

TRACK MAGAZINE

A Movin' Shoes Enterprise



Volume IV, Number 2 -- October 9, 1998

San Diego's best prep cross country coverage



The county's top-ranked girls teams clashed at the South Bay Invitational, and Rancho Bernardo and Torrey Pines finished virtually even. Both featured strength up front, as RB's **Julie Manson** battled Torrey's **Kathy Read**, **Camille Dredge**, and **Julie Komosinski**.

Round up the usual suspects...

It's been an eventful early season.

But, as September morphed into October, you could almost feel the shifting of gears.

The early season invitational phase is over, and only a few biggies are still on the calendar.

The dual meet season, starting a bit slower this year than usual, is now in full swing. The breakup of the north county into three leagues is one reason that many schools have only just begun league dual meets.

The season is now advanced enough that coaches and runners are starting to plan for the last few weeks, when everything will be on the line. The serious contenders

have already made major investments of hard work, and nobody wants to make that false step that endangers the season.

Coaches with wounded stars are fretting, and wishing the days wouldn't go by so fast.

Coaches with runners that are red-hot are almost as worried. Can you bottle this up and open it later?

Some teams are running on all cylinders. Some teams lie in wait, pointing for the end of the year, resting their tired, healing their injured.

Some teams are backing off from racing hard and getting in a last spate of solid training before the tapering phase.

And a few teams are quietly on schedule, and have some surprises in store down the line.

Finding out which teams are contenders and which teams are pretenders will be part of the fun as the season begins to head into the final stretch.

What's coming up:

October 9: St. Augustine Invitational, at Morley Field.

October 17: Southern Cal Invitational, at Guajome Park.

October 23 and 24: Mt. SAC Invitational, at Mt. SAC

October 24: Kit Carson Invitational, at Kit Carson Park.

October 30: Frosh-Soph Championships, at Morley Field.

Inside...

The beginnings of Track Magazine are explained, sort of, on page 2.

We begin our series about the best cross country teams of San Diego's rich past, beginning with the El Capitan boys of 1963. See page 3.

Find out why the girls will run longer at the CIF finals. See page 4.

Check out the latest team rankings, on page 4.

Who's hot? Keep up with some of the newsmakers on page 5.

Is the boys class of 2000 this area's best-ever crop of distance runners? We consider the question on page 6.

Jason Finch and Angela Petersen were the fastest locals at the South Bay meet; Courtney Baird and Matt McInvale had great times at Dana Hills; the Torrey Pines girls impressed the state at Stanford; and McInvale blows away a course record in Temecula. Our race coverage begins on page 8.

From the editor...

Readers, it's time for a proper introduction...

For those of our readers that have only just seen *Track Magazine*, I feel it's time for a proper introduction.

The first issue of the fall was so absolutely packed with our preview information that I didn't have space to say hello to our new readers, or explain what our publication is all about.

My name is Buzz Thom, and I have been involved with the San Diego area high school cross country and track & field sports since 1961, when I was a junior in high school.

Out of curiosity, I attended my school's dual track meet one spring afternoon, and I was hooked. My first journalism experience was an article I wrote for the school paper. The subject: the track team.

Later, in college, my first real job was at the Chula Vista Star-News, as a photographer. My first assignment was a track meet at Chula Vista High in 1964, when the Spartans had a promising sophomore runner named Tim Danielson. I later became the sports editor of the Star-News.

I have never been able to pass up an opportunity to write about the sport, and this must have caused great amusement among my professors at Southwestern College.

To my psych prof, I submitted a paper entitled, "Psychology and Track and Field."

There's some validity to that, right?

In speech class, I made a speech about running. Nothing wrong with that, right?

But I fear I may have gone too far when my Freshman English term paper became, "King Lear and Track & Field." Since I passed the class, I can only surmise that the instructor agreed with my conclusion that King Lear could have avoided a lot of problems if he had just established the proper training base.

Maybe I was spending too much time with a high-mileage nut named Bob Bitterlie (we both ran for Southwestern's cross country team then).

He was the kind of guy that believed "more miles" was the answer for everything.

Why did the Yankees lose the World Series that year? Easy, Bitterlie contended, they just weren't doing enough miles.

Fast-forward to the recent past: I began this publication in

the fall of 1994. The readers liked it, but I had a tough time getting the business to run like a business, and the number of miles I was running didn't seem to help much.

The basic problem was that I just didn't have enough time to find advertising, which is any publication's lifeblood, and still produce the editorial content.

By late fall of 1996, after three seasons of cross country coverage and two seasons of track, I almost threw in the towel. I still believed in my original vision of providing quality, in-depth coverage of two great sports that deserve much more publicity than they ever get, but I realized I needed to find a business partner.

I talked to *Competitor Magazine*, located in Solana Beach, and found that they had plans for a similar publication. We agreed to work together, and formed *High School Competitor*. We published a prototype issue last fall, which was distributed at the Mt. SAC meet, and at the Kit Carson Invitational.

Their original plan was to cover the entire Southern California area, which I thought diluted the reporting to an unacceptable level. I stuck to my vision, they stuck to theirs, and we agreed to part ways.

They are still trying to get *High School Competitor* going as a stand-alone publication, and I sincerely wish them well.

During track season, I started to put my efforts into the web site that George Green and I produce together. It kept me involved, and I kept thinking that something good was going to happen.

It did -- one of the track coaches is also a partner with the Movin' Shoes group, and he mentioned that his business would like to take over my business.

We talked in general terms, and hashed out some of the financial details. They agreed to underwrite the business, and only asked that I continue doing the job as I had done it before. I couldn't ask for anything more than that.

But please be advised that this is still a trial period for *Track Magazine*. We still need to find support, from advertising, from the schools, and from subscriptions.

Runners, please pass this publication along to your parents. They will enjoy reading about your team, and they may know somebody that wants to buy an advertisement.

Readers, please support the good people at Movin' Shoes. They have a motto: A Tradition of Caring for the Running Community Since 1977. They support training groups, help officiate at races, they put on events, they are active in running and coaching, and now they are involved with this enterprise, which is all about support of high school runners.

Together, we can make this work. The athletes can have a newspaper of their very own, and I can continue to write about cross country and track in a way that makes more sense than a lame college term paper.

See you at the races...

About the business...

As mentioned, the Movin' Shoes group is handling many of the *Track Magazine* business concerns.

As one example, we ask that checks for subscriptions or advertising be written out to "Movin' Shoes."

We are still ironing out a few minor kinks in our business dealings. Often, our customers are unsure about who to contact.

For advertising information, please call Dave Yarbrough at the La Mesa Movin' Shoes store @ 619-466-1656. If he is not

available, one of the other Movin' Shoes partners may be able to help.

Coaches need to send in their team orders if they have not already done so. They can be sent either to me or to Movin' Shoes.

If you have not received a flyer about the team orders, we offer to deliver to the teams (at meets or at their school, whichever works best for us) any number of copies of *Track Magazine* that they want, for a one-time cost of \$2 per issue, for the whole season.

Coaches:

Have you ordered *Track Magazine* for your team yet? Get in touch with Movin' Shoes or editor Buzz Thom to place your team order now.

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ALL-TIME TEAMS: *El Capitan boys, 1963:* *Gym class discoveries became dominant team*

(This is one of a continuing series about great cross country teams from the San Diego Section's long and rich history -- the editor.)

El Capitan's 1963 boys cross country squad (there were no girls teams in those days), was one of the most dominant teams ever in the section's CIF championship history.

In the CIF finals that year, held at Morley Field, the Vaqueros put on a show, scoring just 20 points despite not having the individual winner (which was Grossmont's Bob Lamorandier).

I'll do the math for you -- that means El Cap runners finished second, third, fourth, fifth and sixth in the large schools race. It was easily one of the best team races ever in local CIF large schools competition, rivaled only by the great Monte Vista 1996 squad that scored 19 points.

It was the second straight CIF championship for the El Cap runners.

The coach was Ron Vavra, who started at El Cap in 1959. It was his last year at the Lakeside school before he started a long and distinguished career at Grossmont College. He was then in his late 20s, and still developing his talents as a track and cross country coach.

"When I first took the job (at El Capitan), I called Joe Brooks and we went out for dinner and drinks," Vavra said. Brooks (who is Vista coach Pete Brooks' father) was the ranking high school distance expert, with great teams at El Cajon. "I asked him about his basic philosophy," Vavra said. "He told me about how to recruit, and gave me some interval workouts. Intervals were the new thing, then."

Ironically, it was Brooks' El Cajon team that was a distant runner-up to the 1963 El Cap powerhouse.

Vavra, who began his track career as a sprinter at San Jose State (then a sprint powerhouse), was a quick study.

"I never let my ego get in the way," Vavra said. "If I wasn't sure, I would ask somebody that I respected."

That trait, coupled with his aggressive on-campus recruiting, served to build a powerful program at El Capitan, and later, at Grossmont College.

Vavra would screen the El Cap PE classes for candidates, timing the boys for 660 yards.

"Everybody that ran under 1:50 that wasn't a senior, I would have them sign up for cross

country," Vavra said. "That's how I got all of my top five runners (on the 1963 team). None of them would have come out for cross country."

"Every school has kids like this, CIF champions, walking around. All those guys, nobody knows who they are. They don't even know who they are," Vavra said.

He uncovered some gems in those PE runs.

The 1963 varsity was led by senior Thad Hendrickson, who was the most talented of the group. In track, he ran 880 yards in 1:55.2 (metric conversion: 1:54.6).

"He was a good basketball player, and good at other sports," Vavra remembered. He was always the first finisher among his talented mates.

The solid number two runner was senior Phil Davis, who "had the work ethic," Vavra said. "He had the love of the sport." Davis was smaller in stature and not as fast as his teammates, but was better at long distances. His track times included a mile in 4:24.3, 2-miles in 9:37 (the event was run only in dual meets then), and 3-miles in 14:51, which was then a nationally-ranked time.

The next three runners were often interchangeable.

Senior Mike McConnell was a 1:58/4:25 runner; senior Bob McKenna was a 4:25 runner; and sophomore Bill Brown also ran the mile in 4:25.

The six-seven runners were Louie Payton (a 10:17 two-miler) and Mike Pinnick.

They might have been the best team in the state, but there were no state championships held then.

The closest equivalent was the Mt. SAC Invitational team sweepstakes race, and the El Cap runners won impressively there, too.

They also won the large school race at the Aztec Invitational that fall, scoring 21 points, as Hendrickson won in 8:59 for the 1.8-mile course.

The next year, Vavra took over as the cross country and track coach at Grossmont College, and he brought most of his team with him, along with the cream of the crop from the Grossmont League, such as Grossmont High's Lamorandier, who won that CIF race ahead of the gold-clad Vaquero crew.

Grossmont College and Vavra were an instant success in junior college cross country. They were arguably the best local team, although an injury to a key runner

kept them from advancing to the state meet, which was won by league rival Mesa College.

A year later, nothing stopped the Griffins from winning their first state cross country championship. It was the beginning of a

McConnell is a fire captain in Palm Desert.

McKenna is a teacher in the Santee school district.

Payton is a successful landscaper in the area.

Vavra and the team lost track

"Every school has kids like this, CIF champions, walking around. Nobody knows who they are.

They don't even know who they are."

Ron Vavra,
EL CAPITAN COACH,
about his 1963 team.

long record of great success for the school, and the El Capitan 1963 team was at the center of it.

Hendrickson, maybe the most naturally gifted, had the shortest running career. He didn't follow the group to Grossmont, but eventually built a highly successful contracting business.


Davis, the workaholic, has a PhD in psychology and is teaching in the Atlanta area.


of Brown, the talented soph.


Brown transferred to Escondido in his junior year, and struggled to realize his potential.

Vavra is happily retired, and happy to talk about the old times.

"Those were great days," he said, remembering the great talent that flowed out of the Grossmont district. "I'm sure lucky. It really was Camelot."





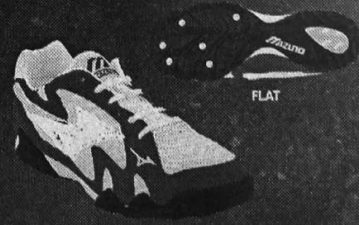


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What's making news...

Girls will run longer at CIF -- but not 5K

The girls CIF course will be slightly longer this year, but won't be the 5,000-meter distance that was requested by many of the county's coaches.

CIF officials seriously considered changing the girls finals distance to 5K, but a poll of coaches revealed that the sentiment was about evenly split.

Twenty-two coaches voted no on the longer race, and 20 were in favor of the extra distance.

As a compromise, this year's meet officials, the North Country Conference coaches, have decided to lengthen the race to about 2.7 miles.

The redesigned course will add the "picnic loop" to the last section of the race, which adds distance but avoids a second trip up the Upas Street hill.

The actual course is still being fine-tuned and has yet to be measured, but Mt. Carmel's Dennis McClanahan, one of the meet's co-directors, expects the distance to be in the range of 2.7 to 2.75 miles.

Meets that include race distances of 3.0-miles, or more, for girls include the Mt. SAC Invitational, the Stanford Invitational, the Southern Section CIF championship, the California state meet, and the Footlocker Regionals and Finals. Also, a number of Orange County meets, such as Dana Hills and Laguna Hills, run that far.

Locally, the Western League runs 3.0-miles in girls duals (albeit on a flat Morley course), and two other leagues, the Grossmont and Southern, have given home coaches the option in duals.

City dual meet course is changed

City league dual meets at Morley Field will have a different look this year, as a construction project has forced a course change.

The new course is said to be "about half the same," as the old, according to St. Augustine's Jerry Downey, who helped come up with the new route.

The new layout measures 3.0-miles, and, according to Point Loma coach Steve Markland, could be running about 15 to 20 seconds slower than the previously-used course.

"We measured it at three

miles," Downey said. "The old course could have been slightly shorter; we were never entirely sure."

Downey's two invitationals at Morley Field, the St. Augustine (or Small Schools) Invitational, and the Frosh-Soph Championships, will use the CIF courses for their races. The girls will run the old CIF course, however, and not the new, lengthened version. The CIF courses have not been affected by the construction project.

So'western College course changes, too

Southwestern College's course also has a new look this year, as a construction project there has also dictated a new route.

The course is used for the South Bay Invitational and will be the site of the Metro League Championships.

Valley Center add results in north county realignment

The opening of Valley Center High, a new school in the Escondido area, has caused the North County Conference to divide into three leagues.

Valley Center is competing in the newly-formed Valley League, along with Escondido, San Pasqual, Orange Glen and Ramona. OG was in the Palomar League last year; the other three schools were part of the Avocado League.

The revised Palomar League now contains Rancho Bernardo, Poway, Mt. Carmel, Vista, Rancho Buena Vista and San Marcos. They lost Fallbrook and Orange Glen, two strong cross country programs.

The new Avocado League now has Torrey Pines, La Costa Canyon, El Camino, Oceanside, Carlsbad and Fallbrook. Fallbrook was in the Palomar League last year. The Avo lost Ramona, San Pasqual and Escondido, all of which are now in the Valley League.

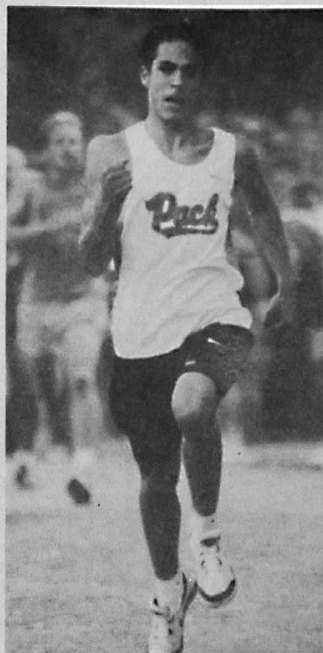
Small schools add teams, fill out league

A number of the section's small schools have added the sport, including Mountain Empire, Tri-City Christian, Vincent Memorial of Calexico and Horizon (which actually had one runner last year).

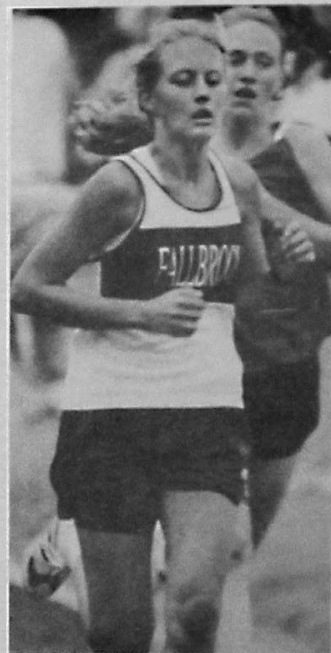
Because of the proliferation, the Southern Conference has split into two leagues; the Coastal League and the Southern League.

The concept was actually at work last year, although only Holtville was a member of the Southern League.

The Coastal League has the larger teams: Army-Navy Aca-



Ben Aragon
West Hills: Ranks first



Jamie Carmichael
Fallbrook: Ranks fourth

The Rankings:

BOYS

1. West Hills
2. Vista
3. Poway
4. Scripps Ranch (II)
5. Fallbrook
6. Granite Hills
7. San Pasqual (II)
8. La Jolla (III)
9. Valhalla
10. Chula Vista

D-IV: St. Augustine

D-V: Calvin Christian

(all schools are Division I unless indicated)

GIRLS:

1. Torrey Pines
2. Rancho Bernardo
3. Valhalla
4. Fallbrook
5. Mt. Carmel
6. University City (III)
7. Helix
8. Rancho Buena Vista
9. Poway
10. West Hills

D-II: Scripps Ranch

D-IV: Coronado

D-V: La Jolla CD

demy, The Bishop's School, Calvin Christian, Horizon, La Jolla County Day, Francis Parker, San Diego Academy and Tri City Christian.

The Southern League has mostly far-flung schools, with Borrego Springs, Holtville, Julian, Lutheran, Mountain Empire, and Vincent Memorial. It's a league of extremes as far as dual meet conditions are concerned, ranging from flat runs in 100-plus temperatures in Calexico and Borrego Springs to the 4200-foot altitude of Julian, where the course climbs at least 500-feet and temperatures can often be in the 40s.

League coaches are considering holding a combined championship race with separate scoring and awards (a la the Grossmont North and South), although the decision is not final and details have yet to be worked out. The Coastal League

championship, with or without the Southern League schools, is scheduled for Morley Field on Friday, November 13.

CIF Division III adds Valley Center

Valley Center High will compete in Division III in the CIF finals. Originally, the school was penciled in to compete in Division IV, but the school's enrollment was larger than anticipated.

Henderson takes JrOly 400 title

Summer track highlights included a national championship for Morse's Monique Henderson in the Junior Olympics Championship meet in Seattle in August. Henderson, now a sophomore, ran 53.97 to win the 400 meters for intermediate girls. She is the reigning

Please see page 5.

Next Issue:

Friday,

October 23

Look for it at the
Kit Carson Invitational

What's Making News...

From page 4.

ing California state champ in the same event.

Serra's Marcus Chandler was fourth in the young men's 1500, running 4:00.87.

Grossmont High's Jonathan Takahashi cleared a PR 13-6.25 in the intermediate boys pole vault, in qualifying for the meet. He then placed in a tie for ninth.

In Youth boys, Chauncey Smith looks like a hot prospect. He ran the 100 meters in 11.40 for second in the finals, and ran the 200 meters in 23.03, again finishing second. In a prelim, he ran the 200 in 22.83.

Hilltop's Desiree Davila had some quality efforts, running the 1500 in 4:43.31 for fifth in the intermediate girls race; and clocking 10:31.50 for ninth in the intermediate girls 3000. The 1500 time equates to about a 5:05 mile.

San Diego's Douglas cranks quick times

San Diego High's Maurice Douglas racked up a cool triple at the Youth AAU meet in late June at Balboa Stadium.

Douglas, who is returning for his senior year, ran three personal record times in the meet.

He showed great range in clocking a 10.86 for 100 meters, a 47.69 for 400 meters, and a 1:58.06 for 800 meters. The 400 time was faster than any section runner ran during the regular season.

Douglas was a promising runner for the Cavers as a frosh in 1996, moved to Texas for his soph year, and returned last year.

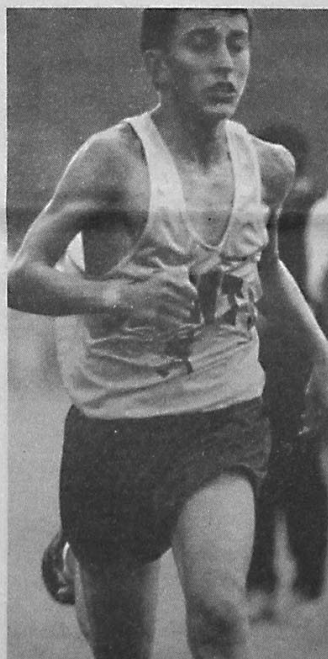
Keeping up with...

Sweetwater and Chula Vista

Sweetwater still hopes that senior **Adrian Garcia**, the team's fastest returning runner, will be back to form by the end of the year. Garcia missed a few early meets, came back to run, but then came up hurting again after a dual with Chula Vista. Sweetwater lost the meet, 27-28, as Garcia was fifth in the race at Rohr Park. "Considering how much training he's missed, I was happy with how he ran," Red Devil coach Tim Latham said. Chula Vista's **Michael Manzano** won the race in 16:17 on the 5K course, with



Travis Laird
San Marcos



Colin Donnelly
St. Augustine

Sweetwater's **Ruben Vences** and **Paul Franco** both running 16:19 in second and third. CV's **Ken Nwadike** was a key, taking fourth in 16:22. Garcia ran 16:37.

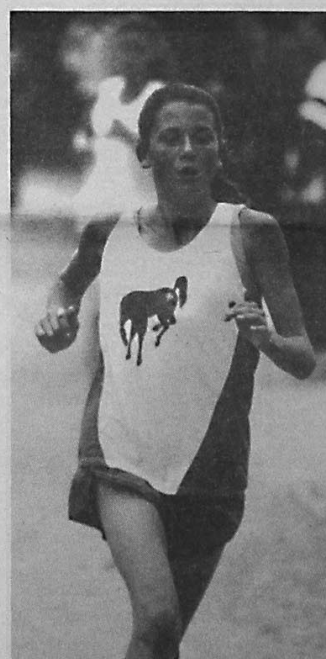
San Marcos and RBV

One of the most improved boys teams this year is San Marcos, which has a great top three of **Travis Laird**, **Laurence Mier** and **Andrew Boring**.

Rancho Buena Vista nipped them in a Palomar dual on October 2, by 28-29, but junior Laird won the race in 17:12. According to RBV coach Tom Lux, Laird's time is one of the fastest times run on the Buena Vista Park 3.1-mile course.



Adrian Garcia
Sweetwater



Allison Hall
Rancho Bernardo

In the girls side of the meet, it was a clash of excellent frosh runners. RBV's great frosh **Natassja Hall** won in 15:18 over the 2.4-mile course, which is the second fastest time run at the venue, according to Lux. The course has been used for a number of years, and has been tested by a number of excellent Palomar League runners. Second and third in the race were also freshmen: San

Marcos' **Nicole Mier** (15:42) and RBV's **Courtney Allen** (16:02).

Francis Parker and San Dieguito Ac'dmy

A meet that included host Francis Parker, San Dieguito Academy and Horizon featured the debut of an anticipated talent.

San Dieguito Academy freshman **Jenna Timinsky** lost to Francis Parker ace **Angela Petersen**, but it wasn't a blowout. Petersen, presently the fastest girl runner in the county other than Courtney Baird, won the 2.35-mile race at Tecolote Canyon in 12:53. Timinsky ran 13:07, which was closer competition than Petersen has faced in recent invitationals.

Rancho Bernardo

The Rancho Bernardo girls were very impressive at the South Bay Invite last month. They tied top-ranked Torrey Pines for first in the meet, despite not being at full strength. Torrey showed how good they were at the state level a week later by finishing second in the Stanford Invitational large schools race.

The question is, how good is RB at full strength? Soph **Kaleena Yee** is not yet back to form, after spraining an ankle just before the Bronco meet. Last year, she was one of the county's best.

Senior **Sarah Wilkins**, after a year away from the sport, also could be a factor later. She has a job conflict that caused her to miss the Mt. Carmel and South Bay meets. When fully fit, she is also a great talent.

One key to RB is the arrival of another very good freshman, **Allison Hall**. She was fourth at South Bay, behind Torrey's top two and teammate **Julie Manson**.

Unheralded before the start of the season, Hall has been the best of the county's freshman girls in early season.

Every year, RB comes up with a great frosh. In 1995, it was Wilkins. Manson debuted in 1996, and Yee showed up last year.

St. Augustine

The Saints have been running better than expected in early action. Junior **Matt Herriman** looked much improved at the Baron Invite, and took over the number one spot. He's been hurt since then, and **Colin Donnelly** and **Alfonso Espinoza** have stepped it up in his absence. The Saints were in the top ten at last week's Stanford Invite.

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<http://www.crowncity.com/sdtrackmag>

Boys Class of 2000: How good are they?

The early signs were positive, but the jury must wait to decide

Is the class of 2000 the best crop of boy distance runners ever to grace the local cross country courses and running tracks? It's a legitimate question, based on the early promise of a number of runners.

It's too early to tell for sure, but this is a group of exceptional talent. It is now early in their junior year for these runners, but they have been making an impact locally for two years, and there are signs that the state will note their presence this year and next.

Of course, we're talking about people like Rancho Bernardo's Sean Ricketts, West Hills' Evan Fox, Vista's Justin Neuroth, and Ramona's red-hot Matt McInvale.

And we're also including, for the sake of discussion, Monte Vista's Jon Rankin, Rancho Buena Vista's Nick Thornton, Fallbrook's Efrain Casarez, Chula Vista's Michael Manzano, and Poway's Josh Pope.

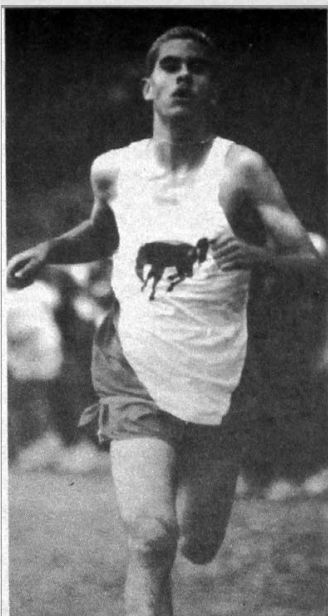
The deep talent well also includes Vista's Jared Emmons, Calvin Christian's Chad Young, Castle Park's Daniel Flores, Bonita Vista's Dale Houser, Patrick Henry's Mohammed Mussa, La Jolla's Brandon Behr, Sweetwater's Ruben Vences, and numerous others.

A number of the area's best boys teams are dominated by juniors, such as Vista and Fallbrook.

The first signs that this was a great class came two years ago, when a number of freshmen made big impacts on the local cross country scene. Ricketts was an individual state qualifier, and Fox, Pope and Neuroth were key members of successful teams. Freshmen usually don't make waves in boys cross country, and this was a definite sign of things to come.

The real bombs came in the track season of 1997, when Fox ran 4:16 for the 1600 and won the CIF title. No San Diego runner has ever run that fast, that early. He looked like an old pro as he led wire to wire, and he later tacked on a 1:56 for the 800. Ricketts concentrated on the 800, ran 1:56.06, and qualified for state. Fox was right behind him.

Almost lost in the shuffle were promising frosh efforts by



Sean Ricketts
Rancho Bernardo

Thornton (2:00.55), Neuroth (4:27) and McInvale (9:48).

Everybody took a step forward in the fall, as soph cross country stars. Fox and a much stronger McInvale put on a great cross country duel at the Mt. Carmel meet that year, and runners like Ricketts and Neuroth became real forces, not just good, young runners.

Also starting to emerge were talents like Rankin, Casarez, Mussa, Behr and Vences, who were all key players on their cross country squads.

Fox, one of the brightest prospects, suffered a stress fracture early in the track season last spring, and missed most of the year. With limited training, he was still able to race an 800 in 1:54.96 at CIF and he qualified for the state meet.

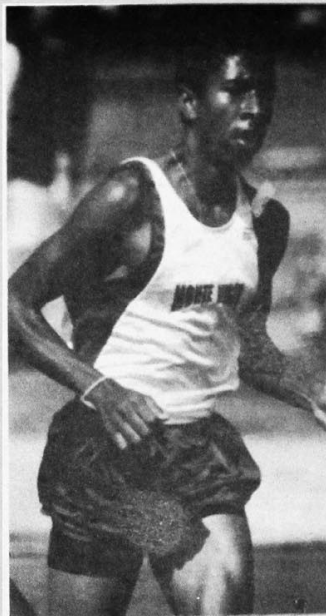
Ricketts took center stage in the last track season, running a 1:53.51 to win the CIF masters 800. No San Diego runner has ever run the 800 that fast as a soph. He also had a 4:18 for the 1600 earlier in the year.

Neuroth was one of the county's best in the 1600, and he clocked a 4:17.65, a great soph time. He was also a state meet qualifier.

McInvale ran the 3200 in 9:22 at Arcadia, one of the best-ever efforts by a local soph.

Monte Vista's Rankin edged closer to this elite group, with a 4:20 for the 1600. In normal years, that would mark him as a great sophomore runner, and people would be talking. Instead, it's almost, "Well, he's good, too."

Other good soph efforts were turned in by Thornton (1:58), Casarez (9:56), Manzano (9:57), Emmons (1:59), Young (1:59), Flores (2:00), Houser (2:00), Mussa (4:30), Behr (4:31) and Vences



Jon Rankin
Monte Vista

(10:04). The normal curve of improvement will see many of these runners blossom this year.

The normal curve of improvement for runners such as Fox, Ricketts, Neuroth and McInvale is almost on the verge of going off the charts.

A conservative projection could mean that one, two, or all four of these runners will have the ability to run 4:10 or faster as seniors. Depending on who concentrates on what events, one or two have the speed to threaten 1:50 in the 800, and one or two could go under 9:00 in the 3200.

McInvale has the least foot speed of the group, but he has been working like a maniac and improving so fast that one hesitates to say that anything is beyond him.

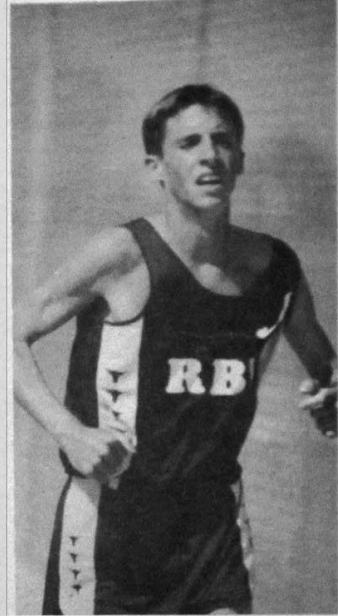
But, what's the standard here? How excited should we be by these promising early times? How good were some of this county's best runners at the same age?

It's difficult to compare the great stars of the 1960s with present-day runners because different conditions existed. For instance, three-year high schools were the norm, and, as sophomores, most of those good runners were just getting their feet wet in track.

Take Madison's Bob Hose, for instance. As a senior he ran the 880 in 1:49.2. That's still the best ever by a local runner, and, at the time, he tied the national record. He showed a lot of promise as a soph, running 1:58.8, but his real level jump came as a junior in track, when he was the state runner-up in 1:51.

This area's best all-time miler was Chula Vista's Tim Danielson, who is still only one of three high schoolers to run the mile under four minutes, with a best of 3:59.4.

He wasn't even really a



Nick Thornton
Rancho Buena Vista

distance runner as a soph. He began as a sprinter, but Chula was loaded with speed, so he moved to the 880. He showed potential, running close to 2:00 minutes, but there was no real hint of how great he would become.

Hilltop's Terry Rogers, who was a contemporary of Danielson, had a similar history. As a soph, he showed promise, but Hilltop had some other very good runners at the time, and he was overlooked. He really blossomed as a junior, running 1:53.4. His senior year was stellar, with a 1:50.4 for 880 (still number two on the local all-time list), and a state championship in the event.

Patrick Henry's Thom Hunt ran 4:02 and 8:45 as a senior. Those times rank him as the second best local miler ever, and as the best ever local two-miler. He came along when four-year programs were coming into vogue, and as a soph, he ran 4:19 and 9:30.

One old-time star who did show a lot of early promise was El Cajon's Armando Valencia, who ran the mile in 4:14 as a soph (he also ran in a four-year program). His best as a senior was 4:08, but some personal problems kept him from realizing his vast potential. Many observers had projected him to run close to 4:00 minutes.

Among more recent stars, San Diego's Mebrahtom Keflezighi was a 4:05 and 8:51 runner as a senior, and he finished second in the Footlocker cross country nationals. As a soph he ran the 3200 in 9:18.

That's probably enough examples to give you a general idea of where this present group of promising runners might eventually fit in on the scale.

As intriguing as the eventual destination might be, it's also great fun to watch the journey.

CIF Dope: The small divisions

Division III faves are La Jolla boys and UC girls; D-IV has the Saints and 'Nado; Calvin boys rule D-V

(This is the first look at teams and individuals hoping to qualify for the state championship in Fresno. -- the editor.)

Believe it or not, the CIF cross country divisions make sense when viewed across the spectrum of the entire state of California. In the state, there are about the same number of schools in each division.

But heavily-populated San Diego packs their schools full of students, making the section very top-heavy with large schools.

The protocol is for each section to send two teams to state (plus individuals) in each division, unless there are less than eight scoring teams in the race. In such case, the section can send only one team.

By that standard, Divisions III, IV and V are all officially marginal.

In fact, Division IV actually has only seven schools.

And Division V is a long shot to field eight full teams in either boys or girls.

Division III teams have no guarantee that anyone other than the CIF winner will advance. There are nine girls teams, but only eight boys teams. On paper, every D-III school has full boys and girls teams, but coaches are worried that the end of the season will see one or two of the teams with minimal, or worse, representation.

A number of the teams can make Fresno reservations right now.

In **Division IV**, the St. Augustine boys team is far ahead of their rivals. Next best teams might be Holtville or Coronado, both building with new runners.

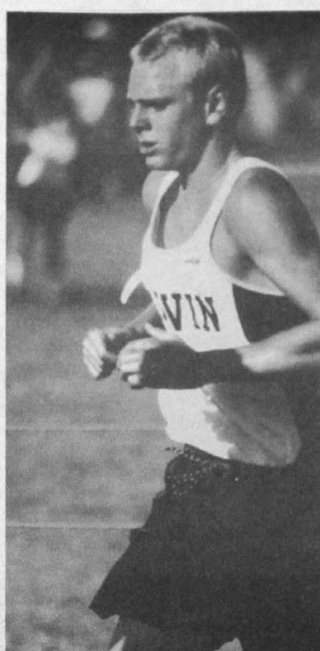
Coronado's girls also look like a safe bet, although the up-and-coming San Dieguito Academy team has some talent at the top of the roster. Their depth could shoot them down, however.

Individuals that could contend in the girls race are San Dieguito's Jenna Timinsky and Jessica Bray, and Coronado's Barbra Chakos and Samantha Piper. Bray won last year, but frosh Timinsky is already past her.

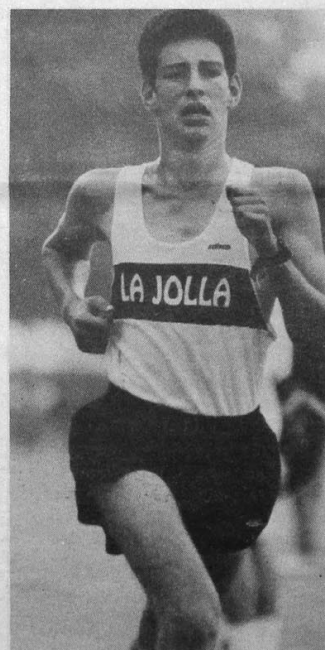
Boys to watch in the D-IV CIF meet would be St. Augustine's Matt Herriman, Colin Donnelly and Alfonso Espinoza; Clairemont's Pedro Rivas, Coronado's Paul Whitford and maybe Holtville's Andres Medina. There is no clear favorite.



Claire Beck
Our Lady of Peace



Chad Young
Calvin Christian



Eric Koster
La Jolla



Carly Gardner
La Jolla Country Day

In **Division V**, Calvin Christian has a very strong program and is the heavy favorite to take the CIF title and go to Fresno. Bishop's, Christian and Army Navy Academy all could field good teams, but none of them are a match for Calvin this year.

Boys individuals to watch would be Calvin's Bart Conner, Chad Young and Jon Beutlich, La Jolla Country Day's Jared Ziman, Bishop's Peter Holland, Army Navy's Will Kraemer, and Francis Parker's Karl Rinderknecht. Conner is the defending champ and would seem the clear favorite.

On paper, this division actually has about a dozen schools with full

best runners. Other good ones include LJCD's Carly Gardner, Daniella Scarfeo and Lindsay Weinberg, Mountain Empire's Lily Dowlatshahie, Julian's Erin Calloway and Arielle Damron, Calvin's Marjorie Spurr, Bishop's Kaili Shumilak and Lutheran's Jennifer Lloyd. The race for individual spots will be competitive. It will be a major, major upset if Petersen doesn't win big, although Timinsky seems to be a talent. Gardner is an eye-opening frosh runner; while Shumilak and Damron were second and third last year in the CIF race.

Division III has some strong favorites. The La Jolla boys are one of the area's best teams of any size, and they clearly are on the way to Fresno. If another team can go, University City might have the edge, with Mission Bay in the role of darkhorse.

Individuals to watch would be any of La Jolla's top five runners (they are Alejandro Mares, Brandon Behr, Eric Koster, Nate Lopez and Jonathan Dunbar), UC's Jon O'Connor and Edgar Hernandez, Mission Bay's Eric Richey, Miguel Elias and Justin Graves, and Kearny's Mohamed Aden. It looks a lot like a Viking blitz is in the works, although nobody has as much natural talent as Aden, a 1:53 800-meter runner.

The University City girls team is almost as strong a favorite in the division. La Jolla is also a worthy team, and they might also find themselves Fresno bound. If University of San Diego develops any depth, they could be a darkhorse. Valley Center is also a longshot for that second spot (if there is one), but they have a very good individual leader and a history of developing good teams (OK, it's Orange Glen that actually has the history).

The race among the individual girls will be intense, with UC's Katherine Ziegler, Talisha Clophus, Carly Votolato, Leslie Crew and others in the mix, along with La Jolla's Desiree Leek and Liz Edwards, Valley Center's Diana Dibble, Uni's Michelle Barrack and Jackie Ott, Madison's Breanna Ducker, and OLP's Claire Beck.

Ziegler, Clophus, Barrack, Dibble and Ott (if healthy) could put on one of the best races of the day as they vie for the CIF individual title. If Dibble gets back to her OG form, she could be the slight favorite, although the others all have impressive credentials.

boys teams, but many of those have about five to seven runners.

The girls D-V race is very, very wide open. La Jolla Country, Francis Parker, Bishop's, Calvin Christian, and maybe even Christian are all in the running, but all of the teams are paper-thin. Whichever team develops any kind of depth by the end of the year will be a major player. Bishop's won last year, countering Parker's great top-end strength. LJCD might be the best through three or four spots, but drops off after that.

Although there are no strong teams, there is great quality among the individuals, led by Parker's Angela Petersen, one of this area's

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SOUTH BAY:

Torrey nips RB's girls, as top girl teams meet

UC girls, Pack and Vike boys win; Finch, Petersen fastest

The fastest local girls teams raced at the South Bay Invitational last month, and the Torrey Pines girls edged Rancho Bernardo by the thinnest of margins.

The meet, held on September 26 at Southwestern College, was raced on new, more-spectator-friendly courses below a heavy overcast that even dropped some light rain at times.

The best of the county's girls teams were on hand, also including Valhalla, Fallbrook and University City. Best team not in attendance was Mt. Carmel (they raced at Dana Hills).

The South Bay meet is a benchmark in the early season, with numerous local schools (more than forty this year) racing in a varsity format on full-length courses.

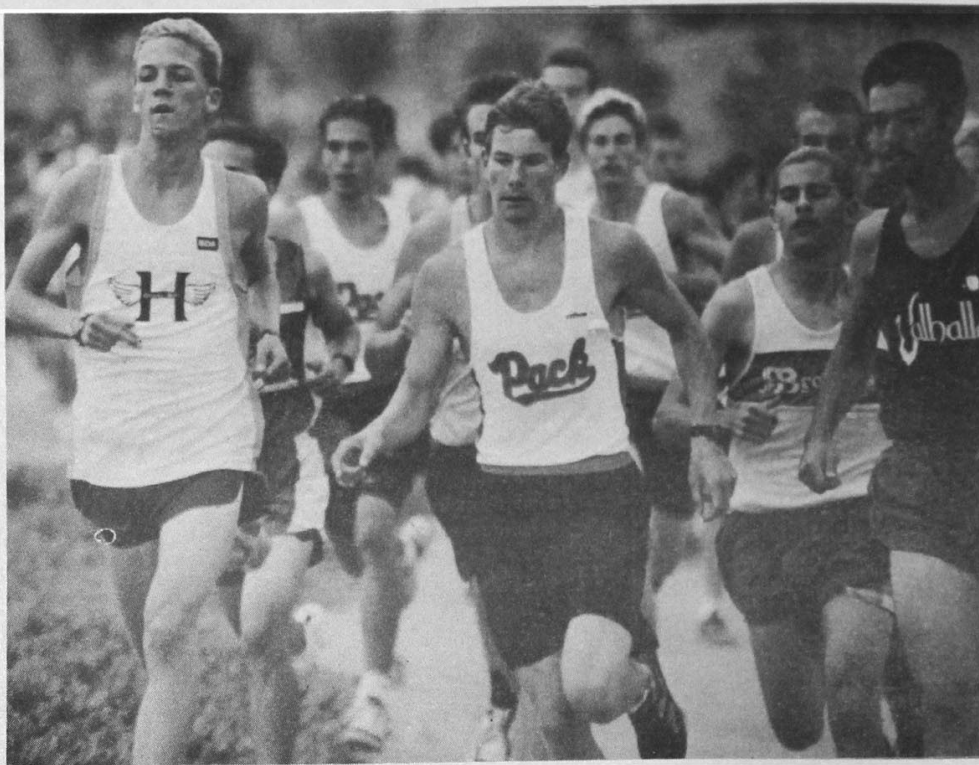
In the Division I girls race, Torrey Pines and Rancho Bernardo dominated a good field that included Valhalla, Fallbrook and West Hills. The two teams scored 53 points apiece, and Torrey won the tie-breaker with a faster sixth runner. In team times, RB was narrowly faster.

Torrey had great up-front strength, with Camille Dredge and Julie Komosinski both outkicking RB's Julie Manson on the drive to the chute. Dredge won it, in 15:14, narrowly ahead of Komosinski (15:14) and Manson (15:15). RB's frosh standout, Allison Hall, was fourth in the race.

The Valhalla and Fallbrook girls ran great team races to take third and fourth, respectively, in the meet. Fallbrook had a number of runners below par, but had the tightest pack of the day, with a 0:25-second spread from 1 to 5.

University City's girls, also one of the area's best, ran in the Division II race and had little trouble winning the team title, as they placed three girls in the top seven.

Francis Parker's Angela Petersen and Hilltop's Desiree Davila hooked up in a dual similar to the previous week's meeting at Mt. Carmel. They ran together early, but Petersen, who is running well, established a 0:30-second margin by the end and had the fastest overall time of the day (15:00).



Granite Hills' Jason Finch takes an early lead over West Hills' Evan Fox, Rancho Bernardo's Sean Ricketts and Valhalla's Matt Theisen in South Bay Invitational.

Davila was second (15:30) and then UC's girls headed up the next group, with Katherine Ziegler (15:55) third, Talisha Clophus (16:00) fourth and Carly Votolato (16:20) in seventh.

West Hills' boys looked strong and deep in winning the Division I boys team title. Evan Fox led the Wolfpack, taking third, and mates Ben Aragon (fifth), Paul Saccone (sixth), and Matt Rendina (15th) lent strong support. Only one other team (Bonita Vista) had a number two runner that finished ahead of the West Hills number four (Rendina, in 15th).

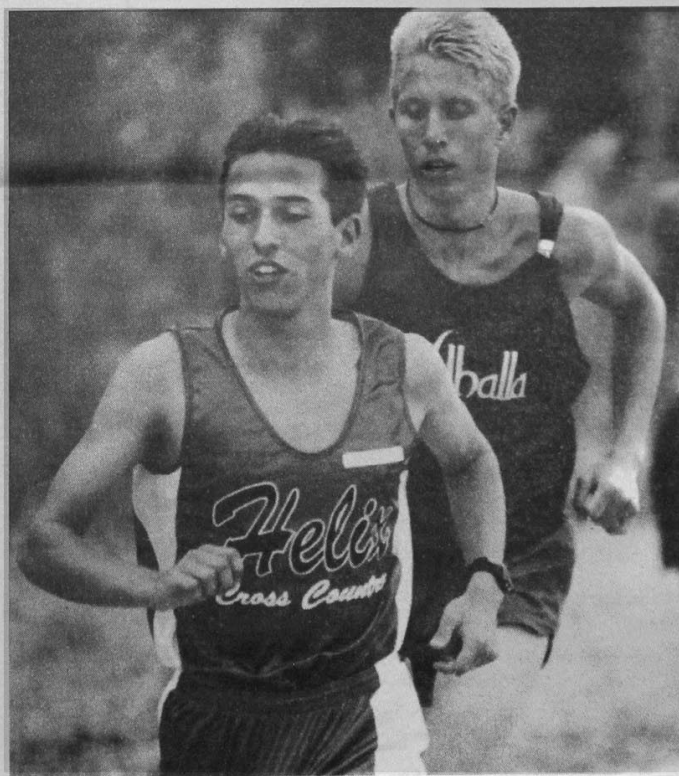
San Pasqual, with a balanced pack, was the runner-up in the team race.

Granite Hills' Jason Finch moved strongly away from a good field, and romped to a 15:51 on the new 5K course, which seemed to run a bit slow. For Finch, it was the latest in a series of impressive early-season efforts. RB's Sean Ricketts was the runner-up in 16:10, well ahead of the quality field that included Fox and his teammates, Bonita Vista's Brian Paff, Helix's Dan Kinsella, San Pasqual's Adam Van Wart and Fallbrook's Efrain Casarez.

The La Jolla boys continued their strong pack running, and they won the Division II boys race, ahead of second-place Point Loma.

Senior Alejandro Mares seems to have taken a firm grip on the team leader slot for the Vikings, and he won the race, ahead of Pointer Tom Antl, in 17:00.

The Vikes, who are still without key team member Brandon Behr, had four others finish within 0:55 seconds, including Eric Koster



Dan Kinsella and Ben Wagner
Helix Valhalla

(seventh, 17:28), Nate Lopez (ninth, 17:32), Jonathan Dunbar (11th, 17:40), and Chris Ferrier (15th, 17:55).

Point Loma's boys seem to be emerging as the best in the Eastern League, and they were a solid second in this race.

The Results:

At Southwestern College, Saturday, September 26. Conditions: Mostly overcast skies, mild temperatures, some soft footing.

BOYS (3.1 miles):

Top ten, all races:
15:51 Jason Finch, Granite Hills

16:10 Sean Ricketts, Rancho Bernardo
16:37 Evan Fox, West Hills
16:39 Brian Paff, Bonita Vista
16:50 Ben Aragon, WH
16:53 Paul Saccone, WH
16:54 Dan Kinsella, Helix
16:55 Adam Van Wart, San Pasqual
16:57 Efrain Casarez, Fallbrook
17:00 Alejandro Mares, La Jolla
Division I Varsity:
15:51 Jason Finch, Granite Hills
16:10 Sean Ricketts, Rancho Bernardo
16:37 Evan Fox, West Hills
16:39 Brian Paff, Bonita Vista
16:50 Ben Aragon, WH
16:53 Paul Saccone, WH
16:54 Dan Kinsella, Helix
16:55 Adam Van Wart, San Pasqual
16:57 Efrain Casarez, Fallbrook
17:01 Nick Jones, Orange Glen

Please see page 9.

South Bay

From page 8.

17:08 Tyler Ludwig, Valhalla
 17:10 Ruben Vences, Sweetwater
 17:11 Jose Escobedo, Fall
 17:13 Ted Herbert, BV
 17:24 Matt Rendina, WH
 17:22 Ryan Maynard, GH
 17:24 Erik Kerby, SP
 17:24 Adrian Garcia, Sweet
 17:25 Bill Ungrecht, Fall
 17:27 Jose Simpson, Montgomery
 17:30 Jason Zamora, SP
 17:30 Bryan Hillberg, El Capitan
 17:32 Nick Schlafper, OG
 17:33 Matt Theisen, Val
 17:33 Ian Bartonicek, GH
 17:34 Matt Dowthit, SP
 17:36 Justin Mattos, Fall
 17:37 Kyle Combe, SP
 17:37 unid., Helix
 17:38 Ben Wagner, Val
 17:40 Dan Sutton-Kane, WH
 17:46 Paul Franco, Sweet
 17:47 Mike Breining, Torrey Pines
 17:48 David Rivera, GH
 17:49 William Burer, Val
 17:50 David Santos, Val
 17:51 David Olsen, EC
 17:53 Tim Rodman, WH
 17:55 Joe Dupee, SP
 18:02 Jesus Carrillo, Mont

Scoring: West Hills 60, San Pasqual 100, Fallbrook 109, Valhalla 125, Granite Hills 131, Sweetwater 153, Bonita Vista 207, Orange Glen 221, Rancho Bernardo 223, Helix 225, El Capitan 242, Montgomery 284, Torrey Pines 294, Morse 433.

Division II Varsity:

17:00 Alejandro Mares, La Jolla
 17:07 Tom Antl, Point Loma
 17:09 Jon O'Connor, University City
 17:17 Mohamed Aden, Kearny
 17:20 Blake Swier, Mar Vista
 17:26 Mark Marshall, Patrick Henry
 17:28 Eric Koster, LJ
 17:31 Joe Robinett, PTL
 17:32 Nate Lopez, LJ
 17:37 Lorenzo Otero, Hilltop
 17:40 Jonathan Dunbar, LJ
 17:43 Colin Donnelly, St. Augustine
 17:47 Gelachew Tsegaw, PH
 17:48 Alfonso Espinosa, StA
 17:55 Chris Ferrier, LJ
 17:57 Jeff McKnight, PTL
 17:59 Pat Gomes, Santana
 18:02 Lorenzo Otero, Hilltop
 18:0x Frankie Ortega, MV
 18:06 Kirk Gurganious, PTL
 18:06 Charles McKeown, UC
 18:06 Edgar Hernandez, UC
 18:09 Alex Hawk, PTL
 18:15 Chad Young, Calvin Christian
 18:24 Javier Betancourt, PH
 18:26 Larry Koster, LJ
 18:28 Peter Holland, Bishop's
 18:30 Jared Ziman, UCD
 18:31 Jon Gardner, StA
 18:31 Joel Nierman, UC

Scoring: La Jolla 43, Point Loma 69, University City 123, Patrick Henry 128, Hilltop 142, Mar Vista 159, St. Augustine 171, Santana 201, Holtville 288, Bishop's 313, Eastlake 358, Marian Catholic 449

Division I Frosh/Soph:

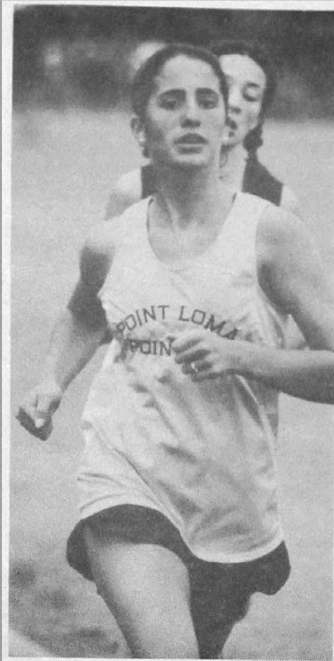
18:05 Chris Gausepohl, Fall
 18:07 Josh Rivera, GH
 18:08 Efrain Carrillo, GH
 18:32 Kevin Schible, WH
 18:35 Marten Mendibles, GH
 18:40 Jeff Hunter, GH
 18:44 Ryan Johnson, WH
 18:48 Gerald Olsen, EC
 18:50 Raul Gallarzo, Sweet
 18:51 Craig Nowakowski, Val

Scoring: Granite Hills 33, West Hills 65, Rancho Bernardo 91, Valhalla 125, San Pasqual 128.

Division II Frosh/Soph:

18:00 Pat Barrett, StA
 18:24 Haji Hassen, Kny
 18:25 Pedro Rivas, MV
 18:37 Dylan Solomon, UC
 18:44 Alex Ooi, PTL
 18:46 Gary Young, UC
 18:46 Katsuki Shimasaki, UC
 18:52 Cooper Bachman, Valley Center
 18:54 Aaron Markland, PTL
 19:07 Joshua Ellis, PTL

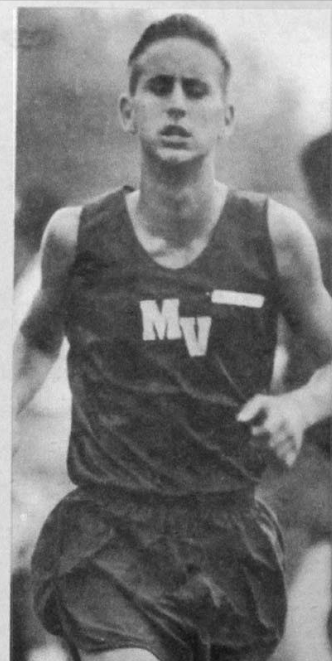
Scoring: Point Loma 65, University City 83, St. Augustine 103, La Jolla 104, Coronado 178.



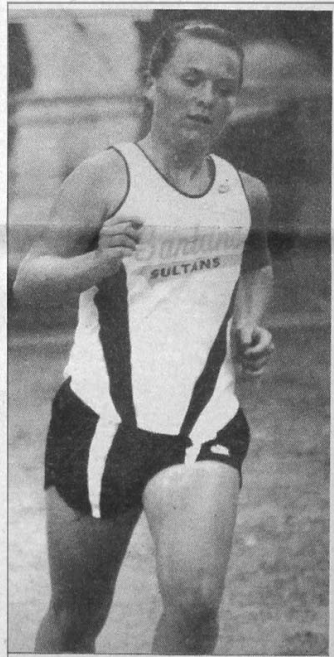
Peeper Gilmore
Point Loma



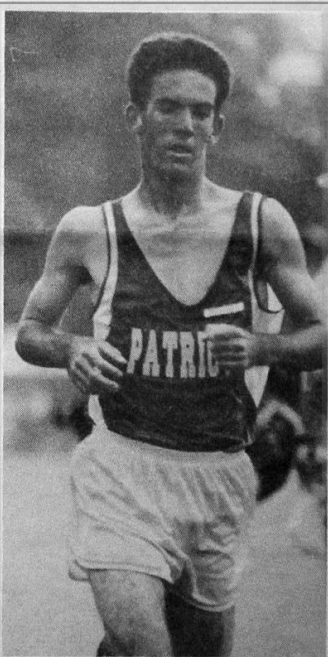
Ana Melvin
Castle Park



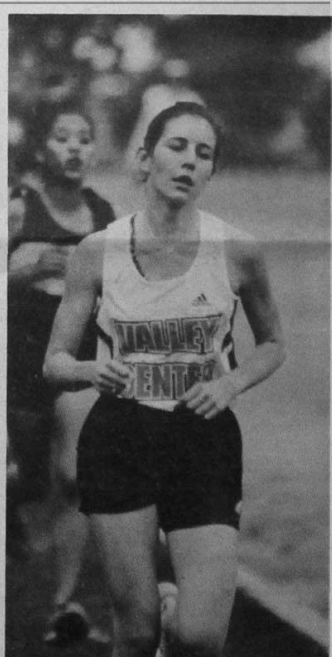
Blake Swier
Mar Vista



Kim Pace
Santana



Mark Marshall
Patrick Henry



Diana Dibble
Valley Center

Junior Varsity:

18:02 Tres Steffler, Fall
 18:16 Jon Aguilar, WH
 18:19 Josh Wilson, Fall
 18:33 Josh Ciminski, BV
 18:39 Alex Serrano, GH
 18:51 Andrew Hoeksema, LJ
 18:52 James Hein, Fall
 18:55 Clark Metler, Fall
 18:56 Carlos Sotelo, Sweet
 19:02 Ubaldo Ayon, Sweet

Scoring: Fallbrook 48, Bonita Vista 73, West Hills 75, Sweetwater 131, La Jolla 222.

GIRLS (2.47 miles):

Fastest eleven, all races:

15:00 Angela Petersen, Francis Parker
 15:14 Camille Dredge, Torrey Pines
 15:14 Julie Komosinski, Torrey Pines
 15:15 Julie Manson, Rancho Bernardo
 15:30 Desiree Davila, Hilltop
 15:35 Allison Hall, Rancho Bernardo
 15:54 Laura Trask, Valhalla
 15:55 Katherine Ziegler, University City
 15:56 Lorena Jimenez, Orange Glen
 16:00 Kathy Read, Torrey Pines
 16:00 Talisha Claphus, University City

Division I Varsity:

15:14 Camille Dredge, Torrey Pines

15:14 Julie Komosinski, TP
 15:15 Julie Manson, Rancho Bernardo
 15:35 Allison Hall, RB
 15:54 Laura Trask, Valhalla
 15:56 Lorena Jimenez, Orange Glen
 16:00 Kathy Read, TP
 16:01 Jasmine Marquez, El Capitan
 16:03 Katie Boyd, RB
 16:04 Cathy Picha, Fallbrook
 16:05 Lesley Bravin, Val
 16:06 Jackie Appel, TP
 16:08 Elaine Lassen, Val
 16:09 Jamie Carmichael, Fall
 16:09 Kerri Wheeler, RB
 16:13 Kristi Pinnell, Val
 16:16 Lindsay Picha, Fall
 16:22 Kim Crowwell, Fall
 16:26 Heather Shurtleff, West Hills
 16:29 Angela Rivas, Montgomery
 16:29 Jenny Promack, Fall
 16:31 Kaleena Yee, RB
 16:35 Laurel Hanscom, Val
 16:37 Maija Rohde, Fall
 16:39 Candice Osuna, Bonita Vista
 16:42 Rebecca Bartell, WH
 16:48 Shawna Winfrey, WH
 16:48 Amy Kermott, Val
 16:53 Julia Kermott, Val
 16:55 Amonica Phipps, Morse

17:01 Laura Alessio, TP
 17:02 Darcy Fox, WH
 17:08 Dawna Marshall, BV
 17:10 Cassie Kuske, WH
 17:11 Caroline Rolls, OG
 17:15 Trinity Amalfitano, BV
 17:17 Bree Ann Alstad, BV
 17:18 Krista Romley, TP
 17:19 Ashley Handy, WH
 17:21 Eva Burgueno, Mont
Scoring: Rancho Bernardo 53, Torrey Pines 53 (RB wins on faster sixth runner), Valhalla 68, Fallbrook 80, West Hills 130, Bonita Vista 193, El Capitan 245, Orange Glen 251, San Pasqual 252, Montgomery 281, Morse 311, Grossmont 317, Sweetwater 418.

Division II Varsity:

15:00 Angela Petersen, Francis Parker
 15:30 Desiree Davila, Hilltop
 15:55 Katherine Ziegler, University City
 16:00 Talisha Claphus, UC
 16:06 Kim Pace, Santana
 16:15 Desiree Leek, La Jolla
 16:20 Carly Votolato, UC
 16:35 Diana Dibble, Valley Center
 16:37 Peepers Gilmore, Point Loma
 16:39 Ana Melvin, Castle Park

Please see page 10.

South Bay

From page 9.

- 16:42 Liz Edwards, LJ
16:59 Sandra Welterer, Ptl
16:59 Laura Cohen, UC
17:02 Maria Melvin, CP
17:06 Rebecca McKeown, UC
17:06 Belinda Olvera, Ptl
17:15 Katie Grim, LJ
17:17 Leslie Borenstein, LJ
17:23 Tara McGowan, LJ
17:24 Claire Beck, Our Lady of Peace

- 17:26 Natalie Parks, Ptl
17:27 Stacy Antonal, Ptl
17:37 Emily Greene, OLP
17:44 Morgan Romine, LJ
17:46 Jennifer Wirkus, Clairemont

Scoring: University City 42, La Jolla 71, Point Loma 80, Santana 145, Valley Center 168, Our Lady of Peace 175, Hilltop 223, Patrick Henry 224.

Division I Junior Varsity:

- 16:57 Ashley Viens, Val
17:00 Kirstina Nugent, Val
17:05 Katie Craswell, Fall
17:07 Melinda Hammack, Val
17:17 Maureen Rodriguez, Val

- 17:19 Carri Leto, Val
17:36 Carrie Pinnell, Val
17:43 Mehtap Sendur, Val
17:44 Demoe, WH
17:46 Erin Muir, RB

Scoring: Valhalla 18, Torrey Pines 82, West Hills 96, Fallbrook 109, Rancho Bernardo 129.

Division II Junior Varsity:

- 17:42 Karissa Teitsch, UC
17:57 Courtney Hibbar, LJ
18:22 Whitney Schmucker, LJ
18:27 Cara Campo, LJ
18:31 Amanda Thaele, Coronado
18:33 Sarah Smith, LJ
18:34 Jackie Malowney, UC
18:41 Lauren Severs, UC
18:44 Juno Demelo, LJ
18:51 Evelyn Ruiz, Ptl

Scoring: La Jolla 24, University City 39, Point Loma 163, Our Lady of Peace 209, Valley Center 218.

TEAM TIMES:

NOTE: Some team times include runners not in the varsity race.

BOYS:

The fastest ten teams:

- 85:21 West Hills
86:41 Granite Hills
87:00 San Pasqual
87:11 Fallbrook
87:35 La Jolla
87:58 Valhalla
88:50 Point Loma
88:58 Sweetwater
89:52 Bonita Vista
90:29 University City

GIRLS:

The fastest ten teams:

- 79:33 Rancho Bernardo
79:35 Torrey Pines
80:55 Valhalla
81:20 Fallbrook
82:20 University City
84:08 West Hills
84:52 La Jolla
85:35 Point Loma
85:40 Valhalla JV
86:35 Bonita Vista

DANA HILLS

Fast, fast, fast times

Want a fast time? Run at Dana Hills.

This invitational almost annually leads the way in masses of glitzy times.

There is always good competition, but the course is the most valuable player here. It's no longer than 3.0 miles, with no major hills, is run mostly on a very fast surface, and the finish line is at a lower elevation than the start.

It all adds up to fast times for all comers.

That being said, some of the efforts by San Diego runners there this year were still impressive.

Helix senior Courtney Baird won the junior/senior large schools race, in 16:52. Yes, it's a fast course, but 16:52 under any conditions is excellent.

By the same token, Ramona's Matt McInvale won the boys large schools junior race in 14:43, and he "shut down" over the last part of the race, according to a rival coach.

Ramona coach Dave Wilson confirmed that his athlete was under instructions to keep something in reserve.

McInvale still won the race by 0:27 seconds over Vista's Justin Neuroth.

Best team efforts from local runners were by the Mt. Carmel girls, and the Vista boys.

Mt. Carmel had a lineup led by Karen Vasko (17:57), Ashley Dere (18:16), and Janet Mulvey (18:30), and they had four others under 20 minutes.

The Vista boys had four runners in the 15-minute range, including Neuroth (15:10), Ryan Montez (15:23 in winning the soph race), Jared Emmons (15:26), and Sean Daley (15:40).

Next best girls team was Helix, led by Baird, although they were missing a couple of key performers.

Poway and Scripps Ranch also had excellent boys team efforts.

Poway featured Josh Pope (15:24), Pat Prunty (15:49) and Devin Lyons-Quirk (15:54).

The Scripps group had Raphael Machado (15:23) and Patrick Grimes (15:31).

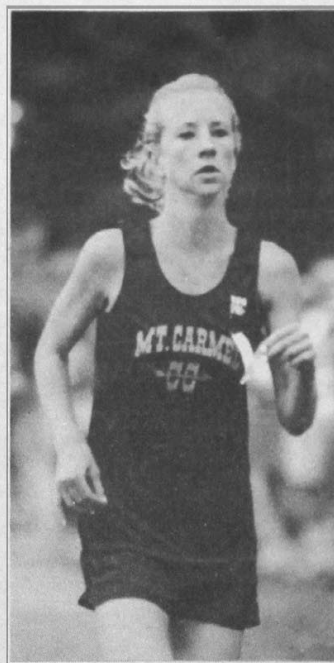
The Results:

At Dana Hills High School, Saturday, September 26. Course is relatively flat, and very fast. Teams were divided into divisions based on size, and races were divided into grade levels.

BOYS (3.0 miles):

Fastest San Diego-area runners, from all races:

- 14:43 Matt McInvale, Ramona
15:06 Jon Rankin, Monte Vista
15:10 Justin Neuroth, Vista
15:23 Ryan Montez, Vis
15:23 Raphael Machado, Scripps Ranch
15:24 Josh Pope, Poway
15:26 Jared Emmons, Vis
15:29 Michael Manzano, Chula Vista
15:31 Patrick Grimes, SR
15:40 Sean Daley, Vis
15:49 Pat Prunty, Pow
15:53 James Myers, Rancho Buena Vista
15:54 Devin Lyons-Quirk, Pow
15:59 Nick Thornton, RBV
15:59 Alan Aradanas, Mt. Carmel
16:00 Aaron Powell, Pow
16:02 Brendon Riordan, MIC
16:07 Mike Cooke, MIC
16:11 Mark Baddas, Vis
16:12 Irving Franklin, Vis
16:12 Tim Helms, Pow
16:14 Mike Klepper, MIC
16:14 Mike Comstock, SR
16:17 Luke McGinnis, Pow
16:19 Efern Novelo, CV



Karen Vasko
Mt. Carmel

- 16:19 Andy Delery, SR
16:20 Mike Zahalan, MIC
16:24 Chris Sandoval, SR
16:25 Ricky Roane, Ram
16:29 Josh Garcia, Vis
16:34 Ramon German, Vis
16:34 Andrew Luckow, Vis
16:36 Jonathan Hester, SR
16:36 Eric Richey, Mission Bay
16:37 Basil Hernandez, Pow
16:38 Leo Blasius, Vis
16:39 Brian Culleton, SR
16:40 Ken Nwadike, CV
16:40 Josh Long, Pow
16:40 Jonathan Buckley, MontV
16:41 Josh Galindo, CV
16:42 Kevin Swain, Pow
16:43 Ben Bruce, MIC
16:44 Jeff Lucas, Pow
16:44 Justin Graves, MB
16:46 Juan Sanchez, Vis
16:46 Seth Dallman, Pow
16:48 Brian Eaton, CV
16:48 Geronimo Arredondo, CV
16:49 Joe Aguilar, Vis
16:53 Jamie Zolnierrek, RBV
16:53 Abidir Barre, MIC
16:53 Scott Cooke, MIC
16:54 Ryan Hershman, MIC
16:54 Aaron Galvan, CV
16:57 Husevio Martinez, Vis
16:58 Nick Danza, Vis
16:59 Miguel Elias, MB
17:00 Justin Zelones, SR
17:00 Jason Smith, Pow

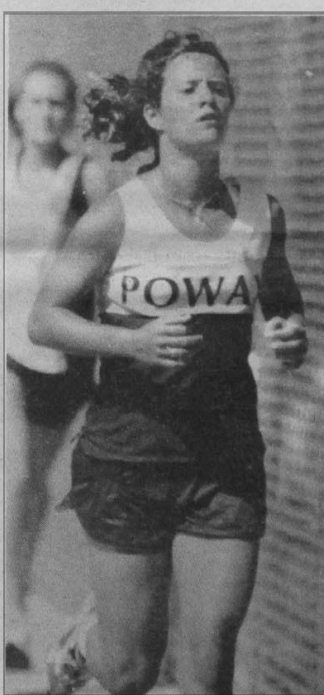
GIRLS (3.0 miles):

Fastest San Diego-area runners, from all races:

- 16:52 Courtney Baird, Helix
17:57 Karen Vasko, Mt. Carmel
18:16 Ashley Dere, MIC
18:17 Michelle Barrack, UniversitySD
18:30 Janet Mulvey, MIC
18:37 Mythili Duvvuri, Chula Vista
18:45 Natassja Hall, Rancho Buena Vista
18:48 Courtney Hall, RBV
19:01 Tiffany Lee, Vista
19:04 Brianna Hibbs, Poway
19:06 Natalie Sullivan, Hx
19:08 Shanna Cohen, Scripps Ranch
19:08 Rose Serna, Mission Bay
19:20 Manal Yamout, MIC
19:22 Sophia Marquez, CV
19:22 Kamaya Damwijk, RBV
19:23 Angela Garcia, RBV
19:25 Amber Smith, Pow
19:31 Audrey Harrer, MIC
19:32 Megan Lyons, MIC
19:35 Mande Clark, Pow
19:41 Breyanna Barmer, Hx
19:44 Maria Mendoza, Vis
19:44 Theresa Acosta, Vis
19:45 Maribel Gonzales, RBV
19:48 Brianna Goetz, Ramona
19:50 Grace Anderson, SR
19:56 Sylvia Rivas, Vis
19:57 Veronica Roberts, MIC
19:59 Nadia Sanders, CV



Natassja Hall
Rancho Buena Vista



Brianna Hibbs
Poway

- 20:02 Devann Yata, Vis
20:08 Camille Robinson, CV
20:09 Sarah Spooner, Pow
20:11 Amy Vasko, MIC
20:14 Britt Jennings, Pow
20:15 Meredith Nespor, Pow
20:31 Lesley Mitchell, Ram
20:32 Kennie Kwok, Ram
20:32 Julia McGurk, Pow
20:34 Kellie Sharp, Hx
20:34 Jessica Romag, Pow
20:40 Jenny Spooner, Pow
20:42 Stephanie O'Brien, Pow
20:43 Nicole Kentley, Pow
20:48 Melissa Brientos, Pow
20:50 Cathy Danh, Hx
20:54 Laurie LaBrado, SR
20:57 Ann Ghashghae, MB
20:58 Brianna Suzuki, Pow

TEAM TIMES:

The following are the aggregate times of the fastest five runners from San Diego-area schools. **NOTE:** Some schools did not report times for five runners.

BOYS:

- 77:50 Vista

Please see page 11.

Dana Hills

From page 10.

79:19 Poway
79:29 Scripps Ranch
81:23 Mt. Carmel
81:54 Chula Vista
84:14 Ramona
84:17 Monte Vista
85:02 Mission Bay

GIRLS:
93:34 Mt. Carmel
97:03 Helix
97:35 Poway
98:27 Vista
99:47 Chula Vista
102:19 Scripps Ranch

STANFORD:

Torrey girls take second in Division I

San Diego runners have a big day; Chandler wins; Scripps boys second in D-II; West Hills boys sixth in D-I

San Diego's cross country teams haven't gotten much respect in the state rankings in the early weeks of the season.

The results from last week's prestigious Stanford Invitational could change all that.

The Torrey Pines girls showed their class, finishing second in the Division I girls race. Valhalla's girls also made a good showing in the same race, finishing seventh. For Torrey, Camille Dredge was sixth, Julie Komosinski seventh, Kathy Read 25th and Jackie Appel 28th.

San Diego boys teams also ran well, with West Hills (sixth), Vista (eighth) and Valhalla (tenth) all placing well in the Division I race. West Hills' Evan Fox was sixth, and Vista's Justin Neuroth was ninth in the race.

The Scripps Ranch boys were second in the Division II race, led by Patrick Grimes (fifth) and Raphael Machado (11th).

Serra's Marcus Chandler won the Division II race in 15:51, an impressive effort.

The annual Stanford race is one of the standards that measures team strength, as powerful fields are attracted to the competition. They include a good number of the state's ranked teams and a few strong outfits from out of state.

The girls Division I race featured powerhouse teams from Esperanza, Clovis West, Ayala, Thousand Oaks, Peninsula and University of San Francisco, all of which makes Torrey Pines' showing indeed impressive.

"I'm pretty pleased," Torrey Pines coach Brent Thorne said.

"This is absolutely a great group of girls. I just have a bunch of girls that can really run."

The Falcons had such top quality in their first four runners (two in the low 19s, two more in the high 19s), that a 1:04 gap to runner number five in a very large field didn't prove fatal.

"They raced hard," Thorne said. "They didn't have much left."

Valhalla coach Randy Montecanto was upbeat about his team's seventh-place finish.

"Overall, I'm fairly pleased," he said. He was also referring to his boys taking tenth.

Scripps coach Bob Oliver was also satisfied with his boys finish (second in Division II).

"It's a good middle-season placement," he said.

One unhappy coach was University City's Jim McCarthy. His highly regarded girls team was there to test the waters at the state level in Division III. Instead, they almost missed the race entirely.

"They lost all track of time," McCarthy said. The team literally had to run to the starting line and arrived just as the gun fired. In fact, one of the team's best runners, Talisha Clophus, couldn't fight her way through the crowd in time and missed the race.

"Our strategy was to get out fast," McCarthy said. "We got left, and never got back into it."

"We are going through a major growing pain," he said.

The Results:

At Palo Alto, Saturday, October 3. Conditions: "Perfect Northern California fall day," according to coaches. Ideal running temperature; course mostly grass surface.

BOYS (3.1 miles):

Top Ten, Division I race:

15:33 Fernando Cabada, Buchanan
15:47 Josh Spiker, Ventura
15:48 Arturo Garcia, Don Lugo
15:49 James DeBruhl, Chino
15:56 Fabian Soria, Ayala
15:56 Evan Fox, West Hills
15:58 Ryan Bousquet, Esperanza
15:58 Seth Neumuller, Thousand Oaks
16:01 Justin Neuroth, Vista
16:01 Brett Holte, Bend, Oregon

Top Teams, Division I:

103 Katella, Anaheim
110 Long Beach Poly
167 Don Lugo
188 Horizon, Arizona
218 Ayala
230 West Hills
231 Bend, Oregon
270 Vista
287 Bellarmine Prep
346 Valhalla

35 teams were scored.

Top Ten, Division II race:

15:51 Marcus Chandler, Serra
16:06 Curt Herberts, Newport Harbor
16:14 Carlos Handler, Temescal Canyon
16:15 Enrique Rodriguez, Golden Valley
16:16 Patrick Grimes, Scripps Ranch
16:23 Lehrin Morey, Eureka
16:25 Stu Eastman, Placer
16:32 Tom Allen, Gunn
16:33 Evan Geisert, Trabuco Hills
16:36 Donovan Jones, Livermore

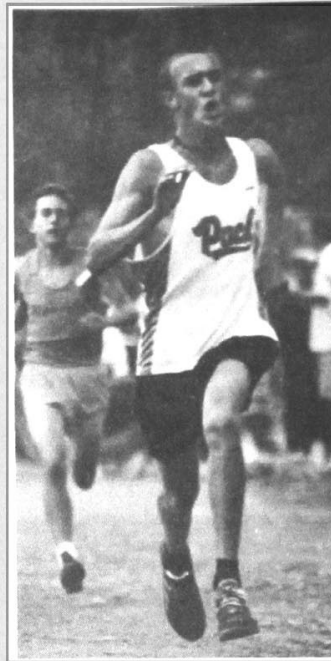
Top teams, Division II:

103 Newport Harbor
141 Scripps Ranch
142 Eureka
157 Golden Valley
175 Jesuit

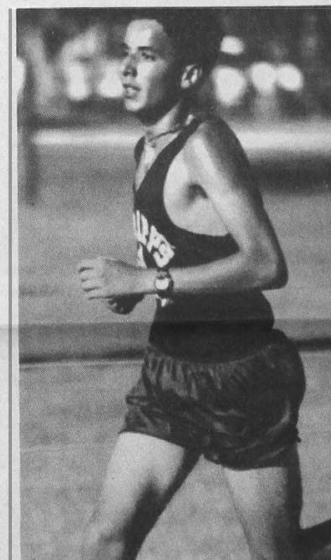
27 teams were scored.

San Diego area runners, all races, ranked by time:

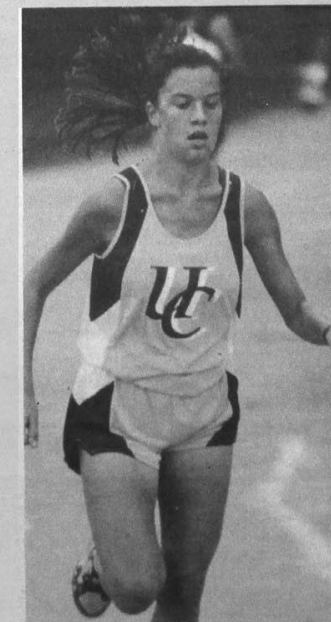
15:51 Marcus Chandler, Serra
15:56 Evan Fox, West Hills
16:01 Justin Neuroth, Vista



Paul Saccone
West Hills



Raphael Machado
Scripps Ranch



Carly Votolato
University City

16:16 Patrick Grimes, Scripps Ranch
16:25 Ryan Montez, Vis
16:32 Ben Aragon, WH2
16:37 Raphael Machado, SR2
16:40 Jon O'Connor, University City
16:47 Tyler Ludwig, Valhalla
16:54 Paul Saccone, WH3
16:55 Sean Daley, Vis3
16:56 Ben Wagner, Val2
16:59 Matt Theisen, Val3
17:03 Jared Emmons, Vis4
17:05 Tim Rodman, WH4
17:09 Matt Rendina, WH5
17:10 Brendan Riordan, SR3
17:12 Dan Sutton-Kane, WH6
17:22 William Burer, Val4
17:22 David Santos, Val5
17:22 Colin Donnelly, St Augustine
17:23 Alfonso Espinosa, StA2
17:29 Mike Comstock, SR4
17:32 Andy Delery, SR5
17:34 Brian Bauerle, WHZ
17:36 Mark Baddas, Vis5
17:38 Jonathan Hester, SR6
17:40 Terence Hagans, Serra2
17:41 Charles McKeown, UC2
17:43 Irving Franklin, Vis6
17:44 Edgar Hernandez, UC3
17:54 Pat Barrett, StA3
17:55 Dylan Solomon, UC4
17:58 Chris Sandoval, SR7
18:00 Jason Brown, Val6
18:05 Josh Garcia, Vis7
18:10 Jon Gardner, StA4
18:16 Joel Nierman, UC5
18:17 Robert Raney, Val7
18:26 Gary Young, UC6
18:31 Benjie Bils, StA5
18:43 Klingler, StA6
18:51 Sean Mann, UC7

TEAM TIMES:

San Diego area teams:
83:36 West Hills
84:00 Vista
85:04 Scripps Ranch
85:26 Valhalla
88:16 University City
89:20 St. Augustine

GIRLS (3.1 miles):

Top Ten, Division I race:

18:14 Erin MacDonald, Punahou, HI
18:14 Amy Nickerson, Coquille, OR
18:44 Katie Hotchkiss, MissSJ, Fremont
18:58 Kira Morser, Uni, Sanfran
18:59 Heather Lozano, Ayala
19:02 Camille Dredge, Torrey Pines
19:05 Julie Komosinski, Torrey Pines
19:08 Abby McAllister, Bend, OR
19:17 Tessa Cendejas, Ayala
19:20 Melissa McBain, Thousand Oaks

Top Teams, Division I:

79 Esperanza
119 Torrey Pines
159 University, San Francisco
161 Ayala, Chino Hills
187 Peninsula
189 Clovis West
203 Valhalla
276 St. Mary's, Oregon
278 Beyer
290 Thousand Oaks
311 Bend, Oregon
360 West Hills
364 Antioch
400 Camarillo
440 Buchanan

31 Teams were scored.

Top Ten, Division II race:

18:30 Jamie Witt, Folsom
18:58 Lori Mann, Santa Margarita
19:05 Laura Shackelton, McQueen
19:20 Chloe Glare, Menlo-Atherton
19:26 Trisha Harris, St. Joseph
19:39 Amber Steen, Newport Harbor
19:39 Alicia McFall, Newport Harbor
19:47 Monica Valdez, Temescal Canyon
19:53 Melinda Fuller, Placer
20:05 Jonalyn Smith, Katella

Top Teams, Division II:

73 Santa Margarita
138 Newport Harbor
151 St. Joseph, Lakewood
159 Placer
170 Clayton Valley

also,

14. Scripps Ranch, 304

22 teams were scored.

San Diego area runners, all races, ranked by time:

19:02 Camille Dredge, Torrey Pines
19:05 Julie Komosinski, TP2
19:48 Kathy Read, TP3
19:51 Lesley Bravin, Valhalla
19:52 Jackie Appel, TP4
19:47 Elaine Lassen, Val2
20:19 Laura Trask, Val3
20:21 Katherine Ziegler, UniCity
20:26 Kristi Pinnell, Val4
20:31 Carly Votolato, UC2

Please see page 12.

Stanford Invitational

From page 11.

- 20:33 Heather Shurtleff, West Hills 1
- 20:42 Tiffany Lee, Vista 1
- 20:46 Amy Kermott, Val5
- 20:48 Rebecca Bartell, WH2
- 20:48 Shanna Cohen, Scripps Ranch 1
- 20:49 Cassie Kuske, WH3
- 20:52 Ashley Viens, Val6
- 20:54 Laura Cohen, UC3
- 20:54 Chessa Adsit-Morris, UC4
- 20:56 Laura Alessio, TP5
- 21:03 Krista Romley, TP6
- 21:03 Dorothy Troglor, TP7
- 21:07 Laurel Hanscom, Val7
- 21:13 Grace Anderson, SR2
- 21:14 Shawna Winfrey, WH4
- 21:18 Erica Lopez, Vis2
- 21:22 Ashley Handy, WH5
- 21:31 Rebecca McKeown, UC5
- 21:42 Cheryl Madsen, WH6
- 21:46 Devann Yata, Vis3
- 21:55 Maria Mendoza, Vis4
- 22:02 Theresa Acosta, Vis5
- 22:05 Sylvia Rivas, Vis6
- 22:07 Laurie LaBrado, SR3
- 22:10 Darcy Fox, WHZ
- 22:10 Kijrsten Bevins, Serra 1
- 22:11 Andrea Kahn, Ser2
- 22:37 Leslie Crews, UC6
- 22:38 Judy Tincher, SR4
- 23:03 Amy Lang, Ser3
- 23:17 Tracy Tom, SR5
- 23:23 Olympia Alguin, Vis7
- 23:34 Lyndsey Hasselt, SR6
- 23:56 Christine D'Acquisto, SR7

TEAM TIMES:

- San Diego-area teams:
- 98:43 Torrey Pines
- 101:19 Valhalla
- 104:11 University City
- 104:46 West Hills
- 107:43 Vista
- 110:03 Scripps Ranch

TEMECULA VALLEY: McInvale floors it -- new course record Ramonan lowers standard by 0:25 seconds

How good is Ramona's Matt McInvale running right now?

So good that Ramona High coach Dave Wilson is almost apologetic about it.

After McInvale raced to a course record at the Temecula Valley Invitational last week, Wilson felt sorry for his opposition.

McInvale clocked a 15:38 on the "very, very hilly," 5K course, breaking the old course record of 16:03. Among those he left in his wake were the runners from Santa Ana High, the state's top-ranked large school boys team. Santa Ana's Alfonso Leon was second in 15:52, also breaking the old course



Matt McInvale
Ramona

record, but he was well behind McInvale.

"Santa Ana had a lot of parents there for support," Wilson reported, "and they were just stunned (by the margin of McInvale's win). We're not trying to make anybody look bad."

Following Wilson's orders, McInvale kept himself in check at the Dana Hills meet one week before, where he also won by a large margin.

"I let him race this week," Wilson said. "I wanted to find out where the heck we are."

In a year that the local section has a number of state title contenders, McInvale is running the hottest. Accordingly, Wilson wants to make sure that he eases off the throttle in upcoming meets.

A sidebar: because of various schedule quirks, McInvale has not yet raced two of this area's hottest runners: Serra's Marcus Chandler and Granite Hills' Jason Finch. All three were at the Mt. Carmel Invite, but were in different races.

McInvale may not race against Chandler until the CIF Division II finals, and a possible showdown with Finch may have to wait until the Footlocker Regionals, scheduled this year at Mt. SAC, one week after the state meet.

The Results:

At Temecula, Saturday, October 3. Course is "very, very hilly."

BOYS (3.1 miles):

- 15:38 Matt McInvale, Ramona
 - 15:52 Alfonso Leon, Santa Ana
 - 16:24 Juan Salgado, Santa Ana
- San Diego area runners:**
- 17:56 Ricky Roane, Ramona
 - 18:50 David Del Llano, R
 - 19:04 Jon Shellhammer, R
 - 19:21 Matt Saldivar, R

GIRLS (3.1 miles):

- San Diego area runners:**
- 21:22 Loretta Kilmer, Ramona
 - 22:29 Brianna Goetz, R
 - 23:59 Kristin Spivey, R
 - 24:48 Camille Lucio, R
 - 25:16 Claire Possenniez, R



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