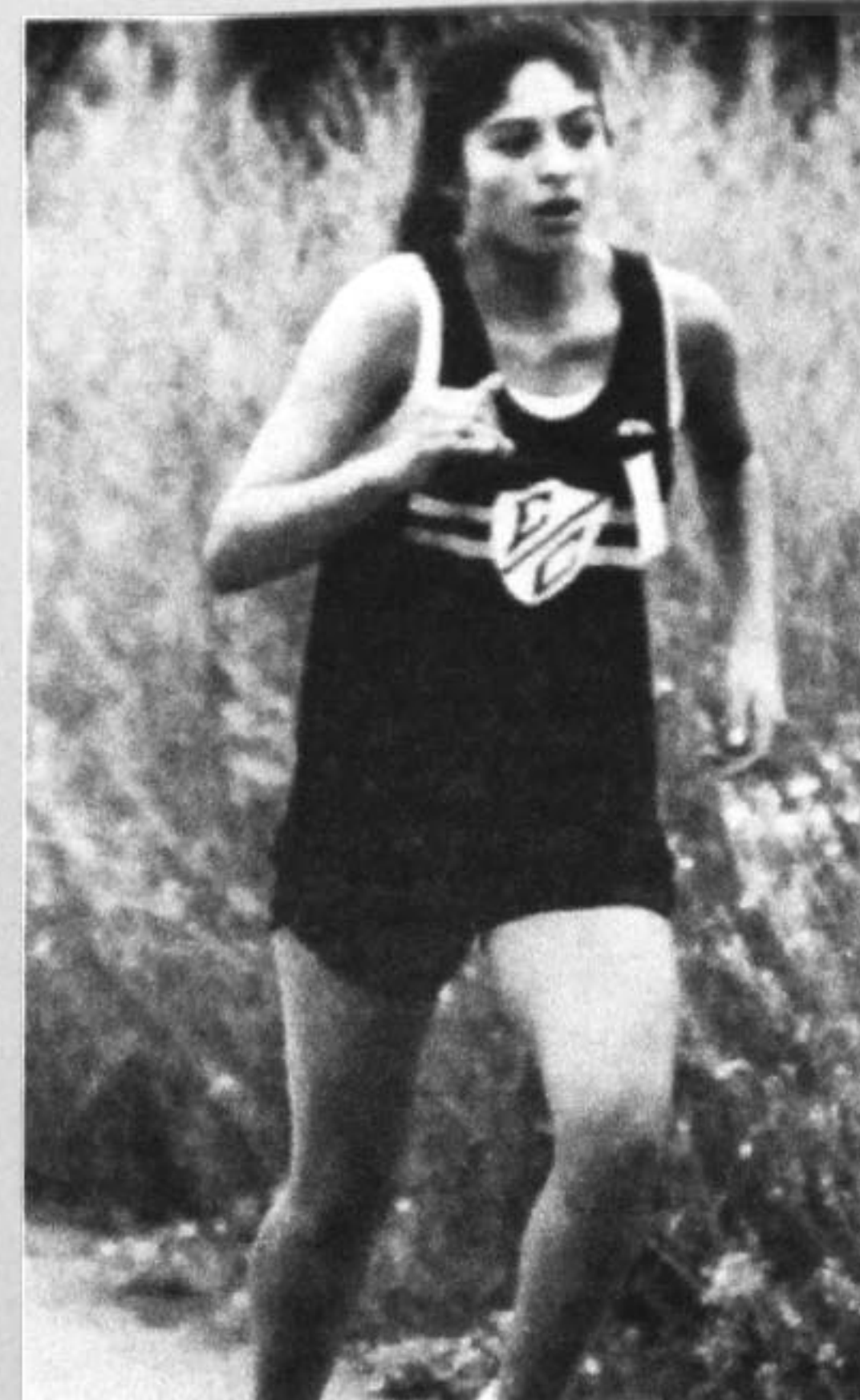
Numbers: 24-26. **The leaders:** David Olsen, 12; and Bryan Hillberg, 12. The pair were in the team's top group as juniors, and were the league's best JV runners as sophs, so they have established a nice curve of improvement. **The pack:** Wilkins returns most of last year's varsity, including Nat Jagers, 12; Anthony Garcia, 11; Travis Halling, 12; and Jason Vestal, 12. It's a solid group. **Depth:** Matt Burks, 11; Lyle Driscoll, 11; Ryan Rice, 12; Gerald Olsen, 10. One or more of this group could move up and contribute. **Tradition factor:** El Cap has been enjoying success going back to the early days of the local section, thanks to coaches like Ron Vavra, Joe Brooks and Wilkins.

The outlook: Wilkins is cautiously optimistic. "We're hoping we're going to be improved," he said. It's easy to be humble when a team like West Hills is just over the hill, but this is a solid El Cap squad, and they'll be well-prepared. A 3-1 league record would be no shock, and they should be one of the more solid Division II squads at the end of the season.

GIRLS:

Numbers: 18. **The leader:** Jasmine Marquez, 10. She had an outstanding freshman year for the Vaqs, and she ranks as the fourth fastest girl from the league in last year's CIF meet. She gives El Cap a strong leader. "She's become consistent," O'Hara said. "She's maturing, she's enthusiastic." **The pack:** The team returns the entire varsity: Rachel Nathaman, 10; Sonia McKeon, 11; Sandi Jenkins, 12; Carol Boland, 11; Theresa Hepler, 12; and Samantha Thomas, 10. It's still a pretty young group, so expect improvement. Nathaman just had wisdom teeth removed, so she'll need a bit of time; Hepler could rise high off of early workouts. **Depth:** "We're deeper this year," O'Hara said. "We have kids in the 8 and 9 slots that can push our fifth runner." Count on Megan MacDonald, 9; Melanie Ball, 12; and Jessica Fay, 11, to provide some competition for spots. O'Hara thinks MacDonald could be in the top five; Ball is a good trackster in her first try at cross country; Fay was a varsity runner as a frosh, but didn't run last year.

The outlook: "It's going to be a good year," O'Hara said. Last year was a bit of a transition for the Vaqs when O'Hara replaced Bill Cleves, but he now seems comfortable. Marquez emerged last year as a strong runner, and he has everybody else back, with



Jasmine Marquez
El Capitan

a few reinforcements. Expect some strong efforts from these girls.

Grossmont

Division: One. **Coaches:** Erl Cabanas, boys; assisted by Peter Gregory. Shannon Singer, girls. **Course:** Harry Griffen Park; varsity girls will run 5K.

BOYS:

Numbers: 18. **Leaders:** Matt Heibel, 11, and Nick Redman, 12. Heibel, still a developing talent, "had the best summer" of the returners. The results paid off with a good effort at the Norseman opener. Cabanas thinks Redman is about 45 seconds ahead of last year, at least in early season. **The pack:** Dennis Bollman, 12; David Van Dyne, 12; Seth Hill, 12. All return from last year's varsity. Van Dyne did the most off-season work, and could rise to the third spot. **Challenging:** Eric Boucher, 10; Ryan Nerman, 10; Chris Romero, 12; Manny Ainza, 11. Boucher was the fastest of the younger runners at Norseman; Nerman is a national level prep diver; Ainza is in his first year of cross country.

The outlook: Cabanas reports that this is a hard-working group. "The guys have stepped up the workouts by themselves, without any prompting from me," he said. It's an experienced squad, which seems to give the group a sense of purpose. They'll be competitive in the league, and could challenge El Capitan for second in the loop.

GIRLS:

Numbers: 17. **Leaders:** Kirstin Wilson, 9; Andrea Danielson, 10. They have been the team's best runners in the first weeks, although the hierarchy is not set in cement. **The pack:** Julie Small, 11; Bree Galyen, 11; Elizabeth Van Dyne, 11; Kim Karnowski, 10; Nicole Wilson, 11; Monica Barrera, 10; Brenda Hernandez, 10. Wilson and Hernandez were key members of the team last year.

The outlook: The team initially had a lot of experience at the core, but that has all changed in the first weeks, as a number of new faces have appeared at the top of the roster. If the team jells, it could be competitive.

Santana

Division: Two. **Coach:** Dale Sheehan. **Course:** Harry Griffen Park; one meet at Lake Murray.

BOYS:

Numbers: 20. **The leader:** Patrick Gomes, 11. Last year's num-

Please see page 9.

Grossmont North:

From page 8.

ber two, he is the fifth fastest returning league runner from last year's CIF race. He is very fit after a productive off-season. **The pack:** Mike Hunter, 11; Mike Scully, 11; Josh Laubacher, 10; Hunter Hazen, 12; James Corpstein, 12. Best off-season training was turned in by Hunter and Scully, who trained with Gomes. Corpstein also trained well. **Depth:** Sheehan thinks a freshman or two will rise from the ranks to challenge the pack.

The outlook: The Sultans lost their one and three from last year's squad. It's a young, developing team, with three juniors at the top. It's too soon to judge where they'll finish, but they should be able to compete with most rivals.

GIRLS:

Numbers: 15. **The leader:** Kim Pace, 12. She's a two-time CIF champ (in Division III) in cross country, and has track PRs of 2:23, 5:11 and 11:56. She struggled in track, but is now very fit and very determined. The 14th-fastest returning girl from last year's CIF, she is primed for a strong senior season. **The pack:** The immediate support group needs some rebuilding. The 2-3-4 girls have graduated or left the sport, and Sheehan needs her pack girls to step up. Becki Chaney, 11; Mary Broding, 12; and Paige Sessions, 11, all had varsity experience last year for a strong Santana squad. **The depth:** Elisa Benitez, 9; Elizabeth Jones, 12; Thea Bachman, 11. Benitez is probably the best of the frosh, she follows two older sisters into the program. Jones was on the edge of the varsity last year; Bachman is a good all-around athlete giving running a try.

The outlook: The team was a powerhouse in Division III the last two years, taking two CIF team titles. Now, they're in Division II, and some key runners are gone. In addition, league rival West Hills is steadily building in quality (the teams were virtually even last year). But Pace is still one of the league's (and county's) best, and there is some experience on the roster. Still one of the better league teams, but more of a longshot in CIF, now that they're in Division II.

West Hills

Division: One. **Coaches:** Pat Connolly, boys; Bill Cleves, girls. Assisted by John Liberatore and Alyssa (Nicodemus) Rogers. **Course:** On campus.

BOYS:

Numbers: 35-40. **The gun:** Evan Fox, 11. He's a special talent, combining great physical ability and great competitiveness. He has the potential to be one of the best runners the county has produced. He is better in track, where he ran 4:16/1:56 as a frosh; and 1:54/4:22 as a soph despite missing about half the season to an injury. "He's healthy," Connolly said, "and this is as good a summer as he's had." **The next guy:** Ben Aragon, 10, is a solid number two runner despite his youth. He was one of the team's top runners as a frosh, and added a 1:58 in track. **The pack:** Paul Saccone, 12; Matt Rendina, 12; Dan Sutton-Kane, 11. Saccone is a 4:29/9:54 talent. He and Rendina are making the most of their senior year. "They're motivated," Connolly said. "They want to lead by example. We can be very good if those guys have a good season." Sutton-Kane came on last season and is expected to continue his improvement. **The next pack:** John

Aguilar, 11; Tim Rodman, 12; Mike Ficken, 12. Rodman, a 10:08 runner, could crack the top group. Aguilar, who ran 4:45 as a soph, might have the talent to move up as well. **Also:** Bryan Bauerle, 11; Brian Covell, 12; Lance Elliott, 10. Elliott was a good frosh XC runner who didn't run track. "One of our strengths will be our depth," Connolly understated.

The outlook: West Hills is one of the first two or three teams mentioned by any rival coach as a candidate for the county's best. They ended up last season as the top-ranked outfit locally, and they have most of that team back. The program is an assembly-line: they lose one or two good runners every year, and replace them, often with better ones.

GIRLS:

Numbers: 42. **The leader:** Heather Shurtleff, 12. She is top quality (fourth fastest of the returning runners from last year's CIF), but has often been injured in her career. Her track bests date back to her soph year (5:15 and 11:38), as last season was wiped out. She is doing more cross-training this year and, so far, has been healthy. "That (her health) will be a key for us," Cleves said. **The pack:** Most return, including Rebecca Bartell, 11; Ashley Handy, 10; Shawna Winfrey, 10, and Ann Rendina, 10. Bartell ran 5:30 in track; Winfrey ran 800 in 2:22. It's a talented group. **Depth:** Leah Marrin, 10; Cassie Kuske, 10; Cheryl Madsen, 11; and some frosh runners all have a chance to push into that varsity group.

The outlook: Cleves is playing his cards pretty close to the vest. "Overall, I'm optimistic," he allowed. The biggest challenge will be the move up to Division I, which puts the Wolf-pack into some tough competition. They are a solid top ten squad, at the least, as long as they're healthy.

Metro: At 1997 CIF:

BOYS:

The fastest ten:

- 16:08 Brian Paff, BV-1
- 16:38 Baruch Vega, Sweet-1
- 16:40 Adrian Garcia, Sweet-2
- 16:57 Ruben Vences, Sweet-3
- 17:15 Ted Herbert, BV-2
- 17:29 Paul Franco, Sweet-4
- 17:30 Jose Zurita, CV-1
- 17:34 Jimmy Schroeder, Hill-1
- 17:42 Jason Stone, BV-3
- 17:46 Fernando Corona, MV-1

The second ten:

- 17:48 Daniel Lebrija, BV-4
- 17:48 Ken Nwadike, CV-2
- 17:50 Jon Ostrus, BV-5
- 17:52 Erick Guzman, Hill-2
- 17:57 Michael Manzano, CV-3
- 18:00 Ben Walthall, BV-6
- 18:01 Jose Simpson, Mont-1
- 18:09 Aaron Galvan, CV-4
- 18:12 Mirek Knopp, BV-7
- 18:17 Branny Zuniga, CV-5

The third ten:

- 18:17 Frankie Ortega, MV-2
- 18:20 Carlos Sotelo, Sweet-5
- 18:28 Jesus Carrillo, Mont-2
- 18:34 Alex Guzman, Hill-3
- 18:35 Luis Reyna, Sweet-6
- 18:39 Brian Eaton, CV-6
- 18:45 Frankie Cueva, CP-1
- 18:51 James Sheppard, MV-3
- 18:57 Kenny Lewis, MV-4
- 19:01 Michael Campos, Mont-3

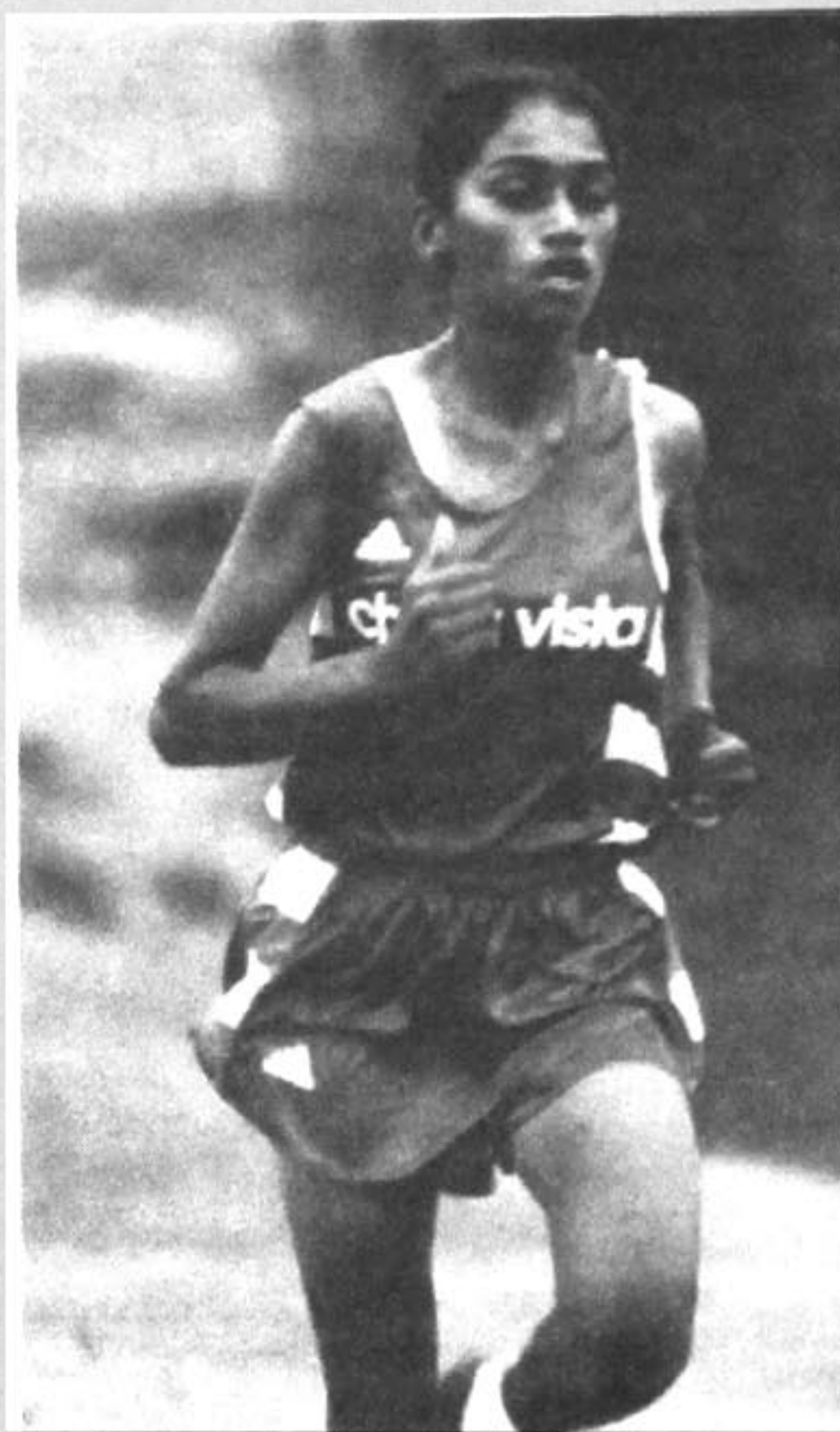
GIRLS:

The fastest ten:

- 14:48 Desiree Davila, Hill-1
- 15:53 Candice Osuna, BV-1
- 16:25 Bree Ann Alfstad, BV-2
- 16:29 Angela Rivas, Mont-1
- 16:40 Dawna Marshall, BV-3
- 16:48 Mythili Duvvuri, CV-1
- 16:48 Van Nguyen, BV-4
- 16:52 Trinity Amalfitano, BV-5
- 16:59 Bertha Ojeda, CV-2
- 17:31 Maria Vizcarra, Mont-2

the second ten:

- 17:48 Esther Volper, Mont-3



Mythili Duvvuri
Chula Vista

- 17:50 Sara Meza, Hill-2
- 17:51 Vanessa Cuadra, CV-3
- 17:59 Abby McConnell, CV-4
- 18:02 Jennifer Martinez, CV-6
- 18:16 Esmerelda Munoz, BV-7
- 18:20 Laura Carriedo, East-1
- 18:20 Maria Carriedo, East-2
- 18:29 Eva Burgueno, Mont-4
- 18:31 Erin DeHahn, Hill-3

The third ten:

- 18:47 Lara Wells, Hill-4
- 18:48 Rachelle Pizarro, Mont-5
- 18:50 Margie Moran, Sweet-1
- 19:28 Melissa Burgueno, Mont-6
- 19:31 Elizabeth Kolata, Hill-5
- 19:31 Maribel Calderon, CV-5
- 19:36 Lilana Sandoval, CV-6
- 19:56 Jackie Macias, CP-1
- 20:08 Sheronda Gaines, CP-2
- 20:24 Cerrisa Cavin, East-3

The Teams: Bonita Vista

Division: One. **Coach:** Ian Cumming, assisted by Dave Hunter, Julie Phair and Bryan Wallbank. **Course:** Rohr Park, in Bonita.

BOYS:

Numbers: 40. **The leader:** Brian Paff, 12. He's been an ace since he arrived. He's the third fastest returning runner in the section, but H\he had a disappointing track season, running the 1600 in 4:27 (he ran 4:22 as a soph). **Number two:** Ted Herbert rose through the ranks to be the second man in the final meet as a frosh; and followed that with a 9:56 3200 in track. He's the heir apparent when Paff graduates. **The pack:** Graduation took away the 3 through 7 runners, but Bonita is never short of material. Expected to move up in class are Dustin Whitson, 10; Brad Fowers, 12; and Dale Houser, 11. Houser, "found out how good he was in track," when he clocked 2:00 for 800. **Depth:** There is a large group of runners challenging for the remaining varsity slots. Cumming was reluctant to name names because the competition is far from decided, but he likes the looks of Austin Neudecker, 10; Ryan Butler, 11; Clayton Phair, 12; and Randy Phair, 10. Any number of other athletes could emerge, as well.

The outlook: There's no reason to think that this will not be an excellent team. The top two are very talented and very proven; and depth of the pack is always a Bonita trademark. They are the league co-favorites, with Sweetwater.

GIRLS:

Numbers: 30. **The leaders:** Candice Osuna, 12; and Dawna Marshall, 12. Osuna was last year's team leader, and the Metro's second

fastest girl, after Davila, and she ran 11:53 in track. Marshall, "had her best summer ever," and also has been under 12:00 for the 3200. **Right behind:** Bree Ann Alfstad, 10; and Trinity Amalfitano, 10. Both were well up on the varsity roster last year, and they also have track credentials (Alfstad, 12:13; Amalfitano, 2:28). Cumming thinks they have the potential to push the top two. **Involved:** Van Nguyen, 12. The logical spot for her is number five, but cross country is a minor footnote on a resume that includes Girls State, Girls Nation, speech and debate, and serving as the lone student representative to the Sweetwater High School governing board. **Depth:** Katie Bowman, 11; Kristen Thompson, 10; Kelly Milliken, 10; Marissa Munoz, 10; Heather Romero, 10; Karen Albrecht, 12; Dolores Rodriguez, 9; and Kate Branson, 9. All have talent. Thompson and Milliken were impressive in JV track last year; Albrecht is a potential top five candidate if healthy; the freshmen bear watching.

The outlook: They could be the class of the Metro, along with Chula Vista, and they could develop into a Top Ten team on the local level.

Castle Park

Division: Two. **Coach:** Brad Grady. **Course:** Hilltop High.

BOYS:

Numbers: 16. **The leader:** Dan Flores, 11. He was among the team's best last year as a soph, and continued his development in track, where he ran 800 in 2:00, and 1600 in 4:34. **The pack:** Frankie Cueva, 12; Manuel Silva, 12; Adrian Ortiz, 11. They all return from last year's varsity group. In early workouts, Cueva seemed to be the number two, ahead of Silva and Ortiz. **New:** Emilio Ramos, 9; Ray Torres, 9; Arturo Payan, 9. Grady likes his frosh group. He pegs Torres as a potential 800-meter runner, and thinks he'll challenge the front pack.

The outlook: Flores could be a potential standout; at least he seems to have the basic tools. There is some experience behind him, although the team is a bit thin. There is some youth in the middle of the pack, however, which could mean that this is a team with better days ahead.

GIRLS:

Numbers: 10. **The leaders:** Maria Melvin, 12; Ana Melvin, 9 (they are sisters); Alma Bautista, 9. Grady thought this trio was fairly even in talent. **Also:** Lily Lopez, 10. She returns from last year's team.

The outlook: Grady thinks the Melvins and Bautista are a strong and talented top three, but he concedes that the lack of numbers will work against him this season. Still, the team should be respectable, and maybe even competitive in the league.

Chula Vista

Division: One. **Coach:** Art Johnson, head coach. James Sanders, girls. **Course:** Rohr Park, in Bonita.

BOYS:

Numbers: 20. **The leader:** Michael Manzano, 11. His team nickname is "animal," reflecting the effort he puts into his workouts and races. He has talent to go along with his work ethic; he ran 9:57 for 3200 in the spring. **The pack:** Aaron Galvan, 12; Gabriel Cornejo, 12; Brian Eaton, 11; Efrain Novelo, 10; Josh Galindo, 11; Cesar Medina, 11; Gerónimo Arredondo, 12; Bobby Pfeiffer, 9; Dennis Higgins, 9; and Ken Nwadike, 12. Galvan and Eaton return from last year's varsity; Novelo is a transfer from RBV. Nwadike is an important runner; at his best, he's a strong number two.

Please see page 10.

Metro:

From page 9.

The outlook: Chula Vista always worries foes. The league's coaches respect the strength of the program, and habitually list them as a viable contender even in the absence of hard information. Of course, Chula should never be counted out. Manzano is very solid at the top of the order; and there is potential behind him. The Metro boys teams seem to be "up" this year.

GIRLS:

Numbers: 29. **The leader:** Mythili Duvvuri, 10. She's earned the nickname of "Miley," partly because it's an easier pronunciation than her actual first name, and partly because she just runs so many miles. She is one of the top returning league runners, and seems to be much improved after a good summer of training. She was impressive at the Norseman meet, running the fourth fastest time of the day. **The pack:** Bertha Ojeda, 11; Lilana Sandoval, 11; Sophie Marquez, 9; Nadia Sanders, 10; Camille Robinson, 10; Christina Cisneros, 11; Carmela Hodggers, 12; Liliana Acevedo, 9; Angel Robinson, 10. There's a lot of talent in this group. Ojeda was last year's number two, but is coming off an injury. Sanders is an outstanding track sprinter (her dad is the assistant coach), but is adjusting fast to long distance. Marquez could push into the number two slot.

The outlook: Very good. In the non-scoring Norseman Invite, the Spartan girls were just behind University City and Valhalla in team times, and ahead of such outfits as Poway, Vista, and Scripps Ranch. Chula can contend with Bonita Vista for league honors; and they could be one of the best in the county.

Eastlake

Division: Two. **Coaches:** Troy Vierra, head coach. Jeff Mechling, boys; Karen Kreul, girls. **Course:** Hill-top High.

BOYS:

Numbers: 25. **The pack:** Marko Ramirez, 11; Kyle McMahan, 12; Andrew Howard, 12; Ralph Bonilla, 12. All return from last year's varsity. **New:** Cole Davis, 10; Vernon Ng, 9; John Silva, 9; Ryan Dodds, 9; Barry Bright, 9. Mechling has a nice group of new runners. "We have a lot of freshmen," he said. "And they're good-looking freshmen. By the time they're seniors, they'll be very good."

The outlook: There's a coaching transition, and a large group of new runners, which adds up to a bit of a rebuild. But Mechling has decent numbers, and a large proportion of them are very young, and that adds up to a potentially successful rebuild.

GIRLS:

Numbers: 8. **The best:** Pati Romero, 9. She was the team's fastest in early races. At Mt. Carmel, she was 17th in the small schools girls frosh race, running 19:35. **Also:** Jodie Linder, 11; Katie Sondenberger, 10; Cerrisa Cavin, 10; Lezly Paez, 10. Cavin and Linder return from last year's varsity.

The outlook: Like the boys, the girls are in transition, but Kreul is upbeat about the challenge. "The girls I have out are good," she said. A big plus is the team's youth, which gives Kreul a foundation to build on.

Hilltop

Division: Two. **Coach:** Chip Holmes, assisted by Paul Brents and Cesar Melvin. **Course:** On campus.

BOYS:

Numbers: 18-25. **The leader:** Jimmy Schroeder, 11. He has

been one of the team's best since he was a frosh, and he is the sixth fastest returning Metro runner. And he's just getting to the prime of his career. **The pack:** Alex Guzman, 10; Sam Stewart, 12; Javier Paz, 12. All are veterans of last year's varsity.

Challenging: Lorenzo Otero, 10; Jose Beltran, 11; Nathan Aginiga, 10; Taylor Burnett, 12. Holmes thinks Otero might run his way into the number two slot. Burnett and Stewart are two of the most improved runners.

The outlook: This is a developing team, with a junior and two sophs expected to be among the best runners. If that development can continue at the normal rate of improvement, the Lancers could be a force in the Metro next year. Even this year, the team should be competitive. Holmes thinks his pack is starting to jell. "One through five are relatively close," he said. "We could be pretty decent."

GIRLS:

Numbers: 17. **The big gun:** Desiree Davila, 10. What a splash she made as a frosh last year: CIF champ in Division II; fastest girl in entire CIF field (by 25 seconds); second place in the state meet; fastest local at the regionals; and, in the spring, the county's fastest 1600 runner at 4:59. Any improvement over her freshman year puts her into local legend territory. **The pack:** Erin DeHahn, 12; Lara Wells, 11; Elizabeth Kolata, 11; Teresa Escobedo, 11. All were varsity members last year. DeHahn is better known for her track exploits (a 2:15 800 as a soph). **Depth:** Vanessa Vitela, 12. Vitela was injured last year, but could move up in the pack.

The outlook: Sometimes, great talent at the top can energize an entire team. Davila is as good a number one as anyone could want, and there's some talented athletes in the ranks. If the pack begins to develop, this could be a dangerous team.

Mar Vista

Division: Two. **Coaches:** Boys, Ben Holt. Girls, Suzanna Vega. **Course:** Lucky Waller Park.

BOYS:

Numbers: 20. **The pack:** Holt returns his numbers two through six runners from last year's team. They are (in the order of last year's CIF results): Frankie Ortega, 11; James Sheppard, 11; Kenny Lewis, 10; Pedro Rivas, 10; and Adan Sanchez, 11. The first four finished 45 seconds apart - a sign of things to come? **Depth:** Charley Russell, 10; John Borja, 11; Blake Swier, 11. Russell also was on last year's team. Swier is trying cross country for the first time; his dad was a 1:56/4:23 runner for Mount Miguel in the 1970s, and Holt thinks he might be able to run near the front of the pack.

The outlook: It is an amazingly young group, with no seniors, an experienced lead pack of about half-and-half juniors and sophs; and a "good freshman" group behind them. Holt expects juniors Ortega and Swier to lead the team, and he is also expecting a tight group. "We might be a surprise," he said. "Our guys are pretty close together." The team obviously has talent and potential. The main question is, how fast does it develop?

GIRLS:

Numbers: 8-12. **The leader:** Chrissy Tomlinson, 11. She's a year-around athlete, with experience in soccer, water polo, and softball. **The pack:** Lindsey Smith, 10; Maranda Quick, 10; Priscilla Gomez, 10; Michelle Smith, 10; Holly Pinnick, 11. Pinnick might be the team's number two; she ran as a freshman, moved away, and has returned. Lindsey Smith and Quick return from last year's team; Michelle Smith and Go-

mez are newcomers with talent.

The outlook: Vega is coaching the Mariner girls for the second year. She is a social science teacher at the school, and her "on campus" presence could help the team's eventual development. Her numbers are up from previous years, and she has a number of athletic girls on the roster.

Montgomery

Division: One. **Coach:** Ruben Ledesma, assisted by Juan Gonzalez. **Course:** Lucky Waller Park.

BOYS:

Numbers: 15. **The leaders:** Jose Simpson, 11, and Jesus Carrillo, 11. Ledesma thinks both have a chance to rise into the league's top ten this year. **The pack:** Michael Campos, 12, is the only other varsity returner. Raul Garcia, 10, ran 4:52 and 10:50 as a frosh, and could push the top two. **Depth:** Cliff Barnes, 10; Jimmy Olivares, 10. They're the top candidates to round out the varsity. Ledesma also has yet to assess a group of 5 or 6 from the soccer team.

The outlook: It's a young, developing team that is probably a year away. But they could still be good enough to place in the top half of the league.

GIRLS:

Numbers: 25. **The leader:** Angela Rivas, 11. She was the fourth fastest Metro girl at CIF last year, and ran 5:26 for 1600. She's a very solid number one. **The pack:** Ledesma only returns one other varsity runner from the team that surprised many with a second place league finish. She is Eva Burgueno, 12, who, "has improved a lot." **Building depth:** Ledesma has good numbers out, and has some likely candidates to fill up the varsity: Lyra Ponce, 10; Maria Urias, 12; Laura Snyder, 10; Regina Valdez, 10; Edna Moreno, 9; Andra Rivas, 9; and Jessica Lopez, 10. He expects Ponce and Urias to push into the top four, and is looking for a fifth.

The outlook: Of last year's second-place team, Ledesma admitted, "If you asked me at this time last year, I wouldn't know we were going to be that good." Ledesma will need to develop some talent to match last year's record, but it's not out of the question.

Southwest

Division: One. **Coach:** Jesus Rodriguez. **Course:** Lucky Waller Park.

BOYS:

Numbers: 15. **Returns:** Alex Ramirez, 11; Jorge Mora, 10; Arturo Vallesteros, 12. Ramirez was the team's fastest at CIF last year. **Also:** Fernando Rojas, 11. Rodriguez has a group of soccer players trying the sport; Rojas is one of those who already shows some talent.

The outlook: Cross country is a struggling sport at a school like Southwest, where football and futbol are far more popular. Rodriguez might have some luck by getting some of the soccer players to try the sport.

GIRLS:

Numbers: 5. **The best:** Amy Iniguez, 9; and Ivy Iniguez, 10. The sisters are new to the area, but show promise.

The outlook: The team is so thin in numbers that they may not field a scoring group.

Sweetwater

Division: One. **Coach:** Tim Latham, assisted by Joe Lara, girls, and Craig Balsley. **Course:** Rohr Park, in Bonita.

BOYS:

The numbers: 25-30. **The leaders:** Adrian Garcia, 12; Ruben Vences, 11. The Devils had a very strong top three last year, and two

return. Garcia and Vences are the 11th and 15th fastest returning runners from last year's CIF race. Garcia ran 9:50 in track; Vences ran 10:04. **A good third:** Paul Franco, 12, was last year's fourth man, and shows signs of closing the gap. In his first season of track, he ran 4:37. **The pack:** The Devils return three other varsity members: Carlos Sotelo, 12; Luis Reyna, 11; and Kwasi Ntiemoah, 12. Challenging to move into that group are Mark Dionela, 10; Jovany Sotelo, 11; Armando Lara, 11; and Ubaldo Ayon, 11. Dionela turned in a fat training log at the end of summer; Carlos Sotelo also racked up the miles. The four-five spots will be key for Sweetwater.

The outlook: This is a dangerous team that nobody is overlooking. In last year's CIF Division I race, if you just scored the first three runners, Sweetwater would have trailed CIF champ Poway by just one point, and placed third overall. If Latham can upgrade the quality in the bottom of the scoring group, they can contend. In any case, it is a quality team.

GIRLS:

Numbers: 23. **The leaders:** Llyan Cuevas, 12; and Marguerite San Victores, 11. They are the team's top two returning finishers from last year's CIF meet, and were the number two and three girls on the squad. **The pack:** Yesenia Navarro, 11; Christina Sotelo, 12; Andrea Garcia, 12. All were members of the Devils varsity last year. **Challenging:** Genevieve San Victores, 12; Kathy Medina, 12, are two that could push their way into the top group. Latham is also closely watching some youngsters. "We have quite a few new faces," he said.

The outlook: The team should be competitive in the Metro League. The overall numbers are up; good things usually result.

Western:

At 1997 CIF:

BOYS:

The fastest ten:

16:35 Brian Sullivan, StA-1
16:44 Adam Greene, StA-2
16:48 Mike Stokes, SR-1
16:52 David Dunbar, LJ-1
17:05 Omar Zavala, MB-1
17:08 Brandon Behr, LJ-2
17:13 Eric Koster, LJ-3
17:25 Patrick Grimes, SR-2
17:29 Raphael Machado, SR-3
17:29 Edgar Hernandez, UC-1

The second ten:

17:33 Ray Chacon, LJ-4
17:38 Steve Doane, LJ-5
17:40 Robert Anderson, SR-4
17:46 Andy Delery, SR-5
17:57 Alejandro Mares, LJ-6
18:00 Charles McKeown, UC-2
18:01 Colin Donnelly, StA-3
18:04 Marco de la Huerta, UC-3
18:06 Alfonso Espinosa, StA-4
18:22 Erik Hanley, USD-1

The third ten:

18:24 Kevin Correnti, StA-5
18:32 Chris Sandoval, SR-6
18:35 Eric Richey, MB-2
18:35 Justin Graves, MB-3
18:36 Jonathon Hester, SR-7
18:36 Tony Saibe, UC-4
18:43 Derek Moe, USD-2
18:48 Jose Leyva, MB-4
18:50 Omid Barkadehi, UC-5
18:50 Pat Higby, USD-3

GIRLS:

The fastest ten:

15:29 Kelly Grimes, SR-1
16:19 Katherine Ziegler, UC-1
16:24 Amanda Powers, MB-1
16:29 Angeline Spain, SR-2
16:30 Desiree Leek, LJ-1
16:30 Michelle Barrack, USD-1
16:32 Shanna Cohen, SR-3
16:35 Ronya Shattila, USD-2

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Western:

From page 10.

- 16:44 Lisa Nguyen, SR-4
16:50 Grace Anderson, SR-5
- The second ten:**
16:54 Talisha Clophus, UC-2
16:58 Claire Beck, OLP-1
17:02 Amanda Mullinex, USD-3
17:14 Jackie Ott, USD-4
17:22 Leslie Borenstein, LJ-2
17:28 Kim Saam, UC-3
17:34 Morgan Romine, LJ-3
17:34 Sunny Nordmarken, LJ-4
17:34 Siouxsee Gistaro, USD-5
17:50 Carly Votolato, UC-4
- The third ten:**
17:54 Julie Babonas, USD-6
17:58 Leslie Crews, UC-5
17:59 Rebecca McKeown, UC-6
18:02 Lauren Severs, UC-7
18:14 Julia Otis, LJ-5
18:20 Vanessa Van Overmeer, SR-6
18:25 Jessica Gombes, OLP-2
18:27 Aramara Garcia, LJ-6
18:42 Lyndsy Hassett, SR-7
18:58 Patricia Venereo, OLP-3

The Teams:

Hoover

Division: Two. **Coach:** Frank Browne. **Course:** Morley Field.

BOYS: 7. **The best:** Thomas Okumu, 12; Abdulle Mukhtar, 9; Nicolas Ocadiz, 9. Browne is starting from scratch, but he already likes the look of Okumu, whom he expects to lead the team in racing. Mukhtar, although young is already, "pretty good. He's the hardest worker of the group." Ocadiz, another youngster, "could be decent. He could develop," Browne said.

The outlook: It's Browne's first year at Hoover, and the boys team has virtually no returning runners. But it is also a school that is recognized as a source of good talent. However, the talent must be identified, recruited and allowed to develop. That process requires two to three years, which Browne recognizes. "This year, we just want to improve and have fun," he said. "Next year will be a lot better. The improvement could be drastic." Expect some respectability this season, and better things down the road.

GIRLS:

Numbers: 9. **The leader:** Merlyn Diaz, 11. She has been a promising talent at the school since her freshman year, and should be the team's best. Because of work conflicts, she got a late start on the fall training, but she should be solid by the end of the year. **The core:** Maria Magno, 12; Elizabeth Cortez, 11; Jessica Hogue, 10. Browne characterizes these three as the "hard workers," and thinks they'll form the nucleus of the team.

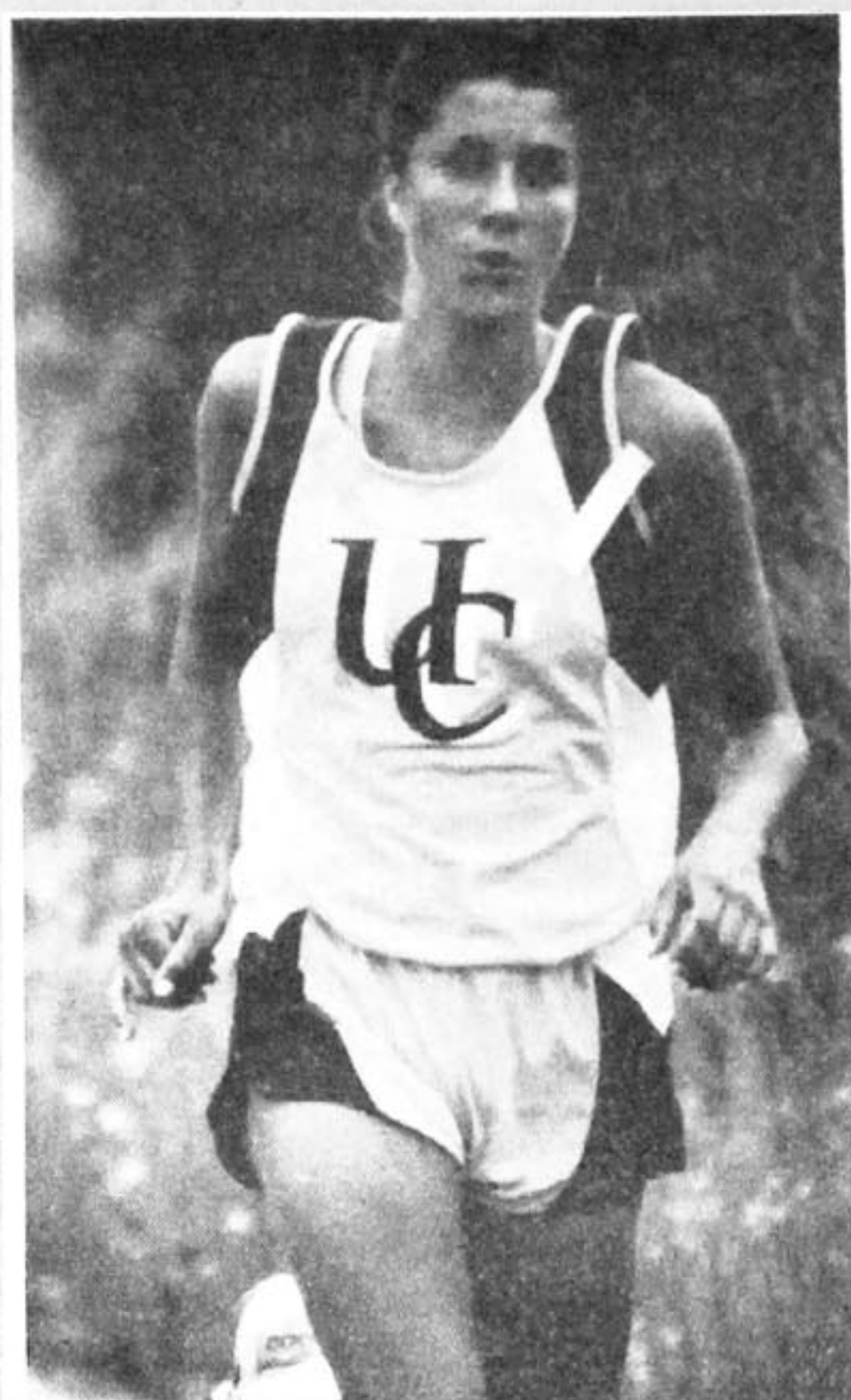
The outlook: The girls team is a bit ahead of the boys at this stage, starting with Diaz, a good returning runner. The raw numbers aren't where Browne wants them yet, but the team has taken to the task at hand, and will improve. As for Browne, he deserves some of the credit for the emergence of the strong teams at University City, where he developed much of the talent, and built the foundation. He faces a similar challenge at Hoover.

La Jolla

Division: Three. **Coaches:** Chuck Boyer, boys, assisted by Joe Leek. Tom Dorman, girls. **Course:** Morley Field.

BOYS:

Numbers: 38. **The leader:** Brandon Behr, 11. He ran 4:31 last spring, excellent time for a soph; and he'll move right to the top of the La Jolla pack. **Right behind:** Alejandro Mares, 12. He's a 2:00 runner who has been splitting time with the soccer team. He's concentrating



Katherine Ziegler
University City

on running now, and Boyer expects him to elevate to the number two slot.

The pack: Nate Lopez, 11; Eric Koster, 11; Matt Granger, 12; Jonathan Dunbar, 11. All have experience; Dunbar has been doing "awesome mileage," according to Boyer: 100 miles per week in the summer. **Challenging:** Larry Koster, 11; Tim Petrie, 12; Chris Ferrier, 10; Chad Valderrama, 10; Scott Davis, 10. Koster is the twin of Eric Koster, but has not been running as long. Petrie was injured last year, but is healthy now; Ferrier was one of last year's best JVs.

The outlook: Could be the sleeper in the county. Boyer likes his team's fitness. "We're better prepared at this time than past teams have been," he said. They lost their ace (David Dunbar), but this is not a program built on star power. The Vikings love to use that old pack magic to frustrate foes.

GIRLS:

Numbers: 60. **The leaders:** Desiree Leek, 10; Morgan Romine, 12; and Julia Otis, 12. Leek was the team's best runner at CIF, and ran 11:30 in track. Romine had mono last fall, but was one of the Vikes' best as a soph. **The pack:** Emily Seymour; Leslie Borenstein, 10; Michelle Guerro; Katie Grim; Liz Edwards, 9; Maggie Sass, 10. Borenstein was the team's number two at last year's CIF meet. Sass didn't run XC last fall, but did run track. Edwards is progressing quickly; she might be the team's number two.

The outlook: Up in the air. Dorman is the first to admit that, in late August, there are a lot of unknowns. Can the leaders keep their focus? Can some talent develop in the pack? How good is their competition? If things fall right, the Vikings could stir things up, although a league title would seem to be a longshot. Their league rivals aren't counting them out, however.

Mission Bay

Division: Three. **Coach:** George Velarde. Assisted by Dan Ungricht, Dr. Jim Crakes, and Chuck Hayden, Sr. **Course:** Morley Field.

BOYS:

Numbers: 15. **The leaders:** Eric Richey, 11; Miguel Elias, 11; and Justin Graves, 10. Richey and Elias were the two fastest Bucs at the Norseman meet, and Graves won the Division II frosh-soph race there. **The pack:** Also includes Eric Royce, 11, and Chuck Hayden, Jr., 12. Actually, it may be unfair to differentiate these five returning varsity runners into lead-



Alejandro Mares
La Jolla

ers and pack, as Velarde thinks that they are, to a degree, interchangeable. **Depth:** Jameson Hester, 9; Josh Jones, 9.

The outlook: "It is a very young team," Velarde said. Indeed, of the seven expected to lead the way, there is only one senior. Soph Graves seems to be improving fast and should be a force before he graduates. "We have a really tight pack," Velarde said. "That's what we're going to work on." It will be a learning experience most of the year for Mission Bay's young runners, but they will win a few league meets. By year's end, if the young talent develops, they could be a darkhorse in CIF Division III.

GIRLS:

Numbers: 12. **Swimming:** Last year's star, Amanda Powers, is a senior this year, but has left the sport to concentrate on swimming. **The leader:** Rose Serna, 9. Her debut was at the Norseman meet, where she was sixth in the Division II frosh/soph race. She is the team's top runner, "by far," according to Velarde. **The number two:** Ann Ghashghaee, 11, was the next fastest Buc at Lindo Lakes. She ran varsity last year. **The pack:** Angie Hanchett, 10; Alyson Walker, 10; Jennifer Cwikla, 9; Hannah Stein, 9; Janelle Mattson, 10; Kara Elizondo, 11. Hanchett is in her first year of cross country, but Velarde expects her to rise high in the pack; Walker is a returning varsity vet; Elizondo's older brother was Devin Elizondo, one of Mission Bay's former greats.

The outlook: The girls team is even younger than the boys squad, with one junior in the top five runners. But in cross country that is not necessarily that bad. For instance, frosh Serna already is running apace with some good runners. "It's all so new to her, but she'll do well," Velarde said. "If we can keep this group together, we'll be fine."

Our Lady of Peace

Division: Three. **Coach:** Dan Keays, assisted by Lisa Moslow. **Course:** Morley Field.

GIRLS:

Numbers: 13-20. **The leader:** Claire Beck, 11. She is among the ten fastest returning girls from league at last year's CIF race, and followed that up with an 11:42 in track. **The pack:** Keays returns five others from his varsity group, including Jessica Gombes, 12; Patricia Venereo, 10; Maura Bannon, 11; Laura Meathe, 12; and Kristen Clayton, 12. Gombes, who finished as last year's number two, has only just begun to

workout after off-season jaw surgery. Also returning is Natalie Watkins, 12, who was a member of last year's varsity until sidelined by asthma.

The outlook: The Western almost always is a tough go for schools the size of OLP, but Beck is looking good, and Keays is hoping the rest of the team will take up the challenge.

St. Augustine

Division: Four. **Coach:** Jerry Downey. **Course:** Morley Field.

BOYS:

Numbers: 35. **The leaders:** Matt Herriman, 11; Colin Donnelly, 12; Alfonso Espinosa, 12. Herriman has stepped up; the seniors are very solid. **The pack:** Kevin Correnti, 12; Jon Gardner, 11. Both were varsity runners last year. **May help:** Sean O'Rourke, 10; Pat Burnett, 10. O'Rourke didn't run XC last year.

The outlook: It's a bit of a rebuilding year for the Saints after losing the talented one-two punch of Sullivan and Greene. "It's a strange world for us this year," Downey said. "We have to reassemble." But league foes shouldn't take them too lightly. There is tradition, good coaching, and the return of runners 3 through 7 from last year's varsity. They'll be respectable in the regular season and the team to watch in Division IV at the CIF meet.

Scripps Ranch

Division: Two. **Coach:** Bob Oliver. **Course:** Morley Field.

BOYS:

Numbers: 41. **The leaders:** Pat Grimes, 12; Brendan Riordan, 11. Grimes has been a valuable runner for Scripps all along; he's a 4:25 and 9:40 track runner, and he begins the season in great shape. Riordan is more of an unknown after not being able to run varsity last year (CIF ruled him ineligible after a transfer), but Oliver and other coaches know he has talent. "He's going to help us," Oliver said. In early meet Raphael Machado, 11, also showed signs of moving to the front. **The pack:** It's dense and talented. Oliver counts at least 11 strong candidates to fill out the varsity after the top three. Andy Delery, 12; Chris Sandoval, 12; Brian Culleton, 12; Jonathan Hester, 11; Mike Comstock, 11; Brent DeLong, 10; and Caleb Garlip, 9, have all shown well in early workouts, and there's more behind them. Delery, Sandoval and Hester all ran varsity last year. "We have a lot of depth," Oliver said.

The outlook: "It's very early," Oliver reflected, "but I have a good feeling about this group. I think they can be very, very good. We'll still be a strong pack team." If Riordan is as good as advertised, the Falcons are strong at the top. The depth is there, for sure. And Oliver is a top coach. Mark them as league favorites, and as a team to be watched in Division II at CIF. A definite Top Ten team.

GIRLS:

Numbers: 16. **The leader:** Shanna Cohen, 11. She was an unknown transfer last year who rose to the top of the pack behind Kelly Grimes and Angeline Spain, and was a key ingredient of the Falcons' success. She may not reach the level of a runner like, say, Grimes, but she'll be solid. **The pack:** Lisa Nguyen, 12; Grace Anderson, 10. Both were scoring members of a team good enough to take second in the state. Any questions? **Also:** Tracy Tom, 10; Lyndsy Hassett, 12; Christian d'Acquisto, 12; Judy Tincher, 9; Laurie LaBrado, 9. Hassett was last year's number seven. Oliver says the varsity candidates are all "closely knit."

The outlook: It's a slightly different look for Scripps. In the past,

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Western:

From page 11.

the teams have had great stars at the front and sometimes a drop-off after that, but this is more of a pack team. "It's different, Oliver acknowledged. "We won't have the big push up front, but we can still be a good team."

University City

Division: Three. **Coach:** Jim McCarthy, assisted by Dale Fleet. **Course:** Morley Field.

BOYS:

Numbers: 25. **The leader:** Jon O'Connor, 12. Is this the season he fulfills his promise? "He's on fire right now," McCarthy said. "He's run about twice as many miles as he ever has before (in the off-season)." O'Connor ran 2:01 and 4:29 in track, so the talent is there. **The top of the pack:** Edgar Hernandez, 11; and Charles McKeown, 11. Hernandez was the team's top finisher at CIF, and McKeown has put in the hard work over the off-season. **The depth:** McCarthy has lost his other four varsity runners, and must rebuild the back of the pack. Among the candidates are Joel Nierman, 11; Dylan Solomon, 10; Katsuki Shimasaki, 10; Jeff Guido, 9; and Max Kerber, 9. McCarthy thinks Nierman will be a suitable fourth, but is hoping a fifth will emerge.

The outlook: The Centurions have a good combination of ingredients: a motivated leader, some other decent talent, a hard-working team, and a good coach.

GIRLS:

Numbers: 30. **The leader:** Katherine Ziegler is the most obviously talented. She's the fastest returning girl from last year's CIF race in the league, and she ran some great track times, such as 5:05 and 2:17. **Right behind:** Talisha Clophus, 10. She was last year's number two as a frosh, and clocked a 2:17 in the 800 in the spring. Also, "she had a great summer," McCarthy said. **A talented pack:** Carly Votolato, 12; Reb-ecca McKeown, 11; and Leslie Crews, 12 are all talented. Votolato, a 2:26, 5:26 track runner, "could challenge" for the top spot; Crews, with a 12:13 3200 mark, is "very strong," and McKeown, a 12:14 runner, is "just a horse." **The depth:** Lauren Severs, 10; Laura Cohen, 10; and Johanna Mubarak, 12. Severs was hurt in early season; Cohen ran 12:24 as a frosh. **Talented youth:** Chessa Adsit-Morris, 10; is a figure-skater who is trying running for the first time but she's made a big impression. "She's come out of nowhere," McCarthy said. "She's strong. Also keep an eye on Karissa Teitsch, 9, the best of the frosh in early season.

The outlook: McCarthy thinks his girls are, "very interested, very experienced, very strong and very fast." That would seem to cover just about everything. "I've never had a group like this," he said. The team might be about in the middle of an early season Top Ten, but they could also rise higher.

University of SD

Division: Three **Coach:** Dan Geiger, assisted by Kevin Yaley and Kate Gordon. **Course:** Morley Field.

BOYS:

Numbers: 30-35. **The leader:** Erik Hanley, 12. He was the team's fastest at last year's CIF meet, and is the 11th fastest returner from the league. **The pack:** Brian Thielen, 10; Steve Dalton, 10; Eric Pisor, 11. All return from last year's top seven. Geiger thinks Thielen and Dalton are his 2-3 runners in the early season. **Challengers:** Patrick Marsch, 9;

Evan Lentz, 9; Mark Pfizenmayer, 11. Marsch and Lentz are two good-looking frosh runners; Pfizenmayer could be up in the top three if healthy.

The outlook: "We're trying to build the program back up," after numbers had declined, Geiger said. He spent a busy summer on the phone, getting bodies to commit. Most of his group are sophs and frosh, so he's already put together a good base. "The boys might have a good future," Geiger said. The payoffs will come down the road.

GIRLS:

Numbers: 25-30. **The leader:** Michelle Barrack, 12. She burst upon the local scene like a meteor as a soph, running 5:11 and 11:02 in her first try at track. Last year was spent mostly on the injured list, but she returned to the track late in the year and ran 5:24 and 11:18 off less than a month of training. Now, she's healthy, and "looking good." It will be fun to see what she can do in this sport if she enjoys an injury-free season. **On the shelf:** Jackie Ott, 12. She might be nearly as good as Barrack, but she is only just getting back to training after a series of injuries: stress fracture, knee, shins. She now does a lot of cross training and has been fitted with orthotics. Geiger may not enter her in races until well into the season. **The pack:** There is only one other returner from last year's top seven: Julie Babonas, 12, who is "pretty solid, a good athlete." **Depth:** Geiger will hope that a few of his large soph group can step up. Best so far are Nicole Marsch, 10; Jenny Mac-Auley, 10; and Kalen Albe, 10.

The outlook: Barrack has a lot of talent. If Jackie Ott can get back anywhere near to form, the Dons will be very good in the 1-2 slots. And the school traditionally has been able to fill the roster with good athletes who progress quickly. If so, Uni can be a very good Division III team, and competitive in the league.

Eastern: At 1997 CIF:

BOYS:

The fastest ten:

- 15:47 Marcus Chandler, Serra-1
- 16:19 Marice Chandler, Serra-2
- 17:00 Ascary Kocina, SD-1
- 17:04 Mohammed Mussa, PH-1
- 17:09 Beshir Ali, PH-2
- 17:12 Osvaldo Cruz, SD-2
- 17:14 Mohamad Aden, Kny-1
- 17:21 Tom Antl, PTL-1
- 17:31 Elliot King, SD-3
- 17:39 Gebremedhin Araya, SD-4

The second ten:

- 17:44 Alex Cocina, SD-5
- 17:55 Silvestre Valadez, SD-6
- 18:06 Thomas Jodoin, MM-1
- 18:09 David Madsen, MM-2
- 18:15 Mark Marshall, PH-3
- 18:23 Juancarlos Perez, SD-7
- 18:23 Kirk Gurganious, PTL-2
- 18:30 Graham Aitkenhead, PTL-3
- 18:31 Jeff McKnight, PTL-4
- 18:33 Matt Ooi, PTL-5

GIRLS:

The fastest ten:

- 16:31 Tiffany Fox, MM-1
- 16:42 Kijsten Bevens, Serra-1
- 16:47 Olivia Tellez, PTL-1
- 17:10 Marie Manlapaz, Morse-1
- 17:13 Rashonda Dinkins, MM-2
- 17:22 Lisa Bengtson, PH-1
- 17:27 Monique Henderson, Morse-2
- 17:33 Amonica Phipps, Morse-3
- 17:33 Sandra Welterer, PTL-2
- 17:42 Amanda Cooper, MM-3

The second ten:

- 17:45 Roxanne Romo, SD-1
- 17:50 Holly Owen, MM-4
- 17:55 Julie Bradshaw, PTL-3
- 18:05 Jessica Villaseenor, Morse-4
- 18:06 Dori McGuire, MM-5
- 18:11 Erin Beck, Serra-2
- 18:28 Andrea Kahn, Serra-3
- 18:33 Myra DeMarsico, Serra-4



Marcus Chandler
Serra

18:35 Cassandra Liss, PH-2
18:38 Peeper Gilmore, PTL-4

The Teams: Patrick Henry

Division: Two. **Coach:** Pat Lery, assisted by Amy Varricchio. **Course:** Morley Field.

BOYS:

Numbers: 35. **The leader:** Mohammed Mussa, 11. Still young and developing (he won't turn 16 until well into the school year), Mussa is already one of the league's top runners. His natural style reminds many observers of Hoover's Ayub Abdusalam, a top talent here a few years back. He was the fourth fastest Eastern runner at CIF last fall, and turned in a 4:30 1600 in the spring. "He's very talented," Lery said. "I see the possibility of great things coming from him." **The pack:** Mark Marshall, 12; Michael Hilton, 12; Getachew Tsegaw, 10; Keith Goodman, 10. All return from the varsity. Tsegaw is improving fast; Goodman is a nationally ranked (by age) kayaker. **Depth:** Nick Vubel, 11; David Marshall, 10; Sam Saylor, 11; Andrew Stead, 12; David Esqueda, 11. Marshall is one of the most improved; Esqueda, who didn't run last year, could push into the next group.

The outlook: Could be the team to beat in the East. "If the guys can stay healthy, we can be formidable," Lery said. The Patriots are strong at the top, solid in the pack, and seem to have depth. They should be a force in the league and a team to watch at CIF.

GIRLS:

Numbers: 13. **Soccer:** Lisa Bengtson, 12, a great natural talent, has decided to concentrate on soccer. **The leaders:** Cassandra Liss, 11; Angie Fitzpatrick, 11. Both were in the Pats' top four last year. **The pack:** Sheila Sukramule, 9; Jessica Woods, 9; Delicia Reza; Ashley King, 11. One or both of the frosh could be at or near the top of this team.

The outlook: "We're rebuilding," Lery said. It will probably take most of the season for the parts of the puzzle to be fitted together. One plus is that the league has a number of teams in basically the same situation, which means wide-open competition.

Kearny

Division: Three. **Coach:** Matt Peralta. Assisted by Stephanie Strenger. **Course:** Morley Field.

BOYS:

Numbers: 10. **The ace:** Mohamed Aden, 12. Kearny uncovered a gem last year when Aden first tried running. He was pretty good in cross country (low 17:00s in CIF), but really came into his own during the track season, where he blazed to a 1:53.61 for 800 and almost took the masters title. He also added a 4:20 for the 1600; great running for a first year athlete. He ran a number of summer track meets and will spend the early cross country season regrouping just a bit. It will be interesting to see how he develops later in the season, as he continues to build on his background conditioning. **Also:** Charles Hunt, 11; Haji Hassan, 9; Mohammed Hussein, 10. Hunt is a returning runner; Hassan and Hussein are new runners with talent, and Peralta thinks they'll be his two-three runners.

The outlook: The team is very thin (Kearny is by far the smallest school in the league), but Aden is fast making a reputation. He ran 16:48 at the Baron Invite with little cross country preparation. What happens when he gets in shape?

GIRLS:

Numbers: 7-9. **The leader:** Karla de los Santos, 11. She was the team's fastest last year, and also in this year's early meets. **Also:** Diana Ybarra, 11; Jackie Jenkins. Both are sprinters hoping to gain strength, and they could help.

Mira Mesa

Division: Two. **Coach:** Dennis Lottermoser. Assisted by Mark Dvorkin and Phil Grooms. **Course:** Morley Field.

BOYS:

Numbers: 25. **The leader:** Thomas Jodoin, 12. He was the team's best at the end of last year, and should be in the top ten in the league. He, "had a good summer of training." **The pack:** The team returns most of their varsity, including David Madsen, 12; Jesse Davis, 10; Matt Patino, 12; Kyle O'Donoghue, 10; and Kevin Norton, 10. Patino looks sharply improved. **Depth:** Lottermoser expects to upgrade the pack with three new runners: Brandon Zelones, 9; Ivan Gonzalez, 11; and Michael Knudsen, 9. He thinks they all have a chance to move into the 4-5-6 range on the varsity.

The outlook: A sleeper in the East. Most are looking hard at Point Loma and San Diego, but Mira Mesa has the potential to field an improved team and get right into the mix. It was a down year last season, but few expect Lottermoser's program to stay at that level.

GIRLS:

Numbers: 16. **The leader:** Dori McGuire, 10. She was in the middle of the Marauders' pack last year as an untrained frosh. Now, with a year of experience and a solid year of training, she has elevated her level to rank among the best in the league. In fact, at the Norseman meet, she ran faster than Morse's Amonica Phipps or Serra's Kijsten Bevens. About her new stature, Lottermoser said he was, "real happy." It makes up for the loss of last year's team leader, Tiffany Fox, who moved to Utah. **The pack:** Returning veteran runners include Amanda Cooper, 11, and An Nguyen, 11. Lottermoser thinks some new talent will beef up the top of the pack. He expects Ashley Cooper, 9, to be almost as good as McGuire, although soccer conflicts will keep her from some meets. Another frosh, Kelly Jodoin, may fit in at the three or four slot. Thao Le, 10, is another young runner who showed well at the Norseman race.

The outlook: Never count out Mira Mesa. On paper, with Fox moving away, and few athletes re-

Please see page 13.

Eastern: From page 12.

turning, it looked like a down year. But McGuire opened some eyes in the first meet and there seems to be some talent on the roster. It would seem that the team will be right in the thick of things.

Morse

Division: One. **Coach:** Gary MacDonald. **Course:** Morley Field.

BOYS:

Numbers: 12-20. **The leader:** James Klepper, 12. He is the lone varsity returner. MacDonald has high praise for his leadership qualities. **Not out:** Christian Meza, 10, wasn't out in the early season. He was last year's number two as a frosh.

The outlook: "We're rebuilding, to be honest," MacDonald said. With the start of school, MacDonald has begun a campaign to "beat the bushes" for more numbers.

GIRLS:

Numbers: 15-20. **The leader:** Amonica Phipps, 10. She's the best pure long distance runner the Tigers have had in some time. As a frosh, she was the team leader virtually the entire year until a bad race at the CIF meet. She then ran 5:30 in the spring. "She's doing well," MacDonald said. "Last year she began to learn how to run." She is coming off a good summer of training. **The total package:** Monique Henderson, 10. Everybody knows about her track exploits (a state title in the 400, etc.); but she was a big contributor in cross country as well. She typically runs age group meets most of the summer, so MacDonald gives her a few weeks to recover. "She likes cross country," MacDonald said. "I think she likes to be able to not have all the attention, and she knows it will help her. She is the total package." **The pack:** Jessica Villaseñor, 12; Eureka Thompson, 12. Both were solid last year; Thompson is also a talented trackster. **Depth:** Nicky Ramos, 10; Tracy Nelson, 11, are both going to challenge for varsity spots; and somebody else could rise from the ranks as well.

The outlook: The Morse girls won the league title last year, and have many of the key elements returning. Phipps is class and Henderson is a good number two. If MacDonald can develop just a bit of depth, they'll be a handful for any league rival.

Point Loma

Division: Two. **Coaches:** Boys: Steve Markland, assisted by Loren McKnight and Jose Barbosa. Girls: Rob Barnett. **Course:** Morley Field.

BOYS:

Numbers: 36. **The gun:** Tom Antl, 12. He was the Pointers' top man in the '97 CIF race, and he has 4:31 and 10:01 track credentials. Solid. **The backup:** Kirk Gurganious, 12, and Joe Robinett, 10, will most likely lead the pack. Robinett came on as a frosh track runner, running 4:40. **The depth:** Jeff McKnight, 11; Aaron Markland, 10; Jaime Mondragon, 10. Coach Markland thinks this bunch comprises a quality scoring group. **The plan:** Markland is involved at the junior high level, feeding runners into the Pointer system. He had 13 freshmen last year (and all return) and has 16 frosh this year. The payoff is about a year away.

The outlook: The Pointers are always a serious contender in the Eastern League. They should again be in the thick of things. It's a solid program, on a number of levels.

GIRLS:



Amonica Phipps
Morse

Numbers: 24-25. **The leaders:** Sandra Wetterer, 12; Peeper Gilmore, 10. Wetterer is the fastest returner from last year's CIF entrants; Gilmore was the fastest of the team in the first meet. **The pack:** Robyn McKeen, 10; Cecilia Goodman, 11; Belinda Olvera, 12. All are returning vets. **Depth:** Natalie Parks, 10. She's new to cross country but has, "a lot of talent." Barnett reports that the team is bottom-heavy with frosh and sophs, and expects a few other runners to challenge for varsity spots.

The outlook: The Pointers had an off-year last season, and didn't really contend for the East title. In the off-season, "The girls came up to me and asked me what it would take," Barnett said. "They wanted to work hard." That's exactly what ensued, as the girls put in the miles, and reported in good shape. Barnett now has a team with good talent at the top, strong runners in the pack, and plenty of young depth. They are the early season favorites in the Eastern League. They could be among the better teams in CIF's Division 2 as well.

San Diego

Division: One. **Coach:** Ed Ramos. **Course:** Morley Field.

BOYS:

Numbers: 14. **The leader:** Alex Cocina, 12. He was late in joining the team, but he is worth waiting for: he is the fifth fastest returning runner in the league. In track, he ran 4:35 and 9:59. **New:** Just about everybody else on the roster. Except for Cocina, Ramos lost just about the entire roster from last year's excellent team. Now, he has to reconstruct the team with a group of mostly freshmen and sophomores. "It's a challenge," he said.

The outlook: "I don't like to talk about my team," Ramos said. "I like to be very low-key." In most years, the Cavers have some excellent material, and Ramos knows what to do with it. But this year, the Cavers seem to be genuinely in a rebuilding mode.

GIRLS:

Numbers: 5-6. **The leader:** Roxanne Romo, 10. "She is the bright spot," Ramos said. "She is a very hard worker; quiet and dedicated." Romo is in the top five returning league runners, and is a 12:11 3200 runner. Her father was a great distance runner for the Cavers. Look it up: Orvin Romo ran 1:54.2 for 880 yards (worth 1:53.6 for 800 meters), and he was third in the CIF meet in 1966.).

The outlook: Team is very thin, but Romo should develop into one of

the league's best.

Serra

Division: Two. **Coaches:** Jim Richards, boys; Pat Trotter, girls. **Course:** Morley Field.

BOYS:

Numbers: 28. **The best:** Marcus Chandler, 12. He is as talented as any county runner, with 4:15/9:22 credentials. He has set some appropriately high goals this season, including success at the state and regional levels. Those goals are within his reach. "He's in the best shape he's ever been in," Richards said. **The bad news:** Twin Marice Chandler, 12, is not running this year; opting for a variety of other activities. As a runner, he was literally just a step behind Marcus. **The new prospect:** Terence Hagans, 11. A good athlete who is new to running, Hagans has impressed his coaches. "He's a killer in practice," Richards said. **The pack:** Dru Imrie, 12; Daniel Soltero, 11; Gerry Stevens, 11; Abelardo Suarez, 12. The Q's return the 3-4-5-6 runners from last year's varsity.

The outlook: What could have been? Serra was bringing back virtually their entire roster, including two top talents, and was ready to add another good prospect. But there is no way to compensate for losing a talent like Marice Chandler. On the other hand, there doesn't seem to be a dominant team in the East, and no reason Serra couldn't be competitive.

GIRLS:

Numbers: 20-25. **The leader:** Kijsten Bevins, 12. This will be her third year at the top of the charts for Serra, and she's also near the top of the league. If fact, she was the second fastest Eastern League girl at last year's CIF meet (see above). **The pack:** Also returning from last year's varsity group are Andrea Kahn, 10; Kristen Ogdon, 11; and Maryann Berry, 12. Kahn was last year's number three; Ogdon could be right behind her. **New:** Trotter thinks a pair of frosh will help. Amy Lang, 9, is already running in the number two spot in early workouts; and Stephanie Kass, 9, is also penciled into a varsity slot.

The outlook: The Eastern League girls race seems to be up for grabs. Bevins is already established as a strong ace; if some of the newcomers can beef up the pack, Serra will be in the hunt.

Harbor:

At 1997 CIF:

BOYS:

The fastest ten:

- 17:11 Abdikarim Hussein, Craw-1
- 17:18 Jose Padilla, Claire-1
- 17:40 Jose Jimenez, Claire-2
- 18:19 Nelson Rivas, Claire-3
- 18:42 Arturo Pietch, Marian-1
- 18:42 Pepe Cervantes, Mad-1
- 18:43 Drew Koorey, Coro-1
- 18:45 Joshua Chesnut, Chrstn-1
- 19:34 Michael Loforti, Claire-4
- 19:40 John Allen, Lincoln-1

GIRLS:

The fastest ten:

- 16:44 Alexis Clarke, Coro-1
- 16:58 Jessica Behrens, Craw-1
- 17:20 Breanna Ducker, Mad-1
- 17:57 Barbra Chakos, Coro-2
- 18:17 Samantha Piper, Coro-3
- 18:24 Angela Fuller, Chrstn-1
- 18:39 Sara Morton, Coro-4
- 18:44 Theresa Brondstetter, Lincoln-1
- 18:51 Kelly Charboneau, Coro-5
- 18:57 Jonna Mahr, Chrstn-2

The Teams: Christian

Division: Five. **Coach:** Scott Matters. **Course:** Morley Field.

BOYS:

Numbers: 11. **Best:** Jared Phillips, 12; Josh Chesnut, 11. Matters rates them as near equals. Both could be among the best in the league. **The pack:** Derek Breuninger, 11; Joe Keough, 12; Gavin Runyan, 9.

The outlook: "It's a good, strong group," Matters said. This team could be one of the league's best.

GIRLS:

Numbers: 13. **Best:** Heather Griffin, 9. She's a track sprinter who is adapting well to longer distance. **The pack:** Laura Graves, 12; Angela Fuller, 11; Erin Whitmore, 12; Courtney Whitmore, 9. Graves, Fuller and Erin Whitmore all return. Fuller was the team's best at CIF last year, the others are all above average.

The outlook: The talent level of the scoring group is certainly competitive with the league. There also seems to be adequate depth, and they are very likely one of the league's best two teams. They could also be a factor in CIF Division V.

Clairemont

Division: Four. **Coach:** Sean Stevenson. **Course:** Morley Field.

BOYS:

Numbers: 10-12. **The leader:** Nelson Rivas, 12. He is the top returning Harbor runner from last year's CIF. Stevenson reports that Rivas is great shape: "He is looking really strong," he said. **The pack:** Rigo Navarro, 12; Steven Loforti, 9; Ryan Davis, 9; Darren Taggart, 9. Loforti, who might be the best of a group of frosh runners, follows a brother into the program.

The outlook: The team is in a rebuilding mode after a few pretty good years. Rivas, the only remnant of those teams, should do well in the Harbor, and Stevenson has the basic elements needed to rebuild: a group of young runners. Too, Stevenson has a track record of developing teams.

GIRLS:

Numbers: 6. **The leader:** Jennifer Wirkus, 11. She's done a good job as a frosh and soph despite not having a team around her. That will change this year. **The pack:** Rebecca Garcia, 9; Alisa Cervantes, 9; Sophia Cervantes, 12. Garcia is the younger sister of Nate Garcia, a good runner for Clairemont. She should be a solid number two. Most of the other girls have all-around athletic ability.

The outlook: Having a team is something new for the Chiefs, and it should have a positive effect all the way around. Wirkus will benefit from having some training mates, and the team can benefit from her experience.

Crawford

Division: Three. **Coach:** Jim Bloom. **Course:** Morley Field.

BOYS:

Numbers: 8-9. **The leaders:** Min-soo Smith, 11; Oscar Vasquez, 12. Vasquez was one of last year's top runners for the Colts, but may decide not to run this year. Smith is a soccer player and all-around athlete.

The pack: "We have a bunch of new kids this year," Bloom said.

The outlook: It's going to take Bloom time to sort things out, with almost a complete turnover of athletes from last year.

GIRLS:

Numbers: 5-6. **Promising:** Cassie Kirsop, 9.

The outlook: A similar situation to the boys team, with basically a new crop of unknowns.

Please see page 14.

Harbor:

From page 13.

Coronado

Division: Four. **Coach:** Mel Bechtel, assisted by George Green and Jennifer DeMarco. **Course:** Morley Field.

BOYS:

Numbers: 18. **The best:** Paul Whitford, 11. He ran 2:05 in the spring, a decent soph time, and he seems to have assumed the leaders' role. **The pack:** "There's a lot of new kids," Green said. Jesse Adam, 12, returns from last year's team, but it will be a new cast after that. The candidates are Brandon Fegurgur, 11; James Wingert, 9; David Barraza, 9; Eren Cataloglu, 11, and Matt Deal, 11. The talent level is unknown, as of early season.

The outlook: It's a very young team, and still developing. The Islanders are probably a year or so away, although they might be competitive in the league if their young talent pans out.

GIRLS:

Numbers: 18. **The leaders:** Barbra Chakos, 12, and Samantha Piper, 12. Chakos was the team's number two last year, and is more of a long-distance runner than Piper, who assistant Green says is "a quarterhorse." Piper made a big level jump in track last year when she ran 2:14, and she may be about to make significant improvement in this sport. "She may be able to run pretty well," Green said. **The pack:** Most return: Sara Morton, 11; Kelly Charboneau, 12; Kiley Dunlap, 11. Of those, Charboneau has had the best off-season. Rachel Loerch, 12, was out last year with a stress fracture, but otherwise would have been a solid pack member. **New:** Tracy Perkins, 9; Emily Trepasso, 9. Both were sub-6:00 as eighth-graders.

The outlook: The Islanders won the Harbor, and it was no contest in the CIF Division IV race. Most of that talent remains, and the team could even be upgraded a bit, both at the front and in their depth.

Gompers

Division: Four. **Coach:** Mary Beving-Morning. **Course:** Morley Field.

BOYS:

Numbers: 5. **Returning:** Philip Brown, 11; Joseph Perez, 11; Justin Pearson, 11.

The outlook: This is one school that is always late starting, for a good reason. The academically-oriented campus attracts students from all over the San Diego district, which means that recruitment of athletes can't begin in earnest until classes begin. Beving-Morning designs her schedule with that in mind, skipping the September meets.

GIRLS:

Numbers: 5. **Best prospect:** Stephanie Akpa. All the runners on the team are new to the sport.

The outlook: It was a thin turnout in mid-September (see comment on the boys team), but Beving-Morning still hopes to add a few athletes.

Lincoln Academy

Division: Four. **Coach:** Vic Player, assisted by Roy Reed and Robert Dean. **Course:** Morley Field.

BOYS:

Numbers: 15. **Prospects:** Lavon Felton, 12; Tyani Adaway, 10; Juvenal Corporale, 11; John Burke, 10. The Hornets have undergone a complete turnover of personnel since last season, so all of the runners are new to the sport. Player thinks Felton might be good; the others named are



Barbra Chakos
Coronado

track team members doing off-season work.

The outlook: Player has good numbers, by Harbor standards, but has no returning runners. It will take some time for Player to develop the team, but a number of Harbor teams are facing the same problem.

GIRLS:

Numbers: 7. **Best:** Kristin Holmes, 12. She was the team's most improved runner last season; she also runs the 400 and 800 in track. **Also returning:** Bethany McDowell, 12; Patrice Thompson, 12. Both ran last year; both are also track athletes. **New:** Mimi Emperador, 12; Unika Smith, 10. Both are new to the sport, but Player thinks they could be good.

The outlook: It's not a big team, but there is a core of talent that could make the team competitive.

Madison

Division: Three. **Coach:** Bob Bishop. **Course:** Morley Field, for league meets; La Jolla Shores, for pre-season meets.

Keeping their cool: What better way is there to battle the September warm-weather blahs than a run on the beach? Madison schedules a number of early-season meets at La Jolla Shores, where the temperatures are reasonable. "We're the beach runners," Bishop said.

BOYS:

Numbers: 12-13. **The leader:** Samson Bekele, 11. Bishop expects him to be the team's best; he has led the team in early meets. **Also returning:** Cliff Bushin, 12; Daniel Rickert, 10; Joe Spano, 10. **Could help:** Michael Murphy, 10; Braugilio Mora, 11; Steve Meim, 11.

The outlook: Bishop has decent numbers, and some experience. If some of the talent can develop, the team will be competitive in the league.

GIRLS:

Numbers: 12-13. **The leader:** Breanna Ducker, 10. She is the fastest returning Harbor runner from last year's CIF meet, and should develop into a fine runner. **The pack:** Stephanie Carr, 12; Megan Pangacian, 10; Rachelle Remigio, 10. All return from last year's team. **New:** Anna Westgate, 9; Simeon Rickert, 12; Karla Terones, 10; Kim Ducker, 9; Marion Rottensteiner, 12. Rottensteiner is an exchange student from Austria that could help. Ducker is the younger sister of the team ace.

The outlook: Should be a good team in the league. Ducker is among the league's best, and there are good numbers behind her, and some likely

prospects.

Marian Catholic

Division: Five. **Coach:** Michael LeBold. **Course:** Morley Field.

BOYS:

Numbers: 11. **The pack:** Daniel Alvarez, 12; David Ramm, 11; Omar Garcia, 12. All return from last year's team. LeBold thinks Alvarez might be the team's number one. **New:** Michael Baur, 12; Isiah Legget, 12. Baur is an exchange student from Germany; Legget ran the 800 in track but is new to cross country.

The outlook: The numbers are up from last year, and there is a core of returning experience. That adds up to improvement, at the least.

GIRLS:

Numbers: 5. **Best prospects:** LeBold has two freshmen and two exchange students on hand to help out.

Southern:

At 1997 CIF:

BOYS:

The fastest ten:

17:08 Miguel Ramirez, Holt-1
17:12 Bart Conner, Calv-1
17:34 Peter Holland, Bish-1
17:52 Jon Beutlich, Calv-2
18:00 Justin Scarfeo, UCD-1
18:07 Chad Young, Calv-3
18:17 Jose Gallegos, Holt-2
18:29 Jared Ziman, UCD-2
18:40 Brandon DeYoung, Calv-4
18:45 Mark Mullert, Luth-1

The second ten:

18:45 Max Johnson, Bish-2
18:50 Luke Faber, Calv-5
18:50 Robert John Gonzalez, Holt-3
18:56 Jesse Shipley, Calv-6
18:56 Daisuke Nonaka, Bish-3
18:58 Andres Medina, Holt-4
19:00 Nick Booker, Bish-4
19:02 Sean McCarty, Julian-1
19:12 Max Spevack, Park-1
19:15 Steve Mavis, Calv-7

GIRLS:

The fastest ten:

15:13 Angela Petersen, Park-1
16:16 Kaili Shumilak, Bish-1
16:43 Jessica Bray, SDgt-1
16:54 Arielle Damron, Julian-1
17:00 Romi Carrillo, Park-2
17:14 Lindsay Weinberg, UCD-1
17:19 Daniella Scarfeo, UCD-2
17:24 Gwyn Leachman, Park-3
17:26 Marjorie Spurr, Calv-1
17:52 Alison Gordon, Bish-2

The second ten:

18:17 Cassie Mogilner, UCD-3
18:24 Alexa Dowe, UCD-4
18:32 Heather Ray, Bish-3
18:32 Angela Ortega, Bish-4
18:43 Charlotta Green, Bish-5
18:51 Karen Memmelaar, Calv-2
18:51 Jennifer Lloyd, Luth-1
18:55 Tammy Phillips, Calv-3
18:56 Ana Landa, Bish-6
19:00 Morgan Clowes, Park-4

The Teams:

COASTAL:

Army-Navy Acad'y

Division: Five. **Coach:** Patrick Dunn, assisted by Alvin Coleman and Linda Humphreville. **Course:** Guajome Park.

BOYS:

Numbers: 31. **The leaders:** Andrew Francis, 12, is the team's best returning runner. Will Kraemer, 9, is a good-looking freshman who will help. He won the frosh race at the Wolf-pack Invite. **The pack:** Taylor MacDonald, 11; Greg Podsakoff, 12; Cory Mishkin, 11; Jason Sinclair, 11; Kirby Morejohn, 10. MacDonald and Podsakoff ran varsity last year.

The outlook: Dunn is a great believer in numbers, and he has ano-

ther large team this year. There is a core of experience, and Kraemer is good enough to help out right away. It's an improved team.

The Bishop's School

Division: Five. **Coach:** Wendy Svatek. Assisted by Cory Logan. **Course:** UCSD, although the team has no scheduled home meets.

BOYS:

Numbers: 22. **The leader:** Peter Holland, 11. In the league, only Calvin's Bart Conner was faster at the CIF final last year. Holland is the ring-leader of a group of soccer players that use cross country for conditioning. **The pack:** Max Johnson, 12; Scott Hunter, 12; Taylor Rogers, 10; Jake Armstrong, 11. All return from last year's varsity. Johnson was last year's number two; Hunter had the best off-season preparation. Matt Lindeman, 10, could move into that group. **Maybe:** Patrick Kinnard, 11, is another soccer player that is "pretty strong." But he is undecided about trying out. If he does arrive, Svatek expects him to be near the top of the group.

The outlook: It definitely seems to be the best returning group outside of Calvin. Holland, a still developing runner, is very good, and he has an experienced group backing him up. The depth seems to be adequate. It would be a surprise if the team was lower than second.

GIRLS:

Numbers: 8-10. **The leader:** In almost any other year, Kaili Shumilak would have been the outstanding frosh runner in the league. Now a soph, Shumilak is the 26th fastest returning CIF cross country runner from the entire county, and she showed her talent in track, with a 5:22 for 1600. She was truly outstanding (the second best runner in the league), and, if more people didn't notice, it was only because of the presence of Angela Petersen. Shumilak is currently on the shelf, however, and will not be able to resume training until the end of September. **The pack:** Only other varsity returner is Ana Landa, 11. Other squad vets are Angela Wochler, 12; and Noell Jewell, 10. Laura Foster, 12, joined the track team in mid-season and could help. Svatek is also looking closely at three frosh: Alex Gage, Nicky Enberg, and Kelly Readinger. They are, "all athletic." Svatek will need to reconstruct the pack, but she does seem to have the raw material.

The outlook: Svatek brought her team to wins over strong favorite Francis Parker in the league finals and the CIF championships. It was about as good of a coaching job as was accomplished by anybody locally last year. This year, the challenge is slightly different. All of the better teams are scrambling to find a capable five. Svatek has two things in her favor: a strong track record of finding and developing depth; and she probably has enough good athletes to do the job.

Calvin Christian

Division: Five. **Coach:** Bill Stout. **Course:** Jesmond Dene Park.

BOYS:

Numbers: 17-22. **The leader:** Bart Conner, 12. He is the class of the league. His CIF time last year puts him in the same general class as runners like Helix' Dan Kinsella and West Hills' Paul Saccone, and he was 14th in the Division V race at the state meet. "He ran and cross-trained all summer," Stout said. "He is a real avid mountain biker." **The pack:** The Crusaders bring back almost the entire team that finished seventh in the state. That includes Chad Young, 11; Jon Beutlich, 12; Jesse Shipley, 10;

Please see page 15.

Southern:

From page 14.

Steve Mavis, 12; and Brandon deYoung, 11. According to Stout, Young has made the most progress in the off-season, and he says Beutlich is also, "right there," with Young and Conner. If it is true that Conner, Young and Beutlich are near-equals, this is one of the best teams in the state (in Division V). **Depth:** Stout has at least seven other runners that will compete for that seventh spot. The top six are, "a really solid core."

The outlook: Great. The team is the class of the league, and strong favorites to repeat as CIF Division V champs. The real focus is on the state meet, where the team is looking to improve on their seventh of last year. Stout does a great job, he has the horses, and the runners have taken the challenge. "They are real fired up about this," Stout said. "They have been working pretty hard." It's going to be a good year.

GIRLS:

Numbers: 6-8. **The leader:** Marjorie Spurr, 10. She was the team leader last year, and she is the seventh-fastest returning CIF runner from the league. **The pack:** Karen Memmelaar, 12; Tammy Phillips, 12; Shellie Brown, 11; Lydia Boonstra, 12. Calvin returns virtually their entire team. Kara Zuidema, 9, is a talented sprinter who could break into the group. **Depth:** Slightly shaky. The numbers are small, but the girls that are on the roster are experienced and dependable.

The outlook: The team has respectable talent, and Stout always gets the maximum out of what he has. They wouldn't be the league favorite, but they shouldn't be dismissed, either.

Horizon

Division: Five. **Coach:** Zack Jones. **Course:**

The program: Cross country is a relatively new sport to Horizon, which fields powerhouse teams in a number of other sports. Last year, there was one girl, Robin Owen, a member of the CIF championship basketball team.

La Jolla C'ntry Day

Division: Five. **Coach:** Renee Milton. **Course:** UCSD.

BOYS:

Numbers: 7-8. **The leader:** Jared Ziman, 11. He's the eighth-fastest returning league runner from last year's CIF meet. **The pack:** The Torres return six of their seven varsity runners from last year, including Kevin Weinberg, 10; Andrew Garrett, 10; Daniel Pike, 12; Nick Shiftan, 11; and Mike Blumberg, 12. Add to that mix Rashaan Allen, 10, who played football last year.

The outlook: Ziman is a solid runner in the number one slot, and the Torres benefit from the stability of having most of their team return. The talent is no match for league favorite Calvin Christian, but the team could be competitive with Bishop's for the next slot.

GIRLS:

Numbers: 6-7. **The leader:** Carly Gardner, 9. She's a soccer player, just running to keep in shape, but she's very talented. She had one of the fastest times of the day at the Wolfpack Invite, ahead of such people as Sarah Wilkins and Heather Shurtleff, so keep an eye on her. **The core:** The Torres bring back their top two runners from last year, Lindsay Weinberg, 12, and Daniella Scarfeo, 10. Transfer Veronica Gepner, 11, is also capable. To this point on the roster, the team is as good as there is in the league. **Depth:** This was the kick-

er for Country Day last year. They had four very good runners, and a big dropoff. Milton is hard at work trying to find some likely recruits, or the team may be in the same situation.

The outlook: If Milton can find even just one or two more competitive runners, the team can race with anybody in the league.

Francis Parker

Division: Five. **Coach:** John Lown, assisted by Jori Jackman, Matt Schellenberg and Wes Williams.

Course: Tecolote Canyon. Girls will run three miles.

BOYS:

Numbers: 10-15. **The leader:** Karl Rinderknecht, 12. He splits time with club soccer, which is why he doesn't show up on the CIF list above, even though he was also the team's best last year. **The pack:** Shane McElreavy, 11; Bob Sise, 11; David Szeles, 10; Mark Shtayerman, 12; Kalyan Pokala, 11; Greg Feldman, 10; John Aires, 9; Dwight Carey, 9. McElreavy and Sise were among the team's best last year; Szeles, Shtayerman and Pokala are also varsity returnees.

The outlook: Lown has a veteran group, with a few new candidates to add depth. They should be competitive in the league.

GIRLS:

Numbers: 5-10. **The unquestioned leader:** Angela Petersen, 10. Locally, she was second only to Hilltop's Davila, whom she beat once in cross country. In track, she was easily the county's best 3200 runner, clocking 10:58 (second best time was 11:13), and she also ran a 5:02 1600. This year she returns with more experience and better conditioning. She took some time off right after track, but returned to training by attending a high-altitude camp. A very big fish in a pretty small pond, Petersen will find her main competition on the invitational circuit, at least until the state meet. **The pack:** Must be rebuilt from scratch, as graduation and moves have taken the team's 2 through 8 runners. Best candidates are Megan Witte, 11; Sarah Kauffman, 9; and Elizabeth Mannino, 10. Also expected to contend for varsity status are Amanda Wheeler, 9; Rebecca Dunaway, Becky Neri; Megan Cosgriff-Hernandez, 12; and transfer Sari Singer, 11.

The outlook: The number one is gold, but Lown must piece together a backup group. If he can, the team could be a contender in league and at CIF.

San Dieguito Acad

Division: Four. **Coach:** Eric Conklin.

BOYS:

Numbers: 25. **Prospects:** Bret D'Vincent, 12; Troy Geierman, 9; Nick Teach, 9; Erik Lea, 11; Sam Lituin, 11. D'Vincent, an all-around athlete, returns from last year's small team.

The outlook: The team is just really getting off the ground (they had five entries in the CIF meet last year), but already the outlook is much improved. They have huge numbers, by small school standards, and the school is located in an area with abundant talent.

GIRLS:

Numbers: 9. **Best returner:** Jessica Bray, 12. She won the CIF Division IV title last year, after a year off from the sport. She began as a frosh ace at San Dieguito High, but sat out as a soph because the Academy didn't offer sports its first year.

New: Jenna Timinski, 9; Emily Ogata, 10. Timinski could be a fine frosh prospect; she's already working at Bray's level.



Bart Conner
Calvin Christian

The outlook: The school doesn't emphasize sports, but it would be a surprise if the cross country teams weren't successful at some point. The San Dieguito district has great talent, and the school's academic credentials fit the profile of typical cross country runners.

SOUTHERN:

Borrego Springs

Division: Five. **Coach:** Roger Ries. **Course:** Near campus, two loops on dirt trails.

The program: As you might expect, it's hot in Borrego these days, and a sport like cross country has to make concessions, such as not even attempting to practice until mid-September, and then, conducting workouts at 6 p.m., when there is shade from the mountains.

BOYS:

Numbers: 5. **Prospects:** Trevor Jones, Kyle Ries, 10.

Holtville

Division: Four. **Coach:** Gerardo Lara.

The program: Lara developed the Viking boys from nonexistent into powerful CIF champs in just three years. He didn't coach last year, and the team regressed, but now he's back to begin the rebuilding. He thinks Aguilera can be a good one, and most of the team will return next year, so things are on track again for the Vikes.

BOYS:

Numbers: 7. **The leader:** Andres Medina, 12. He is the lone remnant from the strong Vikings team that blitzed the competition in CIF Division IV in 1996. According to Lara, he is still "improving greatly." **The pack:** Michael Strong, 10; Eddie Castaneda, 10; David Padilla, 11; Omar Aguilera, 9. Strong had a good first meet at the Baron Invite. Lara thinks Aguilera has the most potential. In fact, he expects him to be pushing Medina by year's end.

GIRLS:

Numbers: 1 or 2.

Julian

Division: Five. **Coach:** Bill Porter. **Course:** William Heise County Park. It's probably the most difficult course in the county.

The program: Like a number of schools in the league, Julian walks a fine line between fielding a scoring team or just having a few individuals. There are some talented runners, and one good sign is that the team has some standout frosh prospects.

BOYS:

Numbers: 5. **The leaders:** Sean McCarty, 12, and Josh Paddock, 9. McCarty was the team leader at last year's CIF meet; Paddock is a promising freshman that is already on McCarty's heels. **The pack:** Ben Coil, 12; Clayton Garner, 9; Billy Rother, 9. Coil returns from last year's team.

GIRLS:

Numbers: 5. **The leaders:** Arielle Damron, 12, and Erin Calloway, 9. Damron has qualified as an individual runner for the state meet twice. She went as a frosh while at Warner, and also last year as a junior at Julian. Calloway is a talented frosh prospect, who in fact was ahead of Damron in the season's first meet. **The pack:** Kelly Dalton, 9; Nicole Bastian, 9; Casey Nielsen, 9.

Lutheran

Division: Five. **Coach:** Jeff Muzzoci. **Course:** Chollas Lake.

The program: Lutheran is a small school, even by the standards of this league, so numbers are always a battle. It's a credit to the program that they field full teams as consistently as they do, and they are often competitive.

BOYS:

Numbers: 8. **The leaders:** James Wilson, 11; Richard Sachs, 10. Both return from last year's team. Wilson might well be the leader, but he was hurt in the early season. Sachs is possibly ahead of him at this point. **Also:** Nathan Kuschel, 9. He could also challenge for the top spot.

GIRLS:

Numbers: 6. **The leader:** Jennifer Lloyd, 12. She's been a fine runner for Lutheran, but was slowed by an injury last season. She is back to health now. **Depth:** Sarah Mullert, 9; Rachel Schroeder, 10.

Mountain Empire

Division: Five. **Coach:** Bill Leblanc. **Course:** Lake Morena area.

The program: Mountain Empire will have cross country for the first time in many seasons (Joe Brooks began his coaching career there). Leblanc had tried to get a team going for a few seasons, but it took the transfer of a good runner from El Capitan to jump-start things.

BOYS:

Numbers: 5.

GIRLS:

Numbers: 3. **The best:** Lily Dowlatsahie, 10. She was at El Capitan last year where, as a frosh, she was the Grossmont League's JV champ in both the 1600 and 3200. Those races were run in a short time span, so the feat demonstrates ability, strength and competitiveness.

Vincent Memorial

Division: Five. **Coach:** Terry Montoya. **Course:** Three different courses will be used.

The program: Cross country is new to Vincent Memorial, a private school in Calexico. Heat is an issue, and it is consistently well over 100 in the daytime. The team often runs in early morning, before school.

BOYS:

Numbers: 5. **Prospects:** Darren Wisdom, 10, has already stood out with limited opportunities. After approximately one week of training, he ran 3 miles in 18:11.

GIRLS:

Numbers: 6. **Prospects:** Best in early season were Nadia Uribe, 10; and Martha Gutierrez, 12.

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WOLFPACK:
RB girls,
'Pack boys
dominate

Baird, Ricketts post
quickest times of day

The season's first invitational was dominated by the girls team from Rancho Bernardo and the boys team from host West Hills.

RB's Sean Ricketts and Helix' Courtney Baird had the fastest times of the day, as grade-level races were staged under overcast skies and in mild temperatures.

The RB girls team, a powerhouse, placed five runners in the fastest ten of the day, led by junior Julie Manson. Other quick Broncs were soph Kaleena Yee, frosh Allison Hall, soph Katie Boyd and senior Sarah Wilkins.

Baird, coming off a great summer of cross-training, looked confident and relaxed in her race, winning by 1:01. Second fastest runner of the day was Francis Parker soph Angela Petersen, with RB's Manson the third fastest. All were in separate races. Fastest girls frosh was Rancho Buena Vista's efficient-striding Natassja Hall.

The West Hills boys, also a top team, were similarly dominant in the boys races, with six of the ten fastest times. The fastest of the Wolfpack was junior Evan Fox. Other West Hills runners in the day's top ten included soph Ben Aragon, senior Paul Saccone, senior Matt Rendina, junior Dan Sutton-Kane and senior Tim Rodman.

Fox and RB's Ricketts hooked up in the boys junior race, with Ricketts opening up a 10-second gap in mid-race. It was one of the more competitive races on a day that saw a number of blowouts.

The Results:

At West Hills High School, Friday, Sept. 4. Conditions: overcast and mild.

BOYS:

Fastest ten, all 2.2 races:

- 11:26 Sean Ricketts, Rancho Bernardo
 - 11:36 Evan Fox, West Hills
 - 11:54 Tom Antl, Point Loma
 - 12:03 Ben Aragon, WH
 - 12:07 Nick Thornton, Rancho BV
 - 12:19 Paul Saccone, WH
 - 12:22 Matt Rendina, WH
 - 12:23 Dan Sutton-Kane, WH
 - 12:24 James Myers, RBV
 - 12:26 Tim Rodman, WH
- Seniors (2.2):
- 11:54 Tom Antl, PTL
 - 12:19 Paul Saccone, WH
 - 12:22 Matt Rendina, WH
 - 12:24 James Myers, RBV
 - 12:26 Tim Rodman, WH
- 12:35 Mark Marshall, Patrick Henry
- 13:02 Kirk Gurganious, PTL
- 13:06 Mark Johanson, RBV
- 13:07 A. Francis, Army Navy
- 13:18 Mike Ficken, WH
- 13:28 HH, RBV
- 13:31 Jamie Zolnierak, RBV
- 13:33 Karl Rinderknecht, FP



Talisha Clophus
University City

- 13:37 Brian Covell, WH
 - 13:38 Sam Stewart, Hilltop
- Juniors (2.2):
- 11:26 Sean Ricketts, RB
 - 11:36 Evan Fox, WH
 - 12:07 Nick Thornton, RBV
 - 12:23 Dan Sutton-Kane, WH
 - 12:33 Jon Aguilar, WH
 - 12:36 Jim Schroeder, Hill
 - 12:47 Bryan Baurle, WH
 - 12:53 Javier Betancourt, PH
 - 12:56 Shannon, RBV
 - 12:59 Alex Hawk, PTL
 - 13:09 Jeff McKnight, PTL
 - 13:14 Jake Fulton, RB
 - 13:18 Sam Saylor, PH
 - 13:35 Jared Ziman, La Jolla CD
 - 13:37 Nick Zubel, PH
- Sophomores (2.2):
- 12:03 Ben Aragon, WH
 - 12:32 Joe Robinett, PTL
 - 12:49 Lorenzo Otero, Hill
 - 12:58 Aaron Trunnell, RBV
 - 13:12 Maury Souza, PTL
 - 13:14 Alex Ooi, PTL
 - 13:18 Keith Goodman, PH
 - 13:26 David Marshall, PH
 - 13:27 Jaime Mondragon, PTL
 - 13:34 Aaron Markland, PTL
- Freshmen (1.6):
- 8:44 Will Kraemer, ANA
 - 8:45 Tim McKeon, WH
 - 8:45 Ross Ramsey, WH
 - 8:48 Josh Ellis, PTL
 - 8:51 Shaun Ferris, RBV
 - 8:59 Jose Deleon, RBV
 - 9:11 Zach McBride, PTL
 - 9:26 Tunks, RB
 - 9:30 Branner, RB
 - 9:35 Justin Sandling, RBV

GIRLS:

Fastest eleven, all races:

- 8:53 Courtney Baird, Helix
 - 9:16 Angela Petersen, Parker
 - 9:18 Julie Manson, RB
 - 9:25 Kaleena Yee, RB
 - 9:27 Natassja Hall, RBV
 - 9:38 Allison Hall, RB
 - 9:48 Peeper Gilmore, PTL
 - 9:49 Carly Gardner, UCD
 - 9:49 Katie Boyd, RB
 - 9:54 Sarah Wilkins, RB
 - 9:54 Natalie Sullivan, Hx
- Seniors (1.6)
- 8:53 Courtney Baird, Hx
 - 9:54 Sarah Wilkins, RB
 - 9:54 Natalie Sullivan, Hx
 - 10:05 Heather Shurtleff, WH
 - 10:10 Sandra Welterer, PTL
 - 10:16 Karina Kloos, RBV
 - 10:31 Maribel Gonzales, RBV
 - 10:31 Belinda Olvera, PTL
 - 11:03 Erin Muir, RB
 - 11:05 Audrey Ludlow, WH
- Juniors (1.6)
- 9:18 Julie Manson, RB
 - 10:11 Rebecca Bartell, WH
 - 10:20 Mikaelyn Austin, RB
 - 10:23 Lisa Lyons, RB
 - 10:28 Cecilia Goodman, PTL
 - 10:35 Cheryl Madsen, WH
 - 10:45 Cassandra Liss, PH
 - 10:56 Angie Fitzpatrick, PH
 - 10:58 Cathy Danh, Hx
 - 11:01 Emily Joller, RB
- Sophomores (1.6):
- 9:16 Angela Petersen, FP



Adam Van Wart
San Pasqual

- 9:25 Kaleena Yee, RB
 - 9:48 Peeper Gilmore, PTL
 - 9:49 Katie Boyd, RB
 - 10:00 Angela Garcia, RBV
 - 10:01 Elizabeth Harns, Hx
 - 10:07 Kerri Wheeler, RB
 - 10:16 Ashley Handy, WH
 - 10:17 Shawna Winfrey, WH
 - 10:23 Jessica Murray, RBV
- Freshmen (1.6):
- 9:27 Natassja Hall, RBV
 - 9:38 Allison Hall, RB
 - 9:49 Carly Gardner, UCD
 - 10:04 Belinda Oberum, RB
 - 10:10 Courtney Allen, RBV
 - 10:44 Bryeanna Barmer, Hx
 - 10:44 Stephanie Baird, Hx
 - 10:58 Alicia Demoe, WH
 - 11:18 Ashley Walker, Hx
 - 11:32 Katlin Martin, Hx

NORSEMAN:
Finch,
Chandler
burn it up
Jimenez, Pace,
UC girls look good

Granite Hills senior Jason Finch has arrived at the point where he is looking for challenges.

When he arrived at Lindo Lakes early this month, he was eager to race after a hard summer of training. After finding out that he wouldn't run against Serra's Marcus Chandler (he was in Division II), he set his sights on the course record of 10:20, set by Point Loma's Gil Serrano in 1992.

Competing in the Division I junior/senior race, Finch blitzed the field, chopped 15 seconds from Serrano's mark, and had a 38-second margin of victory. It was an impressive start.

Serra's Chandler, who is one of the few local runners in Finch's class, also looked very good, handily winning the Division II junior/senior race in 10:22, which missed the old record by just two seconds (in warmer conditions than Finch's effort). He had a 19-second cushion on his pursuers.

In girls racing, the fastest times of the day went to Orange Glen's Lorena Jimenez and Santana's Kim Pace, running unpressed in different races.

The best team effort by girls squads was by University City, which had three girls rank among the seven fastest of the day, and had a number of others run well. Host Valhalla was missing a number of significant contributors, including Carri Leto, Laura Trask, Elaine Lassen and Amy Kermott.

In boys racing, it was difficult to get a read on a number of good teams. Some were missing top runners, such as Vista's Justin Neuroth, and Granite Hills' Ian Bartonicek.

The Results:

At Lindo Lakes, Saturday, September 5. Conditions: slightly overcast and mild in early races, warming up by late races.

BOYS:

The fastest ten, in junior/senior races:

- 10:05 Jason Finch, Granite Hills
 - 10:22 Marcus Chandler, Serra
 - 10:41 Patrick Grimes, Scripps Ranch
 - 10:41 Jon Rankin, Monte Vista
 - 10:43 Josh Pope, Poway
 - 10:45 Michael Manzano, Chula Vista
 - 10:47 Adam Van Wart, San Pasqual
 - 10:48 Ben Wagner, Valhalla
 - 10:54 Tom Jodoin, Mira Mesa
 - 10:55 Jon O'Connor, University City
- Division I, Juniors/Seniors:
- 10:05 Jason Finch, Granite Hills
 - 10:43 Josh Pope, Poway
 - 10:45 Michael Manzano, Chula Vista
 - 10:46 Adam Van Wart, San Pasqual
 - 10:48 Ben Wagner, Valhalla
 - 10:54 Tom Jodoin, Mira Mesa
 - 10:57 Nick Jones, Orange Glen
 - 10:59 Jared Emmons, Vista
 - 11:00 Tyler Ludwig, Val
 - 11:05 Matthew Patino, MM
 - 11:06 Erik Kerby, SP
 - 11:08 Matt Theisen, Val
 - 11:08 Sean Daley, Vista
 - 11:09 Tim Helms, Pwy
 - 11:11 Pat Prunty, Pwy
 - 11:15 Matt Dowthit, SP
 - 11:16 Kyle Combe, SP
 - 11:18 Andrew Luckow, Vista
 - 11:20 Aaron Galvan, CV
 - 11:21 Reis Paluso, Pwy
 - 11:22 Nick Schlapfer, OG
 - 11:22 David Rivera, GH
 - 11:23 Gabriel Cornejo, CV
 - 11:24 Irving Franklin, Vista
 - 11:25 Ryan Maynard, GH
 - 11:28 David Madsen, MM
 - 11:28 Josh Garcia, Vista
 - 11:28 Josh Long, Pwy
 - 11:33 Joe Dupee, SP
 - 11:36 Jason Zamora, SP
- Division II, Juniors/Seniors:
- 10:22 Marcus Chandler, Serra
 - 10:41 Patrick Grimes, Scripps Ranch
 - 10:41 Jon Rankin, Monte Vista
 - 10:55 Jon O'Connor, University City
 - 11:13 Raphael Machado, UC
 - 11:16 Charles McKeown, UC
 - 11:20 Matt Heibel, Grossmont
 - 11:23 Andy Delery, SR
 - 11:25 Brendan Riordan, SR
 - 11:25 Terence Hagans, Ser
 - 11:26 Chris Sandoval, SR
 - 11:27 Jonathan Hester, SR
 - 11:30 Mike Comstock, SR
 - 11:32 Miguel Elias, Mission Bay
 - 11:34 Eric Richey, MB
 - 11:36 Nick Redman, Gro
 - 11:36 Bryan Hillberg, El Capitan
 - 11:43 Patrick Gomes, Santana
 - 11:46 Brian Culleton, SR
 - 11:48 Jason Vestal, EC
- Division I, Frosh/Soph:
- 8:12 Ryan Montez, Vista
 - 8:25 Aaron Powell, Pwy
 - 8:30 Mark Baddas, Vista
 - 8:37 Efern Novelo, CV
 - 8:39 David Santos, Val
 - 8:44 Efrain Carrillo, GH
 - 8:46 Devin Lyons-Quirk, Pwy
 - 8:46 Matt Johnson, SP

Please see page 17.

Norseman:

From page 16.

- 8:47 Caleb Walcott, Vista
- 8:49 Josh Clark, Pwy
- 8:52 Luke McGinnis, Pwy
- 8:52 Marten Mendibles, GH
- 8:53 Luke Pepin, GH
- 8:55 Joe Aguilar, Vista
- 8:59 Jeff Hunter, GH

Division II, Frosh/Soph

- 8:55 Justin Graves, MB
- 9:08 Justin Zelones, SR
- 9:08 Gerald Olsen, EC
- 9:10 Dylan Soloman, UC
- 9:10 Gary Young, UC
- 9:13 Brent DeLong, SR
- 9:16 Eric Boucher, Gro
- 9:23 Wesley Rankin, MV
- 9:25 Jameson Hester, MB
- 9:27 Matt Raudaskoski, SR

GIRLS:

The fastest ten, all races:

- 9:54 Lorena Jimenez, Orange Glen
- 9:54 Kim Pace, Santana
- 10:00 Katherine Ziegler, University City
- 10:01 Mythili Duvvuri, Chula Vista
- 10:04 Jasmine Marquez, El Capitan
- 10:12 Leslie Crews, University City
- 10:13 Talisha Clophus, University City
- 10:18 Shanna Cohen, Scripps Ranch
- 10:21 Dori McGuire, Mira Mesa
- 10:21 Theresa Hepler, El Capitan

Division I, Juniors/Seniors:

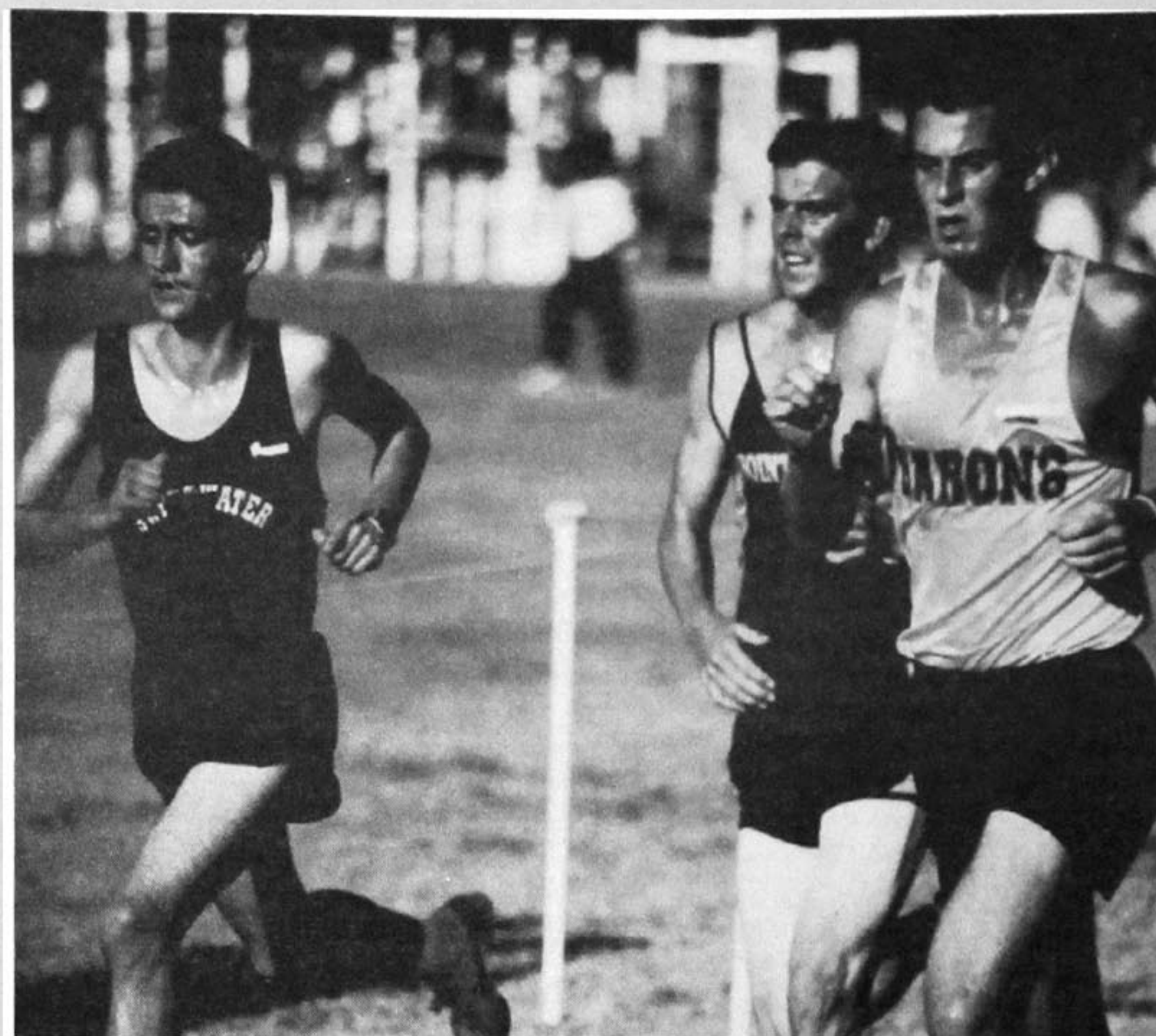
- 9:54 Lorena Jimenez, OG
- 10:23 Brianna Hibbs, Pwy
- 10:24 Lesley Bravin, Val
- 10:25 Kristi Pinnell, Val
- 10:32 Ashley Viens, Val
- 10:35 Mande Clark, Pwy
- 10:37 Caroline Rolls, OG
- 10:41 Julia McGurk, Pwy
- 10:42 Melinda Hammack, Val
- 10:45 Baker, Pwy
- 10:52 Bertha Ojeda, CV
- 10:53 Britt Jennings, Pwy
- 10:54 Meredith Nespor, Pwy
- 10:55 Maria Mendoza, Vista
- 10:57 Sarah Graves, Pwy
- 11:00 Arlene Collier, Pwy
- 11:04 Silvia Rivas, Vista
- 11:12 Jessica Villaseñor, Morse
- 11:15 N. Bruford, Pwy
- 11:17 Tengberg, Pow
- 11:19 Llinia de Luna, OG
- 11:20 Sarah Chionis, Val
- 11:26 Katie Johnson, SP
- 11:27 Cohen, Pwy
- 11:28 Rachel Rubin, SP

Division II, Juniors/Seniors:

- 9:54 Kim Pace, Sant
- 10:00 Katherine Ziegler, UC
- 10:12 Leslie Crews, UC
- 10:18 Shanna Cohen, SR
- 10:21 Theresa Hepler, EC
- 10:25 Rebecca McKeown, UC
- 10:29 Kijrsten Bevins, Ser
- 10:32 Carly Votolato, UC
- 10:34 Lisa Nguyen, SR
- 11:07 Mary Broding, Sant
- 11:15 Sandi Jenkins, EC
- 11:20 Paige Sessions, Sant
- 11:23 Jamie Morasco, Valley Center
- 11:25 Thea Bachmann, Sant
- 11:30 Lyndsy Hassett, SR
- 11:31 Christina D'Acquisto, SR
- 11:33 Anne Bader, Sant
- 11:34 Ann Ghashghaee, MB
- 11:34 Melanie Ball, EC
- 11:42 Laura-Lee Reid, VC

Division I, Frosh/Soph:

- 10:01 Mythili Duvvuri, CV
- 10:21 Dori McGuire, MM
- 10:23 Amonica Phipps, Morse
- 10:30 Kelly Perry, Val
- 10:33 Tiffany Lee, Vista
- 10:34 Sophia Marquez, CV
- 10:35 Theresa Acosta, Vista
- 10:37 Nadia Sanders, CV
- 10:39 Amber Smith, Pwy
- 10:42 J. Spooner, Pwy
- 10:42 Camille Robinson, CV
- 10:43 Carrie Pinnell, Val
- 10:43 Maureen Rodriguez, Val
- 10:47 Julia Kermott, Val
- 10:47 Kelly Jodoin, MM
- 10:51 Devann Yata, Vista
- 10:52 S. Spooner, Pwy
- 10:53 Erica Lopez, Vista
- 10:56 Thao Le, MM
- 10:57 Stacey Pierce, SP
- 11:01 Christina Lupo, SP
- 11:07 Kristina Nugent, Val
- 11:08 Whitney Rothery, SP
- 11:17 Laura Rhea, Val
- 11:18 Barrientos, Pwy



Ruben Vences, Tom Antl, and Brian Paff
Sweetwater Point Loma Bonita Vista

Division II, Frosh/Soph:

- 10:04 Jasmine Marquez, EC
- 10:13 Talisha Clophus, UC
- 10:27 Chessa Adsit-Morris, UC
- 10:33 Laura Cohen, UC
- 10:34 Grace Anderson, SR
- 10:41 Rose Serna, MB
- 10:49 Karissa Teitsch, UC
- 10:57 Andrea Danielson, Gro
- 11:04 Kirstin Wilson, Gro
- 11:11 Maria Cervants, VC
- 11:13 Andrea Kahn, Ser
- 11:18 Tracy Tom, SR
- 11:19 Laurie Labrado, SR
- 11:26 Amy Lang, Ser
- 11:28 Tanya Gorman, Sant
- 11:32 Anna Hough, VC
- 11:37 Sarah Haddow, SR
- 11:38 Judy Tinchier, SR
- 11:39 Amanda Paulson, Sant
- 11:40 Kim Karnowski, Gro

BARON:

Finch, Davila bury foes

Course records for both; Viking boys roll

Another race, another course record. Another day at the office for Granite Hills senior Jason Finch, who, in early season action, was definitely on a big roll.

Finch broke his own course record, set last year, with a 15:24 on the mostly flat, 3.1-mile course. He bettered last year's time by a healthy 31 seconds, and left some quality runners far back. Indeed, it's hard to imagine any local runner that can match strides with Finch when Finch is running as well as he is at present.

Hilltop soph Desiree Davila was similarly impressive in one of the two girls varsity races. She ran a 12:49 in her first race of the year

(for 2.2 miles), and had a 54-second cushion on Santana's Kim Pace, last year's CIF Division III champ. Davila's time ranks second on the all-time Baron Invite list, behind Jaymie Harper's 12:44.

Orange Glen's Lorena Jimenez took a one-sided victory in the large school girls race, running 13:07; and La Jolla's Alejandro Mares led an impressive Viking pack by winning the varsity boys small school race, in 16:33.

The La Jolla boys took four of the first five spots in the race, including Jonathan Dunbar (second in 16:37), Eric Koster (fourth in 16:50) and Nate Lopez (fifth in 16:52). Oh, and by the way, the team was running without Brandon Behr, regarded as the team's best.

The Results:

At Rohr Park, Bonita, Friday, September 11. Conditions: mild temperatures.

BOYS (3.1 miles):

Fastest ten, varsity races:

- 15:24 Jason Finch, Granite Hills
- 16:05 Brian Paff, Bonita Vista
- 16:10 Tom Antl, Point Loma
- 16:14 Ruben Vences, Sweetwater
- 16:16 Dan Kinsella, Helix
- 16:19 Ted Herbert, Bonita Vista
- 16:32 Raphael Machado, ScrippsRh
- 16:33 Alejandro Mares, La Jolla
- 16:37 Jonathan Dunbar, La Jolla
- 16:39 Pat Grimes, Scripps Ranch

Boys varsity, large schools:

- 15:24 Jason Finch, Granite Hills
- 16:05 Brian Paff, Bonita Vista
- 16:10 Tom Antl, Point Loma
- 16:14 Ruben Vences, Sweetwater
- 16:16 Dan Kinsella, Helix
- 16:19 Ted Herbert, BV
- 16:32 Raphael Machado, ScppsRh
- 16:39 Pat Grimes, SR
- 16:49 Jose Simpson, Montgomery
- 16:50 Ryan Maynard, GH
- 16:51 Nick Jones, Orange Glen
- 16:52 Mark Marshall, Patrick Henry
- 16:54 Paul Franco, Sweet
- 17:02 Brendan Riordan, SR
- 17:09 Dustin Whitson, BV
- 17:10 Jesus Carrillo, Mont
- 17:11 David Rivera, GH
- 17:12 Nick Schlapfer, OG

- 17:14 Joe Robinett, Ptl
- 17:14 Mike Comstock, SR
- 17:16 Andy Delery, SR
- 17:16 Justin Amador, Hx
- 17:18 Mark Dionela, Sweet
- 17:18 Getachew Tsegaw, PH
- 17:23 Bart Conner, Calvin Christian
- 17:24 Kirk Gurganious, Ptl
- 17:27 Luis Reyna, Sweet
- 17:28 Efrain Carrillo, GH
- 17:28 Luke Pepin, GH
- 17:28 Jose Carrillo, OG

Teams: Scripps Ranch 70, Granite Hills 85, Sweetwater 102, Bonita Vista 113, Point Loma 129.

Boys varsity, small schools

- 16:33 Alejandro Mares, La Jolla
- 16:37 Jonathan Dunbar, LJ
- 16:48 Mohamed Aden, Kearny
- 16:50 Eric Koster, LJ
- 16:52 Nate Lopez, LJ
- 16:55 Matt Herriman, St. Augustine
- 17:01 Eric Estrada, Brawley
- 17:04 Colin Donnelly, StA
- 17:08 Pete Chacon, Brawley
- 17:09 Alfonso Espinoza, StA
- 17:21 Paul Whitford, Coronado
- 17:22 Lorenzo Otero, Hilltop
- 17:25 Jim Gardner, StA
- 17:25 Chris Ferrier, LJ
- 17:26 Alex Serrano, LJ
- 17:26 Pat Barnett, StA
- 17:28 Frankie Ortega, Mar Vista
- 17:34 Blake Swier, MV
- 17:44 Jimmy Schroeder, Hill
- 17:47 Francis Arce, Army Navy
- 17:58 Johnny Gallegos, Br
- 18:03 Patrick Gomes, Santana
- 18:06 Danny Klinger, StA
- 18:10 Jared Ziman, La Jolla CD
- 18:13 Will Kraemer, ANA

Teams: La Jolla 26, St. Augustine 53, Brawley 119, Hilltop 148, Mar Vista 149.

GIRLS (2.2 miles):

Fastest ten, varsity races:

- 12:49 Desiree Davila, Hilltop
- 13:07 Lorena Jimenez, Orange Glen
- 13:43 Kim Pace, Santana
- 13:46 Lorena Reyes, Indio
- 13:53 Desiree Leek, La Jolla
- 13:53 Dawna Marshall, Bonita Vista
- 13:56 Carly Gardner, La Jolla CD
- 14:01 Amonica Phipps, Morse
- 14:03 Shanna Cohen, Scripps Ranch
- 14:10 Angela Rivas, Montgomery

Girls varsity, large schools

- 13:07 Lorena Jimenez, Orange Glen
- 13:46 Lorena Reyes, Indio
- 13:53 Dawna Marshall, Bonita Vista
- 14:01 Amonica Phipps, Morse
- 14:03 Shanna Cohen, Scripps Ranch
- 14:10 Angela Rivas, Montgomery
- 14:16 Trinity Amalfitano, BV
- 14:16 Bree Ann Alfstad, BV
- 14:24 Van Nguyen, BV
- 14:34 Grace Anderson, SR
- 14:39 Lisa Nguyen, SR
- 14:43 Caroline Rolls, OG
- 14:55 Karen Albrecht, BV
- 14:56 Iniquez, Indio
- 14:59 Candice Osuna, BV
- 15:00 Eva Burgueno, Mont
- 15:15 Lluvia de Luna, OG
- 15:16 Christina Garcia, Indio
- 15:18 Tracy Tom, SR
- 15:19 Angie Fitzpatrick, PatHenry

Teams: Bonita Vista 40, Scripps Ranch 70, Indio 83, Orange Glen 87, Montgomery 126.

Girls varsity, small schools

- 12:49 Desiree Davila, Hilltop
- 13:43 Kim Pace, Santana
- 13:53 Desiree Leek, La Jolla
- 13:56 Carly Gardner, La Jolla CD
- 14:28 Liz Edwards, LJ
- 14:29 Samantha Piper, Coronado
- 14:31 Maggie Sass, LJ
- 14:33 Barbra Chakos, Coro
- 14:39 Tara McGowan, LJ
- 14:45 Katie Grim, LJ
- 14:48 Kelly Charboneau, Coro
- 14:50 Morgan Romine, LJ
- 14:55 Leslie Borenstein, LJ
- 14:58 Melissa Mata, Brawley
- 14:59 Sara Morton, Coro
- 15:03 Silvia Mendez, Br
- 15:15 Maria Cervantes, ValleyCtr
- 15:19 Jamie Morasco, VC
- 15:20 Karla de los Santos, Kearny
- 15:22 Mary Broding, Sant
- 15:28 Lindsay Weinberg, LCD
- 15:39 Paige Sessions, Sant
- 15:39 Patty Romero, Eastlake
- 15:41 Daniella Scarfeo, LCD
- 15:45 Rachel Loerch, Coro

Teams: La Jolla 34, Coronado 65, Santana 97, La Jolla Country Day 137, Valley Center 139.

BRONCO: McInvale, Baird run wild

West Hills boys, Torrey girls look good

Matt McInvale and Courtney Baird both ran away from quality opposition at the Bronco Invitational.

The meet, held September 12 at Kit Carson Park, matched schools in varsity races over a hilly, 2.0-mile course.

McInvale, a junior at Ramona, made his season debut with a 9:53 on the course. He won by a wide margin over a field that included talents like Rancho Bernardo's Sean Ricketts (second, 10:05) and West Hills' Evan Fox (3rd, 10:14).

Baird, a senior at Helix, had an even more one-sided race, running 11:37 to win by 0:16 seconds. She left behind runners like Francis Parker's Angela Petersen (second, 11:53); Rancho Bernardo's Julie Manson (third, 12:06), and Torrey Pines' Camille Dredge (fourth, 12:08).

In small schools varsity races, El Capitan's David Olsen (10:55) and Escondido's Lanele Cox (12:27) both ran to comfortable victories.

There was no team scoring, but it was hard to ignore the efforts of the West Hills boys and Torrey Pines girls teams.

West Hills packed four runners into the top ten of the large schools varsity boys race, with Fox in third, and soph Ben Aragon in fifth. Poway (0:37), Valhalla (0:31) and San Pasqual (0:37) all had tight five-man groupings.

El Cap's boys dominated the small schools race, going one-two and putting six into the top ten.

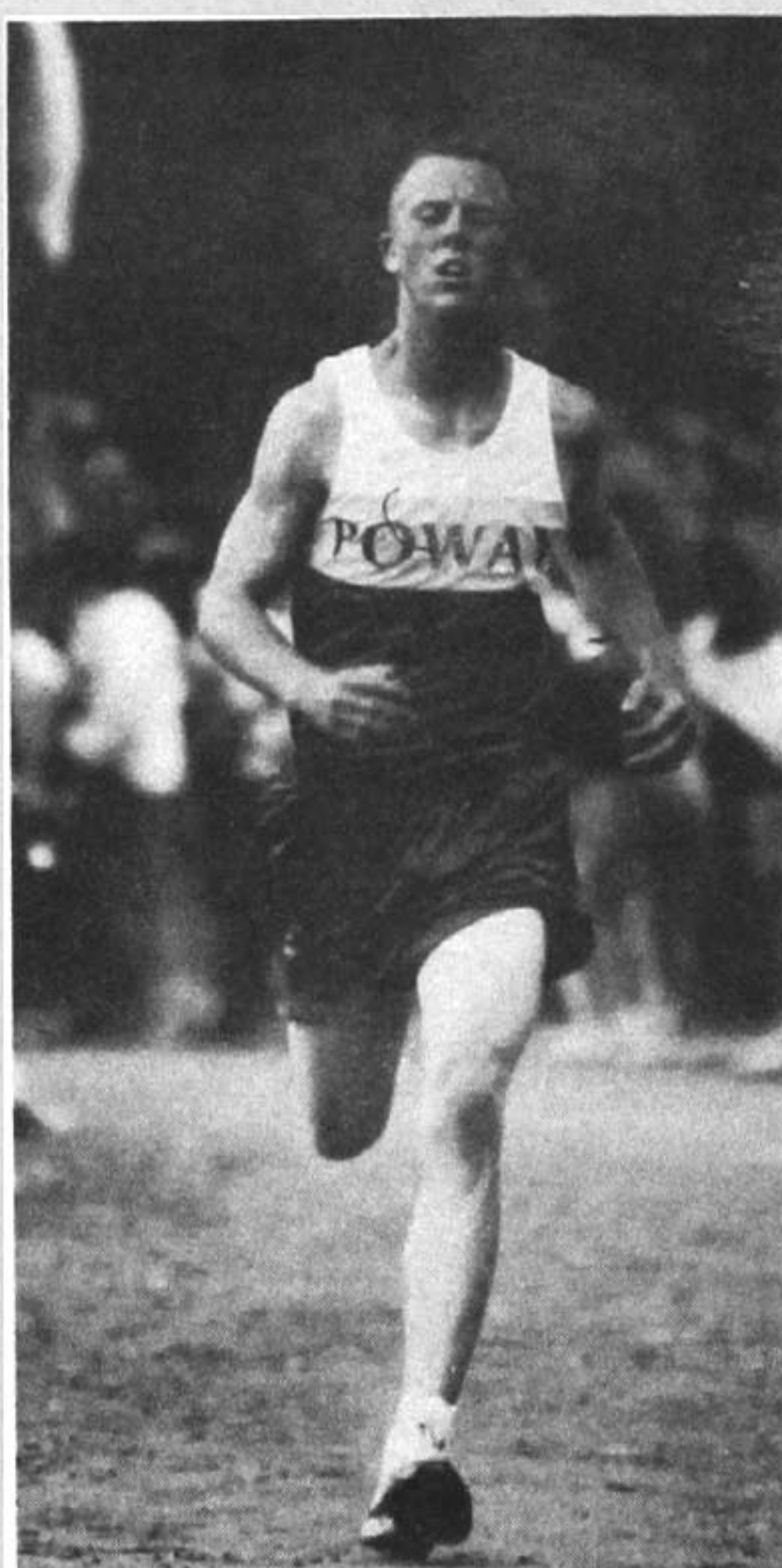
The large school girls varsity race was filled with excellent teams, including Torrey Pines, Rancho Bernardo, Valhalla, Helix, Mt. Carmel, Poway and West Hills. The only top teams missing were University City and Fallbrook.

Torrey's girls, behind Dredge and Julie Komosinski, had the fastest team time in the race (63:24), more than a minute ahead of defending CIF Division I champ Valhalla (64:26). Valhalla showed great depth beyond their five.

Next were Rancho Bernardo (64:28), which was missing Kaleena Yee, Helix (64:32), and Mt. Carmel (65:09).

The Results:

At Kit Carson Park, Saturday, September 12. Conditions: one hilly section, temperatures mild.



Josh Pope
Poway

BOYS (2.0 miles):

The fastest ten (all races): Same order of finish as Division I varsity boys race (below):

Division I Varsity Boys:

- 9:53 Matt McInvale, Ramona
- 10:05 Sean Ricketts, Rancho Bernardo
- 10:14 Evan Fox, West Hills
- 10:20 Josh Pope, Poway
- 10:28 Ben Aragon, WH
- 10:30 Adam Van Wart, San Pasqual
- 10:31 Ben Wagner, Valhalla
- 10:36 Tyler Ludwig, Val
- 10:37 Matt Rendina, WH
- 10:37 Paul Saccone, WH
- 10:40 Eric Kerby, SP
- 10:43 Aaron Powell, Pow
- 10:44 Devin Lyons-Quirk, Pow
- 10:45 Thomas Jodoin, Mira Mesa
- 10:46 Chris Kenyon, Mt. Carmel

- 10:52 Pat Prunty, Powy
- 10:52 Matt Theisen, Val
- 10:53 Tim Rodman, WH
- 10:57 Reis Paluso, Pow
- 10:58 Dan Sutton-Kane, WH

- 10:58 Matt Dowthit, SP
- 11:00 Tim Helms, Pow
- 11:00 William Burer, Val
- 11:01 Brian Bauerle, WH
- 11:02 David Santos, Val

- 11:06 Kyle Combe, SP
- 11:07 Joe Dupee, SP
- 11:07 David Gilboa, Torrey Pines
- 11:07 Jason Zamora, SP
- 11:08 Matt Patino, MM

Division II Varsity Boys:

- 10:55 David Olsen, El Capitan
- 11:10 Bryan Hillberg, EC
- 11:16 Enrique Montoya, Escondido
- 11:17 Joey Sheffer, Carlsbad
- 11:20 Jason Yestal, EC
- 11:34 Ben Miedema, Carls
- 11:38 Nat Jagers, EC
- 11:41 Matt Burks, EC
- 11:44 David Schertzer, Carls
- 11:46 Anthony Garcia, EC
- 11:46 Steve Daniels, Carls
- 11:58 Geoff Berlin, La Costa Canyon
- 12:02 Lyle Driscoll, EC
- 12:03 Sean O'Rourke, St. Augustine
- 12:04 Erik Hanley, University of SD
- 12:08 Robert Sise, Francis Parker
- 12:11 Chris Burnham, Carls
- 12:16 Drew Bouchard, StA
- 12:18 Morgan Marcos, LCC
- 12:26 Shane McElravy, FP

GIRLS (2.0 miles):

- The fastest ten (all races):
- 11:37 Courtney Baird, Helix
 - 11:53 Angela Petersen, Francis Parker
 - 12:06 Julie Manson, Rancho Bernardo

- 12:08 Camille Dredge, Torrey Pines
- 12:17 Julie Komosinski, Torrey Pines
- 12:27 Lanele Cox, Escondido
- 12:29 Karen Vasko, Mt. Carmel
- 12:30 Elaine Lassen, Valhalla
- 12:32 Megan Briscoe, Poway
- 12:33 Allison Hall, Rancho Bernardo

Division I varsity girls:

- 11:37 Courtney Baird, Helix
- 11:53 Angela Petersen, Francis Parker
- 12:06 Julie Manson, Rancho Bernardo
- 12:08 Camille Dredge, Torrey Pines
- 12:17 Julie Komosinski, TP
- 12:29 Karen Vasko, Mt. Carmel
- 12:30 Elaine Lassen, Valhalla
- 12:32 Megan Briscoe, Poway
- 12:33 Allison Hall, RB
- 12:35 Kathy Read, TP

- 12:42 Laura Trask, Val
- 12:52 Heather Shurtleff, West Hills
- 13:00 Sarah Wilkins, RB
- 13:00 Janet Mulvey, MtC
- 13:01 Lesley Bravin, Val

- 13:02 Elizabeth Harns, Hx
- 13:02 Ashley Dere, MtC
- 13:05 Kristi Pinnell, Val
- 13:06 Jackie Appel, TP
- 13:07 Ashley Handy, WH

- 13:07 Natalie Sullivan, Hx
- 13:08 Carri Leto, Val
- 13:09 Belinda Oberum, RB
- 13:09 Amy Kermott, Val
- 13:13 Ashley Viens, Val

- 13:16 Shawna Winfrey, WH
- 13:18 Dorothy Trogler, TP
- 13:19 Amber Smith, Pow
- 13:19 Brianna Hibbs, Pow
- 13:20 Rebecca Bartell, WH

- 13:20 Meredith Harns, Hx
- 13:21 Kristi Romley, TP
- 13:24 Kim Nessell, MtC
- 13:28 Britt Jennings, Pow
- 13:31 Laura Alessio, TP

Division II varsity girls:

- 12:27 Lanele Cox, Escondido
- 12:41 Jasmine Marquez, El Capitan
- 12:47 Cindy Lopresti, Carlsbad
- 12:59 Katie O'Connell, Carls
- 13:05 Michelle Barrack, UniversitySD
- 13:23 Marissa Leivas, Esc
- 13:23 Theresa Hepler, EC
- 13:27 Julia Corman, La Costa Canyon
- 13:35 Kelly Platko, Carls
- 13:38 Julie Babonas, USD

- 13:40 Hillary Soule, LCC
- 13:47 Deanna Lynn, Carls
- 14:04 Sandra Mitchell, Esc
- 14:07 Erin Lee, LCC
- 14:20 Sarah McMahon, Carls

- 14:23 Thea Rusthoven, Esc
- 14:24 Melanie Ball, EC
- 14:25 Destiny Stapleton, Carls
- 14:37 Dana Kerby, Esc
- 14:39 Kalen Albe, USD

- 14:47 Rachel Nathaman, EC
- 15:01 Ruth Fikse, Esc
- 15:08 Sarah Kauffman, FP
- 15:09 Carol Boland, EC
- 15:18 Nicole Marsch, USD

Laguna Hills: Chandler, Casarez quick

Serra's Marcus Chandler and Fallbrook's Efrain Casarez ran the second and third fastest boys times of the day at the loaded Laguna Hills Invitational on Sept. 12.

A number of powerhouse Southern Section teams were on hand, such as Santa Ana and Long Beach Poly.

A Santa Ana runner had the day's fastest clocking (15:11) over the 3.0 mile course, which was described by Fallbrook coach Marty Hauck as "about 30-40 seconds slower than Dana Hills."

Chandler was the second fastest on the day with a 15:31, and Casarez was timed in 15:35.

Both won their respective races, which were separated by divisions and grade levels.

The Fallbrook boys were second in the large schools junior race, with Casarez leading the way.

The San Marcos boys team, spread out in different races, also racked up some good times. They had three runners faster than Fallbrook's number two.

Best of San Diego's girls was Fallbrook senior Cathy Picha, who was third in the large schools junior/senior race in 19:10, which was the sixth fastest overall time of the day.

The Fallbrook freshmen girls were second in team scoring in the large schools frosh race, led by Maija Rohde's second-place finish in 19:50.

The Results:

At Laguna Hills High School, Saturday, September 12.

BOYS (3.0 miles):

Fastest San Diego area runners (all schools did not report):

- 15:31 Marcus Chandler, Serra
- 15:35 Efrain Casarez, Fallbrook
- 16:15 Travis Laird, San Marcos
- 16:19 Laurence Mier, SM
- 16:28 Andrew Boring, SM
- 16:29 Jose Escobedo, Fall
- 16:55 Bill Ungricht, Fall
- 16:56 Justin Mattos, Fall
- 17:06 Terence Hagans, Serra
- 17:22 Freddy Espino, Fall
- 17:35 Isaac Chitica, SM
- 17:40 Pete Coughlin, Fall
- 17:40 Tres Steffler, Fall
- 17:42 Josh Wilson, Fall
- 17:43 Chris Gausepohl, Fall
- 18:05 Ryan Skrel, SM
- 18:49 J. Suyat, Serra

GIRLS (3.0 miles):

Fastest San Diego area runners (all schools did not report):

- 19:10 Cathy Picha, Fallbrook
- 19:40 Nicole Mier, San Marcos
- 19:50 Maija Rohde, Fall
- 19:53 Kim Crowell, Fall
- 20:08 Kijrsten Bevins, Serra
- 20:17 Lindsay Picha, Fall
- 21:01 Jennifer Promack, Fall
- 21:36 Jamie Carmichael, Fall
- 21:40 Katie Crowell, Fall
- 21:54 Andrea Kahn, Serra

Woodbridge: Baird blazes, UC girls fast

Courtney Baird continued her strong season last weekend at the Woodbridge Invitational.

The Helix senior gave Canyon's Lauren Fleshman all she could handle in the Division 2 varsity girls race, although Fleshman pulled away at the end to win in a course record 16:35 for the slightly rolling 3-mile course. Baird ran 16:48, and was also well under the old course record of 17:01.

Baird set the pace early, going through the mile (5:30) and two-mile (11:05) with Fleshman shadowing her. With about a half mile to go, Fleshman, a finalist at the Footlocker nationals last year, pulled away.

"Courtney closed as strong as

Please see page 19.

Woodbridge

From page 18.

she could," Helix coach Ray Mounts said. "But she couldn't make up any ground."

University City's girls team looked fast and deep, with three girls running between 18:52 and 19:11, and two others under 19:44. The team was missing Leslie Crews, a key member. Soph Talisha Clophus won the frosh-soph race, and was not extended.

Fastest of San Diego's boy entrants was Point Loma senior Tom Antl, who ran the course in 15:37, and was fifth in the Division 2 senior race.

The Results:

BOYS (3.0 miles):

Fastest San Diego area runners:

- 15:37 Tom Antl, Point Loma
- 15:58 Nick Thornton, Rancho BV
- 16:05 Jon O'Connor, University City
- 16:05 James Myers, RBV
- 16:10 Enrique Montoya, Escondido
- 16:15 Juan Mondragon, Esc
- 16:24 Charles McKeown, UC
- 16:24 Joe Robinett, Ptl
- 16:25 Edgar Hernandez, UC
- 16:26 Eric Richey, Mission Bay
- 16:36 Alex Hawk, Ptl
- 16:36 Jeff McKnight, Ptl
- 16:37 Justin Graves, MB
- 16:40 Aaron Trunnell, RBV
- 16:48 Miguel Elias, MB
- 16:50 Jamie Zolnierrek, RBV
- 16:56 Nick Cueva, Esc
- 16:59 Joel Nierman, UC
- 17:01 Kirk Gurganious, Ptl
- 17:04 Joe Voshell, Esc

GIRLS (3.0 miles):

Fastest San Diego area runners:

- 16:48 Courtney Baird, Helix
- 17:52 Lanele Cox, Escondido
- 18:52 Carly Votolato, University City
- 19:01 Natalie Sullivan, Hx
- 19:06 Talisha Clophus, UC
- 19:11 Katherine Ziegler, UC
- 19:16 Natassja Hall, Rancho BV
- 19:21 Peeper Gilmore, Point Loma
- 19:33 Courtney Hall, RBV
- 19:37 Bryeanna Barmer, Hx
- 19:38 Chessa Adsit-Morris, UC
- 19:44 Laura Cohen, UC
- 19:48 Rose Serna, Mission Bay
- 19:50 Angela Garcia, RBV
- 19:56 Karina Kloos, RBV
- 19:59 Meredith Harns, Hx
- 20:04 Rebecca McKeown, UC
- 20:22 Maribel Gonzalez, RBV
- 20:23 Karissa Teitsch, UC
- 20:24 Dana Kirby, Esc

MT. CARMEL/ MOVIN' SHOES

McInvale, Petersen Are Fastest Finch, Chandler also win big; Vista boys, Torrey girls impress

The Mt. Carmel/Movin' Shoes Invitational is always an early season benchmark.

Ramona's Matt McInvale, Francis Parker's Angela Petersen, Granite Hills' Jason Finch and Serra's Marcus Chandler used the event, held last weekend at Morley Field, to make some bold statements.

Best looking local teams were the Torrey Pines girls, and the Vista boys (narrowly ahead of the West Hills boys).

McInvale ran the fastest boys time of the day on the 2.95-mile course, and beat the most talented field of runners in the large schools junior boys race, despite a race that was hardly textbook stuff.

A fall in the race's first 800 meters cost McInvale maybe 10 seconds and valuable position early, and he later admitted that he ran too quickly to make up ground. He was at the front by the mile mark, and he pulled away from there to win in 15:30.

The quality of the field he beat was the best in the meet, with six of the fastest eleven times coming just from that race (out of eight boys races).

In separate senior boys races, Granite Hills' Jason Finch and Serra's Marcus Chandler both won without much pressure. Finch won the large schools senior boys race by 0:21 seconds in 15:15; and Chandler won the small schools senior boys race by 0:32 seconds in 15:21.

Petersen was the outstanding girl runner of the meet, running 15:30 to best Hilltop's Desiree Davila in the small schools soph race. That was the fastest of the day over the 2.7-mile course, by 0:24 seconds.

Petersen's big effort was unexpected, but only because she had not begun the season in great shape. Two summer surgeries (neither related to a running injury) put a big hole in Petersen's summer training, and few expected her to run this well this early.

Petersen and Davila ran together for the first half of the race, although it seemed that Davila was often setting the pace, and that Petersen was following. Petersen drew even ascending the hill, and took control as Davila began to look distressed. From there, the gap widened to a full minute.

Other local race-winners included Orange Glen's Lorena Jimenez (small schools senior girls); Torrey Pines' Camille Dredge (large schools senior girls); Rancho Bernardo's Julie Manson (large schools junior girls); Torrey's Julie Komosinski (large schools soph girls); RB's Allison Hall (large schools frosh girls); and Vista's Ryan Montez (large schools soph boys).

It was a good year for local



Patrick Grimes
Scripps Ranch

runners. San Diego Section girls won six of the eight races, and had five of the fastest six times on the day (and 15 of the fastest 21 times). Area boys won four of the eight races, but dominated the clock, with five of the fastest six times (and 12 of the best 19).

The Results:

At Morley Field, Saturday, Sept. 19. Conditions: Overcast to start; clearing and warmer in later races.

BOYS (2.95 miles):

The fastest ten (all races):

- 15:03 Matt McInvale, Ramona
- 15:13 Augie Escobar, Villa Park
- 15:15 Jason Finch, Granite Hills
- 15:21 Marcus Chandler, Serra
- 15:21 Sean Ricketts, Rancho Bernardo
- 15:36 Evan Fox, West Hills
- 15:36 Fabia Sora, Ayala
- 15:38 Danny Mejia, Katella
- 15:42 Jon Rankin, Monte Vista
- 15:43 Justin Neuroth, Vista

Senior Boys, large schools:

- 15:15 Jason Finch, Granite Hills
- 15:36 Fabia Sora, Ayala
- 15:49 Brian Paff, Bonita Vista
- 15:57 Patrick Grimes, Scripps Ranch
- 16:10 Dan Kinsella, Helix
- 16:17 Steve Rosen, Dana Hills
- 16:19 Tyler Ludwig, Valhalla
- 16:22 Lawrence Mier, San Marcos
- 16:22 Ben Wagner, Val
- 16:23 Andrew Boring, SM
- 16:27 Amaro, Sultana
- 16:29 Sean Daley, Vista
- 16:29 Dave Olsen, El Capitan
- 16:31 Paul Saccone, West Hills
- 16:33 Ryan Davis, Ay
- 16:35 Bill Ungrecht, Fallbrook
- 16:36 Ian Bartonicek, GH
- 16:37 Daniel Kuhmann, Camarillo
- 16:44 Roger Segarra, Cam
- 16:47 Bryan Hillberg, ElCap

Senior boys, small schools:

- 15:21 Marcus Chandler, Serra
- 15:53 Dan Maher, Salpointe
- 16:04 Matt Levassur, Katella
- 16:07 Guillermo Vargas, Kat
- 16:07 Mostoller, Durango
- 16:09 Alejandro Mares, La Jolla
- 16:12 Adam Van Wart, San Pasqual
- 16:18 Ryan Geurts, Dur
- 16:23 Mohamed Aden, Kearny
- 16:34 Matt Dowthit, SP
- 16:40 Qui Do, Orange
- 16:42 Jeff Collins, Flowing Wells
- 16:46 Colin Donnelly, St. Augustine
- 16:47 Nick Schlapfer, Orange Glen
- 16:51 Paul Franco, Sweetwater
- 16:54 Alfonso Espinoza, StA
- 16:59 Nick Jones, OG
- 17:06 Kyle Combe, SP
- 17:08 Mark Marshall, Patrick Henry
- 17:11 Jason Zamora, SP

- 17:18 Jose Carrillo, OG
 - 17:22 Brett Whitmore, Poly
 - 17:29 Adrian Garcia, Sweet
 - 17:30 Travis Betancourt, PH
 - 17:32 Russ Cameron, Dur
- Junior boys, large schools: (147 finishers)**
- 15:03 Matt McInvale, Ramona
 - 15:13 Augie Escobar, VP
 - 15:21 Sean Ricketts, Rancho Bernardo
 - 15:36 Evan Fox, WH
 - 15:43 Justin Neuroth, Vista
 - 15:46 Efrain Casarez, Fall
 - 16:01 Josh Pope, Poway
 - 16:06 Steve McLarty, Ay
 - 16:08 Michael Manzano, CV
 - 16:11 Jared Emmons, Vista
 - 16:16 Greg Harris, school?
 - 16:18 Raphael Machado, SR
 - 16:19 Danny Finley, Cam
 - 16:22 Travis Laird, SM
 - 16:23 Waggoner, Sult
 - 16:28 Pat Prunty, Pow
 - 16:34 Keven Williams, VP
 - 16:37 Aaron Powell, Pow
 - 16:42 Ramon Rosas, VP
 - 16:43 Brad Hutchison, DH
 - 16:48 Shad Hopkins, Cam
 - 16:49 Chris Kenyon, MIC
 - 16:51 Lyon, Sult
 - 16:53 Ben Bruce, MIC
 - 16:54 Dan Sulton-Kane, WH
- Junior boys, small schools: (123 finishers)**
- 15:38 Danny Mejia, Kat
 - 15:42 Jon Rankin, Monte Vista
 - 15:53 Tony Lozano, Kat
 - 16:07 Ruben Vences, Sweet
 - 16:11 Juan Casas, Kat
 - 16:22 Eric Koster, LJ
 - 16:27 Erik Kerby, SP
 - 16:30 Ramiro Guerrero, Kat
 - 16:38 Jose Simpson, Montgomery
 - 16:43 Nate Lopez, LJ
 - 16:43 Albert Rosel, Kat
 - 16:44 Blake Swier, Mar Vista
 - 16:50 Rob LaPorte, Temescal Canyon
 - 16:51 Nick Murray, Dur
 - 16:54 Aurelio Velasco, McFarland
 - 16:55 Joe Dupee, SP
 - 17:03 Duane Kimble, West Valley
 - 17:03 Ross Pugh, Dur
 - 17:05 Terence Hagans, Serra
 - 17:06 Jesus Carrillo, Mont

Soph boys, large schools: (118 finishers)

- 16:00 Ryan Montez, Vista
- 16:11 Ben Aragon, WH
- 16:24 Ted Herbert, BV
- 16:34 Brian Rivas, Ay
- 16:37 David Pei, VP
- 16:42 Devin Segal, DH
- 16:43 David Santos, Val
- 16:47 Ryan Haley, DH
- 16:49 Scott Sheffield, Ay
- 16:58 Dustin Whitson, BV
- 16:59 Robbie Ogle, Hemet
- 17:06 Erik Rogers, Cam
- 17:07 Torrey Hamilton, Ay
- 17:07 Efrain Novelo, CV
- 17:07 Isaac Chitica, SM
- 17:11 Mark Baddas, Vista
- 17:11 Black, Sult
- 17:14 Josh Rivera, GH
- 17:17 Ricky Roane, Ram
- 17:19 Craig Nowakowski, Val
- 17:19 Ramon German, Vista
- 17:22 Chris Gausepohl, Fall
- 17:23 Devin Lyons-Quirk, Pow
- 17:28 Kenny Quinn, Ayala
- 17:29 Kyle Poe, Cam

Soph boys, small schools: (128 finishers)

- 15:52 Carlos Handler, TC
- 16:00 Andreas Gomez, McF
- 16:05 Arturo Gonzalez, McF
- 16:50 Jordan Graff, WV
- 16:54 Chris Ferrier, LJ
- 16:59 Dustin Abrams, FW
- 16:59 Hector Perezchica, McF
- 17:00 Lorenzo Oteo, Hilltop
- 17:01 Mark Dionela, Sweet
- 17:02 Chris Rebenitsch, Dur
- 17:12 Pat Barret, StA

Please see page 20.

Next Issue:
Friday,
October 9
Look for it at the Small
Schools Invitational

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Mt. Carmel
/Movin' Shoes
From page 19.

- 17:28 Dave Hohman, Salp
- 17:29 Edgar Lopez, OG
- 17:30 Alex Guzman, Hill
- 17:30 S. Nez, Sherman Indian
- 17:30 Raul Garcia, Mont
- 17:32 Wesley Rankin, MontV
- 17:36 Luke Haywas, El Camino
- 17:46 Barry Mathews, Palo Verde
- 17:46 Brian Thielen, University of SD

Frosh boys, large schools:
(118 finishers)

- 16:20 Lyon, Sult
- 16:28 Alan Aradanas, MtC
- 17:07 Efrain Carrillo, GH
- 17:10 Luke McGinnis, Pow
- 17:15 Joe Aguilar, Vista
- 17:27 Kevin Rogers, Ay
- 17:30 David Troxil, DH
- 17:33 Robert Raney, Val
- 17:44 Luke Pepin, GH
- 17:47 Ryan Johnson, WH
- 17:52 Ryan Skrel, SM
- 17:52 Justin Zelones, SR
- 17:52 Brandon Zebres, MM
- 17:58 Dan Tanks, RB
- 17:58 Black, Sult
- 17:59 Damian Hall, DH
- 18:02 Husevio Martinez, Vista
- 18:11 Abidir Baare, MtC
- 18:15 Chris Kullman, Cam
- 18:17 Marten Mendibles, GH

Frosh boys, small schools:
(97 finishers)

- 17:20 Carlos Cabanillas, McF
- 17:28 David Laird, FW
- 18:14 Nick Shake, LJ
- 18:21 Cooper Bachman, Valley Center
- 18:39 Antonia Montes, Salp
- 18:47 Patrick Marsch, Salp
- 18:51 Kiethan Kitt, Salp
- 18:55 Ray Torres, Castle Park
- 19:07 Eric Delgadillo, PH
- 19:17 Jesus Perez, MarV
- 19:23 Ryan Abelowitz, LJ
- 19:26 Ara Parseghia, Salp
- 19:28 Jesus Reyna, Sweet
- 19:29 Warren Binder, LJ
- 19:31 Eddie Sanchez, Sweet

GIRLS (2.7 miles):

The fastest ten (all races):

- 15:30 Angela Petersen, Francis Parker
- 15:54 Julie Manson, Rancho Bernardo
- 15:54 Camille Dredge, Torrey Pines
- 16:04 Julie Komosinski, Torrey Pines
- 16:05 Heather Lozano, Ayala
- 16:10 Karen Vasko, Mt. Carmel
- 16:18 Tillema, Sultana
- 16:19 Tessa Cendejas, Ayala
- 16:24 Michelle Smith, Dana Hills
- 16:25 Lorena Jimenez, Orange Glen

Senior girls, large schools:
(78 finishers)

- 15:54 Camille Dredge, Torrey Pines
- 16:05 Heather Lozano, Ayala
- 16:19 Tessa Cendejas, Ay
- 16:24 Michelle Smith, Dana Hills
- 16:39 Elaine Lassen, Valhalla



Angela Petersen and Desiree Davila
Francis Parker Hilltop

- 16:40 Kathy Read, TP
- 16:41 Cathy Picha, Fallbrook
- 16:43 Nicole Gurnicz, Ay
- 16:49 Heather Shurtleff, West Hills
- 17:02 Maji, Sult
- 17:13 Cindy Lopresti, Carlsbad
- 17:17 Amber Jacques, Hemet
- 17:17 Allie Anderson, Hem
- 17:19 Dawna Marshall, Bonita Vista
- 17:25 Laura Davidson, Ay
- 17:26 Amy Kermott, Val
- 17:35 Erin Ashley, DH
- 17:47 Mande Clark, Poway
- 18:01 Van Nguyen, BV
- 18:12 Allison Plischke, Fall
- 18:16 Veronica Roberts, Mt Carmel
- 18:18 Theresa Hepler, El Capitan
- 18:20 Kelly Kodadek, San Marcos
- 18:28 Ami Rawal, Ay
- 18:29 Anderson-McGill, Sult

Senior girls, small schools:
(61 finishers):

- 16:25 Lorena Jimenez, Orange Glen
- 16:34 Laura Davis, McFarland
- 16:56 Kijrsten Bevins, Serra
- 17:01 Michelle Barrack, UniversitySD
- 17:17 Kim Pace, Santana
- 17:36 Ellie Khamazian, Katella
- 17:36 Julie Babonas, USD
- 17:48 Dawn Lucas, Temescal Canyon
- 17:53 Caroline Rolls, OG
- 17:59 Eva Burgueno, Montgomery
- 18:06 Maria Melvin, Castle Park
- 18:11 Cristal Hernandez, Kat

- 18:18 Morgan Romine, La Jolla
- 18:19 Melissa Ramsey, Norco
- 18:21 Michelle Fleck, Flowing Wells
- 18:21 Julia Otis, LJ
- 18:29 Leti Rios, West Valley
- 18:39 Angela Knowles, FW
- 18:51 Erin Laird, FW
- 18:57 Mary Broding, Sant
- 15:54 Julie Manson, Rancho Bernardo
- 16:10 Karen Vasko, MtC
- 16:40 Laura Trask, Val
- 16:57 Wertz, Sult
- 17:13 Rebecca Bartell, WH
- 17:13 Lesley Bravin, Val
- 17:15 Kristi Pinnell, Val
- 17:15 Holley, Sult
- 17:19 Shanna Cohen, Scripps Ranch
- 17:21 Carri Leto, Val
- 17:27 Erin Uyeshima, Ay
- 17:34 Julia Cormano, La Costa Canyon
- 17:45 Miramontes, Sult
- 17:46 Ashley Viens, Val
- 17:56 Cheryl Cramer, Hem
- 18:01 Katie Wilson, DH
- 18:06 Madsen, WH
- 18:07 Whitney Valadez, Ay
- 18:07 Melinda Hammack, Val
- 18:15 Sarah McMahon, Carls
- 18:16 Laura Alessio, TP
- 18:22 Mikaelyn Austin, RB
- 18:25 Maria Mendoza, Vista
- 18:26 Araceli Becerra, DH

- 18:29 Lisa Lyons, RB
- Junior girls, small schools:
(84 finishers)
- 16:31 Wendy Kling, McF
- 16:44 Jonalyn Smith, Kat
- 17:24 Malisa Carino, Salp
- 17:27 Angela Rivas, Montgomery
- 17:39 Laura Jones, Salp
- 17:56 Jane Roberts, Palo Verde
- 18:08 Shawna McIver, Dur
- 18:11 Claire Beck, Our Lady of Peace
- 18:16 Hayley Young, TC
- 18:18 Tiffany Dietrich, Dur
- 18:20 Ashley Kingman, Dur
- 18:22 Tara McGowan, LJ
- 18:26 Stephanie St. Laurent, El Camino
- 18:33 Latrice Donaldson, Orange
- 18:45 Crystal Cardenas, Dur
- 18:51 Jamie Morasco, Valley Center
- 18:52 Emily Nelson, Norco
- 18:54 Christy DeLap, TC
- 19:09 Fabiola Hernandez, McF
- 19:10 Jennifer Ochieta, Orange

Soph girls, large schools:
(123 finishers)

- 16:04 Julie Komosinski, TP
- 16:18 Tillema, Sult
- 16:38 Katie O'Connell, Carlsbad
- 16:40 Mythili Duvvuri, Chula Vista
- 16:41 Jasmine Marquez, ElCap
- 16:42 Jackie Appel, TP
- 16:58 Ashley Dere, MtC
- 17:04 Melissa Handy, DH
- 17:05 Stacy Rasmussen, Ay
- 17:19 Kristen Goossens, Ay
- 17:19 Delagradelle, Sult
- 17:26 Tiffany Lee, Vista
- 17:31 Manal Yamout, MtC
- 17:32 Janet Mulvey, MtC
- 17:33 Ashley Handy, WH
- 17:34 Audrey Harrer, MtC
- 17:37 Adrian Hernandez, Sult
- 17:41 Trinity Amalfitano, BV
- 17:42 Loretta Kilmer, Ramona
- 17:44 Lindsay Picha, Fall
- 17:46 Jamie Carmichael, Fall
- 17:47 Amaro, Sult
- 17:47 Devaan Yata, Vista
- 17:48 Marianni, Sult
- 17:48 Lauren Wells, DH

Soph girls, small schools:
(83 finishers)

- 15:30 Angela Petersen, Francis Park
- 16:30 Desiree Davila, Hilltop
- 16:52 Courtney Cox, Poly
- 17:17 Kelly Pardee, Dur
- 17:26 Desiree Leek, LJ
- 17:50 Jaclyn Flick, FW
- 17:55 Emily Greene, OLP
- 17:56 Cresen Salazar, Dur
- 17:59 Maggie Sass, LJ
- 18:11 Leslie Borenstein, LJ
- 18:13 Maribel Vega, McF
- 18:15 Glenda Reyes, Norco
- 18:24 Maria Cervantes, VC
- 18:25 Christine Lupo, San Pasqual
- 18:32 Evelyn Cruz, Dur
- 18:34 Andrea Kahn, Serra
- 18:38 Venera Huerta, McF
- 18:39 Andrea Elmore, Dur
- 18:41 Emily Seymour, LJ
- 18:42 Jolene Vermillion, TC

Frosh girls, large schools:
(96 finishers)

- 16:36 Allison Hall, RB
- 17:02 Nicole Mier, SM
- 17:26 Maija Rohde, Fall
- 17:32 Belinda Oberum, RB
- 17:36 Sophia Marquez, CV
- 17:37 Julia Kermott, Val
- 17:44 Krista Romley, TP
- 17:50 Erica Lopez, Vista
- 17:53 Jenny Promack, Fall
- 17:58 Hannah Stagner, VP
- 18:03 Jessicah Chapin, DH
- 18:06 Dorothy Trogler, TP
- 18:13 Tessa Connor, TP
- 18:28 Julie Johnson, DH
- 18:31 Katie Croswell, Fall
- 18:32 Carrie Pinnell, Val
- 18:34 Kelly Jodoin, MM
- 18:35 Bre Goetz, Ram
- 18:41 Mehtap Sandor, Val
- 18:43 Amy Vasko, MtC

Frosh girls, small schools:
(85 finishers)

- 17:29 Maya Patrick, Salp
- 17:45 Liz Edwards, LJ
- 17:54 Olivia Frausto, McF
- 18:10 Leah Warner, FW
- 18:12 Sabrina St. Laurent, ElCam
- 18:16 Ana Melvin, CP
- 18:46 Kirstin Wilson, Grossmont
- 19:04 Amy Lang, Serra
- 19:06 Lyric Colon, ElCam
- 19:11 Kristia Olson, Poly
- 19:22 Celinia Jaramillo, McF
- 19:23 Whitney Schmucker, LJ
- 19:29 Cassandra Zubia, Salp
- 19:31 Jennifer Dowthit, SP
- 19:31 Cara Campo, LJ



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