# TRACK MAGAZINE

Volume VII, Number 1 -- September 25, 2001

## Cross Country Preview Issue: Large Schools

## Preview Issue Kicks Off New Season

This issue marks the beginning of a new publishing year for Track Magazine.

This, the annual cross country preview issue, is the first of five issues that will cover the high school cross country season in the San Diego Section.

In this issue, you'll find team previews for the Palomar, Avocado, Valley, Mesa, South Bay, Grossmont South, Grossmont North, Eastern, Western and Imperial Valley Leagues.

In our next issue, to be published on Friday, October 5, we'll have team profiles of schools in the Harbor, Coastal and Southern Leagues.

The second issue will not ignore the large schools, since it will also get up to date in covering the invitationals (and some duals) since the start of the year.

Other publication dates:

Third issue, Friday, October 19. This issue will be distributed at the Kit Carson Invitational, or by delivery.

Fourth issue, Friday, November 2. This issue will be distributed almost entirely by delivery.

Fifth ssue, Friday, November 16. This issue will be distributed at the CIF Finals on November 17.

Distribution will be at major meets close to the publication date, or by delivery to most large schools in the San Diego metro-

The publication was started in September of 1994 by Julian resident Buzz Thom, and is sponsored by Movin' Shoes, a San Diego-area retail chain of stores devoted to supporting the local running scene.



Jenna Timinsky San Dieguito Academy



**Abadir Barre** Mt. Carmel

## Season gets into high gear

Every new cross country season has a mixture of the old, the new, the expected and the unexpected.

So it is with the 2001 cross country season in the San Diego Section.

While some established teams keep rolling along, some strong new teams have improved or

Some familiar faces lead the charge at races, but there are some significant newcomers that are making an impact.

And, some of the county's best teams and runners are biding their time at this stage of the season, either by circumstance (injuries), or by design.

Currently, the rankings of the top teams are about what one would expect.

San Pasqual's girls, with their entire Division II championship roster returning almost intact, leads the local girls.

Mt. Carmel's boys, with two strong senior leaders, are the topranked boys team.

San Dieguito Academy's Jenna Timinsky has looked great in early season meets. At the Mt. Carmel/Movin' Shoes Invitational, she demolished the field in the small school senior race, winning in 14:58, the second fastest time ever on that particular Morley Field layout. The course record of 14:55 is held by Thousand Oaks' Kim Mortensen, who went on to win the girls national title that year.

Mt. Carmel's Abadir Barre has looked the best of any local boys in early meets, winning at Bronco, at Mt. Carmel and, most recently, at Dana Hills, where he covered that fast, 3.0-mile course in 14:44.

The North County teams once again look very strong. In the Palomar League, for instance, every boys team and every girls team is either in the county's top tens or very close to them. The dual meet schedules in that league promise to be murderous. The Avocado and

Please see page 16.

## The Top 40

A quick overview of the top returning athletes:

#### The returning boys...

The top forty-one returning boys from last year's CIF Championship cross country meet, ranked by their respective times in that race. Grade level is for last year.

Taylor Williams, Helix, 11 Cooper Bachman, ValCtr, 11
Abadir Barre, Mt Carmel, 11
Ryan Skerl, ValleyCenter, 11
Gus Polito, ValleyCenter, 11 16:13 16:14

Luke McGinnis, Poway, 12 Idrise Osman, SanDiego, 10 Babey Wagnew, Helix, 9 Solomon Kumbi, Hoover, 11

16:38 Sean Barrett, StAugustine, 10

Benny Gandolfo, El Cap, 10 Brandon Zelones, MirMsa, 11 Carlos Sanchez, Ramona, 11

Jon Shellhammer, Ram'na, 11 Alex Casarez, Fallbrook, 10 16:58 Eladio Carrillo, GranHills, 10 17:06

Justin Zelones, ScrippsRch, 11 Thomas Ferguson, Clarmt, 11 Kevin Schible, West Hills, 11 Joe Aguilar, Vista, 11 17:06

17:08 21 to 30: 17:08 Ker Kern Huerta, UniCity, 10 Ross Halleland, West Hills, 10

Yafet Abraha, Hoover, 10 David Ignacio, SnMarcos, 11 Andres Padilla, ChulaVista, 11

Mike Ostler, El Camino, 11

Jon Cordes, Escondido, 11 Kip Madden, Valhalla, 10 Steve Loforti, Clairemont, 11 Robert Guieb, Central, EC, 11

Eddie Sanchez, Swtwater, 11 Michael Carini, USD, 11

Shea Rollin, PatHenry, 10 Abdi Abdirizak, Sweetwtr, 11 Gavin Coleman, Poway, 9 Brad Liber, UniCity, 10 Jose Sanchez, Oceanside, 11 Tim McKeon, WestHills, 11

Ryan Abelowitz, LaJolla, 11 17:27 Daniel Assefa, Hoover, 11

Who's gone (the ten fastest senior

who's gone (the fen tastest senior boys from last year's CIF race): 16:19 David Santos, Valhalla 16:20 Aaron Powell, Poway 16:25 Ben Aragon, West Hills 16:28 Devin Lyons-Quirk, Poway 16:30 Christian Dominguez, SDiego 16:36 Ryan Montez, Vista

Andrew Garratt, UniCity
Mark Baddas, Vista
Dustin Whitson, Bonita Vista
Mark Dionela, Sweetwater 16:43

### The returning girls...

The top forty returning girls from last year's CIF Championship cross country meet, ranked by their respective times in that race. Grade level is for last year

1 to 10: 16:16 Je 16:54 D 16:58 N Jenna Timinsky, SDgtoAc, 11 Dani Schuster, TorreyPines, 9 Nastassja Hall, RanchoBV, 11

Chandra Farnham, WiHlls, 11 Cindy Walker, GranHills, 10 16:59 17:00 17:01

Sabrina St. Laurent, ECm, 10 Sabrina Marquez, ChVsta, 11 Katie Matlack, Fallbrook, 11 Allison Hall, RanchBenrdo, 11 Lisa Dodd, Mira Mesa, 10 17:02

17:07 17:11

20: Mishon Stalnaker, Ramona, 9 Jessie Ansari, Carlsbad, 10 Jessie Ooms, UniCity, 10 Sarjah St. Laurent, ElCam, 9 Krista Romley, TorreyPines, 11

Please see page 2.

## The 2001 team previews...

This is the 2001 edition of the annual San Diego Section cross country preview.

Because the section is getting so large, we are concentrating on the large school leagues in this issue. In our next issue, we will include coverage of the Harbor, Coastal and Southern Leagues.

Teams are arranged alphabetically within their own league. We start with the north county:

## Palomar

#### The Fastest Returners

The ten fastest returning runners from last year's league championship finals, at Guajome Park:

BOYS (3.2m):
1. 16:24 Abadir Barre, MtC
2. 16:25 Luke McGinnis, Pow Alan Aradanas, MtC 16:46

17:21 17:27 17:33 17:34 Troy McAdams, RBV Joe Aguilar, Vis Mike Rentz, MtC Jason Miller, RBV 14.

16. 17. 17:35 17:39 17:47 Gavin Coleman, Pow Artemio Mateo, RBV

21. Joe Ruiz de Chavez, RB GIRLS (2.6m): 3. 14:44 Dai Dani Schuster, TP

Nastassja Hall, RBV Allison Hall, RB Rachel Good, Pow 14:45 14:53 14:59 15:17

Krista Romley, TP Deanna Sick, MtC Courtney Allen, RBV Jessica Huepper, RB 10. 15:22 15:27 15:33

15:34 Melissa Moore, RBV 16. 15:39 Alison Hilton, MtC

#### The Teams: Mt. Carmel

**Division:** One. **Coach:** Dennis McClanahan, assisted by Nathan Boyer, Lori Ammonette and Murali Samanathan. Course: On and near campus

BOYS:

Numbers: 48. Leaders: Abadir Barre (12), Alan Aradanas (12). This is a deadly combination of talent. Barre is arguably the top runner in the county, and Aradanas is not far back. Aradanas has been one of the best in his class since he entered high school, but Barre has been developing quickly in the last two years. Both have solid track credentials. Barre ran 4:16 for 1600 and 9:14 for 3200 last year; Aradanas ran 4:25 and 9:30. Both looked impressive at the Sundevil, running one-two in the large schools senior race. At the finish, it was Barre 15:09, Aradanas 15:22. Next: Adam 15:09, Aradanas 15:22. Next: Adam Goldberg (11). He is showing signs of separating himself from the main pack and closing the gap on the top two. He is still relatively new at this, but he has some good marks, including 4:31 and 9:47 in track, and a team third-best mark of 16:25 at Sundevil. The pack: Elliott Davey (11), Tim Cunningham (9), Mike Rentz (12). Rentz and Davey finished up last season in the team's top five, and both are improved. Cunningham could be a factor improved. Cunningham could be a factor as a frosh, after his impressive 16:33 at as a rrosh, arer ins impressive 10:33 at Sundevil. The next wave: Jared Secrist (10), Dominick Dowds (10), Jonathon Dunn (10). They are not that far away from contributing; all three ran in the 17:20s at Sundevil. Depth: There is a let of it. Michael Maheu (12), Bryan Schell (11), Shaheen Najafi (11), and Bobby Pitrone (10) all have ability, and there's

more belief them.

Outlook: At the time of their own invitational, the Sundevils were clearly the best team in the county. That one-two at



Alan Aradanas Mt. Carmel

the top of the roster helps them match up with anybody, and the depth is excellent. There will probably be some movement within the roster, all of which will improve the team as a whole. If they stay healthy, they can be as good as anybody in their league or in the county down the stretch.
GIRLS:

Numbers: 34. Leader: Deanna Sick Numbers: 34. Leader: Deanna Sick (12). She was an important part of last year's CIF championship team, and now she inherits the leadership role. She certainly has good credentials. She is one of the fastest returners in the league and in CIF, and has track PRs of 2:22, 5:06 and 11:34. She is one of several contenders for the CIF Division I individual title, a possible preview of which was the large schools senior race at Sundevil. Sick large schools senior race at Sundevil. Sick was a strong second, running 15:58. Next: Halah Barre (10). She is still adjusting to cross country, and still rounding into shape. By season's end, there's no reason to think that she won't there's no reason to think that she won't be right up front, with Sick. As a freshman in track, she ran 11:15 for 3200. The pack: Alison Hilton (11), Brittany Pierce (11), Amy Vasko (12). Hilton and Pierce finished last season on the varsity, and Vasko was the team's eighth runner. Depth: Elisa Arceo (11), eight runner. <u>Depth</u>: Elisa Arceo (11), Eileen Vasko (10), Mari-Nel Camilon (9), Wendy Dorenbush (9), Jessica Butler (9). "We have a big group of frosh/soph runners," McClanahan said. "Some are starting to emerge. We're going to get some depth out of this."

Outlook: This is not a top ten team to start the season, but don't bet that they

start the season, but don't bet that they won't appear there by season's end. There are not as strong as they were last year, but, who is? There are a few questions, but there seems to be enough total talent on hand to provide most of the answers. They will be a factor in the league, and at CIF.

Poway

Division: One. Coach: Dan Schaitel. Course: Lake Poway.

Numbers: 46. Leader: Luke McGinnis (12). Schaitel was one happy man when McGinnis returned this fall.

The senior had actually moved to Texas at one point, but he returned ready to take names. The workout level of the lead names. The workout level of the lead group immediately intensified. He's the sixth-fastest returning runner from any of last year's CIF races. The sophs: Pat McCarthy (10), Gavin Coleman (10), and Darin Lyons-Quirk (10) are the crest of the next wave of Poway talent. Coleman ended last fall as the team's number four as a frosh, and McCarthy was the team's sixth man at CIF. Lyons-Quirk is not far behind that pair. Depth: Also challenging



Mark Mena Rancho Buena Vista



#### Lindsay delaMontaign Rancho Bernardo

for roster spots are Patrick Maloney (11), Matt McAlexander (12), Mark Schwab (11), John Carpenter (12), Grant Baker (9), and Steve Jurf (10). This group is new to the varsity level, but they should

develop enough to solidify the roster.

Outlook: The core group of scorers is young, but talented. It will be is young, but ralented. It will be interesting to watch the progress of that sophomore core, which could develop fast enough to make this team very dangerous this year. They'll probably be in the thick of things at the league level. The presence of McGinnis not only gives the team a great weapon up front, but sets the tone for the group. Bottom line: this team will develop faster with a strong leader. GIRLS:

Numbers: 40. Leader: Rachel Good (10). She was an excellent soph last year, usually running first or second for the Titans, and she followed that up with solid 5:24 and 11:46 track times. Next: Emily Melendrez (11), and Melanie Bried Emily Melendrez (11), and Melanie Bried (9). Melendrez improved sharply in track, running the 800 in 2:20. Bried is an excellent frosh prospect, who was the team's second fastest in the Vaquero Invite. Tracie Wooster (10) might be close to this group. The pack: Jessica Schenk (11), Jaime McAlexander (10), Megan Doroba (11), and Caitlin Bliss (10) all cracked 11 minutes for the 1.65-mile Vaquero course Schenk finished last year as the team's fourth runner. Also expected to contend for spots are Melic Collier (12), Carlish Plummer (10), Heather Thomson [9], Alexandra Paur (9), Haley Howe (10), Amy Daraba [9], and Jessica Barbee (10). The numbers are up, and there is a good group of young prospects

Outlook: They don't have the top level firepower of the best CIF and leagu teams, but they seem to have excellent depth and good team chemistry. They not one of the early favorites, but they could develop into a very good team, possibly edging into the top ten. None of their league rivals are overlooking them.

#### Rancho Bernardo

Division: One Coach: Terry
Dockery. Course: Rancho Bernardo
Community Park
BOYS:

Numbers 30 Leader Dan Tanks (12). He's an enigmatic runner, who has great talent. His 4 34 and 10 04 track times don't competely reflect his ability.
Has great potential. Next. Joe Ruiz de
Chayez (12). Began practices in only fair condition, but is coming on fast. He's a 4:35, 10:10 track runner, who could emerge as the season progresses pack: Andre Castillo (10) and Bret pack: Andre Castillo (10) and Bret Thomason (10) are youngsters with talent Still developing, they will strengthen the mid-roster. Depth: Ryan Castillo (12), Jon Jacoby (12), Kyle Sutherland (12), Chris Allison (11), Matt Leetch (11), Chris Tanks (11), Mike Spitz (9). Ryan Castillo has put in the best off-season of this group, and Leetch is also much improved. Spitz is the best of a promising aroun of Spitz is the best of a promising group of

Outlook: This team seems much improved. The leaders have potential, there is a lot of experience, and some of the young runners seem ready to make breakthroughs. If everything goes just right, they could be a surprise. The core group of youngsters might be a force in another year. The league competition will be tough, as usual.

GIRLS:

Numbers: 25. Leader: Allison Hall (12). She seems back to full health now which puts her into contention for the Division I CIF title. She ran 5:03 and 2:16 on the track last spring, a pretty clear indicator that she was back to form

Please see page 3.

## The Top 40: From page one.

Rachel Farrior, Helix, 10 Danae Hough, ValCenter, 9 17:30 17:32

Erica Schim, LaCostaCyn, 11 17:35 Rebecca Bostwick, UniCity, 9 Claire Rethmeier, SnPasqul, 9 17:37

21 to 30:

Rachel Good, Poway, 9 Deanna Sick, MtCarmel, 11 Natalie Gattrell, ScrRch, 10 17:42 17:42

17:42 Liz Edwards, LaJolla, 11

17:43 17:43 Sara Cates, Carlsbad, 10 Brenna Williams, TorPines, 10 Samantha From, SanPasqul, 9 17:43

Lorin Scott, San Pasqual, 9 Christina Velasco, SnPasq, 10 Alison Hilton, MtCarmel, 10 17:47 17:51

17:52 31 to 17:53

Nicole Mier, San Marcos, 11 17:53 Amy Johnson-Westlie, Hx, 10 Lauren Swigart, LJCD, 10 Maija Rohde, Fallbrook, 11 17:55

17:56 17:56 18:02

Maija Kohde, ralibrook, 11
Amy Montgomery, Serra, 11
Bree Justus, RanchoBV, 9
Kristina Nugent, Valhalla, 11
Jessica Huepper, RchBrdo, 10
Ashley Orr, TorreyPines, 11
Julia Kermott, Valhalla, 11 18:03 18:05

18:09 18:10

18:10 Julia Kermott, Valhalla, 11
Who's gone (the ten fastest senior girls from last year's CIF race):
16:15 Loretta Kilmer, Ramona
16:20 Julie Komosinski, Torrey Pines
16:29 Jasmine Marquez, El Capitan
16:30 Ashlee Dere, Mt. Carmel
16:38 Desiree Davila, Hilltop

Janet Mulvey, Mt. Carmel Shawna Winfrey, West Hills Manal Yamout, Mt. Carmel 16:41 16:59

17:13 17:13 Chessa Adsit-Morris, UniCity

Desiree Leek, La Jolla

## Palomar:

#### From previous page.

Her soph track season was all but wiped Her soph track season was all but wiped out by serious illness, and she was not 100% in last year's cross country season.

Next: Belinda Oberum (12), Lindsay delaMontaign (9). Oberum has shown promise since she was a freshman, but now she's ready for prime time. She's a powerful, tough runner, who is murder on hills. delaMontaign ran faster in her cross country debut than Hall did as a frosh.

She'll be a nice addition to the top of the roster. The pack: There's a group of all. roster. The pack: There's a group of at roster. The pack: There's a group of at least ten more runners that will compete for varsity spots. Jessica Huepper (11), Katie Thompson (11), Monica Lane (11), Whitney Kuptz (11), Alicia Sassano (11), Melodie Tao (11), Dana Gersten (10), Tiffany Chappell (10), Amy Sonnenburg (10) and Ahnie Draper (9) all have ability. Huepper, Thompson and Lane were varsity runners last year; Kuptz has always seemed to have good potential. Sassano is a sprinter giving cross a try, and she could be a factor. Nothing wrong with the depth factor.

Outlook: The team seems to have the necessary elements. Hall will be a strong ace, and Oberum and frosh delaMontaign will provide solid punch at the two-three spots. Logically, the competition for the next spots should produce enough quality athletes to fill the roster. They will be probably be in the top half of the top ten in the county, but that doesn't guarantee total success in the Palamar League or Division I at CIF. Hall will be fun to watch. least ten more runners that will compete

Rancho Buena

#### Vista

Division: One. Coach: Tom Lux Course: Buena Vista Park, adjacent to

Numbers: 41. Leaders: Artemic Mateo (11), Troy McAdams (11). Mateo is better on the track (1:57 for 800); is better on the track [1:57 for 800);
McAdams is maybe a better pure cross
country runner. They've been the core of
a very good class that is now starting to
mature. Next: Another charter member
of what Lux thinks is his best class ever is
Jason Miller [11]. Right with him is Bryan
Perez {12}, a 2:01 800 runner. Missing
is senior Shaun Ferris, who decided not to
run. Depth: Mark Mena (10), Augustine
Maten (19). David Phelps (9). Lux is Mateo (9), David Phelps (9). Lux is water (7), David Theips (7). Lox is banking on this group to close out his scoring pack. Mena was second to Mar Vista's Troy Swier in the soph race at Wolfpack. In the same meet, little Mateo and Phelps were 1-2 in the frosh race.

Next on the roster would be Alec Petros (10), shead of a moh of candidates.

Next on the roster would be Alac Petros (10), ahead of a mob of candidates.

Outlook: This is a young team that is starting to mature. Will they be able to take the next step? What is certain is that there is a solid core of talent. What isn't certain is how fast the younger half of the team comes along. Every league coach thinks the Longhorns are legit. Whatever they eventually achieve this year, they should be able to better next year.

GIRLS:

GIRLS:

Numbers: 18. Leaders: Courtney
Allen (12), Nastassja Hall (12). Both girls
felt they had something to prove after track
season, and both worked hard over the
summer. They were hardly disgraceful;
Allen ran 2:19 for 800 and really broke
through in the 1600, with a 5:12, while
Hall was one of the county's top sprinter/jumpers. Nobody can remember a
local girl with more range than Hall. She
can run top times from 100 meters to
cross country, where she was 4th in the
league finals. Next: Melissa Moore (11)
is an 11:50 3200 runner who put in a
solid summer. Bree Justus (10) ran
12:10 in track as a frosh and also
reported in good shape. Depth: Brenda
Perkins (10), Jezel Carabello (11), Sarah
Biggs (11), Maura O'Connell (11), Estela
Carrasco (10), Danielle Kramer (9).
Perkins looks much improved, and could Perkins looks much improved, and could nail down that fifth spot. Kramer is the

ream's best frosh prospect.

Outlook: This is a team that
everybody secretly fears. Everybody
respects the tolent at the top, and the
thought of Allen and Hall running with
extra motivation and conditioning is



Luke McGinnis Poway



#### Miquel Villareal Vista

unnerving. The quality depth reaches just deep enough to make this team dangerous, even in a league this tough. They should be able to match up competitively with almost anyone.

Torrey Pines

**Division:** One. **Coach:** Brent Thorne, assisted by Pat Gunnarson and Carrie Hemerick. **Course:** San Dieguito Park. BOYS:

Numbers: 45. Leader: Navid Hassanzadeh (12). He missed last yer with injuries, but he seems healthy now. He injuries, but he seems healthy now. He ran 10:09 for 3200 as a soph, and is much better than that now. Great work ethic. Next: Tye Lidman (11), Ryan Graddy (10). Lidman was high in the pack last year as a soph, and followed up with 10:13 for 3200: Graddy showed promise with a 10:17 for 3200 as a trosh. Injured: Yuh-Kun Kawakami (12). frosh. Injured: Yuh-Kun Kawakami (12).
One of last year's best, he has a hip injury that limits his training. The pack:
Mark Lonac (11), Dan Esko (11), Robert Nachtscheim (11). All were on the fringe last year, but are much improved. Also in the mix are Brian Simmonds (10), Kyle Kincaid (10), Alex Martinez (12), Eric Dworsky (10) and Justin Dredge (10).
Simmonds and Kincaid finished last season as Varsily rithness as freshmen. season as varsily runners as freshmen.
Behind them, there's D. J. Martin (10).
Brett Boldeman (10) and Tony Yu (10).
Outlook: The team seems sharply improved. Hassanzadeh is a good

number one, and the pack behind him has some promising prospects and upgraded depth. If Kawakami can get back to health, it would help. As it is, the team is very decent, but this is still a pretty tough league. Their league record won't reflect their actual ability.

GIRLS:

Numbers: 35. Leader: Dani Schuster (10). She'll be in the running for the CIF Division I individual title. She was a key Division I individual title. She was a key element in last year's CIF team runner-up finish, and she continued to improve in track, running 4:59 for 1600 meters. Definitely one of the very top runners in the entire section. <u>Much improved</u>: Carly Mecklenberg (10), Taylor Penrod (10). Neither made much of an impact on the restrict made much or an impact on the roster as freshmen, but the lineup was established and talented. Both are on the rise now, however, and Thorne thinks they will be in the team's top five. Mecklenberg ran 2:22 for 800 in track. Count berg ran 2:22 for 800 in track. Count on: Krista Romley (12), Brenna Williams (11), Hailey Moore (12). These are veterans who will provide the glue for the team's scoring unit. In track, Romley ran 5:28, 12:15; Williams ran 12:09; Moore ran 2:25. Depth: Ashley Orr (12), Alisha Schor (11) were both on the varsity last season. On the track, Orr ran 12:41. Their presence makes the lineup tough to crack. Deep depth: Kaelin Madamba. Sarah Clark and depth: Kaelin Madamba, Sarah Clark and Tessa Conner (12) are vets. A freshman or two could move into the mix at a fairly high level. The best of those in early

high level. The best of those in early season were Julie Coy, Amy McCaslin, Olga Obraztsova and LeeAnn Suen. There are at least 15 frosh on the roster.

Outlook: This team obviously has as much talent as any team in the county. The top of their roster is young, and could get younger, although that's not necessarily a bad thing. A key could be the contributions, both tangible and intangible, of the quality returning runners, such as of the quality returning runners, such as Romley, Williams, Moore and maybe some of the others. Their leadership is going to be important. Look for the Falcons to challenge the county's best teams, in league and at CIF. If they jell, they're going to be hard to beat.

Vista

Division: One. Coaches: Pete Brooks, boys; Cindy Brooks, girls. Course: Guajome Park.

BOYS:

Numbers: 36. Lead pack: Miguel Villareal (11), Ryan Richter (10), Aaron Gonzales (10). Members of this young group put in good amounts of off-season work and have been leading the way in early workouts and meets. All three showed promise as track athletes, but have seemed to take it to another level this fall. Next: Joe Aguilar (12). He's the lone returning member of last year's topranked squad, but he has some catch-up conditioning work to do. The pack: Nicolas Salomone (11), Junior Ortega (11), Andrew Friend (12), Josh Berg (11), Chris Jacobs (9). This group has all come up through the ranks; the Panthers come up inrough the ranks; the ranners had an impressive junior varsity team last year. Depth: Tyler Campbell (11), Michael Baddas (11). They could also be in the mix. "It's a really deep group," Brooks said, "but further back than last

year's group."

Outlook: At first glance, it would seem to be a rebuilding year, as six of the top seven runners were lost to graduation. top seven runners were lost to graduation. However, there was a lot of good, young talent in the pipeline, and now that talent is in place and ready to contribute. As a group, this team is a year away from its peak, but they will probably still be a legitimate league contender. Of course, that would also make them see a that the teams in the county. Bottom line: this will be an interesting team to watch; keep an eye on the rate of improvement of the young runners. As a group, they will most likely be better than many think. GIRLS:

Aumbers: 15+. Leader: Aurora
Ramirez (11). She was the team's best
last year, and is continuing a normal rate
of improvement. In track, she ran 3200
in 12:27. The pack: Olympia Olguin
(12), Janet Ramirez (11), Erica Lopez
(12), Cassie McLean (10). Janet
Ramirez seems the most improved of the
athletes on the versity raster, moving up to athletes on the varsity roster, moving up to challenge for second or third slot. Olguin is also running well in early season.

and anomalia stages adding an entropy

McLean ranged up to the number four or five spots last year as a frosh. She has great speed; she ran sub-59 for 400 in track. Next: Jessica Kelleher (12), Tara Figueroa (9). Kelleher finished last year as the team's fifth. Figueroa is the best frosh prospect. She ran 11:05 for 1.65

Outlook: It's a good team, but they compete in a league where there are great teams and excellent teams, for the most part. Last year, Vista had the 18th fastest team at CIF, based on team times. They are probably in that range again. They might flirt with a county ranking in the top 15 teams, but that won't help much against most of their league foes, some of whom will be at the top of those

## Avocado

#### The Fastest Returners

The ten fastest returning runners from last year's league champion-BOYS (3.2m):

1. 16:54 Alex Casarez, F.

3. 17:10 Mike Oster, EC.

17:19 17:23 17:31 David Ignacio, SM Jim Retherford, SM

Keith Lowell, F Trevor Mulvey, C 17:36

17:51 17:59 18:03 Tim Irwin, F 14 David Bielicki, SM

Anthony Fogelstrom, C Justin Bartels, C 15. 18:05

GIRLS (2.6m):

Katie Matlack, F Sabrina St. Laurent, EC Jessie Ansari, C 14:56 15:03

15:12 Erica Schim, LCC

15:15 15:19 15:24 Sariah St. Laurent, EC Maija Rohde, F

15:36 Natalie Elkind, LCC 15:39 Nicole Mier, SM

16:00 Megan Johnson, EC 16:11 Jackie Arding, EC 12.

#### The Teams: Carlsbad

Division: One. Coach: Keith Van dalan. Course: Hosp Woods. BOYS:

Numbers: 15. Leaders: Trevor Numbers: 13. Leaders: Irevor Mulvey (11), Rey Ramirez (11), Anthony Fogelstrom (11). The current junior class has been earmarked as a talented group since their freshman days. These three have always been close in ability. Now, as they begin to mature into quality runners: its june the leavest results. as they begin to mature into quality runners, it gives the Lancers a powerful punch at the top of the lineup. Mulvey finished last year as the team's number two man, and the others were also in the top five. Fogelstrom might be the quickest; he runs the 800 in 2:00. Next: Justin Bartels (12), Dylan Seaton (12), Ryan Johnson (11). This group is ready to move up and strengthen that vital mid-pack area. Bartels was as high as fourth man in the league finals; the others were not far behind. Depth at the back of the scoring pack will be crucial to the Lancers' aspirations. Depth: Jacob Sammons (11), Sam Nicholas (11). There is decent (11), Sam Nicholas (11). There is decent

(11), Sam Nicholas (11). There is decent talent here too.

Outlook: This will be an interesting team to watch. The lead trio has always shown promise; now they are starting to become mature runners. This team should be a factor in league meets all year. How far they go beyond that is a somewhat open-ended question. Van Asdalan reports that the group has "good attitudes," which bodes well.

GIRLS:

GIRLS:

Numbers: 15. Leader: Kristin Woodward (12). She is much improved, according to Van Asdalan, and has stepped up to the senior leadership role so critical to this team's success. Rehabbing: Jessie Ansari (11), Sara Cates (11). Jessie Ansari (11), Sara Cates (11).
Ansari is recovering from knee surgery;
Cates is healing a stress fracture in her
foot. Van Asdalan expects both back
relatively soon. At top health, both are
excellent runners; they finished up at CIF
as number one and two. Probably out:
Mahlia Christinson (10). Had knee

to a relate two. I greek en le mestress

Please see page 4.

#### Avocado: From previous page.

surgery in early summer, probably out for the season. <u>Depth</u>: Megan Harpold (11), Sarah Schertzer (11), Elisa Hoffman (10), Colleen O'Connell (9). This is the key group on the team. Harpold ran 12:40 for 3200 in track; this is her first try at cross country. Schertzer and Hoffman are much improved returners O'Connell, younger sister of Katie O'Connell, is a frosh with promise

Outlook: The roster has really undergone an overhaul. A good senior class graduated in June, but there is still plenty of talent around. There will be some question marks, such as, how much can Ansari and Cates contribute? And, how quickly can some of the newcomers get into the mix? There doesn't seem to be great depth, so the Lancers will need to have all cylinders fring. Rival coaches know better than to overlook this team.

#### El Camino

Division: One. Coach: Tom Kloos, boys; Jill Gregson, girls. Assisted by Jamie Page and Brian Bittick. Course: Guajome Park.

BOYS:

Numbers: 30. Leader: Mike Ostler (12). He traded off between the number one and two spots last year, ending up as the team's fastest at CIF. He is the second the team's tastest at CIF. He is the second fastest returning runner from last year's league finals. Kloos reports Ostler is in great shape. Next: Kevin Bickham (11). He steadily improved last year, ending as the team's third man, and moving on to track, where he ran 4:38 and 10:18, good soph times. He shapes up as a solid number two runner. <u>The pack</u>: Ernesto Siquieros (12), Alastair Mulholland (11), Arturo Kenyon (10). Siquieros and Mulholland were in the top five at year's

Mulholland were in the top five at year's end; Kenyon popped up as a prospect in track. If these guys get going good, the team will take off. Depth: Jeff Wilson (10), Shane Fournier (12), Greg Scott (10). Wilson finished last year as number six, as a frosh. There's nice depth here. Outlook: Kloos is doing a great job here. Last year, his immediate impact became apparent by how well his top athletes ran. This year, his goal is to develop the runners in the pack. If he has similar success there, then this is could be a dangerous team. Rival coaches are expecting them to be a solid contender. GIRLS:

Numbers: 30. Leaders: Sabrina St.

expecting them to be a solid contender.

GIRLS:
Numbers: 30. Leaders: Sabrina St.
Laurent (12), Sariah St. Laurent (10).
Respectively, they are the 6th and 14th fastest returning girls from last year's CIF race. In track, Sabrina ran 5:15 and 11:48; Sariah ran 2:23, 5:18 and 12:04. "They had a great summer of training," Kloos said. "They worked hard." That's a nice little one-two punch at the top of the roster. Next: Rachel Osborne (11), Megan Johnson (10). They were three-four last fall. In track, Osborne ran 11:33 for 3200; Johnson ran 2:28 for 800. The Wildcats are very solid at these spots. Depth: Sarah Page (12), Racquel Dudzinski (9), Jackie Arding (10), Andrea Zeppilli (10). Page is a transfer; Dudzinski shows the most early promise of the frosh crop. Arding and Zeppilli both return from last year's varsity.

Outlook: Nobody is counting this team out of the league picture. They could even develop enough to be in the CIF mix. The St. Laurent sisters provide a lot of credibility up front, and the group just behind them seems to have ability. The numbers are up, so there should be some depth. A solid, solid team.

#### **Fallbrook**

Division: One. Coaches: Marty Hauck, boys; Gary Lutgendorf, girls.
Assisted by John Liberatore, Tim Hauck,
Troy Hamlin. Course: On campus.
BOYS:

Numbers: 35. Leader: Alex Casarez (11). As a soph, he wan the league cross title, and followed that up with a decent 9:51 for 3200 in track. On top of that, he put in a 600-mile summer: "He is much more fit," Hauck reports. The pack: Tim Irwin (12), Keith Lowell (12), Joe Harlin (12), Alex Fontaine (10). They all return from last year's varsity squad, and all reported in good shape. Hauck said



Sariah St. Laurent El Camino



#### **Alex Casarez Fallbrook**

that his top seven runners all had at least 400 miles in their summer training logs. Irwin might be the most improved of this group. Depth: Benjamin Lupercio (12), group. Depm: Benjamin Lupercio (12), Aaron Cook, Justin Borque (12), Felipe Lopez (12), Mark Wilson (10). All have trained well. Hauck thinks Lupercio, who ran 3200 in 10:16 in track, could move well up the roster. Cook, who logged 600 miles over the summer, also could move into the scoring group. Obviously, there's great depth.

move into the scoring group. Obviously, there's great depth.

Outlook: The team graduated a couple of studs in Chris Gausepohl and Jimmy Ungricht, but rival coaches aren't about to send Hauck any sympathy cards. Casarez, the defending league champ, is a fine young talent, and the mid-pack aroup seems very well stocked. group seems very well stocked. Bottom line: Fallbrook is still Fallbrook. The only way league rivals can compete with them is to move up to their level. The Warriors should also be serious contenders in the CIF Division I race.

Numbers: 28. Leader: Katie Matlack (12). Last year was Matlack's first try at cross country. She won the league title, dipping under 15-minutes at Guajome Park, and she was 11th in the loaded CIF Division I race. In track, she posted times of 5:07 and 11:20. In summer, she logged 40 to 50-mile weeks. She is definitely one of the countr's elite girls. Next: Maija Rohde (12), Melissa Ramos (11). Rohde reported in "very good" Numbers: 28. Leader: Katie Matlack



**David Ignacio** San Marcos



#### **Erica Schim** La Costa Canyon

shape, according to Hauck, and seems ready for a good senior year. Ramos was a fringe vorsity runner last year, who really started to develop during track, when she ran 5:28 and 12:00. Her presence gives fallbrook a strong top three. The pack: Christina Eads (11), Nettie Holt (11). Both return from last year's varsity. Eads ranged up to number, four at CIF, Holt was another 20 seconds back at times. Hauck said both, "look tough." Depth: Christina Metzler (10), Rachel Scoma (11), Meghan Murphy, Michelle Denham (9), Kelly Denham (9), Kourtney Martin (11), Kim Martin (11), Metzler, Scoma and Murphy are all returning vets who have improved. The Denham twins might be the best frosh prospects. The Martin twins are athletic types who were basically hurt most of last year. Any of this group could push their way up the roster.

way up the roster.

Outlook: What's not to like? There is a talented leader with a great work ethic, with another pair of quality girls not far behind her. There is plenty of quality depth throughout the roster. And, most of the girls worked very hard in the offseason. That's a winning formula, no matter how you slice it. Definitely a top ten team, although they'll get some strong challenges from their own league rivals.

La Costa Canyon

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

Numbers: 25. Leaders: Jim William (12). This is a bit of surprise. William (12). This is a bit of surprise. Williams was not really in the picture last year, but he has some speed (he's a 400 runner in track), and he, "worked really hard," in the summer, according to Vice. He's been leading the way in early warkouts and meets. The pack: Steve Christensen (12), Anthony Simpson (11), Matt Barry (11), Matt Shaughnessy (9). Last year's top four varsity runners all graduated, but the 5-6-7 runners (Christensen, Simpson and Barry) are back. Shaughnessy is the another pleasant surprise. He's a talented freshman who is already in the pack, and who could continue to move up the roster. who could continue to move up the roster Next: Eric Rinehart (9), Matt Stanley (10), Tristan Sharp (12). Rinehart is another good-looking frosh runner that seems ready to help right away. Stanley is another youngster that is improving quickly.

Outlook: It's a rebuilt team, with

some key new people, and some returning varsity runners who are ready to move up to the top of the pack. There is a core of experience that will help, and core of experience that will help, and some new runners to keep things interesting. However, it's too soon to predict how it will jell, the team could be a year away. One thing is known: the rest of the league's boys teams are all very

GIRLS:

GIRLS:
Numbers: 27. Leader: Erica Schim
(12). She was fourth in the league last
year, and is one of the top twenty
returning runners from last's CIF finals. In
track, she is one of the county's best in the
300 hurdles. A very, very solid number
one. Next: Natalie Elkind (10), Nicole
Newman (10), Kiley Green (9). Elkind
was a very credible number two last as a
frosh, and then she added a 5:28 for
1600 during track. Newman, who has
good speed, will contend strongly for a
spot in the top three. Green is an good speed, will contend strongly for a spot in the top three. Green is an excellent freshman prospect who was the team's second finisher at Bronco. The pack: Kristen Greider (10), Sara Hummel (12), Brianna Schmid (10), Lauren McCabe (12), Jessica White (10), Kelly McCann (9). Greider, Hummel and Schmid are all-feturning varsity veterans, McCabe will help, but will be slowed by an injury in early season. White and McCann are new, but have already put themselves into the top five picture. White ran 2:24 for 800 as a frosh last spring; McCann is another good freshman. McCann is another good freshman

prospect.
Outlook: This could a stealth team in Outlook: This could a stealth team in this league, and in the county. It starts right at the top, with Schim as a viable number one. Then, there's a group of young and talented runners that have already demonstrated very good potential. The rest of the top five or six could end up being all 9th and 10-graders, and that could mean rapid improvement during the season. They should be right in the thick of things in their league meets, which also makes them one of the better county teams. If the young runners keep improving, they could even be upgraded from those estimates.

San Marcos

Division: One. Coaches: Kyle Billings, boys; Jose Fernandez, girls. BOYS:

Billings, boys; Jose Fernandez, girls.

BOYS:

Numbers: 20 to 25. Leader: David Ignacio (12). He has very quietly developed into an excellent runner. Off last year's results, he is one of the top 25 returnees, but he seems to have moved up to a new level this fall. At Wolfpack, he was the second-fastest runner in the meet. At Laguna Hills, with a number of the state's best teams on hand, he was the fifth-fastest runner, clocking 15:29 for the 3.0-mile course. Next. Jimmy Retherford (12). He was last year's solid number two, and added a 4:31 16:00 in track. He was third overall at Wolfpack, and he also ran 15:53 for 17th overall at Laguna Hills. The pack: Austin Bissonnette (11), Oscar Ignacio (10), David Bielicki (10). All return from last year's varsity. The two sophs looked much improved in early action. Oscar Ignacio was fourth in the Wolfpack soph race; Bielicki ran a solid 16:49 at Laguna Hills. Bissonnette, who was a very solid soph runner last year, began the season on the sick list. Depth: Chris Drozd (9), Phil Hanson (12), Christian Zepeda (12). Drozd could help:

Please see page 5.



**Nicole Mier** San Marcos

#### Avocado: From previous page.

this team has a history of getting solid contributions from their young runners. Hanson returns from last year's team; Zepeda is a newcomer.

Zepeda is a newcomer.

Outlook: The Knights always seem to be underrated by rivals. They might be thin in numbers of quality runners, but that first group can go. At Laguna Hills, based on team times, San Marcos was 12th in a strong field, not far behind Chula Vista and well ahead of Fallbrook. If they keep running like that, they should be ranked as no worse than a co-favorite (with Fallbrook) in the league race. Obviously, that would make them one of the county's best sayads.

best squads.
GIRLS:

GIRLS:
Numbers: 13. Leader: Nicole Mier
(12). She is back. Meaning, in top form.
Her impressive win at the Wolfpack meet,
with her victims including Allison Hall and
RBV's top two girls, was an emphatic statement. After a year of struggling with
injuries, Mier had a good track season,
running 2:18 and 5:13. She followed
that up with a strong summer of training.
Now, she's one of the county's best
again. The pack: Ashley Stevens (11),
Michelle Retherford (11), Silvia Mendoza
(11), Shannon Sullivan (10), Jamie
Mancilla (10), Kendra Noyes (11).
Stevens, Retherford and Mendoza all
return from last year's team. Mancilla ran Stevens, Retherford and Mendoza all return from last year's team. Mancilla ran 2:33 for 800 as a frosh, and is trying cross for the first time. Noyes was the team's second fastest runner at Wolfpack. "Il's a very young group," one coach said, "but it's better numbers than we've had."

Outlook: Mier is on her way to a great year, but the rest of the team is too thin to mount any kind of challenge against other Avo teams.

## Valley

#### The fastest returners

The ten fastest returning runners from last year's league championship finats, ut C., BOYS (3.2m):
1 16:16 Cooper Bachman, VC ship finals, at Guajome Park:

- 16:16 16:27 16:37 Gus Polito, VC Ryan Skerl, VC
- Carlos Sanchez, R 17:02 17:13 Jon Cordes, E
- 10 17:22 Jon Shellhammer, R 17:44 Jose Sanchez, O 15.
- 17:46 Matt Saldivar, R 16.
- 18. 17:59 Ken Wood, R Dominique Rosales, O 18:01
- GIRLS (2.6m):
  2. 15:25 Mishon Stalnaker, R
  3. 15:37 Claire Rethmeier, SP
  4. 15:41 Danae Hough, VC

- 15:41 Samantha From, SP 15:49 Lorin Scott, SP
- 15:51 Melissa Preston, VC 15.53 Bre Goetz, R
- 10. 16:04 Anna Hough, VC Christina Velasco, SP 16:05
- 12. 16:23 Laura Guzman, E

#### The teams: **Escondido**

Division: Two. Coach: Jarid ek. Course: Jesmond Dene Park BOYS:

Numbers: 18. <u>Leader</u>: Jon Cordes (12). He was just one second behind last year's team leader, Nico Cueva, at CIF. He had an excellent summer of training, He had an excellent summer of training, and opened up with a 10:18 at the Bronco Invite, good for third in the D-I race. The pack: Shane O'Connor (11), Luke Gilbert (12), Tyler Williams (10), Josh Wieberg (12), Brett Bayless (11), Stephen Servis (12). Bayless, O'Connor and Williams finished up last season as varsity members. Servis is a 1:58 800 mater. varsity members. Servis is a 1:58 800 meter runner who missed most of last season. Everybody in this group has some ability, so this pack could develop into a strong point. Next: Jason Richter (12), Dan McGuire (9), Eric Enriquez (11), Judd Baker (10). These are the runners most likely to challenge for spots in the pack. in the pack. <u>Hoping</u>: Juan Mondragon (12), possibly the most talented runner on the team, is still hoping to join the squad. If he does, it will make a big impact on the

Outlook: Cordes looks very good in early meets, and should be a solid early meets, and should be a solid number one. There seems to be enough depth on the team to make the quality extend to at least six or seven places in the lineup. If Mondragon runs, the entire lineup (except maybe Cordes) gets bumped down one spot. Even without him this is a term that can compete with him, this is a team that can compete with the league's best. And that means that they could also be a factor in the CIF D-II

GIRLS:

Numbers: 22. Leader: Laura Guzman (11). She's very quietly developed 
into a fixture at the top of the lineup. She 
is the clear team leader on ability, and is 
improving. At Bronco, she was 0:07 
behind San Pasqual's third girl, which puts 
her well up in league standing. The pack: 
Jane Sanchez (11), Mindee Anderson 
(10), Jennifer Hartel (11), Stephanie 
Sollars (9), Megan Slocum (11), Katie 
Blakely (11), Eliza Enriquez (12). This 
group is being completely rebuilt, but the 
components seem to be fine. Sanchez 
and Anderson were the team's number 
two and three at Bronco; Hartel is a contwo and three at Bronco; Hartel is a converted sprinter, and Sollars is the team's verted sprinter, and Sollars is the team's best frosh prospect. Next: Brittany Postema (10), Chelsea Bush (10), Meggi Afenir (11), Kristen Davignon (11), Stephanie Smith (9), Amy Williams (9). One or more of this group could move up the roster. Postema ran 5:34 for 1600 last year, but may choose to play soccer. Bush and Afenir are track speedsters that might adjust to distance. The two frosh have just been added to the roster, but both show promise.

have just been added to the roster, but both show promise.

Outlook: Guzman is fine as a number one, but the team needs for a number of the prospects to make breakthroughs and close the gap behind her. There is some potential on the roster, and the competition for spots could up the level for everybody. Until that happens, they'll be underdogs against the league's best teams. best teams

#### <u>Oceanside</u>

Division: Two. Coaches: David Kalt, boys; Amy Neal, girls. Course: Guajome Park. Guajome P BOYS:

Numbers: About 20. The leader:
Jose Sanchez (12). "He is just a stud,"
Kalt said. He was the team's best most of
last year, and he ran 17:24 at CIF. He
put in an excellent summer of training,
and seems ready to step up to another
level. Working: Dale Showers (11). He was the team's top runner at the league finals, but he may not run because of a job conflict. Next: Gerardo Sanchez (9), Dominique Rosales (10), These two young talents may end up trading off the two-three positions. Rosales ran 18:04 at CIF as a frosh, and ran 10:47 for 3200 in track. Sanchez might even be a better



Jose Sanchez Oceanside



#### Mishon Stalnaker Ramona

frosh runner. The pack: Ruben Quintanar (9), Victor Sanchez (9), Billy Trejo (12), Russell Johnson (11). Trejo and Johnson both are returning varsity runners, but they may be challenged by two more swift frosh. Richard Yaughn (10), another varsity vet, isn't out yet, but could be added to the roster.

Outlook: This team is improving, but they are still not up to the level of the league's powerhouse squads. Sanchez gives the Pirates a legit front-runner, and the youngsters behind him show promise. They could be a competitive team.

GIRLS:
Numbers: 7. Leaders: Nancy

Numbers: 7. Leaders: Nancy
Enriquez (11), Sylvia Sale (9). Enriquez
is the established team leader, coming
back from a season in which she was the back from a season in which she was the 14th finisher in the league finals as a soph. She's joined this year by Sale, a freshman with a swimming background. So far, in workouts, they are running side-by-side. At Sundevil, in separate races, Enriquez ran 19:03, and Sale ran 19:16. The top of the lineup looks encouraging. The pack: Nicole Gruss (11), Judy Escobar (11), Isabel Sanchez (11), Katelyn Blackburn (10). The three juniors all return from last year's top five, and seem improved. Blackburn, a transfer from Maryland, is new to the sport, and has only been training for a week, but already shows some potential.

Outlook: There is not very much



Claire Rethmeier San Pasqual



Jon Cordes Escondido

depth, but otherwise things look better. Enriquez and Sale look good at the top of the roster, and the mid-pack has some experience and is improving. "I'm excited about the year," Neal said. The team seems to be taking another step forward.

Orange Glen Division: Two. Coach: Randy Boozer. Course: Kit Carson Park. BOYS:

Numbers: 10 to 15. Leaders: In early workouts, the lead spot seemed to be a toss-up among David Martin (11), Daniel Hernandez (9) and Chris Reina (11). Martin finished last year as the team's number three. Reina was a good soph hurdler, and seems to be making the transition. Hernandez is a good frosh prospect. Next: Andres Carrillo (11), Drew Freeborn (11). Both return from last year's varsity, and give the Patriots needed depth. Not out yet: Brian Cassidy (11). He hadn't joined the squad in early workouts, but Boozer was still recruiting after the start of school.

Outlook: The numbers are down, there is not a lot of returning experience, and the league is very, very tough. Numbers: 10 to 15. Leaders: In

and the league is very, very tough.
Boozer has realistic goals, however, such
as putting together a representative team.
GIRLS:

Numbers: 10 to 15. The pack: Claudia Mercado (11), Heidi Watson (11), Brielle Kritzer (11). Mercado and Watson finished the season as the team's one-two runners at CIF. Micaela Corrozco one-two runners at CIP. Micaeta Correct (11) was also in that range, but had yet to appear in early workouts. Boozer was hoping to get her signed up. <u>Also</u>:

Please see page 6.

## Valley: From previous page.

Allison Lange (12), Karen Chavero (12), Shawna Bulginger (9). Lange is another varsity vet, and Chavero was an 800runner in track. Bulginger is the team's

Outlook: This can be a very tough league, which doesn't leave much opportunity for a small team with few returners. Boozer will concentrate on the positives, which means building some continuity, and individual improvement. After all, there's more to cross country than the won-lost record.

#### Ramona

Division: Two. Coach: Dave Wilson, assisted by Ola Knudsen. Course: San Diego Country Estates.

Numbers: 17. Leaders: Carlos
Sanchez (12), Jon Shellhammer (12),
Matt Saldivar (12), Francisco Rodriguez
(10), Ken Wood (12). This is coach
Wilson's favorite kind of team – a tight-knit,
hard-working pack, close in ability. As
such, it closely resembles last year's
squad, which dominated Division II, and ended up, on team time, as the fourth ended up, on team time, as the tourth fastest team in the county. On the track, Sanchez runs 4:36 and 9:50; and Shell-hammer clocks 4:34 and 10:09. Next: Louis Barrios (9), Jeremy Adams (11), Jaime Alva (9). "We have lots of good freshmen," Wilson said. He thinks Barrios has the potential to push up near the lead croup.

Outlook: It's a classic pack team. Last year, Ramona pushed across their first four runners in an 11-second span at tirst rour runners in an 11-second span c CIF, and this year's group has the same kind of potential. There is not as much depth as last year, so the Bulldogs will have to stay healthy. Ramona doesn't really begin rolling until mid-season, so ignore any sub-par results in early meets.
Definitely one of the county's best squads.
GIRLS:

Numbers: 25. <u>Leader</u>: Mishon Stalnaker (10). She was one of the county's best frosh runners last year, and she is the 11th fastest returning girl from last year's CIF race. In track, she ran 5:18 and 11:14. She is a legit "gun."

Next: Bre Goetz (12), June Andrews Next: Bre Goetz (12), June Andrews (11), Megan Kruse (12), Breanna Vanoy (10), Ashley Williams (10). Andrews is one of the team's hardest workers; Goetz is the team's captain; and Kruse is in better shape than last year. Vanoy and Williams are soph prospects that may work their way up the roster in short order.

Depth: Lauren LeVine (12), Stephanie Smith (11), Polina Osipova (10), Anusia Murray (10), Alanna Bennett (9), Creta del Llano (9). LeVine, another senior captain, and Smith are tracksters looking to make the conversion to distance. Bennett and del Llano are at the head of a class of 15 freshman.

Outlook: The Ramona boys teams usually feature tight packs, but the good Ramona girls teams always seem to have a strong front-runner (Vee Clark, Loretta Kilmer, and now Stalnaker). So that much is in place. The key to the season will be how well the rest of the pack can jell. The raw material seems to be there. The team has good numbers, reasonable depth, a number of experienced runners from last year's squad, and a few newcomers eager to push their way into the mix. A definite challenger in the league and at

San Pasqual

15 freshman

Division: Two. Coach: Pat King, assisted by Evelyn Kibbe. Course: Kit BOYS:

Numbers: 33. Lead pack: Josh
Andre (11), Ryan Kerby (11), Fernando
Alvarez (10), Eric Konzen (11), Brent
Varga (11). This is a significantly
younger group than last year's pack.
There is talent in this group, but it will take
some time for the group to get up to
speed. Depth: Mike Chalfant (12), David
Paradise (10), Thomas Whitcomb (9),
Rory Luepton (12), Miguel Santiago (12).
Some of these runners may develop,
some sooner, some later, and push their
way up the roster. Again, just look at the
grade levels to get a sense of where this

team is going. Right now, the pack is only spread out 0:15 seconds from one to five, but the group isn't yet in high gear. These guys can run, but they need a bit of time to grow into their roles.

to grow into their roles.

Outlook: This is another pack team, but a pack team that is a year away. "I told the kids that this is a 15-month project," King said. "These are good kids, that work hard." That doesn't rule out the team from making some waves later this year, but it does put a realistic spin on things. It's a rebuilding year, but few teams rebuild as well as San Pasqual.

Numbers: 22. Leader: Claire Reth-meier (10). Rethmeier is the unquest-ioned leader of a group of talented runners that are not far behind her. In track, she ran 5:24 and 11:19. Also returning: Samantha From (10), Lorin Scott (10), Christina Velasco (11), Allie Willis (10), Jennifer Dowthit (12). This group returns almost completely intact from last year's Division II champions. One last year's Division II champions. One loss is junior Joy Johnson, who is out for the year with an injury. Obviously, there is talent among this group. Scott ran 1600 in 5:16; From ran 3200 in 12:06; Velasco was a 2:23 800 runner. Upgrading: Erica Bender (10), Nicky Galloway (9), Brooke Kerby (9). Bendér came on during track season and may find herself in the middle of the varsity group. Kerby and Galloway are two promising frosh runners that also might put themselves into the picture. King said, "There is more depth," than last year. Outlook: This team was a great story last year, when four freshmen and two

last year, when four freshmen and two sophs combined to make up an excellent sophs combined to make up an excellent young team that easily won the Division II litle. The top five girls return and seem improved, if anything. "Our goal," King said, "is to be a better team than last year. I think we will be 20 to 30 seconds better per girl." They are the favorites in the Valley League, although they have several respectable opponents, and favorites to repeat as CIF Division II champs. At season's start, they are among the season's start, they are among the county's top five teams. If they improve as much as King projects, they'll go higher.

#### Valley Center

Division: Three. Coach: Mike Cummings. Course: On campus, but the dual meet course is different than the layout used for Kit Carson meet last year.

layout used for Kit Carson meet last year.

BOYS:
Numbers: 20 to 25. Leaders: Cooper Bachman (12), Ryan Skerl (12), Gus
Polito (11). Nobady has a better trio at
the top of their roster than the Jaguars. At
CIF last year, they ran, respectively,
16:13, 16:18 and 16:18, all of which
put them in the top five returning runners
from the CIF meet. In the league finals,
Bachman, Polito and Skerl went 1:2-3.
On the track, Bachman ran 1:55 for 800,
Polito ran 4:27 and 9:36, and Skerl ran
9:40 for 3200. At season's start, Polito
was on the shelf with a knee problem, but
he is on schedule to be back to top speed
by season's end. The pack: Tony Illig
(12), Jare's Morasco (12), Greg Bonin
(12), Kyle Zabinsky (11), John McGlynn
(10). The team's key number four and
five runners will most likely come trom this
group. Illig is a 4:38 1600 runner who
ran some great races last year; Morasco ran some great races last year; Morasco ranged up to number four at times last year as well. Bonin seems to be much

ranged up to number four at times last year as well. Bonin seems to be much improved, and McGlynn is a promising soph who won the small schools frosh/soph race at Vaquero. Depth:
Corey Cacananta (12), Jason Thompson (12), Alex Serio (9). One of this group could improve enough to put themselves into the picture.

Outlook: By the end of last year, this team was arguably the number two boys squad in the county. The team returns intact, and that makes them the pre-season favorite to win that top ranking. In early races, they are taking their time getting out of the blocks, but it seems to be more by design than anything else. There are big expectations, and Cummings is in no hurry to rush things just to make an early impression. When they get up to full strength, and start to roll, they will be a handful for any opponent. They are the favorites in the Valley, although they'll get a challenge from Ramona, and probably co-favorites in Division III. University and sight of the great of valley Center. City's boys look great in early season, and, in fact, are ahead of Valley Center

and practically everybody else at this stage. GIRLS:

GIRLS:

Numbers: 15. Leaders: Anna Hough
(12), Danae Hough (10). These talented
sisters took turns leading the charge last
year. They can go. Anna runs the 800
in 2:24 and 1600 in 5:21, while Danae
ran 5:26 and 11:39 as a frost. They
give the Jags a solid pair at the top of the
roster. The pack: Melissa Preston (11),
Packets Spack: Melissa Preston (11), roster. Ine page: Melissa Preston [11],
Rebecca Sale [11], Aubree Duff [11],
Kelly Dunn [12], Michelle Wilkinson,
Janey Sellars. This group has to be rebuilt
just a bit. On paper, everybody is back,
but there were some unexpected setbacks
[see next item]. Preston and Sale were
running three and four in early meets.
Problems: Alejandra Montiel [11], Anamarie Buscemi (11), Lisha Burdick (12). Montiel has knee problems that kept her out early. Burdick was hit by a car, lost a lot of training time, but is now car, lost a lot of training time, but is now back to training. Buscemi is not out.

New: Cummings reports that there is a good group of frosh, including Tricia
Allred, Evelyn Roberts, Jessica Babcock, and Emily Atkins. It would no surprise to see one or two of this group move up.

Outlook: The Jaguars were one of the most underraded teams last year. It's worth remembering how they challenged San Pasqual at the league finals last year, and how they finished the CIF meet with the 10th-fastest team time in all races.

the 10th-fastest team time in all races combined. The roster has taken a few hits, but it remains possible that the team could get back to the level of last year. That would make them one of the be the Valley, in Division III, and in the

## Mesa

#### The fastest returners

The ten fastest returning runners from last year's league champion-ship finals, at Rohr Park.

BOYS (3.1m): BOYS (3.1m): 2. 16:22 Andres Padilla, CV 4. 16:38 Abdi Abdirizak, Swe 5. 16:46 Eddie Sanchez, Swe 16:54 Jose Guardado, Swe 16:55 Hector Arreola, Swe 8. 16:59 Cesar Torres, Swe James Serratos, BV 17:09 10. 17:12 Mike Berdeski, BV 17:14 17:19 Daniel Valdez, BV 12. Sven Meza, BV

GIRLS (2.3m): 1. 13:05 Kris Kristen Gonzalez, BV 13:33

Sophie Marquez, CV Kate Branson, BV Kiersten Dolby, BV Darla Reader, CV 13:36 13:45 6. 13:47 13:56

Lynn Hernandez, CV Yenissa Kaeg, Mont Jackie Mandy, CV 14:03 14:22 13. 16. 14:22 Johanna Suasa, CV 14:23

Kenya Caro, Swe The teams:

## <u>Bonita Vista</u>

Division: One. Coaches: Ian Cumming, assisted by Julie Phair, Geoff Phair and Dave Hunter. Course: Discovery Park. BOYS:

Discovery Park.

BOYS:

Numbers: 30. Leaders: Sven Meza

[12], Ryan Becijos [10], James Serratos
[10], Daniel Valdez [11], Mike Valdez
[9], Nick Amalfitano [11], Mike Berdeski
[12], Nick Raue [12]. It might take time
before a clear leader emerges from this
group. All of these runners have talent.

At the Baron Invite, soph Becijos led the
way with a 17:06 for 5K, with five others
all dipping under 18:00 in very early
action. "Nobody is where Dustin Whitson
was last year yet," Cumming said. Depth:
Julian Zamora [10], lan Ritchie [11],
Justin Hillery [11]. This group also has
the talent to challenge for roles in the top
five. The first eleven are very solid.

Outlook: Check the grade levels.
There are only a handful of seniors, and
some of the key runners are sophs or
younger. The good news is that this
means this team will improve greatly
during the year. The bad news is that
their senior-dominated rival teams, such as
Chula and Sweetwater, will be hard to
match up with. Don't count Bonita out, but



Kristen Gonzalez Bonita Vista



#### Yenissa Kaeg Montgomery

they will be running against excellent rivals. The Barons were eighth in their own invitational, but most of those ahead of them are legit teams (UC, Valley Center, Sweetwater, Granite Hills, etc.) GIRLS:

Numbers: 35. Leaders: Kristen
Gonzalez (11), Kate Branson (12),
Tilfany Caddell (9), Morgane Sigaud
(10). This is a talented quartet.
Gonzalez, a 5:26 1600 runner has
always seemed to have the potential to adways seemed to have the potential to move to the front. Branson is an 11:56 3200 performer, who is a steady performer. Caddell is a promising treshman who reportedly dipped under 20:00 for 5K as an 8th-grader. Sigaud is an 800 runner. The pack: Kiersten Dolby (11), Kayleigh Knudson (11), Angel Torres (10), Kristen Miller (11), Evelyn Andrade (11), Julie Boettner (10). Dolby is a returner from last year's varsity. The others have worked their way up through the ranks. Depth: Breanna Kelly (10), Dolores Rodriguez (12), Ashley Boyd (11), Denisse Rojas (12), This group could also contribute, Rojas is a transfer from OLP. "There are lots of others," Cummings said.

Outlook: The Baron Invite provided a hint of how much tolent this Bonita team has. The Barons were second in the large

has. The Barons were second in the large schools race, trailing UC, but ahead of Helix, West Hills, Valley Center, Eastlake and others. "We are way ahead of

Please see page 7.

### Mesa:

#### From previous page.

where we were last year," Cumming acknowledged. Depth is the operative acknowledged. Depth is the operative word. There is a depth of top talent among the front group. There is a depth of seemingly qualified candidates for other varsity roster spots. There is even depth to the depth. They are probably a top ten team to begin the season, but they will have a strong challenge from Chula Vista in their own league. If any of their top group makes a breakthrough into new territory, the ripple effect could lift the

#### <u>Chula Vista</u>

Division: One. Coaches: Art Johnson, girls; Jeanne Lasse-Johnson, BOYS: Course: Rohr Park.

Numbers: 22. <u>Leaders</u>: Andres Padilla (12), Ysmael Miranda (12). Padilla was clearly out front last year, but now he has company. Miranda is new to this level, but he provided some hints last this level, but he provided some hints last year, when he ran well in limited action. The pair both ran at Laguna Hills in early season, with Padilla clocking 16:08 for the three-mile course, and Miranda running 16:19. It's a good one-two punch. The pack: Jesus Mariscal (12), Eduardo Mariscal (12), Apolinar Mariscal (12), Dennis Higgins (12), James Groves (11), Daniel Medrano (10), Juan Jauregui (11), Victor Mariscal (9), Angel Acevedo (12). The first six mentioned all return from last year's varsity. At CIF last year, the number two runner was freshman Medrano. Eduardo and Apolinar Mariscal are twins; Jesus is a Apolinar Mariscal are twins; Jesus is a cousin. The lineup of the top seven runners is going to be very hard to crack.

Outlook: The Spartans were very

optimistic coming into the season. They brought back the entire team, and that group was upgraded by the return of Miranda, who makes a big difference at the top of the lineup. The group has worked hard, and they looked very good at Laguna Hills, where they were the best of the local entrants, based on team times. They will definitely contend strongly for They will definitely contend strongly for Mesa honors with Sweetwater and an emerging Bonita Vista team. The best of those teams will be in the hunt for CIF team honors as well. It could be the best Chula Vista group since the mid-1990s.

GIRLS:

Chula Vista group since the mid-1990s.
GIRLS:
Numbers: 18. Leader: Sophie
Marquez (12). She was the fourth fastest
runner in the entire field at Laguna Hills,
blistering an 18:18 for the 3.0-mile
course, which was faster than locals such
as Nicole Mier and Katie Matlack. In
track, she's a 5:23 1600 runner. A very
hard worker, and steady influence on her
teammates. The pack: Darla Reader
(12), Jackie Mandy (11), Lynn
Hernandez (11), Nelly Hernandez (11),
Johanna Suasa (11). The team lost only
two of its top eight runners from last year.
Mandy, a sprinter/jumper, and Suasa, a
hurdler, seem the most improved of the
group. Reader didn't run Laguna Hills, but
the other four all ran from 20:14
(Mandy) to 20:43 (Suasa). Next:
Carlene Belen (10), Cynthia Garay (10),
Monica Fierro (10), Kenia Rossete (11).
One or more of this group might push to a
higher level. The varsity will be strongly

higher level. The varsity will be rough to make.

Outlook: Marquez will be strongly considered as a contender for individual honors at CIF, based on the early season. The hearf of the pack has the ability to back her up and put the Spartans into the team picture as well. At Laguna Hills, they were 1:06 behind Fallbrook in team time. The Spartans have "Top Ten" shirts this year for both the boys and girls teams. The shirts will be worn each week by the team's one-to-ten runners. The basic idea is that both teams have quality depth that will make those shirts prized possessions eagerly coveted and well-earned. It might also stand for where both teams could likely end up in county rankings.

Montgomery
Division: One. Coach: Ruben
Ledesma, assisted by John Gonzalez and
Elizabeth Ledesma. Course: Lucky BOYS:

Roberto Tiscareno

## Southwest (S.D.)

Numbers: 10, may add. Leader: Hector Mardueno (10). He was the team's number two man at CIF last year as a frosh. He then added a solid summer of training, and now he is vastly improved. His season-opening race was 17:27 at Baron, indicating good potential. Next: Jonathan Delgado (10). He's another good young prospect; he ran 18:02 for 5K at Baron. The pack: Brandon Meza (11), David Martinez (11), Joseph Reynoso (11), Daniel Porter (12), Eugene Grant (12), Matthew McKay (10). Meza and Martinez are primarily wrestlers, but sometimes Ledsam cett good effects out sometimes Ledesma gets good efforts out of those types of athletes. Grant is a

or those types of athletes. Grant is a transfer from Texas.

Outlook: The Aztecs will have a tough time in the league, but they could be building a good young group. In Marduena and Delgado, Ledesma has some legitimate building blocks. If he can add some more tolent to the mix, this team could improve greatly. It already seems a step or two ahead of last year's group.

GIRLS:

Numbers: 10 to 15. Leader: Yenissa Kaeg (11). She's an underrated talent. At Baron, she was third in the small schools race. By the end of the year, she'll likely be among the Mesa's best.

The pack: Selene Cuapio (11), Tabitha
Coffey (12), Kenda Pot (12), Khat)
(10), Tiana Escamilla (11). Ledesma lost
his two/three runners from last year; one
to cheer and one to football. Tabitha
Coffey. Cuesio and Escamilla return from to cheer and one to football. Tabitha Coffey, Cuapio and Escamilla return from last year's varsity. Depth: Jenny Kwok (10), Megan Coffey (10), Samantha Puentes (11). One or more of this group could end up among the scorers.

Outlook: Kaeg is the latest in a line of fine number ones, but Ledesma has to rebuild the pack behind her. There is a big gap from number one to number two. Ledesma's job will be to develop the talent on hand to close that gap.

#### Southwest

Division: One. Coach: Jose Rodriguez. Course: Lucky Waller Park. BOYS:

Numbers: 12. Leader: Roberto Tiscareno (12). He's been the best on the team for a couple of years. He was 15th at last year's league finals, running 17:33 at Rohr Park's 3.1-miles. The pack: David Figueroa (11), Oscar Mendoza (12), Victor Morales (11), Hector Lugo (12). Figueroa was the team's fourth finisher at league teach league last year. Mendoza brings track experience to the mix. Outlook: In Tiscareno, the Raiders

Outlook: In Iscareno, the Raiders have a solid, experienced number one runner, who could break into the league's top ten this year. There is some experience in the pack, and the numbers are reasonable, if not plentiful. Still, they won't be able to match up with the league's better teams. league's better teams.
GIRLS:

Mumbers: 8. Leaders: Mayra
Alvrete (11), Yesenia Varga (11).
Alvrete ran track last year, but is new at
this sport. Varga is also giving cross a first



#### Abdi Abdirizak Sweetwater

try. The pack: The rest of the roster is

Outlook: The talent level is basically unknown at this point; the girls have yet to compete at the varsity level.

#### Sweetwater

Division: One. Coaches: Tim Latham, boys; Craig Balsley, girls. Course: Rohr Park. BOYS:

Numbers: 20. Leader: Abdi Abdirizak (12). He was granted an extra year of eligibility by the CIF, after it was determined that he had been placed one grade level too high upon enrolling. He's young, his 18th birthday won't occur until almost the end of the school year. He usually bounced around at the second or third slot last year, and led the team at the Baron Invite, running 16:25. "He needed maturity," Latham said. "He's gotten stronger, and he's running really well."

Next: Jose Guardado (12), Hector Arreola (11). They finished last year as the team's five/six runners, and opened up with 16:48 and 16:51 on Rohr Park's 5K layout. Almost ready: Eddie Sanchez (12), Cesar Torres (12) both opened the season on the injured list, but both are expected to be in action before the month is out. At CIF last year, Sanchez was the team's second, and Torres was the team's second, and Torres was the team's not. Depth: Edgar Llanes (10), Dustin Boyer (10), Miguel Diaz (11). Llanes is new to cross country, but is a telepted Boyer (10), Miguel Diaz (11). Llanes is new to cross country, but is a talented prospect; he ran 17:41 at Baron in his first race. Boyer and Diaz were the top two JV runners last year. At league finals, at Rohr Park, they ran 17:38 and 18:14. More depth: Rogelio Gonzalez (10), Robert Isais (10), Rene Isais (9), John Cleveland (11), Jesus Reyna (12). Reyna was nipured last year; Cleveland is giving cross a first try. The youngsters will be part of the next wave.

Outlook: This team finished fifth in CIF's Division I race last year, and five return from that group. At full strength, this would be an excellent team, and they would be considered the league favorites

would be considered the league favorites and a contender at CIF. To realize that potential, they'll need Sanchez and Torres to return to health, or they'll need to develop comparable replacements.
There's a good chance that either or both scenarios could by played out.

GIRLS:

Numbers: 10. Leader: Lizette
Villasana (11). She finished up last
season as the team's number two, but kept ran 12:04 for 3200. A solid number one. Next: Kenya Caro (11). She's solid in this spot. Out: Last year's solid in this spot. Out: Last year's number one, Joanna Gallarzo (12), has knee problems, and is "probably out for the year," according to Latham. The pack: Priscilla Garcillanosa (10), Paola Diaz (11), Veronica Sanchez (10), Yvonne Torres (11). This portion of the team has been restructured. Sanchez and Torres

ore new to the sport.

Outlook: The team has seemed to be on the rise in recent years, adding decent

runners to the lineup. But the numbers are still thin, which means that they can ill afford losses such as Gallarzo. They won't be able to match up with loaded league rivals such as Bonita or Chula, but they'll be competitive otherwise

## South Bay

#### The fastest returners

The fastest returning runners from last year's league championship finals, at Rohr Park:

BOYS (3.1m): 1. 16:39 Troy Swier, MV 3. 17:07 Jon Hernandez, CP

17:16 Jesus Perez, MV

17:25 17:30 5 Christian Flores, MV

Vernon Ng, EL 18:02 Tommy Hazelwood, H

Saul Vasquez, EL Jose Sanchez, MV 10. 18:04

18:09 12 18:14 Arturo Avina, EL

GIRLS (2.3m): 3. 13:51 Ma

Mandy Johnson, CP Pati Romero, EL 14:10

Maria McGaffigan, CP 14:31

6. 14:38 Alanna Zaragoza, CP Silvia Romero, EL 14:41

14:46 Jackie Paras, EL Jessica Street, Hill 14:49

10. 14:55 Lupe Lopez, Hill Mercedes Razo, EL 14:55

12. 14:59 Liz Gonzalez, CP

#### The teams: Castle Park

Division: Two. Coaches: B. R. Kellish, boys; Nikki Perez, girls.

BOYS:
Numbers: Up to 10. Most improved:
Victor Ortiz (10). He was new to the
sport last year, and he struggled. But, "he
is very motivated," Perez said. "He
trained hard on his own, and he is much
improved." Maybe: Jon Hernandez (12)
was third in the league last year, and then improved." Maybe: Jon Hernandez (12) was third in the league last year, and then ran 10:07 for 32:00 in track, but he reported late to the team, and will set slowly. The pack: The coaches are struggling with numbers in early season. Most of the other runners are very new.

Outlook: It's a thin group (or a late arriving group) at this point, but things started the same way last year. By season's end, the team was competitive. It's too early to tell how things will go this time.

GIRLS: Numbers: 10. Leader: Mandy Johnson (11). She has a lot of talent. She is the fastest returning runner in the league, and she led the Lady Trojans to league, and she led the Lady Trojans to the team title. In track, she ran 3200 in 12:12, and she followed that up with excellent off-season preparation. At Sundevil, her 17:25 was good for fifth in the large schools junior race. The pack: Alanna Zaragoza (11), Liz Gonzalez (10), Maria McGaffigan (12). Zaragoza was the team's number three at CIF last year; Gonzalez was the team's fourth. Gonzalez seems improved; her 18:51 at Sundevil was a good effort. McGaffigan ran 2:20 for 800 meters as a soph. Depth: Jessica Romero (12), Andre Huntley (11), Jennifer Boggs (11). Romero is a varsity returner, but she'll split time with the Mexican National junior soccer team. That's a pretty heavy-duty commitment just in itself.

Outlooks This is still a team with talent. The team is on the thin side, but

Outlook: This is still a team with talent. The team is on the thin side, but there could be just enough talent on hand to make this team competitive. They could have a hard time repeating their success of last year because of one factor completely out of their control - the big improvement of Eastlake's girls.

#### Eastlake

Division: Two. Coach: Chip BOYS:

Numbers: 52. Leaders: Zach
Avallone (11), Vernon Ng (12), Manuel
Celedon (12). Much improved. At
Sundevil, Avallone ran 17:12, Ng ran
17:30 and Celedon ran 17:39. Ng is a
good senior leader (he's also got some
speed), but Avallone is coming on

Please see page 8.

## South Bay: From previous page.

strongly. Next: Clifford Felarca (11), John Stubbs (10), Jake Cadwell (12). They ran, respectively, 17:51, 17:51 and 18:06 at Sundevil. That puts six runners well within 60 seconds, and rounders were minimous escentias, uniform moving along at decent speed. Depth:
Saul Vasquez (11), Barry Bright (12),
Arturo Avina (10), Arturo Mancias (11).
All in this group are capable of moving up and challenging for roster spots. The depth goes on and on.

Outlook: Things are different this

year. The numbers are huge, there is a lot of returning experience, and the team is greatly improved. This is new territory for the school, but they should be favorites for the school, but they should be tavorites in the league, and they could even develop into a competitive team at the CIF level. First things first, however. It's too early to say how fast Avallone will continue to develop as a front-runner. The pack looks good. The second through fifth runners are 0:21 seconds apart, and there is depth beyond that. One suspects that the arrival of Holmes is more than a coincidence. This could be the beginning coincidence. This could be the beginning of a new power in the South Bay.

#### GIRLS:

Numbers: 21. Leader: Pati Romero (12). She has been the best on the team since she was a freshman. At Sundevil, she ran 17:40 for 4th in the small schools senior race, a good effort. In track, she's a 12:06 3200 runner, but seems much improved now. Right behind: Silvia Romero (10), Jackie Paras (10). At Sundevil, Silvia ran 18:00, and Paras posted 18:09. In track, Paras ran 2:20 for 800 meters last spring. This pair will probably continue to close the gap on the leader. The pack: Mercedes Razo (11), Julia Floresta (12), Ashley Ronco (9). Razo finished last season as the team's third at CIF, and ran 18:22 at Sundevil. Floresta might be the most improved Numbers: 21. Leader: Pati Romero Floresta might be the most improved runner, after clocking 18:31 at Sundevil Ronco is the most promising of the freshman crop. If this group can continue to improve, the Titans will be very good.

Depth: Priscilla Fernandez (10), Lauren Dodds (9), Janelle Daniel (11). This group will also have a chance to contribute

contribute.

Outlook: "It's a bunch of good kids,"
Holmes said. He was talking about their
training habits, but he could have just as
easily been talking about their ability as
runners. Come to think of it, aren't those
two related, somehow? Simply put, this
team is easily among the most improved
teams in the county. They are a strong
favorite in this league, and they could
develop into a contender in CIF's Division
II race. For years, Eastlake has seemed
like a cross country powerhouse waiting to like a cross country powerhouse waiting to happen. They are now on the way to making it happen.

Hilltop

Division: Two. Coach: Mark Hedderson. BOYS:

BOYS:
Numbers: 13. Leaders: Tommy
Hazelwood (11), Justin Harms (11).
They were the Lancers' number two/three
finishers at CIF and at league last year.
At Sundevil, Harms ran 17:17, and
Hazelwood was at 17:44, so they are
already faster than at the end of last year.
The pack: Patrick Staley (11), Musui
Endo (10), John Real (10). Staley returns
from last year's varsity. Endo is new to
the sport, but shows promise. Depth:
Almost all of the other candidates are new Almost all of the other candidates are new to cross country, although there are a few sophs that have track experience.

Outlook: It's a building year, but

Hedderson has a couple of goo foundation blocks in Harms and Hazelwood, who complement each Hazetwood, who complement each other. They could develop into excellent lead runners. The pack area will need some time to develop, but they could be much improved by the end of the year. Hedderson can keep this group focused and also develop some depth, this team could be competitive this year and a real factor next year. factor next year.

GIRLS:

Numbers: 17. Leaders: Lupe Lopez (12), Selina Munoz (9). Lopez is an excellent role model for the younger



Pati Romero Eastlake



Lupe Lopez Hilltop

runners. She works hard, and continues to improve. She's looked good in early action, including an 18:00 at Sundevil, good for 10th in the small schools senior good for 10th in the small schools senior race. Munoz is an emerging talent, and is the best frosh prospect at the school since you-know-who. She ran 17:36 at Sundevil, taking second in the small schools frosh race. It's a good combination at the top end. The pack: Ethel Rios-Reyes (11), Jessica Street (10), Cari Radford (10), Alicia Riley (11), Kelly Klopf (12), Cynthia Roman (12), Jenny Robison (12). Hedderson could get a decent grouping from these candidates. Rios-Reyes is new to cross country, and has only been running for a few weeks. has only been running for a few weeks. Her 19:36 Sundevil time shows good potential. Street returns from last year, where she ranged up to the two/three spot as a frosh. Klopf, last year's number four, was injured most of last season. Radford and Roman also return from the

Outlook: Yes, there can be life after Desi. It would be unfair for Munoz (or almost anyone else) to be compared to Davila, who is now at Arizona State, but she does have a lot of ability. Having a senior with Lopez' work ethic, as a complement, is also key. The pack area looks like they can be respectable, which would put this team into contention.

#### Marian Catholic

Division: Four. Coach: Mike

BOYS:

Numbers: 12. Leader: Amir Vafaee



Troy Swier Mar Vista



## Mandy Johnson Castle Park

(10). It's a predominantly sophomore team, and Vafaee was the leader in early season. Next: Daniel Cervantes (10), season. Next: Daniel Cervantes (10),
James Quigley (12), Bryon Baynes (10).
Guigley is a four-year veteran, and is the
top returning runner from last year's
squad. Baynes will be running with a cast
on his wrist, at least in early season. The
rest of the roster are new to cross country.
Outlook: LeBold is doing a good job
building up respectable numbers as this
very small school (they are in the lower
range of Division IV schools).
GIRLS:

GIRLS:

Numbers: 5. Leader: Christy
Jimenez (11). She's new to the sport, but
she has excellent ability. In her first try at
track last spring, she put up a 5:29 for
1600 meters. If she can continue to
develop, she could be among the better
runners in the CIF Division IV race.
Pepth: LeBold reports that the remaining
candidates are all "brand new" to running. candidates are all "brand new" to running.

Outlook: The team is too thin to be a

factor in team scoring, but Jimenez has some zip. She has the ability to score high in league and possibly contend for a state meet spot in Division IV.

#### Mar Vista

Division: Two. Coaches: Ben Holt, boys; James Coates, girls. Course: beach course, starting at the Imperial

Numbers: 17. Leader: Troy Swier

(10). He was an outstanding freshman last year, as he took over the number one slot on the team, and won the league title. He was even better in track, running 4.25 and 9.34, both excellent frosh marks. He has taken another jump entering this season, winning the Wolfpack frosh race easily, finishing a strong second in a varsity race at Baron (to another soph), and then ripping up the Morley Field course at Sundevil. His 15:44 there puts him third on the all-time soph list. Swier was unchallenged in that race, winning by was unchallenged in that race, winning by 1:05. Next: Jesus Perez (12). He's the 1:05. Next: Jesus Perez (12). He's the clear leader of the upper pack, and a key to the Mariners' fortunes. At Sundevil, he ran 17:23. In track, he's a 2:03 800 runner. The pack: Christian Flores (12), Jose Sanchez (12), Ryan Agte (11), Kevin Knox (11), Mahta Yemane (11). Flores and Sanchez both return from last riores and sanchez poin return from last year's top five. Knox and Yemane were both on the fringe last year, but are much improved. An infection caused Agte to miss last season, but now he is ready to miss last season, but now he is ready to contribute. This group is close in obility. At Sundevil: Yemane, 18:09; Flores, 18:18; Agte, 18:23; Sanchez, 18:33; Knox, 19:01. <u>Depth</u>: Mike Garcia (11), Thaddeus Penrod (11), Jorge Navarrete (12). One or more of this group could ve up.

Outlook: Swier is a great asset for

this team, which can focus on building a pack. This year's group returns almost intact from last season, so there is already a high level of experience, and sufficient depth. The Mariners will be a factor in the league race, and Swier is developing into a top runner in CIF's Division II. GIRLS:

GIRLS:
Numbers: 19, still adding. Leaders:
Ashley Ortega (9), Nikita Hawkins (9).
These two frosh have some talent.
Neither got much of a head start on the season, but both have been developing fast. At Sundevil, Ortega ran 20:33, and Hawkins timed 20:41, the fastest marks on the day for the team. Next: Carol Henderson (10), Bernice Ramos (10).
Both return from last year, and both have Henderson I 101, Bernice Kamos (10).
Both return from last year, and both have improved. The pack: Arleen Ramos (10),
Jessica Robles (11), Larissa Gonzalez (12), Rene Albanez (11), Crystal Sharp (11), Amanda Smith (11), Herlinda Sanchez (10). All of this group are returners from last year's team. Robles and Gonzalez are the team's captains. Also new: Heather Broadbent (9). She is

Also new: Heather Broadbent (9). She is not far back of the other frosh.

Outlook: Coates is doing a good job of building up this team. The numbers are very good, he's getting the kids to stick with it, and he's building a young core. It is still a very young group, even though most of them are experienced. The competition within the team is starting to develop, and that means that this team will continue to develop and improve.

## Grossmont

## South

#### The fastest returners:

The ten fastest returning runners from last year's league championship finals, at Griffen Park: BOYS (3.1m): 1. 16:10 Taylor Williams, Hx

Babey Wagnew, Hx Dan Driscoll, MV 16:23 17:12 17:17

Kip Madden, Val Efrain Carrillo, GH

Luke Pepin, GH Eladio Carrillo, GH 17:38 17:43 12. Drew Tidmore, Hx Robert Fine, GH 18:00

18:11 Vernon Harris, Val 18:30

17. 18:30 GIRLS (2.4m): 1. 14:38 Rachel Farrior, Hx 2. 14:40 Cindy Walker, GH

Amy Johnson, Hx Stephanie Baird, Hx Kristina Nugent, Val Amber Straight, Val 15:07 4.

15:14 15:18

Leah Brucker, Hx 15:28 15:34 Julie Kermott, Val

year.

15:40 Tracee Lorenzana, MV 14 Michelle Jensen, Hx 16:16 NOTE: Nugent ran for West Hills last

Please see page 9.

## Grossmont South:

From previous page.

#### The teams: Granite Hills

Division: One. Coach: Dave Yar-borough, assisted by Angela Panfili. BOYS:

Numbers: 20. Leader: Efrain Carrillo (12). He was the team's third man at (12). He was the feam's finite man at league finals last season, and he ran 3200 in 9:54 during track. At the Baron Invite, he led the team with 16:36 for the Rohr Park 5K. Right behind: Luke Pepin (12), Eladio Carrillo (11). Both were in (12), Eladio Carrillo (11). Both were in the team's top five at league last year, and the younger Carrillo was the team's first finisher at CIF, running 17:03. The pack: Robert Fine (11), Jonny Herrington (12). Both return from last year's varsity; Fine ranged up as high as number four. Depth: Steve Buxton (11), Leonei Carrillo (10), Coe Schneider (11), Tommy Moore (10), Matt Sajtar (11). Leonei, the youngest of the Carrillo trio, has the potential to move up, and another runner or two could also make a breakthrough.

Outlook: Granite is usually a pack team, and this team is no exception. At Baron, the first five were ranging one minute from one to five, which is not bad for early season on a full-length course. for early season on a full-length course. They'll speed up over the course of the season, and they will probably tighten up just a bit. That pack will make them a threat against top-heavy teams such as Helix. They were ninth in Division I last year, and they could improve on that finish.

GIRLS:

Numbers: 10 may add leader:

Numbers: 10, may add. Leader:
Cindy Walker (11). She is a good one.
She ran 17:00 at CIF last year, making
her the fifth fastest returner from that
meet. She followed up with an 11:58 for
3200 in track. At Sundevil, she was third 3200 in track. At Sundevil, she was third in the large schools junior race, in 17:10. The pack: Julie Corley (11), Ashley Locke (10), Jessica Hopkins (10), Alicia Moore (9), Jessica Woods (9). Hopkins was the team's third runner at league finals last year, as a frosh. Moore and Woods are promising freshmen; in fact, Moore's 18:20 at Sundevil was the

Moore's 18:20 at Sundevil was the second fastest on the team. Corley is new to the sport, but starting to develop.

Outlook: With Walker, there is a good, strong leader in place, and now Yarborough is starting to form a young pack to back her up. If some of the talent can continue to develop, the team will improve. They are not on the same level as Helix, but they could be competitive with the rest of the league.

#### Helix

Division: Two. Coaches: Dave Schultz, boys; Ray Mounts, girls. Mounts is assisted by Julie Hanssen and Jennifer

Numbers: 27. Leaders: Taylor
Williams (12), Babey Wagnew (10). The
Highlanders have arguably as good a top
two as any county team, when they are
healthy. Williams' credentials are in
order. He won the Grossmont final last order. He wan the Grossmont final last year, running 16:10, the fasest in both halves of the league. He also ran 16:13 at CIF to win the Division II title in the day's fastest time. He began his track campaign in good style, running 9:29 in his first meet, before losing most of the rest of the year to a stress fracture. After that healed, he had jaw surgery during the summer. Obviously, he is behind in training, but he'll come on strong later. At Woodbridge, he ran 16:01 for 3.0 miles. Who thinks he'll stay in that range? Wagnew, meanwhile, looks great. He ran 15:08 at Woodbridge, and, one week earlier, he bested Mar Visita's Troy Swier in a head-to-head matchup of top soph runners at the Baron Invite. The pack: Garrick Frew (10), Asmara Ogbai (12), runners at the Baron Invite. Ine pack:
Garrick Frew (10), Asmara Ogbai (12),
Drew Tidmore (11). This group is a big
key, and they do look better. Frew and
Ogbai ran 17:27 and 17:33, respectvely, on the Rohr Park 5K course at
Baron. Depth: Chris Moffett (11), Zee
Neidner (10), Allen Feldman (11), Juan



Stephanie Baird Helix





Kip Madden Valhalla

Torres (10), Calvin Hwang (11). Schultz said this group is "much better than our six/seven from last year."

Outlook: They will definitely be a factor in league. At CIF, however, they will need to answer some questions. Like, can Williams get most, or all, of the way back by November? Can the third, fourth and fifth runners tighten up the gap, and help the team capitalize on its top-end strength? Is there enough depth? It will take the rest of the season before we know the answers.

GIRLS:

Numbers: 48. Leaders: Stephanie

GIRLS:
Numbers: 48. Leaders: Stephanie
Baird (12), Rachel Farrior (11). Farrior
was the healthiest of the two last year,
and was usually the team's best. This
year, Baird was hot in early season. She
won big at Baron, in 12:28 for the 2.2mile course. That's faster than Davila's
winning titing at the combined Metro final mile course. That's faster than Davila's winning time at the combined Metro finals last year on the same course. Farrior ran 13:49 at Baron. In track, Baird ran 5:12 and 11:09, and Farrior had bests of 5:14 and 11:33. If both are healthy at the same time, it's a great one-two. The pack: Olga Gorobets (11), Leah Brucker (11), Amy Johnson-Westlie (11). This is a very solid and eperienced group. At Woodbridge, Gorobets ran 19:28, Johnson-Westlie ran 19:52 and Brucker ran 19:58. Depth: Siobhan Warren (10), Erin Bala (10), Whitney Cleveland (10), Bryeanna Barmer (12), Evon



#### Cindy Walker **Granite Hills**

Willingham (10), Jamie Maliere (9),
Michelle Jensen (11), Mylene Jensen
(9), Rhonda Sherard (9). Any number of
this group could work their way up the
roster. The talent well is deep.
Outlook: They are the favorites in
the league, and they should also contend
strongly in the CIF Division II race. They
have the talent, they have the depth, and
they work very hard. What they could
use, for once, is a little luck and good
health.

Monte Vista

Division: Two.Coaches: Bob Muszhek, boys; Juan Naranjo, girls. Course: Chollas Lake. BOYS:

Numbers: 11. Leader: Dan Driscoll (11). He really came on last year as a soph. He was sixth in the league cross country final, and showed some speed in track, running 4:30 for 1600. He put in a good summer of training, but was on the shelf for a few weeks in early season with a muscle strain. His first race was at Sundevil, where he ran 17:10 for 8th in the small schools junior race. Next: Zack Norcross (10). He is looking very good. He ran 17:17 at Sundevil, for fifth in the small schools soph race. A very solid number two. The pack: Carlos Livingston (11), Michael Wallace (9), Roddy Taylor (10), Andy Prades (10), Paul Pugsley (10), Robbie McGrorty (9). Livingston is . Numbers: 11. Leader: Dan Driscoll

new to the sport, but ran 18:21 at Sundevil. Wallace was the team's fo fastest at Sundevil. It's a young gro tastest at Sundevit. It is a young group, but there seems to be good patential. "Next year should be good," Muszhek

Outlook: Driscoll, still rounding into form, looks like a good number one, and Norcross is a maturing number two. If the Norcoss is a maturing number two, it is middle-pack group can produce a few runners than can close the gap on the leaders, this team will be in good shape. There is not much depth, but there could be enough talent. This team is a year away, but they they could be a competiting group this year if they keep improving.

GIRLS:

Numbers: 14. Leaders: Tracee Lorenzana (11), Holli Mayer (10). Lor-enzana has been the team's best since she was a freshman, but a knee injury ruined her summer training schedule, and she is now working to get back to form. She's a 12:05 3200 runner. Mayer, She's a 12:05 3200 runner. Mayer, meanwhile, was a 58.63 400 runner as a freshman last spring, and is giving cross country a try for the first time. She ran 21:31 for 3.0 at Laguna Hills, and came back with 18:20 for the 2.6-mile Sundevil course, the team's fastest time. The pack: course, the team's fastest time. The pack:
Alison Swing (10), Briano Wallace (11),
Lisa Froistad (12), Alyson Galarpe (11),
Tara Campbell (12), Dynane Lorenzana
(12). Wallace (19:36 at Sundevil),
Galarpe and Froistad all return from last
year's varsity. Swing (19:46 at Sundevil)
might be the most improved returner. The
frosh: Hallie Taylor (9), Lindsey Gibbons
(9), Christine Herde (9), and Erica
Levenson (9). Taylor and Gibbons have a
chance to move up into the mix; the others
have only just started to train.
Outlook: Mayer could develop and
Lorenzana should get back to form. If that
happens, this team will be solid at the top.
As with so many teams, that means their

As with so many teams, that means their eventual fortunes will depend on how soon the middle of the pack can jell.

Mount Miguel Coach unavailable at press time.

Steele Canyon

Division: Four. Coach: Gary Stathas. Course: Not firm yet. BOYS:

BOYS:
Numbers: 16. The pack: Results from the Sundevil form a good snapshot of where this young team stands in terms of development. The sophomores: Fadi Al-Banna (18:48), Patrick Howard (19:07), David Loxson-Griffin (19:37), Tim Fuchs (20:03), Brian Scalone (20:09), Andrew Escue (20:26). The freshmen: Aaron de Leon (18:59, good for 10th in the small schools frosh race), Mark Walker (19:02, 11th), Garrit Fox (19:57), Julio Mauricio (20:02), Matt Timmerman (22:22). Last year's returners did not report back in top shape, which explains why a number of the frosh runners are in the same range. Bottom line is, this is a group with Bottom line is, this is a group with potential. The pack must be developed first, then the leaders can emerge. There is also enough talent on hand to make the

is also enough talent on hand to make the workouts competitive, which will also speed up development.

Outlooks: Stathas' plan is to keep things low-key for at least one more season. The team is showing up at a few invitationals, but is entering grade-level events and JV divisions. In league duals, they'll run against JV teams, whenever possible. It's a wise course at this stage of the game. It will be interesting to see this group in another year; they have come a long way already.

GIRLS:

Numbers: 7. The pack: Brittany

come a long way already.

GIRLS:

Numbers: 7. The pack: Brittany
Mello (10), Cori Timmerman (10), Nicole
Kim (10), Laura Twardochleb (10), Sierra
Covell (10), Amanda Mullahey (9),
Brittany Whitsell (9). All of the sophs are
returning from last year's squads. Stathas
thinks the two frosh have the potential to
move well up the roster. At Sundevil, the
fastest were Mello (20:03), Timmerman
(20:23), Whitsell (20:41), and Kim
(21:01).

Outlook: At this stage of
development, with the team's leaders
being sophomores that are still new to
things, and with the entire school only just
starting its second year, it is too early to
start evaluating "leaders," and nit-picking
about "depth." Stathas is just trying to get
a core group formed and starting to train.

Please see page 10.

## Grossmont South:

From previous page.

Competitions will be low-key, which takes a lot of the pressure off. There is ability; at the Baron Invitational, the girls entered as a JV team, and won the first trophy in the school's brief history. Given the school's location, the long term picture is for this school to eventually become strong in cross country. Nobody knows how soon it will get to that point, however.

#### Valhalla

Division: One. Coach: Richard
Torge, assisted by Carter Yarborough.
BOYS:

Numbers: 18. Leader: Kip Madden (11). He didn't run his first race of the year until Sundevil, but he made it a good year until Sundevil, but he made it a good one, finishing first in the small schools junior race in 16:09. He missed some of the early season with a hip injury, but he already seems close to top form. In track, he ran 9:47 for 3200, a very decent soph time. The pack: Vernon Harris (10), Brian Voyles (12), Robert Raney (12), Ryan Dial (10), Corey Barefield (11). It's an interesting mixture of solid experience and some strong-running youngsters. This and some strong-running youngsters. This group could jell into a strong point. There is a strong soph group. Harris ran 16:56 at Sundevil, for third in the soph race; Dial was ninth. Depth: Chris Dalton (10),
Mike Kielbase (10), Damien Gomez (12),
Tommy Chheng (12), John Raney (9).
One or more from this group has the potential to contribute."

Outlook: Madden seems ready to

Outlook: Madden seems ready to take on the number one role, and the pack behind him is potentially pretty good, with one or two runners on the verge of breakthroughs. This team is quietly reloading. They could be very good this year, and should be excellent next year. Definitely a contender in the league.

GIRLS:

Numbers: 18. Leader: Kristina
Nugent (12). She's back where she
began her high school career, and she is
running well. At Sundevil, her 16:36
was good for second in the small schools
senior race. It was the 12th fastest time
of the entire meet for local entrants. On
the track, she's a 5:21 1600 runner. Next: Amber Straight (11), Alicia Nugent (9). Straight is a very strong number two athlete. She was the team's first finisher in last year's league final, and, in track, she put up times of 5:26 and 12:09. she put up times of 5:26 and 12:09.
Alicia Nugent is already about the third runner on the team, after running 17:52 at Sundevil, for fifth in the small schools frosh race. The pack: Julia Kermott (12), Dora Sanders (11), Ali Mitrovich (11), Carrie Pinnell (12). All of this group have at least some varsity experience. Sanders is a 12:14 3200 runner. The next wave: Kara Ellison (9), Julie Collins (9), Briana Burns (10), Alicia Saake (10), Lauren McClain (10), Jerie Seney (9). Alicia Nugent has already broken out of this bunch; Ellison is another that is starting to make a move.

Outlook: There is strength at the Outlook: There is strength at the front end, with an experienced number one, and a very good two/three. The pack can potentially be good. There is that core of experience, which will be put into the mix with that core of youngsters. By all logic, this part of the team will eventually be a strong point, although it could take some time before all the parts fall into place. At this point, only Helix is in their class in the league. The dual is relatively early, but the Grossmont Leagues put more weight on league final performance.

## Grossmont

## North

The fastest returners:

The ten fastest returning runners from last year's league championship finals, at Griffen Park:



**Benny Gandolfo** El Capitan



**Zach Gribben** El Cajon Valley

BOYS (3.1m):
1. 16:17 Benny Gandolfo, ECp
2. 16:49 Kevin Schible, WH
5. 17:24 Tim McKeon, WH

17:35 17:36 17:41 Filiberto Martinez, ECV Ross Halleland, WH Mike Thayer, Gr

10. 17:52 Karthik Damoor, WH 17:58

Michael Bell, WH Corey Driscoll, ECp Hector Gutierrez, ECp 12. 18.01 18:12 13.

GIRLS (2.4m): 3. 14:28 Chandra Farnham, WH 15:02 Monica Hubbard, ECp Joanne Southard, WH

15:14 15:22 Katie McCoy, Gr Jackie Dale, WH Casey Root, Gr 11. 15:37

15:44 15:45 16:04 13. Roxanne Mather, ECp Brenda Mendez, ECV 14.

16. 16:05 Jessica Hoffman, WH 17. 16:23 Amanda Paulson, Sant

#### The teams: El Cajon Valley Division: Two. Coach: Glenn

Numbers: 10-11. Leader: Filiberto
Martinez (12). He's been the team's best
for a couple of years, and now he's
matured. He's looked good in early
action, and, at Sundevil, he ran 16:25,
which ranked him in the top 40 in the



**Casey Root** Grossmont



#### **Kevin Schible** West Hills

entire meet. Next: Zach Gribben (11), entire meet. Next: Zach Gribben (11), Carmelo Martinez (10). Gribben was a 2:00 800-meter runner who is trying cross for the first time. Carmelo is the younger brother of Filiberto. At Sundevil, these two ran 16:57 and 16:58, respectively. Jesus Gomez (12) is another new runner who has fit in well. At Sundevil, he was clocked at 17:12. Depth: If Recasner can develop a reasonable fifth man, this team can be very competitive. Among the candidates very competitive. Among the candidates are Federico Carreon, a promising freshman, Tony Dixon (12), Sheikh Ronal (11), Juan Leone (11), and Juan Yanez (12). Leone and Yanez return from last

(12). Leone and Yanez return from last year's varsity. Carreon was the team's fifth fastest at Sundevil, running 19:47.

Outlook: If the Braves can develop any kind of depth, this team can match up well with anybody in the North. That top group is already moving well, and there is some real talent among its members. It's an intriguing lineup that will cause real problems for all of their opponents. The potential is there for this team to make a move up during the season, even if the fifth runner is back a bit. Even a team such as West Hills is not out of reach. Recasner is excited, because the team is well aware of their potential for success, and they've been going after it in their workouts.

GIRLS:

Numbers: 5, may add more. Leader.
Brenda Mendez (12). She had a decent
cross country season lost year, but she
really took a big step up during the spring,
when she recorded a 12:13 for 3200 in when she recorded a 12:13 for 3200 in track. Now, she's on track for a strong senior finish. "She has some goals," Recasner said. "She is very, very coachable." The pack: Ericka Valdez [12] returns from last year's team. She's joined by Berenice Sotelo (10), Elizabeth Chavez (9), and Jessica Coleman (9), all of whom are new to running at this level. Outlooks: Mendez is a standout, but the rest of the team is very thin and very

the rest of the team is very thin and very new. In team scoring, they'll have a hard time matching up with the other North

El Capitan

Division: Two. Coach: Danny Sanchez, assisted by Anthony Garcia. Course: Lindo Lakes. BOYS:

BOYS:

Numbers: 21. Leader: Benny Gandolfo (11). He is one of the best in the county, and he still has some improvement ahead. In track, he ran a 9:25 for 3200, an excellent soph time. In the past, he has been a slow starter in cross country, but this season he began "in a lot better shape than before," according to Sanchez. He is the defending Grossmont North champ. The pack: Hector Gutierrez (10), Corey Driscoll (12), Jarrod Hines (12), Ryle Stous (11), Chris Brown (11), David Lynn (11). Gutierrez might be the team's number two. As a frosh last year, he ran 18:07 at CIF and was the team's third finisher. He added a 10:24 for third finisher. He added a 10:24 for 3200 in the spring. The others will battle for spots, and that competition is bound to strengthen the team. Driscoll, Hines and Lynn all return from last year's varsity. Stous is a 2:03 800-runner trying cross country for the first time. He allowed. country for the first time. He played football last year. Depth: Tim Martin (10), David Butler (10). They have the best chance to challenge for varsity spots.

Outlook: Gandolfo is nice to have at

that number one slot, and there is a lot of that number one slot, and there is a lot of experience throughout the lineup. Sanchez is in his first year of coaching at the school, and, as a former Vaquero runner himself, he brings some of that El-Cap tradition and attitude. The Vaqs, by tradition, come on strong at the end of the year. It's too early to say how much this group will improve, but they will be a factor in their league, and also be among the challengers in CIF's Division II.

GIRLS:

Numbers: 28. Leader: Monica

Numbers: 28. Leader: Monica
Hubbard (11). She's the been the heir
apparent since she was a freshman,
running second on the team behind Jasmine Marquez. She always does a solid
job. At Sundevil, she was sixth in the
small schools junior race, running 18:02.
Next: Twins Roxanne Mather (11) and Nicole Mather (11), are not far back of Hubbard. At Sundevil, Roxanne ran 18:31; Nicole ran 19:12. The pack: 18:31; Nicole ran 19:12. The pack: Amanda Vuletich (9), Jessica Ward (9), Candis Vuletich (10), Lisette Marquez (10), Amanda Ruiz (10), Ariella Mitrof (9), Jenna Tennasen (9), Carol Hubbard (9). This part of the team is young, but has good potential. Amanda Vuletich and Ward ran 18:37 and 18:44 at Sundevil, taking 9th and 10th in the small schools frost race.

frosh race.

Outlook: Some of the young runners are pushing their way up quickly, and the first four are all running in a 40-second range. In other words, this team has all the makings of a classic pack group. The stabilizing factor will be the juniors, but the youngsters could ultimately be the engine that drives the team. They could be a youngsters could ultimately be the engli that drives the team. They could be a surprise team, but it's too early to make the call.

Grossmont

Division: Two. Coach: Jay Sevier. Course: Harry Griffen Park. BOYS:

BOYS:
Numbers: 10. Leader: Mike Thayer
(12). He was the team's fastest at CIF last year, and he followed that up with an excellent off-seaon. "He worked real hard," Sevier said. In early meets, he's been the clear team leader. At Sundevil, he clocked 17:11 in the small school senior boys race. Next: Adan Spahn
(12). He didn't run last year, but he's moved into the number two spot. He ran

Please see page 11.

## **Grossmont** North:

From previous page.

18:44 at Sundevil. The pack: John Gonzalez (11), Thomas Ramsay (12), Anthony Stevenson (12), Matt Parr (11), Tim Parr (11), Tim Bollman (10). All return from last year's team, many of them are off to a slow start in training. The Parr twins had the best off-season.

Outlook: Sevier took over both programs after just coaching the girls team for the last few years. The transition was a temporary selback for the team, which, on paper, looked to be improved. Sevier has the core group back, although the overall numbers are down, and things should get headed back in a positive direction fairly quickly. There is decent talent, and this team will probably make a lot of progress during the year.
GIRLS:

GIRLS:
Numbers: 23. Leader: Casey Root
(12). She had, "an excellent summer,"
Sevier said. "She is ready to go." She's
looked good in early meets, and she ran
17:25 for third in the small schools senior
race at Sundevil. The pack: Brittney Niel
(9), Randi Meek (9), Bryna Niel (10),
Jordan Arnold (9), Kyle Koch (10), Katie
McCoy (10), Corinne Lee (12), Neveen
Bakarat (11). The core of the team will be
the frosh and sophs, most of whom play
club soccer. You won't see them run in
Saturday meets, but they have talent. At Saturday meets, but they have talent. At Wolfpack (a Friday meet), Brittney Niel, Randi Meek and Jordan Arnold ran 10:16, 10:19 and 10:51 for 1.5 miles in very early season. Bryna Niel ran 10:33 in the soph race. On weekdays,

10:33 in the soph race. On weekdays, the Foothillers look pretty good.

Outlook: This will be a stealth team. Root is an excellent leader and a known quantity, but the core of the pack will usually only be seen in duals. If Sevier can get them to some Saturday races, it will be interesting to see how good they can be

#### Santana

Division: Three. Coaches: Dale Sheehan and Brian Ferguson. BOYS:

BOYS:
Numbers: 16. Leaders: Erik Wallingford (11), Josh Young (10). Wallingford worked hard in the off-season and has improved immensely. He was the clear team leader in early season, but now he is being challenged by Young, a soph. At Sundevil, in separate races, Wallingford ran 17:22, and Young ran 17:25. That gives the Sultans a good, young 1-2 at the top of the roster. The pack: Daniel Hayden (12), John Behrens (10), Clayton Stone (12), Michael Conner (10). These three ran 19:00, 19:11, 19:15 and 20:22, respectively, at Sundevil. Depth: Randy Mills (10), Jonathon Sledge (12), James Ryan (11), Wayne Jordan (10). Any of these prospects could also move up the roster. up the roster

up the roster.

Outlook: There's a tangible change in the team's attitude, which is usually an intangible asset. There are some hardworking runners leading the way and making breakthroughs, and that attitude seems to be spreading to the pack. Soph Young was a find that the coaches didn't really know at season's start. There could be more like him on the roster. The team is heading in an upward direction.

GIRLS:

Numbers: 10 Leader: Erin Price

Numbers: 10. Leader: Erin Price (10). She was discovered during track season; she won the Grossmont JV 3200 race. She seems perfectly suited to cross country. At Sundevil, she clocked 18:50 in the small schools soph race. The pack: in the small schools soph race. The pack:
Amanda Paulson (12), Melissa Hosford
(9), Rachel Perkins (9), Elisa Benitez (12),
Erin Morvay (9), Allison Finkel (9). Some
of the freshmen have potential, and they
could form a core for the future.

Outlook: It's basically a complete
rebuild. Price seems to be a particularly
valuable component in that process, and
the freshman group could also develop.
There is a bit of experience on hand, too,
which can be a big help. This team could
have a whole different look to it in a year.

West Hills

Division: One. Coaches: Pat



#### **Erik Wallingford** Santana

Connolly, boys; Bill Cleves, girls; assisted by Ross Bartell. BOYS:

Numbers: 50. Leaders: Kevin Schible (12), Ross Halleland (11), Tim McKeon (12). These three have been McKeon (12). These three have been running fairly close in recent meets. Schible has great ability, but he missed most of last season. He ran 1:57 for 800 as a soph, and is now as fit as he's ever been at this stage of the year. Halleland, a 4:33, 9:50 runner as a soph last year, looks great so far. McKeon is on his way to an excellent senior season. At Sundevil, Halleland ran 16:13, Schible ran 16:22, and McKeon ran 16:25. Only Mt. Carmel, among all local teams at the meet, had that kind of depth through their third runner. Next: Karthik Damoor the meet, had that kind of depth through their third runner. Next: Karthik Damoor (12), Michael Bell (11), Robert Hernandez (10), Mike Cunningham (12), Matt Noble (10). Bell, who ran 10:09 for 3200 as a soph last year, has battled injuries early, or he'd be within 20 seconds of the lead-ers. Damoor is a steady senior; Hernan-dez and Noble are promising sophs (17:18 and 17:32 at Sundevil); Cunning-ham is one of the county's best 300 hurdlers giving cross country a first try. He's OK now (17:38 at Sundevil), but he could come on strong later as he gains fitness. Depth: Zach at Sundevil), but he could come on strong later as he gains fitness. <u>Depth</u>: Zach Ninteman (11), Steve Mathis (10), T. J. Sheets (11), Colin Merrin (12). These guys are not far back of the aforementioned group, and one or more sailed make the insure up the restor.

could make their way up the roster.

Outlook: They have most of what they really need to be a good team. Lots of depth, lots of speed, lots of talent, lots of tradition. One thing they don't have is a big gun, such as an Evan Fox or a Ben Aragon. That may not matter if people in the mid-pack area can make up ground on the mid-pack area can make up ground on the team's leaders. As things stand now, the Wolfpack is one of the county's best Division I teams, and they are well within range of most of the teams ahead of them. Although their league will have some challenges for them, it is no comparison to what the Palomar teams will face in virtually every race, which could have the teams of the teams will face in virtually every race, which could help the Pack. GIRLS:

Numbers: 40. Leader: In the best sense of the word, it's Chandra Farnham (12). She sets the tone for the team, and was the team's fastest at Sundevil, at 17:06. Right behind: Elaine Gillespie (10), Lynette Simonds (10), Janae Dale (10), Jackie Dale (12), Janne Southard (12). At Sundevil, this group ran, respectively, 17:07, 17:34, 17:40, 17:42 and 17:54. Top-ranked San Pasqual and super-deep Torrey Pines were faster through five, but no other county team was. The three sophs were on the fringes last year as freshmen, but that's the West Hills method: bringing freshmen along slowly. Gillespie could as the team's fastest at Sundevil, at

end up as the team's fastest at the end of end up as the team's tastest at the end or the year. <u>Depth</u>: Janelle Demchak (11), Danielle Goldman (12), Cassie Insel (9), Danielle Knowles (10), Traci Wetzel (11), Jessica Hoffman (11), Amber Douglas (11). Some of these candidates could make an impact. Demchak is a sprinter and soccer player who could make the transition. Insel is a promising freshman who might come on strong at the end of

who might come on strong at the end of the year. The varsity seven will not be easy to make.

Outlook: The soph core is talented and still developing, which means that this team will dramatically improve between now and November. There is just enough senior leadership to keep the youngsters focused. For the last couple of seasons, this team has just missed again to Fresno this team has just missed going to Fresno, beating higher-ranked teams in the process. In other words, the Wolfpack almost always save their best efforts for the most important meets. They'll be in the picture again this year, and their depth will, once again, be a big factor.

## **Eastern**

#### The fastest returners

The ten fastest returning runners from last year's league championship finals, at Morley Field: BOYS (3.0m):

15:46 Brandon Zelones, MM Brian Bradshaw, PtL Eric Delgadillo, PH 16:36

16:37 Steve Prinz, PH 16:40 Shea Rollin, PH 12. 16:56

Yoshio Cocina, SD Abdiweli Abdullahi, SD 17:03 16. Justin Motika, Ser

17:06 17:15 17:22 17. 19. Josh Ellis, PtL Billy Szafranski, PH

GIRLS (2.55m)
1. 16:10 Amy
2. 16:17 Laur Amy Montgomery, Ser Lauren Lynaugh, Ser Lisa Dodd, MM 16:23

Rachel Bombaci, PtL 16:48 Christine Burke, PH Allison Harden, PtL

16:54 17:15 17:19 17:25 10. Sara Reid, PtL Amy Lang, Ser Shannon Ruebel, PH

17:45 Anne Vieira, PtL

#### The teams:

NOTE: All teams run on the Morley Field dual meet course.

#### Patrick Henry

Division: Two. Coach: Thom Hunt, assisted by Andrew Myette. BOYS

Numbers: 36. Leaders: Shea Rollin (12), Eric Delgadillo (12). Last year, the Patriots used a four-strong front pack to take second in CIF's Division II. Three of those four return, but only Rollin and Delgadillo are healthy at this point, so they have assumed the role of co-leaders. At Sundevil, Rollin ran 16:29 to take third in the small schools junior race, while Delgadillo ran 16:34 for fifth in the senior competition. The third: Steve Prinz (11), was a big part of that front group last year, but hurt a knee at the end of track season. He probably won't be ready to race until mid-season at the earliest. The next pack: Billy Szafranski (12), Kyle next pack: Billy Szafranski (12), Kyle
Tabler (11). They were close together last
year, and were within 0:07 seconds of
each other at Sundevil. New: Kyle
Bruser (9). This talented freshman will
help right away. His 16:39 to win the
small schools frosh race at Sundevil put
him right behind the team leaders. "He
obviously has some talent," Hunt said.
"But, I don't like to push freshmen too
hard." Depth: There's a large group of
freshmen, and Hunt expects a good
number of them to contribute at some
point, if not immediately. "That class will

number of them to contribute at some point, if not immediately. "That class will help us," he said.

Outlook: Until now, Hunt has concentrated on building a pack team, or at least a team consisting of a series of packs. Last year, he had four in the front group, and it was a good year. This year, the front group has Rollin and Delgadillo both running well, but there could be a gap after that. Bruser might plug that hole fairly soon, and the eventual return of Prinz could also help. The Eastern boys race seems up for grabs, and the Patriots. race seems up for grabs, and the Patriots



Shea Rollin Patrick Henry



#### Lisa Dodd Mira Mesa

have a shot. GIRLS:

Numbers: 20. Leader: Christine Burke (10). She is quietly building some nice credentials. She was the team leader last year as a frosh, taking 8th in the league finals. In track, she came on strong at the end of the year, and ran 11:38 in the CIF 3200. She's made 11:38 in the CIF 3200. She's made another advancement this fall. At Sundevil, she was third in the small schools junior race, in 16:57. At South Bay, she looked even better, taking fifth in the loaded varsity race. Next: Kristen Buono (9). She is one of the county's better freshmen, and is making the button (7). She is one or the county's better freshmen, and is making the conversion from middle-distance. Shannon Ruebel (11). She was sick in early season, and just began to compete at South Bay. She'll be near the top of the roster when she gets back to form. Michelle Ludwig (11). Hunt thinks she might be the most consistent of his top girls. The pack: Selina Brolini (11), Janine Szafranski (9), Jennic Cruz (10). Hunt will probably find his 5-6-7 runners from this group. Brolini was the quickest of the five at Sundavil.

Outlook: They'll be a definite contender in the East. They have a talented number one runner in Burke, and they

Please see page 12.

### Eastern:

#### From previous page.

seem to be forming a solid lineup behind her. It's still a young group, which means there is an improvement curve at work, as well. The last dual of the season will be key, when Henry meets Point Loma and

Kearny
Division: Three. Coach: Patricia

BOYS:

Numbers: 6. Leaders: Robel Addis (12), Robert Robledo (10). Both are new to the sport, but Peisner reports that they are running one-two in early workouts. Addis was a decent 800 runner during track. Next: Troy Richey (11). He's returner from last year, and is currently number three. The pack: Travis Burke (11), Mark Monay (10), Juan Santos (9).

unknown. GIRLS:

Numbers: 5. The pack: Carmen Perez (12), Stephanie Wargi (12), Tanya
Lopez (10), Alejandra Garcia (10),
Paulina Torres (11). Torres returns from
last year, but Peisner reports that Perez is
the quickest on the team in early season.

Outlook: It's a thin group, and

almost all of the runners are new. Peisner thinks at least a few of them will develop over the course of the season.

#### Mira Mesa

Division: One. Coach: Richard ewell, assisted by Mark Dvorkin. BOYS:

Numbers: 12. Leader: Brandon Numbers: 12. Leader: Brandon Zelones (12). Zelones has been one of the top county runners for most of his career. He was second in the league last year, and ran 16:43 at CIF to quality for the state meet. In track, he ran 9:29 for 3200. He's looked fine in early meets this year, taking fourth in the Sundevil large school senior race, in 15:32. The pack: Cutti McMangang (13). Gabe pack: Curtis McManaman (12), Gabe Velario (12), Chris Prevost (11), Jonathan Fabela (11). McManaman, a top JV last year, has improved to the point where he leads this group after running 17:59 at Sundevil. Prevost and Velario return from last year's varsity group; they were the team's four/five runners in league last fall.

Depth: Dexter Paulite (10), Michael Meilander (10), Michael Phan (10). They'll help round out the varsity.

Outlook: Zelones can match up with anybody in the league, but the rest of the varsity remains unproven. If the pack develops quickly, it could make them a competitive team in this wide open league.

GIRLS:

Numbers: 20. Leader: Lisa Dodd As a frosh, she won the Eastern fit). As a trosh, she won the Eastern title. But she is also a standout softball player. In fact, she was the Player of the Year last year in the section. After spending most of the summer with a traveling softball team, she is only just starting to get back into cross country training. The talent level is still there, and it's a matter of how much she can regain the remaining weeks. Next, Justine in the remaining weeks. Next: Justine Deloviar (12). She is about a minute ahead of the pack, and is having a good senior season. The pack: Jhoanna Senior season. Interpacts: Industrial
Gabriel (11), Caralee Kubow (12),
Aleksandra Romell (9), Sonia Villegas (9),
Kristlen Oshiro (9), Andrea Chauvel (9),
Jessica Watkins (9), Kristina Cantu (9).
Gabriel is a returning varsity runner. Kubow also has varsity experience, but didn't run last year. The frosh numbers

are very encouraging. Already, Romell has started to make an impression.

Outlook: There's a lot of its, but positive answers to most of them could result in this team being a factor in the East race. First, Dodd would need to get back close to top form. Then, a solid pack would have to form around Deloviar and Romell. There's a lot of young runners, and there could be an unexpected breakthrough or two.

Morse

Division: One. Coaches: Tony



Laura Adona Serra



Point Loma



**Christine Burke** Patrick Henry

Griswold, boys; Gary MacDonald, girls.

Numbers: 12. Leader: Marcelle Hunter (12). He is one of the few returnees from last year, but he's not bad. In league last fall, he ran 17:30. If he can develop from there, he'll be fine.

Next: Sam Woysedus (10). He could be a prospect; he was an 800 runner during track. The pack: Most of this group is

Outlook: They won't be a contender, but some of the runners could develop.

Hunter is worth watching.

GIRLS: Numbers: 15. Leader: Cristing Diaz (12). She is also an excellent soccer player, but she does have some running credentials, such as an 800 time in the mid-2:20s. Next: Bernadette Grantling (11), Ocean Christian (10), Autumn Mays (11), Brittany Jackson. This group all has good speed, and the Tigers could probably field a 4x400 team that could run close to 4:00 minutes just from the cross country roster. Most of them train well for this sport; that is one of Monique Henderson's and Amonica Phipps'

Outlook: MacDonald has to regroup a bit after losing some of the most talented runners in Morse history (in track and cross country). It's time to begin writing the next chapter.



Cristina Diaz Morse

#### Point Loma

Division: Two. Coaches: Gil Serrano, boys; Rob Barnett, girls. BOYS:

Numbers: xx. Leader: Eric Dunn (12). Dunn is still very new on the scene, [12]. Dunn is still very new on the scene, but he is making an impact. At Woodbridge, he ran 15:17 for the 3.0 mile course. On the slower 5K course at reconfigured Rohr Park, he was second in the South Bay Invite at 16:23, finishing behind only Mar Vista's Troy Swier. It's scary to think about how much improvement is still there. "He's brand new to the sport," Serrano said. Next: Brian Bradshaw (11). He's an excellent number two. As a soah last spring. he Brian Bradshaw (11). He's an excellent number two. As a soph last spring, he ran a 4:30 for 1600, so he's got some speed. In addition, he is "a very, very fierce competitor," acccording to Serrano. He was 8th at South Bay. The pack:
Joshua Ellis (12), Kevin Hughes (12), Adam Torpey (11), Aaron Harper (12). This group reported in excellent shape, and Serrano is anxious to get them into racing shape. "They did a lot of strength and endurance work," he said. "Nothing on the track at all." Ellis, Hughes and Harper are all varsity vets; Torpey likes ultra-long distances. Depth: Ray Snoke (10). He is in his first full season of the sport, and could come on and make a sport, and could come on and make a contribution.

Outlook: This team is a definite

league contender. Dunn and Bradshaw are a powerful combination up front, and the pack has the ability to start closing up the gap. That is enough to make them a

handful for anyone in the East. If the pack can develop a bit more, than this team could start to entertain thoughts in making a CIF impact.
GIRLS:

Numbers: 20. Lead pade: Camille Hall-Barry (10), Rachel Bombaci (11), Sara Reid (11). Bombaci and Reid have Sara Reid (11). Bombaa and Reid have been a close pair since they were freshmen. On the track, Bombaa has 2:24 800 speed; Reid has run a 5:26 for 1600. They complement each other well, racing or training. In recent races, Hall-Barry has been the team leader. Allison Harden (12) is right with these girls most of the time. At league and at CIF last year, she was the team's second finisher. At South Bay, she was the team's fourth, 0:16 seconds back of Reid. The next pack: Anne Vieira (10), Natasha Sweatte (12), Adrienne White (11). All return with varsity experience. New: Allison Spies (9), Whitney

New: Allison Spies (9), Whitney
Whitacre (9). These two frosh may figure
into the mix at some point.

Outlook: Nobody is jumping out of
this group, which means, simply, that the
Pointers are a pack team, with possibly the
best depth in the league at the 4-5-6-7
spots. That has always been a strength
that has kept this team among the league
leaders, year in and year out. It will also
serve them well this year, as they tangle
with two teams with potentially strong
front-runners, Patrick Henry and Serra.

San Diego

Division: One. Coach: Ed Ramos. BOYS:

Numbers: xx. Leaders: Idrise Osman (11), Ayanne Aden (11). Both transferred to San Diego High's magnet programs and bring some excellent credentials. Osman won the Harbor League title last fall, and then ran fourth in CIEV Division III are behind V-League title last fall, and then ran fourth in CIF's Division III race, behind Valley Center's big three and ahead of Hoover's Solomon Kumbi. His time, 16:31, puts him in the top ten returners from any CIF race. Aden was fifth in the Harbor final last year, but is developing fast. At Woodbridge, he ran 16:26, compared to Osman's 16:10. Look for this pair to progress rapidly. The pack: Jose Lopez (10), Yoshio Cocina (11), Abdiweli Abdullahi (12), Oscar Garcia (12). Abdullahi (12), Oscar Garcia (12).

Lopez is new to this level; the others all return from last year's varsity team that won the Eastern finals. Lopez was the fastest of this group at Woodbridge, at 16:46. Depth: Edgar Garcia (12), Vidor Beda (10), Hector Segoviano (12), Isai Urquidez (10). Garcia and Segoviano were top Jvs last year, and should be ready to move up. There's another group of about five or six right behind them.

Depth is not a problem.

Outlook: This has always been an excellent program. This team will definitely be one of the best in this league. There is a central core of experience, augmented by any number of improving youngsters coming up from the JV ranks. Mix in a couple of talented transfers, and this is a very good team. Give it a few weeks to jell, and then take another look. You can bet the league rivals such as Patrick Henry and Point Loma are taking notice.

GIRLS:

Numbers: xx. Leader: Coralie

Numbers: xx. Leader: Coralie Bordes (11). She is the top returning Bordes (11). She is the top returning runner from last year's team. Ine pack: Melissa Smith (9), Tiphany Hamilton (11), Erika de los Reyes (11), Jessica Luna (9). This group includes a lot of new names.

Outlook: The talent of this group is

largely unknown.

#### Serra

Division: Two. Coach: Jim BOYS:

Numbers: 35. Leaders: Thomas Numbers: 33. Leaders: Ihomas
Caswell (11), Justin Motika (11),
Caswell and Motika have been running
one and two in early meets. At Sundevil,
Caswell was at 17:14, and Motika at
17:28. It's a still-developing twosome,
but with some potential. The pack: John
Rober (12) Leal Williams (10), Ann Duke Baker (12), Joel Williams (10), Matt Duke (11), Damien Bazowski (11), Jason Seltenright (11), David Baranowski (10). Baker returns from last year's varsity.
Williams and Baranowski are promising soph candidates. The raw material seems decent. The entire team already is running faster than last year.

Please see page 13.

#### Eastern:

#### From previous page.

Outlook: This is still a developing team. There is reasonable talent, youth, and the numbers are very high. In another year, this might be a team that can contend. They should be at least competitive this season.

GIRLS:

Numbers: 12. Leaders: Amy Numbers: 12. Leaders: Amy
Montgomery (12), Laura Adona (9),
Lauren Lynaugh (10), Amy Lang (12).
This group is not actually all that close in
time, but they all are listed for various
reasons. Montgomery is the defending
league champ, who began to realize her
potential last fall. Since then, she's been recovering from mono, and is just now starting to get some decent work. Lang is a four-year veteran who adds some steadiness to the group, and also runs well. Adona is a fast freshmen, and, with Montgomery on the mend, is well ahead Montgomery on the mend, is well ahead of the others. Lynaugh is a wild card, who has the ability to surprise. She ran a bold race at last year's league finals and almost stole the race. The pack: Katherine Keivens (9), Alicia Biggs (10), Annie Lee (11). It is undecided in early season if this group was going to be lured away by field hockey. If so, the Q's need to do some touch-up work at the criticial back of the pack.

Outlook: If Montgomery can make it all the way back, Serra will have a nice top end, with her and Adona. Lang is top end, with ner and Adona. Lang is steady. If Lynaugh can make a contribution, Serra will be very tough. There could be a probem with depth, and Serra will need to be firing on all cylinders against Henry and Point Loma.

## W<u>estern</u>

#### The fastest returners

The ten fastest returning runners from last year's league championship finals, at Morley Field: BOYS (3.0m): 1. 15:33 Sean Barrett, St.

15:40 2

Sean Barrett, StA Solomon Kumbi, Hoov Ryan Abelowitz, LJ 16:07 Nathan Stender, StA 16:13 Michael Carini, USD

Brad Liber, UC David Aldrich, UC 12. 16:24 16:35 15.

16:40 16:41 Kern Huerta, UC Yilkal Assefa, Hoov 16. 16:43 Colin Haydu, LJ 18.

GIRLS (3.0m):
3. 19:09 Jessie Ooms, UC
4. 19:22 Natalie Gattrell, SR Rebecca Bostwick, UC 19:38

6. 7. 8. Kristin Wehrle, LJ Liz Edwards, LJ 19:38 Anne-M'rie Byrne, USD 19:47 12. 19:53

Karissa Teitsch, UC Lidia de Carvalho, UC 20:03 13. 20:09 Tiffany Miller, U 20:28 Carolynn Crews, UC

#### The teams:

NOTE: All teams run on the Mor-ley Field dual meet course.

#### Hoover

Division: Two. Coach: Chuck Hoyden BOYS:

Numbers: 22. Leader: Solomon Kumbi (12). He was a close second in the league finals last season, and then went on to run 16:35 at CIF, leading the team to a state meet slot in Division III. He was a 9:39 3200 runner as a soph and he seems back to that form. In early season, he has been smoking. A good win at Wolfpack was followed by a big win in the Sundevil small schools senior race, where he ran 15:41. Next: Haji race, where he ran 15:41. Next: Haji Hassan (12). He was fourth behind Kumbi at Sundevil, clocking 16:29. He's a 4:34 1600 runner. The pack: Yafet Abraha (11), Daniel Assefa (12), Yilkal Assefa (12), Abdulle Mukhtar (12). This group returns intact from last year's CIF III second place team. Hoover's team time in that race was 86:19, which was the seventh fastest team in all divisions combined. That's pretty good stuff, and combined. That's pretty good stuff, and just project a season's worth of



Ryan Abelowitz La Jolla



#### Solomon Kumbi Hoover

improvement into the mix. Depth: Isimail Kawuki (12), Roman Baltazar (10), Gedwon Abraha (10), Andre Jefferson (9). These are all new to the team, and they could help out down the road. Baltazar and Jefferson ran 19:19 and 19:41 at Sundevil, with just scant days of

training.
Outlook: Hayden, an experienced distance coach, inherited an intact state meet team. He's built up the numbers, and restructured the workouts. So far, so good. They will definitely be a factor, even in this deep lacque. At CIF, they have moved up to Division II, where they will contend with teams such as Ramona, helix, Scripps Ranch and Patrick Henry, among others. This could be Hoover's best team since 1994. GIRLS:

Numbers: 10. Leader: Atong Arjok Numbers: 10. Leader: Atong Arjok (11). She returns from last year's team. At Sundevil, she ran 20:13, the fastest time of the day for he'r team. The pack: Sara Agory (11), Kathy Thongrivong (9) and Brenda Bravo are probably the best prospects among the newer runners.

Outlook: Hayden has been active here, too, building up the numbers and getting the athletes to improve. At this point, however, the squad is too thin and inexperienced to impact this vey lough league.

league.

#### <u>La Jolla</u>

Division: Three. Coaches: Chuck Boyer, boys; Roger Karnopp, girls. BOYS:

Numbers: 50. Leader: Ryan Abelowtiz (12). He's a high-mileage



Mario Fierro University of San Diego



#### **Nathan Stender** St. Augustine

trainer who is developing into a very decent number one. His season-opening 16:37 at Rohr Park was good for second in the small schools race there. Next: Paul Coover (10). This is his first try at the sport. He was an excellent freshman Paul Coover (10). This is his first try at the sport. He was an excellent freshman runner in track, clocking 4:35 for 1600. He was not far behind Abelowitz at Baron, running 16:50. The pack: Colin Haydu (12), Gabe Mares (12), De Linn (11), Derek Gould (11), Brian Watson (12), Blaine Haller (10). Most of the rest of the varsity will come trom this group. Haydu, Mares, Linn and Haller all have varsity experience. Haydu put in some varsity experience. Haydu put in some hard work in the off-season and might be the most improved. Haller was last year's league JV champ as a frosh. As a group,
"We are faster than last year," Boyer reported.

Outlook: This group has all the typical elements of a classic La Jolla team: hard-workers, intelligent athletes, high numbers, and a few "naturals." It's too early to say how well this particular group will blend, but there is no reason to think that they will not be competitive in the league and in the CIF Division III race. The league is very tough on the boys side, however, which means some very good teams will take a loss or two in dual meets. One factor to consider: Boyer is very good at peaking his team. If teams knock each other off in duals, the finals will be all-important.

Numbers: 48. Leader: Liz Edwards (12). She's a four-year veteran who ended up as the Vikes' number three runner at CIF last year. Her team

leadership has been important in the transisition between coaches this fall. The runsismon between cooches mis toll. Its next ways: Tiffany Miller (10), Krishin Wehrle (10), Anna Anderson (9), Kalyn Olson (11). This young group will likely be the scorers behind Edwards. As be the scorers behind Edwards. As freshmen last year, Wehrle ranged up to number three on the roster (and was seventh in the league finals), and Miller was as high as number five. Anderson, a freshman, was right behind those two at Baron in her first varsity race. Depth: Sarah Smith (12), Amy Edwards (12), Loren Borenstein (9), Kiki Kalkestin (9), Lisl Esherick (10), Chelsea Robinson (9). One or more of this group may become a factor at some point. The frosh group seems talented, as many as three or four could contribute. could contribute.
Outlook: The team really has a

Outlook: The team really has a different look this fall. Last year, it was a senior-dominated squad, and led by long-time coach Tom Dorman. The Vikes were lucky to be able to hire the highly qualified and experienced Karnopp as a late replacement. He has a team with a large number of talented, young athletes to work with. "I'm lucky," he said. "They (the team) are arganized, disciplined and team players." They can run, too. One thing that hasn't changed is the Vikings tradition. They'll be a factor in the league and at CIF.

and at CIF.

Mission Bay

Division: Three. Coach: George Velarde BOYS:

Numbers: 20. Leader: Ryan Mason (10). As a freshman last year, he ended up the season as the team's fastest, running 17:43 at CIF, and 16:59 at league finals. A promising young talent, he played baseball in the spring. Next: Marco Venancio (11). He was the team's third in the finals meets, running 17:58 at CIF as a soph. He's been putting in hard work, and should take a big step up this season. Still hoping: Kevin Brock (12), is a fine talent, with 4:31 1600 speed. Problem is, Velarde has, until now, been unable to get him to try cross country. Maybe this is the year. If he signs up, expect him to be the team leader. The pack: Simon Kiflu (11), Stephen Crane (10), Anthony Seng (10). All are varsity returners. Kiflu and Crane were good young prospects last year, and now Numbers: 20. Leader: Ryan Mason young prospects last year, and now they've put in some solid preparation Seng has a stress fracture, but could be back by mid-season. New: Brandon Griffin (11), Tyson Ellenbecker (9), Jose Herrera (9). Griffin is a transfer from Mira Mesa who has been working hard. Outlook: There are some good

Outlook: There are some good young runners on the roster, and there is more depth. If Brock runs, he will be one of the league's best. The rest of the squad is a year away from their peak. It's a decent team, but the league is very tough this year, with good or excellent teams everywhere. The Bucs will continue to develop and improve, and they'll be much better than their league dual record would probably suggest.

GIRLS:

Numbers: 13. Leader: Rose Serna

Numbers: 13. Leader: Rose Serna Numbers: 13. Leader: Rose Serna (12). She ended the last cross country season on the injured list, but returned with an excellent track season, when she ran 5:19 for 1600 and 11:28 for 3200. "She is healthy, and she has rededicated herself," Velarde said. She put in an excellent offseason of preparation. The pack: Jennifer Weber (10), Liz Vail (11), Yvonne Ii (12). Panielle Richay (11). Yvonne Li (12), Danielle Richey (11). All are returners, and all four worked well over the summer. Weber, who reached 40-mile weeks, may have put in the most work. Depth: Nancy Garcia (11),

Samantha Seng (9). Both are new.

Outlook: Serna seems on her way to an excellent senior season, and is a fine team leader. The pack is working hard, and should be much improved. There is not much in the way of depth, however, and that won't help in this tough, tough

#### Our Lady of Peace

Division: Three. Coach: Dan Keays.
GIRLS:

Numbers: 15. Leaders: Odette Rodriguez (12), Krystine Cuaresma (10). Please see page 14.

### Western:

From previous page.

Rodriguez was the team's number two at both league and CIF last year. Cuaresma was a talented freshman who came on strong late in the year and was the team's first finisher at CIF. She then went on to run 2:25 for 800 in track. The pack: Maureen McClellan (12), Emily Brown (11), Amanda Dickau (11), Alison Seiki (12). McClellan and Brown return from nat J. McCleulan and Brown return from last year's varsity. Dickau put in some good off-season training and is much improved. Seiki is one of the team's captains. Most of the other runners are new. There have been some losses. Kirstin Wilson is concentraing on softball, and Denisse Rojas and Amy Barnes have transferred to other schools.

transterred to other schools.

Outlook: OLP usually battles the numbers crunch, but they seem thinner than usual this year. Rodriguez and Cuaresma will help, but the squad will have a difficult time matching up against some of the powerhouse teams in this year touch league.

very tough league

#### St. Augustine

Division: Three. Coach: Jerry Downey.
BOYS:

BOYS:

Numbers: 40. Leaders: Sean Barrett (11), Nathan Stender (12). They are excellent athletes who ended up as the team's number one and two at CIF last year. In the league finals, Barrett was the Western champ, while Stender, in his first season of the sport, was seventh. A very solid top two. The pack: Ricky McRoskey (12), James Sullivan (11), Mike Healy (11), Evan Corbin (12). This is the area of the team that needs to be rebuilt a bit. McRoskey and Sullivan return from last of the team that needs to be rebuilt a bit. McRoskey and Sullivan return from last year's varsity and they should be able to move up their level. Healy and Corbin seem the most improved. They opened their season with 17:40 and 18:08, respectively, on the Rohr Park 5K course. Depth: Matt Laman (11), Joe Brady (10), Greg McRoskey (10), John Yunker (12). Somebody from this group could break through.

Outlook: The Saints always turn out Outlook: The Saints always turn out to look better in the field than they do on paper. They have two legit pack leaders, in Barrett and Stender. The group to focus on is the mid-pack. If they can improve enough, the Saints will be tough. There seems to be enough talent on hand to stock that part of the roster, although some individuals may need some time to develop. Don't ever count out the Saints, who are always a factor in the league race. One thing different this year is a move up to the very tough Division III in CIF, which includes most of their league rivals, plus Valley Center.

Scripps Ranch

Division: Two. Caoch: Bob Oliver. BOYS:

Numbers: xx. Leaders: It's a true committee: Justin Zelones (12), Scott Perry (12), Dan Blomgren (11), Dustin Wallstedt (12), Caleb Garlipp (12), Chris Lancaster (11), Dan Coronado (11), Daniel Ott-Wright (11). Zelones was the team's number two at league last year, and was the team's number one at CIF, running 17:06. Now, most of the entire pack is moving at about his speed. At Baron, the order was Perry (16:54), Blomgren (17:00), Zelones (17:11), Garlipp (17:17) and Lancaster (17:24). That's a nice 30-second spread, and Coronado and Wallstedt were not far back. Almost everybody in this group logged in the neighborhood of 400 miles or more over the summer. In all respects, this is Oliver's kind of team, in shape, and, to some extent, interchangable. "I'm pleased," he said. "We are in much better shape than last year."

Outlook: This team will be right in the thick of things in this tough league. Numbers: xx. Leaders: It's a true

Outlook: This team will be right in the thick of things in this tough league. The Falcons always seem to have good material. This year, they've worked hard to take advantage of that fact. That puts them in good position to compete against the best the league has to offer. At CIF, they will be a threat in Division II, where their top opponents will include Ramona, Helix and Patrick Henry.

GIRLS:



Kern Huerta **University City** 



#### **Krystine Cuaresma** Our Lady of Peace

Numbers: 10. Leaders: Natalie
Gattrell (11), Vanessa Castillo (12).
Gattrell ran 17:42 at CIF last year, which
puts her just outside the top twenty
returners from that race. She ran 2:27
for 800 in track, and has good speed.
Castillo was in the varsity pack last year
but seems much improved. The pack: Amanda Cummings (11), Amanda Beatty (9), Lindsey Slover (10), Heather Wood (9). Slover was last year's number three, and Cummings, who battled injuries, is another varsity returner. Beatty is the team's top freshman prospect. At Baron, she was the team's number four, just 0:12 seconds behind Gattrell.

O:12 seconds behind Gattrell.

Outlook: There is some talent on this team, but the numbers are very low, and the talent thins out pretty rapidly. In this league, where the top teams have loads of talent, that puts them at a big disadvantage. The core group will do a good job, and keep things respectable, but they will be big underdogs against the top teams.

University City
Division: Three. Coach: Jim
McCarthy, assisted by Dale Fleet.
BOYS:

Numbers: 40. Leaders: Kern Huerta (11), Brad Liber (11). They've been running close all season. At Baron, it was Huerta 16:12, and Liber at 16:14. At Woodbridge, Huerta ran 15:40 and Liber was at 15:55. Liber is slightly better on the track, where he recorded 4:29 and 9:48 soph times. Huerta ran 4:36, but seems slightly better at this sport. It's a good one-two, and there is plenty of improvement to come. Next: Kurtis Flansburg (11), Sixto Aspeitia (11). They also do most of their racing side-by-side. At Baron, Flansburg was at 16:51, and Aspeitia ran 16:56. Aspeitia turned the

tables at Woodbridge, running 16:05 to Flansburg's 16:24. The pack: Max Kerber (12), David Aldrich (10), Jason Burrows (10), Joe Pluff (10), Travis Teitsch (10), Joshua Teitsch (10). Kerber has been the team's fifth in early meets, has been the team's tith in early meets, but he could get a challenge from Aldrich and/or Burrows, who were late reporting to the team. Those two athletes have been involved in international paddling competitions, but have good running credentials as well. Aldrich last season was the team's third man at league. It's a deep squad.

Outlook: The training is at a high level, and this group of talented runners is highly motivated. Most of them put in highly motivated. Most of them put in terrific summers, so it's no surprise that they have started the year in high gear, looking better, in early meets, than opponents such as Vista, Poway, Valley Center and Helix, to name a few. Now, it is possible that the extensive off-season training will result in a flatter curve of improvement for the team, based on the principle that it is more likely for fast, fit runners to reach the point of diminishing returns. UC starts the season with a high ranking. If they eyentally drop a few. ranking. If they eventually drop a few spots, it will be more a case of some of ne other good teams finally arriving at the other good teams many arrows their level, rather than UC getting worse. But there is also the case to be made that this is still a young team, and that they could improve faster, say, than a senior-dominated team.

GIRLS:

Numbers: 22. Leaders: Jessie Ooms (11), Becky Bostwick (10). Last year, (11), Becky Bostwick (10). Last year, they were eerily similar on the track. Ooms ran 2:24 and 5:20, Bostwick ran 2:24 and 5:19. This was after a cross season where they usually ran two/three for the team. At Woodbridge, Ooms ran a quick 17:58 for the 3.0 miles, and Bostwick ran 18:44 in another race. The pack: Lidia de Carvalho (11), Lauren Jerd (11), Carolynn Crews (12), Karissa (11), Carolynn Crews (12), Karissa Teitsch (12), Ashley Juniper (9). de Carvalho, a 2:22 800 runner, has the ability to run up front with the leaders at times. Jerd, a 5:25 1600 runner, is a very solid number four right now. Crews ranges about 20 seconds behind Jerd in the fifth spot. Depth; Suzy Shimasaki (12), Christa Cascolan (10), Mollie Gabriel (10), Liz White (11), Lisa Hampton (9). There could be a breakthrough or two from among this

breakthrough or two trom among mis group.

Outlook: This program keeps building and building. There is an abundance of talent, and they are working hard, with lots of good results. They have raised the bar, in effect. A few of the county's best programs will be able to match up as the season progresses, but the Centurions will still be a favorite in CIF's Division III. Last year, they won with just 37 points, although it was more a case of out-dueling a good La Jolla team (second with 43 points), than of (second with 43 points), than of domination. This year, their main rival is likely to be Valley Center.

University of San

Diego
Division: Three. Coach: Dan
Geiger, assisted by Chris Rogers and Scott BOYS:

Numbers: 35. Leader: Mario Fierro Numbers: 35. Leader: Mario Fierro (12). He's a speedy (1:57) 800-runner finally adjusting to cross country. "He had a great summer," Geiger reported. He's looked good early, running 10:48 at the Bronco Invite. A fall took him out of Sundevil, but he should bounce back quickly. Bronco Invite. A fall took him out of Sundevil, but he should bounce back quickly. He's got the personality you like to have in a leader: unafraid, and ambitious. "He wants to do big things," Geiger admitted. Next: Brendan Cronin (11), John Zimmer (11). Cronin is a 4:34 1600 runner; Zimmer is a converted soccer player new to cross country. In early meets, they've been close. At Sundevil, Cronin ran 16:56; Zimmer ran 16:58. It's a solid two-three. The pack: Patrick Tatusko (11), Jimmy Gilbreath (12), Kevin Jamil (12), Carl Burkhard (11), Jon Benet (12). Gilbreath and Jamil put in same good mileage during the summer. At Sundevil, Tatusko (17:19), Jamil (17:36) and Burkhard (17:44) were the best of this group. Benet was among the team's best as a soph two years ago, concentrated on soccer last year, and now is back. It remains to be seen where he'll fit it. Depth: Mark Walkowicz (10), Pete Amara (12), Jason Matthews (9). One of these may move up. Waling: Michael Carini (12). He has a stress fracture that could keep him out until late season. He's count keep nam out until late season. He cross-training, in the meantime. If health Carini, a 4:33 and 10:10 track performer, might have teamed with Fierro as co-leaders.

as co-leaders.

Outlook: This team has been building up steam for the past couple of years. They are stronger than last year's group, and will be even better if Carini can get even close to his pre-injury level. They should be very competitive, even though the level of talent among the league's boys teams is uniformly high.

GIRLS:

Numbers: 15. Leaders: Anne-Marie Byrne (12), Molly O'Toole (9). It's a good one-two combination. Byrne is the good one-two combination. Byrne is the steady senior leader with years of experience, and 11:59 track credentials, and O'Toole is a fast freshman who gives the front of the pack some extra zip. Byrne ran 17:54 at Sundevil, taking 9th in the small schools senior race; while O'Toole was 7th in the frosh race at 18:22. A week earlier, it was O'Toole leading the team at Bronco, running 12:51 there. The pack: Kerry Kelly-Cochrane (12). Lauren Senescall (11). ing 9th in Cochrane (12), Lauren Senescall (11), Shayne McCoy (11), Caitlin Kearney (11). Kelly-Cochrange began adjusting from 400s during track, when she moved to the 800, with 2:21 results. Now, she't looking solid the season terminal tracks and the season terminal tracks and the season terminal tracks. she's looking solid at cross country distances. The junior group is solid. Kearney is a 12:10 3200 runner. Depth: Megan O'Toole (10), Morgan Feori (11). Feori was the team's fourth at the end of last season, but has taken time off to compete in kayaking.

Outlook: This team could stir things

up in the league. Byrne has worked hard, and shown some big gains, and O'Toole can go. The mid-pack area has good talent, depth and experience. They may not match up to UC, but they could be competitive with the rest of the league.

# **Imperial**

The fastest returners

The ten fastest returning runners from last year's league championship finals, at Calexico:

ship finals, at Calexico:
BOYS (3.0m):
1. 16:15 Robert Guieb, Cent
2. 16:15 Luis Zepeda, Ck
5. 16:50 Doug Fulp, SW
6. 16:51 Mike Padilla, Cent
8. 16:53 Sal Acevedo, SW
9. 16:53 Alfredo Campos, Br
10. 16:57 Garrett Bishop, SW
11. 16:58 Alfredo Contreras C

12. 16:58 Alfredo Contreras, Clx 17:14 Arturo Contreras, Br

GIRLS (3.0m):
1. 19:39 Claudia Dominguez, Br 19:48 Danitza Salceda, Bi Joana Garcia, Clx 20:23

20:33 Alicia Torres, Clx 20:42 20:54

Aina Torres, Clx Jennifer Cardenas, Br Meg Allen, Br Jennifer Mitchell, PV 20:58 10. 21:22

Monica Gamboa, SW Xiomara Fabela, Br 21:23 21:33

#### The teams:

Brawley

Division: Three, Coach: Jose

BOYS:
Numbers: 36, Leaders: In early
season, it was Alfredo Campos (12), who
led the way at Baron in 17:37 for 5K at
Rohr Park. Top returning runner is Arturo
Contreras (12), who was the team's
number two man at last yar's ClF meet.
The pack: Hector Martinez (12), Luis
Maldonado (12), Geraldo Contreras (11),
Jesus de Dios (9), Marcos Torres (12).
Martinez and Maldonado have worked
hard and have much improved. In fact,
they were the team's second and third

Please see page 15.

# **Imperial**

From previous page.

finishers at Baron. de Dios is an outstanding freshman prospect. Flores thinks he has a chance to push into the top three by season's end.

Outlook: Traditionally, according to the league's coaches, it is usually a showdown between Brawley and Calexico for the league title. It could be much the for the league title. It could be much the same this year, but with a challenge from Southwest and Central. Flores has a good amount of talent returning from a team that finished seventh in CIF's Division III last year. There seems to be plenty of depth, and a good newcomer or two. A definite league contender.
GIRLS:

Numbers: 26. Leader: Claudia Dominguez (10). As a frosh last year, she won the IVL individual title with a 19:39 for three miles. She looked sharp in early action, taking fifth in the small in early action, taking titth in the small schools race at the Baron Invite. Next: Meg Allen (11). She was 8th in league finals last year, and was the team's second finisher at Baron. The pack: Xiomera Fabela (11), Jennifer Cardenas (11), Natalia Cardenas (9), Danitza Salceda (11). Natalia Cardenas is the team's top freshman prospect; the others all return from last year's IVL champion team. Salceda, off to a slow start this year, was third in the league finals last year, and Jennifer Cardenas was seventh. Depth: Susan Flores (9), Laura Rubio (9). They are two more frosh looking to move

up.

Outlook: "We are stronger than last year," Flores said. "There is more competition for varsity spots." That's not good news for league rivals, who had their hands full with this team last year. Brawley was 4-0 in dual meets (which determine the league title) and then went 1-2-3-7-8 to dominate the IVL finals. Four out of that top five return, and the other spots could be upgraded. "This team was fourth in the CIF Division III team race last year, and should figure in things again.

#### Calexico

Division: Two. Coach: Jesus Rojas BOYS:

Numbers: 14. Leaders: Luis Zepeda (12), Mike Padilla (10). Zepeda had a great junior year. He was unbeaten in league meets until the IVL finals, when he was edged by Central's Robert Guieb. Padilla, who was a standout frosh last year, is actually ahead of Zepeda in early action, after he ran 16:43 in the soph race at Laguna Hills. The pack:

Alfredo Contreras (11) is also a bit ahead Alfredo Contreras (11) is also a bit ahead Airrea Conference (11) is also a bit anead of Zepeda early on. He ran 17:15 at Laguna Hills. Also look for Luis Cardenas (10), Frank Lara (12), Christian Paco (12), Eddie Garibaldi (10) and Joel Amaral (11). Almost all of those runners bring varsity experience.

Outlook: The team returns, almost intact, the same group that challenged for the IVL title last year. They were second in dual meets, and, if the IVL meet had been scored, they would have tied for first and lost on a tiebreaker. With just about everybody back, they are a logical favorite to win the league title this season, although they will get some challenges.

GIRLS:

GIRLS:

Numbers: 9. Leaders: Joana Garcia (12), Alma Ovando (12), Alicia Torres (12), Aina Torres (11). Garcia and the Torres sisters traded off the top three spots in meets last year. For instance, they were 4-5-6 in the IVL finals. Now, a much improved Ovando has joined the group. At Laguna Hills, the four of them finished in a range of 21:33 to 21:48, a span of only 0:15 seconds. Next: Julia Romero (11) ran 22:15 at Laguna Hills, making the spread of the top five at 0:42 seconds. Depth: Susan Zepeda (10), Ivana Zambrano (10). Both return from

Ivana Zambrano (10). Both return from last year's varsity.

Outlooks: If anyone can challenge Brawley for the girls title, this is the group. They have the makings of a classic pack team. If their top runners can break into the Brawley lead pack, then Calexico has a chance. Remember, in this league, it all



Luis Zepeda Calexico

comes down to dual meets.

#### Central Union (El Centro)

Division: Three, Coach: Bob

Numbers: 12. Leaders: Robert
Guieb (12), Hipolito Valdez (10). Guieb
is the defending league champ. He won
the IVL last year in a bit of an upset,
running 16:15 for 3.0 miles, and beating
highly regarded rivals. It was his first
year of cross country. Despite that,
Gaede reports that soph Valdez is in the top spot in very early season. Valdez was the team's number four runner at league and CIF finals, but is much improved. The pack: Alex Ybarra (9), Benny Scott (12), Ricardo Hernandez (11), Eduardo Santiago (9), Daniel Osuna (9), Emmanuel Capistrano (9). Gaede, who coaches at the feeder middle school for Central, is providing his own farm system. He expects at least two or more of the frosh to push up into his scoring

Outlook: There are some good building blocks. Guieb, in top form, can run with anybody in the league, and Valdez seems to be at a new level. The talent might be a bit thin, but that remains to be seen. If some of the youngsters are ready to contribute, this team could be competitive in the league.

GIRLS:

GIRLS:

Numbers: 6. Leader: Erica Camacho (9). She looked good in a pair of early (9). She looked good in a pair of early season invitationals. She was first in a Yuma invite, and then took second in an invite hosted by El Centro's Southwest that included many of the league's teams. The pack: Patricia Montiel (11), Sarah Godoy (10), Victoria Flores (10), Tiffany Granillo (9), Biana Lopez (12), Victorio Ortiz (10), Godoy was the team's first finisher in the IVI. final; most of the others are very new.

Outlook: Gaede is bringing in some good rookies on the girls team, too.
Camacho could be a building block. If Gaede can continue to add that kind of talent, this team could be on the way up.

#### <u>Holtville</u>

Division: Four. Coach: David Strong.
BOYS:

Numbers: 6. Leader: Edel Lopez (12). He was a football player last year, but he has fit right in this spot, opening up with a 17:42 on the Rohr Park 5K course at Baron. Next: Adrian Laros (11). He was the team's number two at the end of last year, running 19:11 at CIF. <u>The</u> <u>pack</u>: Freddie Castaneda (12), Louis Anderholt (11), Jacob Cerda (11), Luis
Pasillas (9). Anderholt returns from last
year's team. Castaneda is in his first
season of the sport.
Outlook: Lopez looks like a find, and
he should just continue to get better.



Claudia Dominguez Brawley



#### Doug Fulp Southwest, El Centro

Behind him, the numbers thin down very rapidly. The numbers are never great;
Hollville is not a big school. They are, in fact, a mid-range Division IV school, that will be competing mostly against Division III and Division II schools in the IVL. Last ear, they were in the Southern League, rith Julian and Mountain Empire.

GIRLS:

GIRLS:
Numbers: 7. Leader: Liz Robinson
(12). She is "coming back with a
vengeance," Strong said. "It's her senior
year, and she wants to pull it all together,
the academics and the athletics." She's in
better shape, which she showed by
running 14:30 at Baron (for 2.2 miles at
Rohr Park). Two-three: Racquel Hernandez (11), Elyse Verhofstadt (9). Since
Robinson will usually separate from the
pack early, these two will have the responsibility of leading the pack. The pack: Natalie Robinson (9), Martha Armenta (11), Sarah Strong (10), Valeria Martinez (10). The last three all are returners, and, Strong reports, all improved. Natalie is Liz Robinson's little

Outlook: Liz Robinson is a fine runner, but the team behind her is a bit thin to compete with the best squads in this league. This would be a competitive team in a league with schools of similar size.

#### Palo Verde Valley (Blythe)

Division: Four. Coach: Unknown

Outlook: It was a young team last

year. On paper, most of the talent returns, including last year's best runner, B. J. Swanner [11], who was I 8th of the league meet in 17:43, and who then ran 18:33 at CIF. Last year's number two runner in the league meet was Richard Armenta (11), who ran 10:21. If every-body is back, they will be impoved, but still up against a group of larger schools with thriving programs. h thriving programs GIRLS:

Outlook: They have a bright spot in Jennifer Mitchell (12), who has looked Jennifer Mitchell (12), who has looked good in some early meets. Mitchell was the team leader last year, when she was 10th in the league finals at 21:22 (for 3.0 miles). At CIF, she ran 19:02 and took third in the Division IV race. Marlo Barron (10) and Elisa Covarrubias (12) traded off the two-three spots down the stretch. Barron was 9th at CIF in 20:16; stretch. Barron was 9th at CIF in 20:10; Covarrubias was 10th in 20:43. At league, Covarrubias was 15th in 21:59, and Barron was 17th in 22:17. If those two are both back, the top of the roster

#### Southwest (El Centro)

Division: Three.

Numbers: 20. Leaders: Sal Acevedo Numbers: 20. Leaders: Sal Acevedo (12), Garrett Bishop (12), Doug Fulp (11). Acevedo was the team's fastest at Bronco (10:51), with the other two within 0:16 seconds. At league last year, Fulp was the team's fastest at fifth overall, in 16:50. Acevedo and Bishop were within 0:07 seconds of Fulp. Look for this group to trade off most of the year. The pack: Isaiah Obeso (10), Christian Picenu (9), Devon Hood (11). Obeso is a proven talent not that far behind the leaders. Picenu is new, but "has a lot of raw talent," according to Becker. He ran 1600 in 5:07 as an eighth-grader. Hood, a talent," accoding to Becker. He ran 1600 in 5:07 as an eighth-grader. Hood, a returner from lost year's varsity group, is an 800 runner in track. So far this year, he's been slowed by an injury. Depth: Damion Ellsworth (10), Kevin Vandergrift (11). Ellsworth is within 20 seconds of the pack, so he's solid.

Outlook: Southwest won the league title last year, with a 4-0 dual record: They also ran as good as any team in the league finals, putting four runners in the top ten there. Three of those four return, and there seems to be anough depth behind them. They'll put up a strong defense of their league crown.

GIRLS:
Numbers: 15. Leader: Monica

Numbers: 15. Leader: Monica Gamboa (10). She was the team's best as a frosh last year, finishing 11th in the league finals. She has speed; she ran 61.8 for 400 in track. Next: Monica 1.8 for 400 in track. Next: Monica Hernandez (12). She didn't run last year, but Becker thinks she can chollenge Gomboa for the top spot. The pack: Abril Diaz (12), Angela Villareal (11), Kady Oliver (11), Jessico Thompson (9), Melissa Aguirre (11), Leslie Correa (11). Thompson, the freshman, was the team's second fastest at Bronco, just 0:11 seconds behind Gamboa, ao she could be a factor. Diaz, Villareal, Oliver and Aguirre all return from last year's varsity, but Oliver is off to a slow start after having foot surgery and missing the track season. Outloak: The leam finished in the middle of the league last, behind Brawley and Calexico. With most of their team back, they should be competitive again.

## The Track Mag website

Our annual preview issue has so much information jammed into its 16 pages that we were unable to also include results of the early season invitationals.

We do have up-to-date meet results on our website, up to and including last week's South Bay Invitational.

The website: www.crowncity.com/sdtrackmag

## The season:

From page one.

Valley Leagues also have their share of highly regarded squads.

The big news in the city is the emergence of University City as a real power in both boys and girls; they are ranked second in the county in both.

In the east county, Helix and West Hills both still have strong programs across the board, but they'll get some challenges.

In the south, Chula Vista, Bonita Vista and Sweetwater still dominate things, but there are some new wrinkles there, as well.

Out in the Imperial Valley, usual powers Brawley and Calexico will share the spotlight with El Centro's Southwest.

There are some emerging programs.

Rancho Buena Vista's boys, for

instance, last week won the South Bay Invitational, beating teams from West Hills, Escondido, Valley Center, Fallbrook and Torrey Pines. RBV has a young roster; their first five runners included, in order, a frosh, a junior, a soph, another frosh, and another junior.

San Pasqual's girls won their race, but a strong-looking Bonita Vista squad was second, beating out Torrey Pines, Fallbrook, West Hills, RBV, Valley Center and Eastlake. Six of the county's top ten teams were at that meet.

A week earlier, most of the county's best teams gathered at Morley Field for the Mt. Carmel meet. The meet wasn't scored, but there were some smoking pencils at the scoreboard area as local coaches added up the fastest times for the better teams.

In the boys race, Mt. Carmel's fastest five were clearly the best local team, by 2:25. Next, were a



Sophia Marquez, Deanna Sick Chula Vista's Marquez won the large school girls senior race at the Mt. Carmel/Movin' Shoes Invite.

rebuilt Vista outfit, a Poway team with a young core, a veteran Chula Vista team, and a slow-starting

Valley Center team. The Jaguars began the season with Gus Polito on the injured list. The Palomar League, especially, seems loaded with talented soph and frosh boys. Almost every Palomar team has at least one young runner in a key position.

In the girls race, San Pasqual's team was 0:32 seconds in front of the pack. Next was a revitalized Rancho Bernardo team, a deep Torrey Pines squad, and emerging teams from El Camino and La Costa Canyon, ahead of a West Hills group that includes three sophs in their top five.

A number of frosh girls have already made an impact, including RB's Lindsay delaMontaign, LCC's Kiley Green, Carlsbad's Colleen O'Connell, Hilltop's Selina Munoz, Serra's Laura Adona, and a number of others.

The rest of the season should be

## SECRETS?

There <u>are</u> no secrets.

Train <u>hard</u>. Race <u>hard</u>.

And every once in a while, a new pair of <u>shoes</u>.

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