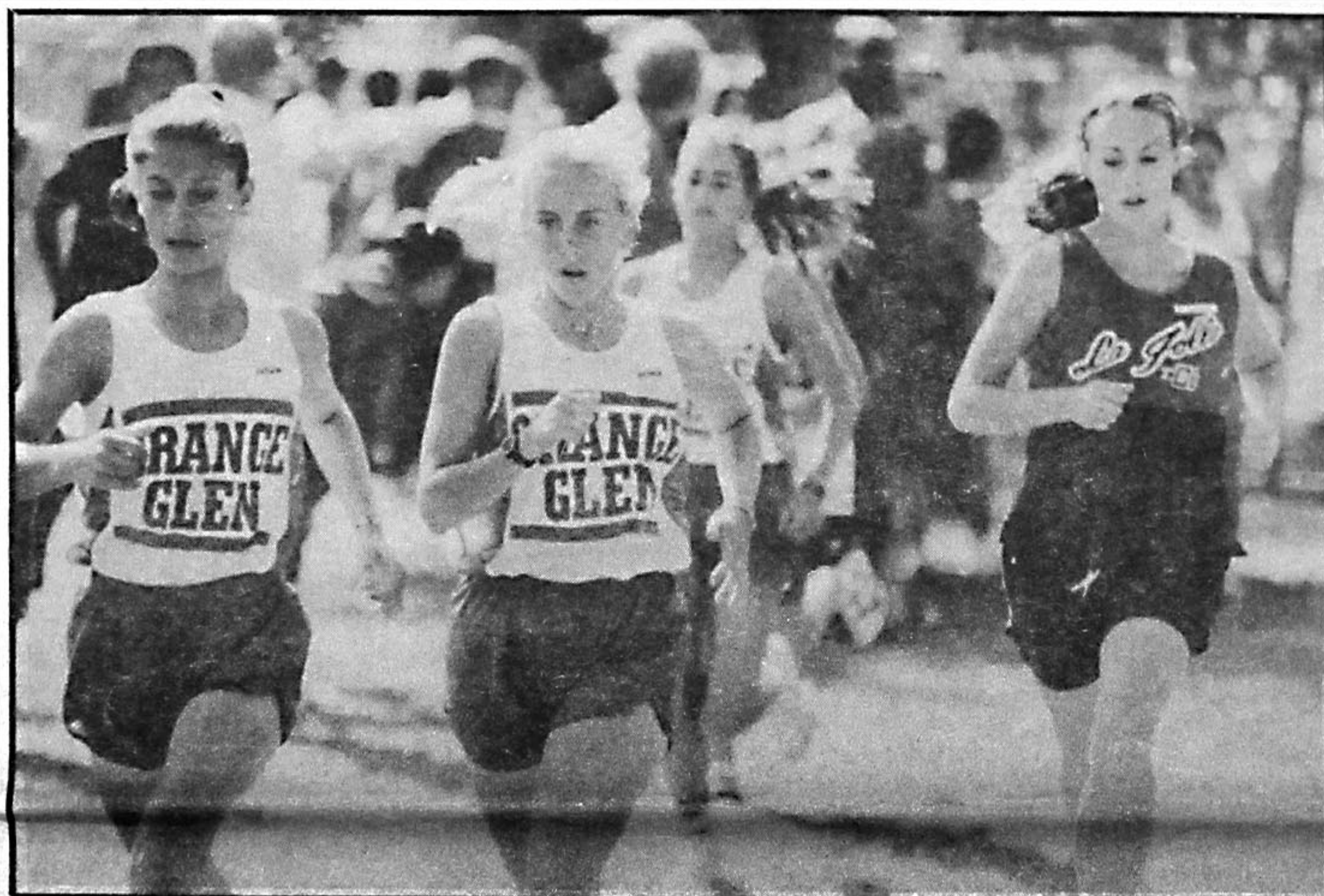


# T R A C K M A G A Z I N E

*Covering San Diego Section Cross Country and Track & Field*

VOLUME III, NUMBER 1: SEPTEMBER 27, 1996



**Lorena Jimenez and Katie Cottrell, Orange Glen, lead Shannon O'Connor, La Jolla, at Baron Invitational. It's a vintage year for excellent girls teams in the county, and the Patriots are right at the top of the list.**

## THE 1996 SEASON:

*Great girls teams, wide-open boys races in store this year*

The 1996 high school cross country season is young, but a number of trends are evident.

First, this is going to be an exceptional year for outstanding local girls teams. A number of local squads are poised to challenge for high placings and rankings at the state level. The local top ten rankings may have to expand to include all the quality teams.

Second, it seems to be a wide-open year for boys teams, in most league races, and in most CIF divisions. There are some favorites, of course, but things are a long way from being settled.

Third, the real strength of the local boys group is in the lower classes. There's a lot of great juniors, and sophomores.

Fourth, a lot of the strength of the county has shifted to the Grossmont League, which this year is right behind the Palomar League.

If a girls top ten ranking were published now, it could have to include Orange Glen at the top, and also include Scripps Ranch, West Hills, Vista, Fallbrook, Santana and Valhalla.

Teams that also deserve consideration are Escondido, Rancho Bernardo, Poway, Torrey Pines, Ramona, La Jolla, San Marcos, Grossmont, Granite Hills, Helix, Bonita Vista, and maybe even a few others.

A boys top ten would have Vista, Torrey Pines, Mt. Carmel, West Hills, El Capitan, Valhalla, Ramona and probably Rancho Buena Vista included somewhere. On the bubble would be squads such as Rancho Bernardo, St. Augustine, Granite Hills, and whichever teams prove to be the best in the Eastern and Metro Leagues.

Individual girls to watch include Heather Shurtleff (West Hills), Jaymie Harper (Santana), Lisa Bengston (Patrick Henry), Tricia Mattson (Fallbrook), Emily McFarland (Scripps Ranch), Sarah Wilkins (Rancho Bernardo), Sophia Hawker (Grossmont), Lanele Cox (Escondido), Jaclyn Nolan (Torrey Pines), Kelly Grimes (Scripps Ranch), Courtney Baird (University) and any of Orange

## The Top Forty

The top forty returning boys and girls from last year's CIF Championship Meet.

### BOYS:

#### 1 to 10:

- 16:05 Adrian Ramirez, Chula Vista, 12
- 16:27 Charley Hulsey, Torrey Pines, 12
- 16:33 Fernando Blanco, Rancho Buena Vista, 12
- 16:34 Steve Daynes, now at El Capitan, 12
- 16:36 Gonzalo Garcia, Vista, 12
- 16:37 Miguel Ramirez, Holtville, 11
- 16:37 Matt Galaviz, Rancho Bernardo, 12
- 16:40 Dustin Diaz, West Hills, 11
- 16:41 Ismael Pena, San Pasqual, 12
- 16:42 James Adams, Ramona, 12

#### 11 to 20:

- 16:46 Jake McNeely, Poway, 12
- 16:51 David Romero-Young, El Camino, 11
- 16:58 Adam Greene, St. Augustine, 11
- 17:01 Titus Chawech, Crawford, 12
- 17:03 Edgar Jimenez, San Diego, 12
- 17:04 Justin Marche, San Diego, 12
- 17:07 Nick Hamlin, Madison, 12
- 17:07 Sean Zanderson, Poway, 12
- 17:08 John Bates, El Capitan, 12
- 17:08 Cheyne Jones, Coronado, 12

#### 21 to 30:

- 17:10 Steven Meek, Escondido, 12
- 17:10 Mike Baskin, Mt. Carmel, 11
- 17:13 Scott Strachan, Poway, 11
- 17:14 Andrew Smith, Vista, 11
- 17:14 Jon Doroski, Valhalla, 11
- 17:17 Bert Romero, Mt. Carmel, 11
- 17:18 Sherwin Arce, Oceanside, 12
- 17:21 Ascarry Kocina, San Diego, 11
- 17:21 Andrew Boring, San Marcos, 10
- 17:23 Chris Nagao, West Hills, 12

#### 31 to 40:

- 17:23 Nick Rivera, Granite Hills, 11
- 17:24 Ezra Ash, San Pasqual, 12
- 17:25 Jorge Ramos, Ramona, 12
- 17:29 David Boland, El Capitan, 12
- 17:29 Baruch Vega, Sweetwater, 11
- 17:29 Jaimal Hornbacher, Rancho Buena Vista, 12
- 17:30 Jason Lopresti, now at Torrey Pines, 12
- 17:31 Donald Overland-McKay, West Hills, 11
- 17:32 David Hayes, Point Loma, 12
- 17:33 Reggie DePass, Montgomery, 12

### GIRLS:

#### 1 to 10:

- 15:09 Sarah Wilkins, Rancho Bernardo, 10
- 15:10 Courtney Baird, University, 10
- 15:16 Emily McFarland, Scripps Ranch, 10
- 15:20 Kristina Stasko, Scripps Ranch, 11
- 15:21 Jaymie Harper, Santana, 12
- 15:27 Tricia Mattson, Fallbrook, 12
- 15:29 Lanele Cox, Escondido, 10
- 15:29 Aida Garcia, now at Mount Miguel, 10
- 15:31 Cara Rumble, Orange Glen, 11
- 15:34 Kelly Grimes, Scripps Ranch, 11

#### 11 to 21:

- 15:34 Katie Cottrell, Orange Glen, 11
- 15:35 Meghann Phillips, Bonita Vista, 12
- 15:37 Lorena Jimenez, Orange Glen, 10
- 15:40 Andrea Clemons, Valhalla, 11
- 15:41 Shannon O'Connor, La Jolla, 12
- 16:01 Kendra Goffredo, Orange Glen, 11
- 16:05 Kim Pace, Santana, 10
- 16:06 Noelle Magana, Vista, 12
- 16:07 Jaclyn Nolan, Torrey Pines, 11
- 16:07 Elaine Lassen, Valhalla, 10
- 16:07 Kelley Halligan, Valhalla, 12

#### 22 to 30:

- 16:12 Brooke Schroeder, Vista, 11
- 16:13 Heather Christofk, San Marcos, 11
- 16:18 Laura Lawrence, Orange Glen, 12
- 16:18 Shawnele Cox, Escondido, 12
- 16:19 Alana Bochiechio, San Marcos, 10
- 16:19 Margie Broselle, Valhalla, 12
- 16:20 Sarah Shepherd, Ramona, 11
- 16:21 Sarah Chlonis, Valhalla, 10
- 16:22 Mary Blasius, Vista, 11

See page 2.

See page 3.



## 1996 Season: The trends...

From page 1.

Glen's top four (Kendra Goffredo, Lorena Jimenez, Katie Cottrell, Cara Rumble). The girls talent is deep.

Boys to watch include Miguel Ramirez (Holtville), Mike Baskin (Mt. Carmel), Fernando Blanco (RBV), James Adams (Ramona), Steve Daynes (now at El Capitan), Jason Finch (Granite Hills), Adrian Ramirez (Chula Vista), Dustin Diaz (West Hills), Reed Steele (Carlsbad), the Chandler twins (Serra), and the top runners at Rancho Bernardo, Mt. Carmel, Torrey Pines, Poway, Vista, Valhalla, and St. Augustine.

There are a lot of quality runners around the county that didn't make those lists. There may also be some surprising names that are now obscure but by November will be familiar.

It's probably too early to judge, but early returns seem to indicate that this year's girls frosh crop doesn't have as many instant impact runners as were in evidence last year. Most of last year's frosh are holding up well, and meets that have grade-level races are seeing some great soph confrontations. Best newcomer so far is Patrick Henry's Lisa Bengston, who fits right in with that great soph class.

The trend in the boys is to young, quality runners on a number of teams. Some of the top teams are loaded with sophs right at the top, and a few good teams even are counting on some quality frosh, a rarity on the boys side. Some of the better teams are a year or so away from their peak.

Good bets to place high at the state level are:

Girls: Orange Glen, Vista or Fallbrook in Division I. Scripps Ranch, West Hills, or Valhalla in Division II. Santana in Division III.

Boys: St. Augustine in Division IV. Possibly Holtville in Division V. A number of the good large school boys teams are a year away from their peak.

## TRACK MAGAZINE

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Possible individual poised to contend for a state title: Holtville's Miguel Ramirez. He was third in Division IV last year, and now will compete in Division V. He could find himself the favorite in Fresno this year.

For more on all of this and much, much more, please leaf through this special preview edition of TRACK MAGAZINE.

We have a short profile on each (and every!) school in the section that fields a cross country team. From Southwest to Fallbrook, from Borrego Springs to Point Loma, they are all in here.

The previews are arranged by alphabetical order within each league, and the leagues are also presented in alphabetical order, from the Avocado to the Western.

The information obtained was the best available at the time we talked to each coach. Since it took about three weeks to contact all of the schools, some of the interviews were held several weeks ago. In some instances, facts have changed and a bit of the info is out of date.

We apologize in advance for such things as spelling inaccuracies. Please tell your coach if your name is not correct. Also, the names that appear in results are often different than names that appear on rosters; sometimes the results are copied from a smeared, handwritten finish tag, or are sent to us by a third party.

Our publication schedule for the fall season:

Next issue: Friday, October 11. To be distributed by delivery and at the St. Augustine Invitational.

Third issue: Friday, October 25. To be distributed by delivery and at the Kit Carson Invitational.

## To subscribe...

Do you want to have TRACK MAGAZINE mailed to your home address? Or do you know an out-of-town friend who wants to follow the local track and cross country scenes?

It's easy. You can get 12 issues of the magazine sent via first class mail to the address of your choice, for a total cost of \$12. That includes six issues in the fall, and six in the spring.

If you just want to subscribe for a specific season, cross-country for instance, it will cost \$6 for a half-year. If you are only interested in getting the magazine until the end of this school year or fall season, the cost is \$11 for the final 11 issues of the school year, or \$5 for the final 5 issues of the fall season.

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NEXT ISSUE  
of  
TRACK  
MAGAZINE:  
October 11  
Distribution at the  
St. Augustine Invitational

Fourth issue: Friday, November 8. To be distributed by delivery and at some league finals meets.

Fifth issue: Friday, November 22. With coverage of all the league finals. To be distributed at the CIF Finals.

Sixth issue. Our season wrap-up issue will be printed on Friday, December 6. It will be distributed by delivery.

## News Briefs:

What's news:

### Track's off-season: 2 section records bettered

Two San Diego Section records were bettered, at least unofficially, by local athletes in summer track action.

University City's Vince Williams confirmed what many had suspected, that he was the best-ever in county history in the 200 meters, when he ran 20.99 in the National Scholastic Championships in North Carolina. Although the mark will not be recognized as an official section record, it will be listed as an all-time county best.

Poway's Kylene Nixon cleared 11-3 in the pole vault in a Junior Olympic meet held at Poway High. That's better than the 11-0 of Kristi Draher (Mira Mesa) in 1995. Nixon can make it official next season, when she returns for her senior year.

### Cross-country: 5 divisions, the good and the bad...

Coaches of teams in Divisions 3, 4, and 5 are awaiting clarification from the state level about the number of qualifiers that will be allowed the San Diego Section.

With the new 5 division set-up, the lower three divisions may only be able to send one boys and one girls team to Fresno.

According to the rules, competition must include ten full teams for a section to be allowed to send two teams to the state level. That rule has been ignored locally in Division IV for years, but now it may be enforced across the board.

What is now Division IV has only nine teams, and one of those is a boys-only school (St. Augustine).

What is now Division III has ten schools, but one of those (OLP) is an all-girls school. So they may be allowed to send two girls teams, but only one boys team. La Costa Canyon was originally placed into this division, but has been moved to Division I.

And what is now Division V has 13 schools that field cross country teams but a sizable number of those are not expected to field full teams at any point, let alone by the end of the year.

### Coaching changes...

New coaches this season:

Torrey Pines: Craig Balsley, boys.

Carlsbad: Tom Tarantino.

San Pasqual: Pat King.

Grossmont: Shannon Singer, girls.

Vista: Pete Brooks, boys.

San Marcos: Ginger Couvrette.

Patrick Henry: Pat Lery.

Mar Vista: Ben Holt, boys, and Katrina Csajkowski, girls.

La Jolla Country Day: Renee Milton.

Calvin Christian: Bill Stout.

Army Navy Academy: Patrick Dunn.

Christian: Chuck McIntire.



# 1996 Preview: Track Mag looks at each section team *Avocado:*

**NOTE:** Times listed in preview are from the 1995 CIF Championship Meet, unless designated otherwise.

## Carlsbad

**Division:** Two.

**Coach:** Tom Tarantino. Assisted by Joe Fogelstrom.

**Home course:** Calaveras Park, near campus (boys 3.0, girls 2.5 to 3.0).

**BOYS:** 15 runners.

**Best runner:** Reed Steele (11), a transfer from Michigan. Steele is a quality runner. He made an impact almost immediately, with a win at the Bronco meet, and then he raced well at Mt. Carmel, posting the ninth fastest time by a San Diego area runner. He's got that Midwestern cross country look to him and he'll bear watching as the season unfolds.

**Returning:** Chris McCann (12) 19:02; Gerardo Ibanez (12) 19:23. McCann has very good speed.

**New:** Colin Steele (9), Chad Francoise (9), Dave Schwartz (9), Joe Sheffer (9), Jose Perez (12), Oscar Gonzales (11). Colin Steele, younger brother of Reed, looked good at Mt. Carmel, running 17:04, and taking second in the Division II frosh race. Schwartz and Sheffer ran 18:54 and 18:59 in the same race. It's a very good frosh class.

**The outlook:** This could be a good team next year, if there is some continuity (that is, if school officials leave the coaching in place). Even this year, the team should be representative thanks to a quality number one runner. If the pack can be developed, the Lancers will be competitive. Watch this team late in the year. "We're way behind," assistant coach Fogelstrom said. "We had no summer camp, and the training was real sporadic."

**GIRLS:** 10 runners.

**Best runner:** Angie Van Dyke (11) 17:10. She's been held out of early meets with an injury, but she is almost ready to go. Last year, with little background and a late start, she moved right into the number two spot. She could develop. Off-season, she competes in triathlons.

**Returning:** Amanda Johnson (11) 17:21; Deanna Wright (11) 18:06; Eva Lund (11) 18:38; Destiny Stapleton (10). Of that group, Lund and Stapleton had the best summer training. In the Mt. Carmel meet, Lund had the fastest time of the Lancers (18:44), with Johnson (19:05) and Stapleton (19:10) not far back.

**New:** Becca Carnes (11), Amanda Solie (10), Adelle Deir, Renee Hasan (9).

**The outlook:** This could be a solid team, but they need a few things to go right. If Van Dyke continues to improve, if the pack gets solid, if one or two of the new runners can contribute, then Carlsbad could be a surprise team.

## El Camino

**Division:** Two.

**Coaches:** Jerry Young and Ellie Young.

**Home course:** Guajome Park (boys 3.16, girls 2.47).

**BOYS:** 12 runners.

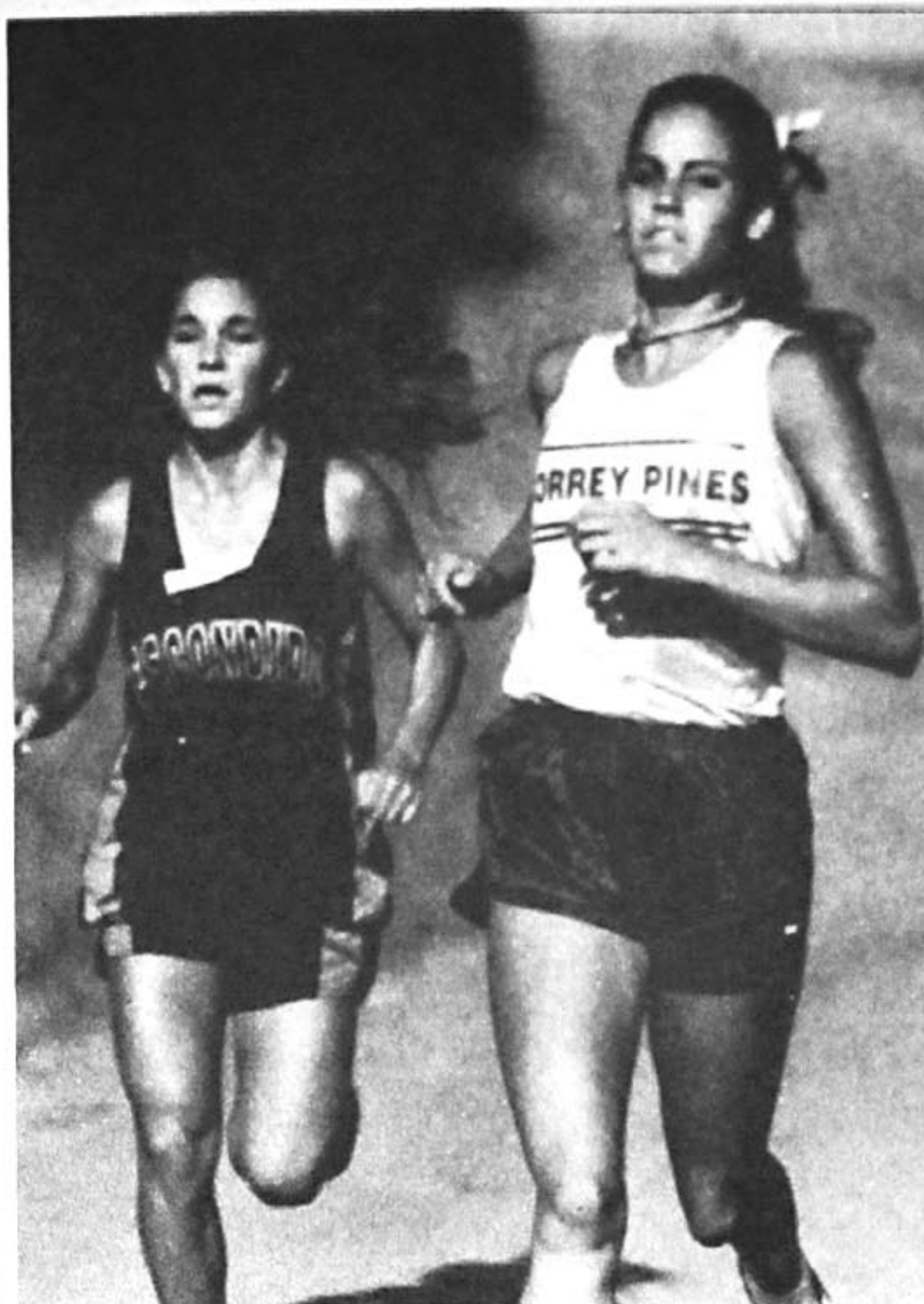
**Best runner:** David Romero-Young (11) 16:51. Romero-Young has been among the county's best at each grade level in his first two years in the sport. As a soph last year, he was 9th in Division II, and in track he ran 9:53 for the 3200, an excellent soph time. He should continue his development this year, after a "very, very good running summer." Coach Young said, "things look pretty good."

## The Top Forty

From page 1.

31 to 40:

- 16:30 Stephanie Kindreich, El Capitan, 12
- 16:31 Lea Hitt, Point Loma, 12
- 16:33 Angel Reed, El Camino, 12
- 16:37 Mindy Green, Fallbrook, 11
- 16:39 Gina Rennix, Orange Glen, 12
- 16:40 Tiffany Trayer, Rancho Buena Vista, 12
- 16:41 Jenny Bergen, University City, 11
- 16:42 Natalie Forsyth, Vista, 11
- 16:43 Kelly Kodadek, San Marcos, 10
- 16:43 Rosie Costello, Bonita Vista, 12



## Lanele Cox, Escondido, and Jaclyn Nolan, Torrey Pines

**Returning:** Jason Verostek (12) 19:21; Ramon Morales (11) 19:34; Dullani Waterman (12); Brian Perkins (10). Coach Young expects big improvement from Verostek.

**New:** Jorge Carmona (10).

**The outlook:** It's a small group at El Camino, but the coach's philosophy is to stress improvements by individuals. If his top runner improves much more, he's going to make a mark.

**GIRLS:** 7 runners.

**Best runner:** Angel Reed (12) 16:33. Reed has been a very good runner at the county level for three years, but is now involved in a number of activities that will take away training time. That includes such activities as honors classes, serving as a class officer, and involvement in the school's ASB. Still, she should be a presence.

**Returning:** Erin Glazer (11) 17:04; Kenya Pickett (10) 18:15; Ann Clawson (10) 21:56. Glazer is regarded by Young as "a strong, steady workhorse," who could develop into the team's leader. Pickett is a talented track athlete (400 in 60 as a frosh).

**New:** Stephanie St. Laurent (9), Patricia Pomare (9), Katie Downey (11). St. Laurent is "looking good," according to Young. "She needs a little maturity and base, and she could be a jewel." Downey is a converted basketball player giving the sport a try.

**The outlook:** The numbers work against the Wildcats on the girls team, too, especially when measuring them against teams such as Torrey Pines, San Pasqual and Ramona. But the runners that are there will give respectable accounts of themselves.

## Escondido

**Division:** Two.

**Coach:** Lonnie Morrow. Assisted by Jarid Meek, and Brady Clay.

**Home course:** Jesmond Dene Park (boys 3.1, girls 2.5).

**BOYS:** 15 runners.

**Best runner:** Steven Meek (12) 17:10. He's not a year-around runner; he plays basketball in the winter, and doesn't run track. But he's got talent, and is very effective in this sport.

**Returning:** Mike Miller (12) 17:50, Brandon Miller (12) 18:34, Dave Cordes (12) 20:17; Eric Moreno (11) 20:32. The Millers, who are twins, are "a year older, a year wiser, and are really hard workers," Morrow said. Cordes is "much improved. He worked real hard."

**New:** Frederico Filares (10), Joe Baumgartner (12). Filares, said Morrow, "looks like he has a lot of talent. He's unbelievably gifted." Baumgartner, a 2:05 800-meter man in track, is in his first year of cross country, but is a "real competitor."

**The outlook:** If the Cougars can shore up their pack, they could be competitive with most of the teams in the league. Some of the new additions will have to contribute to make it work.

**GIRLS:** 15 runners.

**Best runner:** Lanele Cox (10) 15:29. She has special talent. As a frosh, she was 4th in CIF Division II, but was injured in the spring (a soccer injury), and she missed the track season. She's back now, and, said Morrow, "I think she's ready. She's got a tremendous base. I really believe that Lanele is a potential league and CIF champ, as long as she stays healthy."

**Also very good:** Shawnele Cox (12) 16:18; and Marissa Leivas (10) 16:55. Shawnele is the older sister of Lanele, and is a very good runner on her own. Leivas was good at the end of the last cross country season, but came on in track and ran 12:01 for 3200. "She gets better and better," Morrow said.

**Returning:** Michelle Wagner (12) 17:46; Bonnie Kelley (11) 19:25; Sherry Geiman (12); Kim Kirby (11). Geiman ran the 800 in 2:35 in track, is looking to improve in this sport. Wagner was solid last year.

**New:** Lorraine Martinez (9) is this year's best frosh runner. She's only been out for one week, but has already made an impression on Morrow, who said that she has "an incredible attitude. She's tenacious, competitive and could be a big surprise. She has a lot of talent."

**The outlook:** "It seems every year, we have three top quality girls," Morrow said. "But we never seem to have a four and five." This year, there are some solid candidates for those spots, and Morrow is, "kind of excited about it." It might be near the end of the year before some of that talent proves out, so this is not a team to be judged too soon. Last year, they were fourth in CIF Division II, behind Scripps Ranch, Valhalla and Torrey Pines. It's not a real deep group, so health is a key issue for this team.

## La Costa Canyon

**Division:** One.

**Coach:** Matt Cunningham. Assisted by Laura Ricks.

**Home course:** On campus, near Stagecoach Park (boys 3.1+, girls 2.3).

**What's the deal?:** La Costa Canyon is a brand new campus, with most of the student body coming from San Dieguito High. There are two important differences. First, the student body is down in numbers from the San Dieguito days, although the enrollment is larger than expected. Second, freshmen are in attendance on campus, which they weren't at San Dieguito. In a sport in which years of development and continuity are keys to success, a full complement of frosh runners will be a big boost to the Mavericks.

**BOYS:** 18 runners.

**Best runner:** David Dennis (11) 18:09. Dennis had a good summer, and "he looks unbelievable," Cunningham said. He's got the number one position at present.

**Returning:** Carlos Rios (11) 18:21; Jiduh Bezares (11) 18:51; Misial Aguilar (12); Blake Dorsey (12). The top four are Dennis, Rios, Bezares and Aguilar. "They look very strong," Cunningham said. "But, I'm looking for a couple more runners."

**The outlook:** Of course, the biggest change at La Costa Canyon is their placement into the Avocado League. The Mavericks should be competitive with most of the teams in the league. In CIF, the school was originally placed into Division III, but the large enrollment has caused the CIF to make an adjustment and put La Costa Canyon into Division I.

**GIRLS:** 26 runners.

**Returning:** Jessica Bray (10) 17:25; Erin Colling (12) 18:52. Bray was a strong frosh runner last year, and has already returned from some injuries to run well early this season, with a 10th in the Soph Division II race at the Mt. Carmel Invite (she was the fourth local girl in the race). Colling, said Cunningham, "looks good, too."

**New:** Tori Gartrell (12), Laura Schaefer (12), Julia Corman (9), Sarah Goetz (9), Cara Payne (9). Cunningham is high on his frosh group. "All three of them are faster than any girl we had at this time last year," he said. Payne was 5th in the Mt. Carmel Division II frosh race (3rd local), and Goetz was 11th (7th local). Corman, according to Cunningham, has comparable talent. Frosh make the difference, especially on the girls side.

**Two who could help:** Last year's top runner was Krissy Wilhelm (16:21 at CIF), and last year's best track runner was Heather Mathe (a frosh who ran 2:22 for 800). Both are playing soccer, but Cunningham is hoping they'll agree to run for the team this year. If they are added to the mix, it could be a pretty good team.

**The outlook:** It's basically a young group, and much will depend on how the talent develops. If the frosh are as good as Cunningham thinks, they'll be fine. If Wilhelm and/or Mathe run for the Mavs, this team could be better yet. At this early point of the season, it's hard to tell what will happen with this team.

## Oceanside

**Division:** Three.

**Coaches:** Shannon Christ, boys; Shelby Watson, girls.

**Home course:** Guajome Park (boys 3.1, girls 2.5).

**BOYS:** 12 runners.

**Best runners:** Alvaro Quintanar (12) 18:20; Sherwin Arce (12) 17:18. Quintanar was the team's ace most of last year, but was ill at CIF time and ran a sub-par race. He ran the CIF course in 17:44 as a soph in '94. "He looks as strong as ever," Christ judged. The coach indicated that Arce is basically right behind Quintanar at this point, giving the team a strong pair right at the front.

**Returning:** Delfino Romero (12) 18:28, Jose Elena (12) 18:28. Team lost a key runner when third man George Martinez moved to Orange County. Romero and Elena were team's five and six at CIF last year. David Matias (12) ran for the team two years ago, and is now back on the squad. Cody Fine (12) has moved up from the JV team.

**New:** Victor Arango (10), Eugenio Arce (12). Arango is new to the sport, but, "shows promise," said

See page 4.



# 1996 Preview:

From page 3.

Christ. "He's very determined." Arce, no relation to Sherwin, is trying the sport for the first time, but looks, to Christ, like a "very strong runner."

**The outlook:** Last year, Oceanside had a young team that made some waves in the Avocado League and in CIF Division III. The core of that team returns, a year more experienced and a year faster. They realistically will have a hard time matching up with monster teams like Torrey Pines in the league, but they should be a good team. They could be dangerous in CIF, as well. A lot depends on how well some of the developing runners can blend into the top five. There's not much depth, so they'll have to stay healthy. "It's a fun group of kids," Christ said. "We have a lot of team chemistry."

**GIRLS:** 15 runners.

**Best runners:** Miriam Mendez (11) 17:34; Gloria Sanchez (10) 18:25; Leticia Matias (11). Mendez was a good runner last year for the Pirates and Sanchez was a respectable frosh. Matias only ran part of the season. All three return in better shape, healthy, and are working hard. The team hasn't had a meet yet, but Watson thinks the three are fairly close together.

**New:** Cathy Weter (11).

**The outlook:** Numbers and interest are up at Oceanside, which means the program is in good health. "It's what every coach wants to see," Watson said. "The girls work together as a group. It's amazing that they can be so connected as a team, especially taking into account their different age levels, grade levels and backgrounds. They support each other." This is a big step in the right direction for a school that only had five runners last year. "They have definite talent," Watson said. "Oceanside is back in the race!"

## Ramona

**Division:** Three.

**Coach:** Dave Wilson. Assisted by Jerry Reid, Linda Phillips and Linda Cunningham.

**Home course:** Oaks Park, in San Diego Country Estates (boys 3.1, girls 2.4). Includes a bit of everything, according to Wilson, including a hill, a creek, dirt, grass, pavement, and a trail.

**BOYS:** 32 runners.

**Best runner:** James Adams (12) 16:42. Adams was eighth in the CIF Division II race last year, and continued running well during track, with times of 1:57, 4:21 and 9:52, and he was the leadoff runner for the nation's fastest distance medley relay team. In his most recent race, at Mt. Carmel, Adams ran 15:39 for the 2.95-mile course, which was the fastest of any local runner in the meet.

**Returning:** Jorge Ramos (12) 17:25; Fernando Gonzalez (10) 17:34; Josh Stein (11) 17:40; Alvaro Reyes (11) 17:54; Tim Miller (12) 17:59; David Shofstall (12) 18:05; Bob Denny (12), George Escobar (12). Wilson has been touting this senior group for a few years, now, and now they are seniors. After Adams, the team leader, Ramos might be the best of the bunch. Miller, Shofstall, Denny and Escobar are all solid. Reyes, a junior, is pushing for the number two slot right now, and soph Gonzalez, who is off to a slow start, was one of the best frosh in the county last year.

**New:** Juan Rubalcava (12). This is his first year of cross country. In track last year, his first experience at running, he was the 800 man on the distance medley team that won at Arcadia. It might take most of the season for him to near his potential, but Wilson thinks he'll help out. Also, Kyle Phillips (10), who is much improved.

**The outlook:** This team is a little hard to read right now. On paper, the team has many strengths. But a lot of the key runners were unable to get a good summer of training for various reasons, and that means a slow start. This is not a team to judge by early meets. "We are quite a ways from being fit," Wilson said. "I know where we are right now. Nobody else does." In league, Ramona must contend with Torrey Pines, one of the county's best teams. In CIF, however, Ramona is now in Division III. They seem the class of that group at the local level. If some key runners get going, they could be a factor at the state level as well.

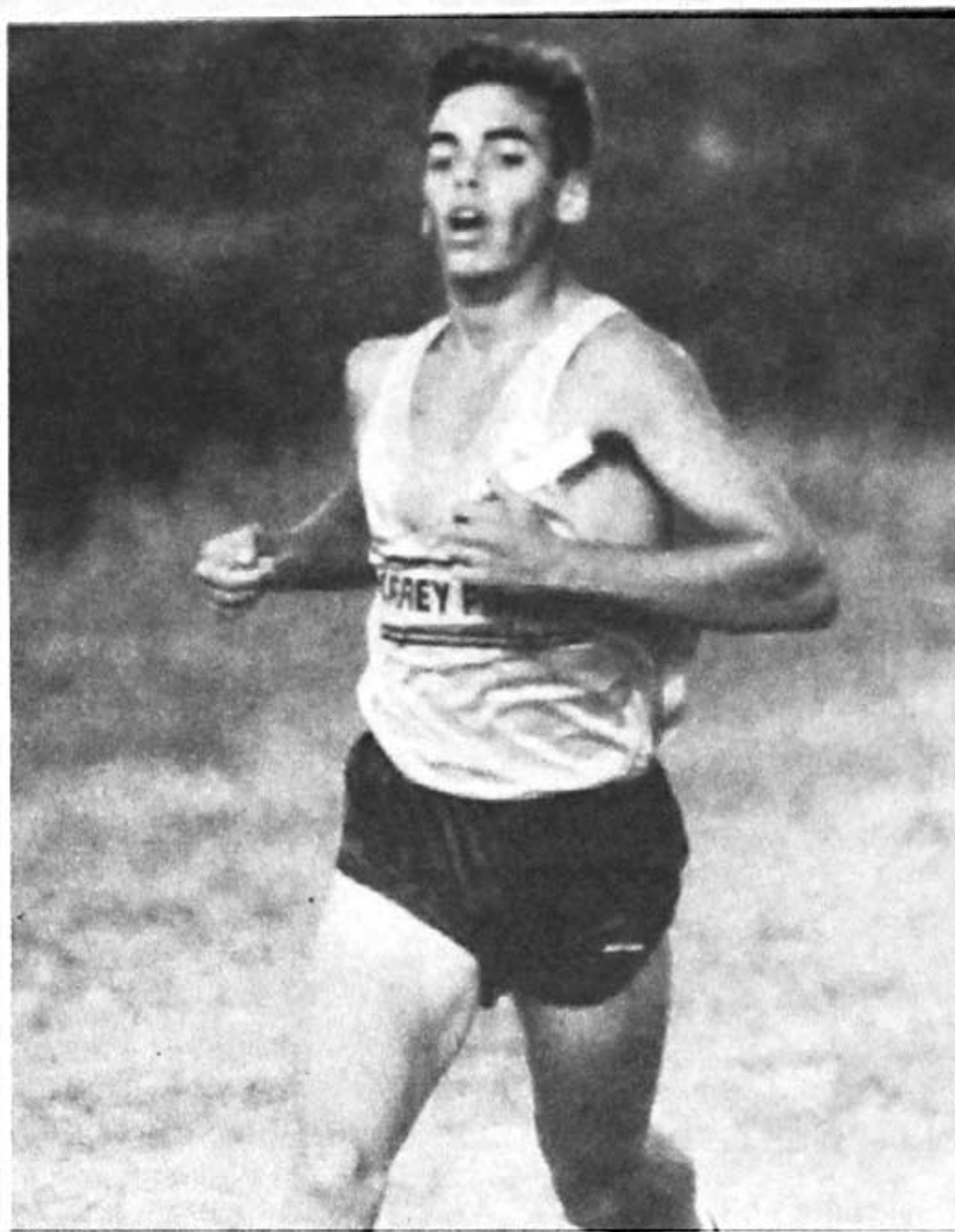
**GIRLS:** 30 runners. They could add 6 more.

**Best runner:** That's the key question here. Veronica Clark (12) is back and working hard. At various points in her sophomore and junior years, she was at the level of the best runners in the county. Suddenly, she lost her focus, and she was out of running at one time. If she can get her fitness and intensity back, she is a tough and talented runner.

**Returning:** Sarah Shepherd (11) 16:20; Jenny Roane (11) 17:10; Audrey Harrison (11) 17:34; Jessie Anderson (12) 17:36; Melissa Mitchell (11) 17:42; Ellen Rymer (12); Shonte Tarbell-Sellers (12); Kennie Kwok (10); Lauren Beresford (10). Shepherd was last year's number one runner at the end of the season. Roane is a 2:21 800-talent. Kwok, who spent most of her frosh season on the injury list, was the fastest Ramona girl in the Mt. Carmel Invite.

**New:** Jennifer Wilcoxson (9), Kirsten Spivey (9), Leslie Mitchell (9), Danielle Hennessey (10). Mitchell and Spivey were the fastest of this group at Mt. Carmel, taking 14th and 15th in the Division I frosh race.

**The outlook:** "The girls worked more than in past



## Jason Lopresti, Torrey Pines

years," Wilson said. "It will be an interesting year. The main thing is to keep them healthy." A back-to-form Clark obviously would have a big impact. Health is also key. If this team goes into the big meets ready to compete, they will be a factor. The Avocado League will not be won in September or October.

## San Pasqual

**Division:** Two.

**Coach:** Pat King. Assisted by Evelyn Kibbe. It's only been a matter of time until King got a head coaching job somewhere. Other area coaches know King as a knowledgeable coach who will get the best from his material. Lately, he's been an assistant at Rancho Bernardo. The San Pasqual job is a great opportunity for this Valhalla grad.

**Home course:** Kit Carson Park (3.1 boys; 2.5 girls).

**BOYS:** 36 runners.

**Best runners:** Ismael Pena (12) 16:41; Ezra Ash (12) 17:24. Pena was seventh in CIF Division II last year, but has been held back this year by a job conflict. "That means missed workouts, and that means no fitness," King said. Ash might be the team's number one until Pena gets back on track. King wasn't named as coach in time to get a summer training program on track, and it will take a while for the runners to catch up.

**Returning:** Jarod Holtz (12) 17:50; Kendall Richardson (10) 18:02; Kyle Combe (10) 18:09; Tad Crowe (12). Richardson has looked good early in grade level races, with a 16:58 in the Mt. Carmel Division I soph race last week. Combe ran 17:35 in the same race.

**New:** Adam Van Wart (10), who ran on the track team but is new to cross country. He ran 17:33 at Mt. Carmel. Also new is a crop of nine freshmen. Among the best of those are Joe Dupee (18:16 at Mt. Carmel), and J. C. Martinez (18:33 at Mt. Carmel).

**The outlook:** Continuity. King seems settled at San Pasqual, and the school has a chance to get back to top quality. It won't happen overnight, of course, but just give this guy a chance to scout, recruit, develop and train the talent and San Pasqual will be a force in the sport. If King can get his top runners on track, this year's team could be good. There seems to be a nice core of young talent already on hand. "We aren't real fit right now," King said. "But we have the ability to come on late."

**GIRLS:** 27 runners.

**Best runners:** Erin Berhman (12) 16:56, and Jane Brian (11) 16:56. Brian also added a 5:26 for the 1600 in track. Berhman has started off well, with a sixth place finish in the Mt. Carmel Division I senior girls race last week (she was the fourth local).

**Returning:** Serena Grippo (12) 17:55; Amber Trzinski (12) 19:03; Vanessa Myron (11) 19:15; Sara Sullivan (12) 19:27. Sullivan seems the most improved of this group, with a good race at Mt. Carmel last week.

**New:** Amber Smith (11), who played field hockey last year. King thinks she'll be in the top seven. Also, the team has a freshman crop of at least seven girls. Best of that group could be Natalie Turner, going by the Mt. Carmel results.

**The outlook:** Most of the team returns from last year, and you can look for some sharp improvement in a number of runners. "We can be competitive," King said. "We can be okay." At the very least, San Pasqual will be a darkhorse.

## Torrey Pines

**Division:** One.

**Coach:** Brent Thorne. Craig Balsley will coach the boys team, replacing Mick Gieskes, who is now at UCSD, as an assistant.

**Home course:** San Dieguito Park (boys 3.0, girls 2.25).

**BOYS:** 20 runners, expected to add a few more in first weeks of school.

**Best runners:** Charley Hulsey (12) 16:27; Jason Lopresti (12) 17:30; David Burke (12). Hulsey was third in the CIF Division II race last year (behind Abdusalam and McQuitty) and ran the 1600 in 4:20. So far this season, he's been struggling. Lopresti, who transferred from Carlsbad, ran track for the Falcons and clocked 2:00 and 4:33 times. He's continued his improvement this fall, and is now one of the top local runners. Burke ran the 800 in 1:58 in track, and has made big improvement in this sport, to the point where he is right behind Lopresti. At Mt. Carmel, Lopresti ran 15:47, and Burke ran 16:06. If Hulsey can return to form, Torrey's top three can match up with anybody in this section.

**Returning:** Wes Austin (11) 18:26. Austin was the seventh man on last year's senior-dominated CIF champs.

**New:** Noah Lidman (11), Alan Asbeck (11), Ian Feder (11), Steven Branson (10), Michael Breinling (10). Lidman came over from La Jolla Country Day and ran 16:35 at Mt. Carmel, so he'll be a big help. Branson ran 17:22 in the same meet and might be the front-runner for the fifth spot. Any of the others could also emerge as the season develops.

**The outlook:** Torrey Pines has moved up to Division I this year, and they'll be more than competitive. In fact, they seem to match up well with any team, although much will depend on how well their four-five runners develop between now and CIF. In the league, Ramona is prepared to offer a serious challenge.

**GIRLS:** 40 runners.

**Best runner:** Jaclyn Nolan (11) 16:07. Nolan has "gone through the roof," Thorne said. "She has emerged as our number one; she's accepting her place, and is really determined." The early results prove those statements true. For instance, at the Bronco meet, Nolan ran the course in 12:38, just one second off what Torrey's Devon Straitiff did on the same course in the same meet when she was a junior. Nolan was also in with a tough field in the Mt. Carmel Division I junior race last week, and she finished second to Orange Glen's Kendra Goffredo. She's in for a good year.

**Returning:** Jill Coad (11) 16:54; Bethany Bogart (11) 17:47; Becka Instone (11) 17:51; Kristin Roth (12), Kristin Branson (12). Most of this group has good track credentials. Branson is a 2:19 800-meter runner, and most of the rest are 400/800 types. Of course, the juniors can be remembered as part of a great freshman class that helped Torrey to a near state championship in 1994 (they missed by four points in the closest team race in state meet history). One missing ingredient is Danielle Valentino (who ran 15:42 last year). She is not out for the team. Coad is recovering from a stress fracture that caused her to miss the track season.

**New, or up from JV:** Laura Hilton (12), Torey Connor (11), Emily Young (11), Kathy Read (10), and a good group of frosh. Hilton, said Thorne, is "getting it together." Young showed up for track last year and ran a 2:24 for 800. Read has not run cross country before, but had a "good summer of running." The freshman group, which Thorne thinks is "almost as good," as the 1994 bunch, includes Brenna Mullen, Jen Morris, Emily Butler, Samantha Lankford, Monica Vasquez and "four others who are running great." Lankford ran the best of this group at Mt. Carmel, taking sixth in the frosh race.

**The outlook:** "The girls had their best summer ever," Thorne said. "The whole attitude is better." Without Straitiff and Valentino, and with the inclusion of a large number of new runners, there seems to be a bit of an upheaval in progress. You can count on Nolan to be up at the top, but after that, "You might see some strange things out of us," Thorne said. In early meets, the Torrey girls seem to be still finding their way. There is way too much talent here, it seems, for this team not to end up the year as a strong group. But the county is overloaded with great girls teams this year. Where the Falcons will fit in remains to be seen.

## Eastern:

**NOTE:** Times listed in preview are from the 1995 CIF Championship Meet, unless designated otherwise.

**Home courses:** All Eastern League teams run home meets at Morley Field. Distances are approximately 3.0 for boys, 2.x for girls.

## Patrick Henry

**Division:** Two.

**Coach:** Pat Lery. Assisted by Phil Lery.

**BOYS:** 33 runners.

**Returning:** Jose Muniz (12) 18:03; Mark Marshall (10) 18:57; Randall Clark (12) 19:50; Allen Lapinsky (12). Lery names Muniz as her probable team leader at the moment. "He ran quite extensively in the off-season, and he has very high expectations for himself," she said. Marshall could be the number two runner, and Clark and Lapinsky should be in the top seven.

**New:** Mohammed Mussa (9), Beshir Ali (10), Javier Betancourt (9), Michael Hilton (10), J. E. Webster (9), Brian Philbin (9). This young bunch will make an impact. Mussa, Ali and Betancourt all are expected to run in the team's top five. A number of these runners placed well in their grade level races at the Mt. Carmel Invite, so the basic talent is there.

**The outlook:** It's a rebuilding year, and a year of

See page 5.



# 1996 Preview:

From page 4.

adjustment to a new coach. But that is not all bad news for the Patriots. A number of the youngsters have already shown that they can compete. If the talent continues to develop, Henry could be competitive.

**What's different:** Patrick Henry was only this year reconfigured to bring in freshmen to the campus, making it one of the last schools in the county to become a four-year high school. Until now, it was difficult to get freshmen involved in sports, particularly in a sport like cross country. Now, the frosh are on campus and signing up.

**GIRLS:** 14 runners.

**Best runner:** Without a doubt, it's Lisa Bengston (10), who is the best new runner on the San Diego scene this year. Where was she last year? At a junior high, and playing club soccer. In her first race, she finished second to Heather Shurtleff at the Wolfpack meet, but beat Courtney Baird. At Mt. Carmel, she handily won her grade-level race (beating Lorena Jimenez), and she ran what probably was the fastest time of the day by a local. Oh, and she did that after playing in an early-morning club soccer game. "She's just a natural talent," Lery said. "I'm glad she's running."

**Returning:** Chavva Fionda (11) 18:48; Claudia Ornelas (12) 18:54; Sarah Zitsman (10) 20:34; Michele Ambler (12) 21:33; Andrea Rogoff (10) 22:38; Cassie Santos (12); Jessica Webster (12). Lery is counting on this group of veterans to form the pack behind Bengston. Fionda, now nursing injuries, might be the number two, and Ornelas is probably the number three.

**New:** Cassandra Liss (9), Rachel Goodwin (10), Angie Fitzpatrick (9), Alison Aguirre (9), Ashley King (9). Now that ninth-graders are on campus, a flock of them are turning up on the cross country roster. Only good can come from that. Some of these names will make their way up the depth chart as the season progresses.

**The outlook:** This could be a turning-point in Patriot girls cross country. Bengston is a terrific young talent, and now the program can boast of a number of frosh/soph talents, which are always a key to good girls programs. It might take a year, but this team could very quickly develop into an Eastern League contender. Bengston is already there.

## Kearny

**Coach:** Sam Sample.

**BOYS:** 10 runners.

**Returning:** Erik Neelson (11) 19:11; Eyasu Weld-egiorgis (10). Sample expects this pair to contend for the top spot on the team. Neelson has shown good potential the past two seasons and has put together a good summer of training, while Weldegiorgis is still a developing runner with possibilities.

**Also returning:** Edgar Torres (10), Chris Adams (12). Torres, according to Sample, has trained well in the off-season. Adams, says Sample, has "decent talent."

**New:** Tim Dunn (11), Dung Ho (12), Sean DeFreitas (12).

**The outlook:** It never happens overnight, but Kearny is improving under Sample. Team should be a bit stronger at the top, and more solid in the middle, but their overall numbers are working against them.

**GIRLS:** 8 runners.

**Best runner:** Christine Basic (12) 18:05, who is a multi-sport athlete.

**Returning:** Aumbirh Jones (10) 21:15; Michelle Kurtz (10).

**New:** Paige Gulck (10), Elizabeth Johnson (10).

**The outlook:** Improving. Sample at least has a full team on the field, not always the case in the past, and it's a young group, as all but one are sophs.

## Mira Mesa

**Division:** Two.

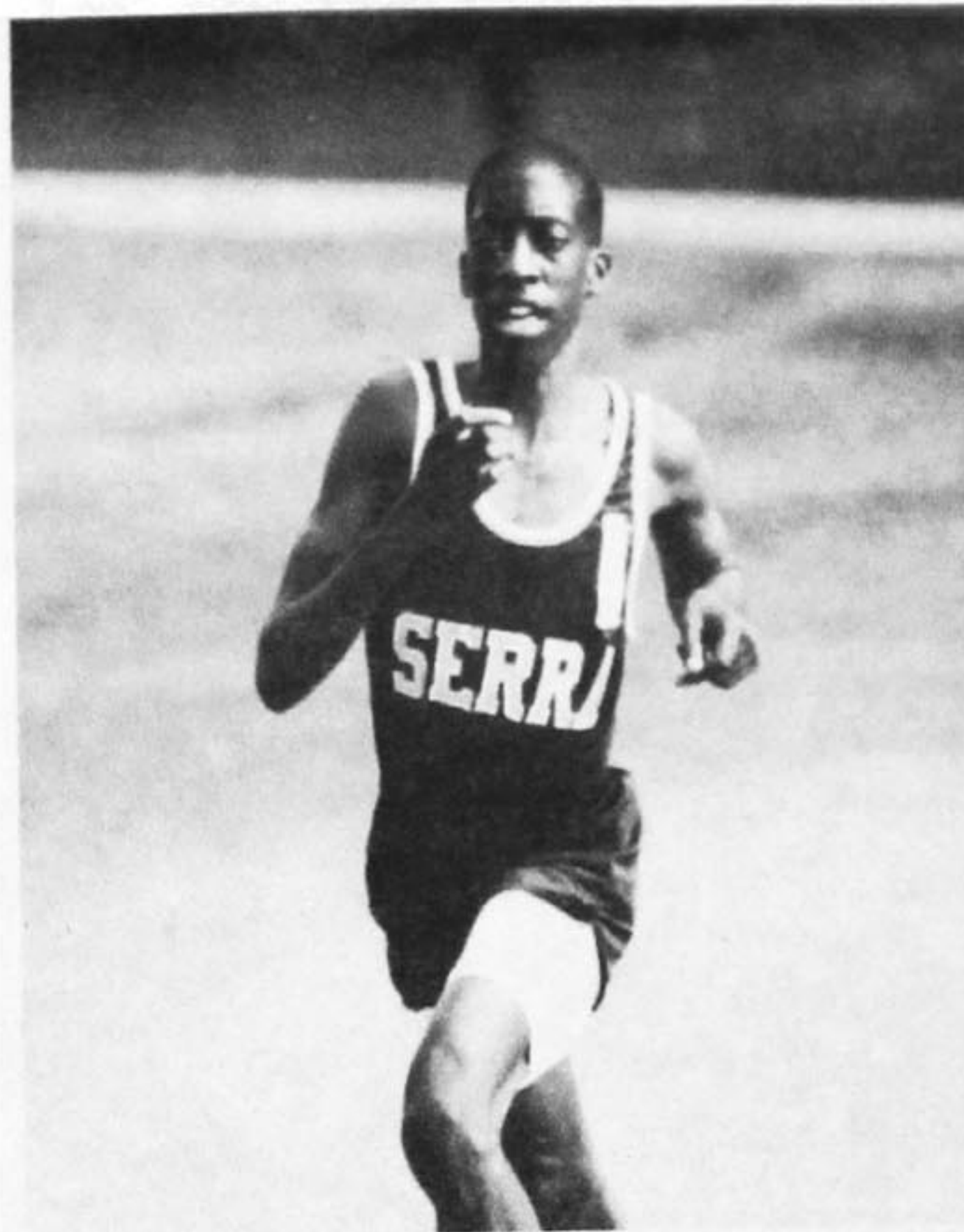
**Coach:** Dennis Lottermoser. Assisted by Mark Dvorkin. Phil Grooms acts as trainer.

**BOYS:** 24 runners.

**Returning:** Hong Castejon (11) 18:06; Carlito "Pablo" Cantil (12) 18:09; Brandon Dean (12) 18:33; Archie Candelaria (10) 18:52; Thomas Jodoin (10). Castejon ran the 800 in 1:58 during track, an excellent soph time. Tony Harris (12), who ran CIF in 17:18 as a soph in '94, missed last season with injuries, and could return. He's mixing every-other-day running with pool workouts. The top pack right now includes Castejon, Cantil, Dean and Jodoin, all of whom "ran pretty well during the summer," according to Lottermoser. The number one spot will probably be traded off frequently by those runners.

**Up from the JV:** Aaron Snead (11), B. J. Comins (11), Dan Murphyn (10), Matt Patino (10). This group, along with Candelaria, will be counted on to shore up the pack.

**The outlook:** It's a wide-open league, and Mira Mesa has as good a shot as anybody. The teams are "all tightly packed," said Lottermoser. That top group of four are running together pretty solidly. If Harris can make any kind of contribution (he was the team's number two man behind Larry Henderson as a soph), then this team will be very good. They'll need to keep their pack tight to compete with San Diego and Point Loma. So far, so good.



Marice Chandler, Serra

**The training:** Assistant coach Mark Dvorkin is getting results "with the kids doing about half the mileage," Lottermoser said. "They do lots of plyometrics, circuit training, a lot of speed work, and about half of the distance work." It's a big change for Lottermoser, who was (and still is) an advocate of high mileage.

**GIRLS:** 22 runners.

**Best runner:** Tiffany Fox (10) 17:15. Fox was the team's number three runner as a frosh, right behind the Grooms twins, and she continued to improve in track, taking second in the Eastern League 1600.

**Returning:** Marissa Stark (10) 17:44; Melinda Gray (12) 19:07; Brittany Dean (10). Stark has been slowed by shin splints. Dean and Gray are running three and four right now.

**New:** Rashonda Dinkins (11) is new to cross country, but has run track. She's already the team's number two. The team also has a good frosh crop, including Kristian Earhart (9), Erin Briggs (9), and Robin Owen (9). "All three have the potential to do very well," Lottermoser said.

**The outlook:** It's a new group of kids, but the team has "good potential," Lottermoser said. "This team has the best attitude they've had for a number of years." Give this group the better part of the season and then check them out. This team seems to be the type that will improve dramatically in the last month. That would be soon enough for the Marauders to be in contention.

## Morse

**Division:** One.

**Coaches:** Tony Griswold, boys; Gary MacDonald, girls.

**BOYS:** xx runners.

**Best runners:** Ben Pinson (11); Terry Hanley (11) 19:12; Draper Rivers (12) 20:04; Pascual Benitez (12) 20:08; Juan Carlos Mireles (11) 20:43; James Klepper (10). Pinson ran the 800 meters in 2:00 last spring, might be an effective runner at the longer distance. Some of the others (such as Rivers) are participating to build a conditioning base for Morse's always-powerful track team. Those who saw Ray Carter, the 400-meter blazer, running in the 18:00s last year, will testify that some of the tracksters will be at least respectable.

**The outlook:** "We have a tough time getting kids into cross country," Griswold acknowledged. That may be so, but the emphasis for the cross country program at Morse is more about base work for off-season track athletes than anything else. To state it another way, if you want to fairly judge the Morse cross country program, check out the track and field results.

**GIRLS:** xx runners.

**Best runner:** Tracy Cruz (11) 17:28. Cruz is a multi-sport athlete, who may divide time between soccer and cross country. She might miss most of the Saturday meets, but she's a talent, with a 2:22 for 800 last spring.

**Returning:** Marie Manlapaz (11) 17:41; Jessica Nitzel (12) 19:31; Kaila Moyer (11) 20:32. Manlapaz is battling tendinitis. Moyer "had a real good summer," and is much improved, running first for the Tigers at Vaquero.

**Off-season track:** Working on their endurance are Tiger sprinters DeCola Groce (10), Eureka Thompson (10), Starla Henderson (10) and possibly Ryneshia Rankin (12). Lana Garner showed over the course of her career how valuable that background work can be. Garner also ran very effectively on many occasions.

**New:** Melissa Nguyen (10), Arlene Doria (11).

**The outlook:** Not many noticed, but the Tigers were third in the league in dual meet results last year, with Garner and Cruz heading up the team. This year's edition could have similar potential, but much depends on how often Cruz, one of the league's best, can race.

## Point Loma

**Division:** Two.

**Coaches:** Jim McCarthy, boys; Rob Barnett, girls. Assisted by Steve Markland.

**BOYS:** 32 runners.

**Returning:** David Hayes (12) 17:32; John Bradshaw (12) 17:48; Mark Savel (12) 18:12; Tom Gibbings (11) 18:18; Tom Antl (10) 18:37. Hayes was last year's team leader in many meets, and ran 4:30 for 1600 in track.

**Also,** Peter Kleinsasser (12), Matt Ooi (11), Justin Markland (11), Graham Aitkenhead (11), Marty Conterez (12), Naithen Schirmer (12). Kleinsasser, expected to be among the team's leaders last year, missed most of the season with an injury. Schirmer ran as a frosh, but moved, and has now returned. McCarthy's top three right now includes Hayes, Schirmer and Kleinsasser.

**New:** Jeff McKnight (9).

**The off-season:** McCarthy, who has his own summer training camp, was happy. "We got everybody to train this summer," he reported.

**McCarthy is high on:** His junior group, which includes Markland, Gibbings, Ooi and Aitkenhead.

**The outlook:** If usually boils down to the Pointers and San Diego, but there are more teams in the mix this year. Point Loma seems well stocked and well prepared. Other league coaches talk about their ability to pack it in. "It's a pretty solid bunch," McCarthy said. "I'm pretty excited about the season."

**GIRLS:** 23 runners.

**Best runner:** Probably is Lea Hitt (12) 16:31. At the end of last season, Hitt was the most consistent of the Pointers.

**Returning:** Olivia Tellez (11) 17:11; Elizabeth Gonzalez (11) 17:43; Julie Bradshaw (11) 18:06; Windy Fernandez (10) 18:06; Belinda Olvera (10). Tellez was one of the team's best runners in early season last year; while Olvera was the first finisher in the team's first dual this year. Barnett expects the top spot to rotate among as many as five athletes. "It's real tight," he said. "They might go back and forth."

**New:** Esther Rojas (11), Elizabeth Symanski (12), Sandra Wetterer (10), Micah Myrmo (9). Rojas came out late, but shows promise; Symanski was held back last year from stress fractures and asthma; Wetterer has come from Francis Parker; Myrmo is an all-around athlete.

**The outlook:** The balance of the top five is a major plus, although Barnett wouldn't mind if one or two of those girls made a major breakthrough. It usually comes down to Mira Mesa and Point Loma, both in duals and at the championships. If the Pointers can hold together, they should have the edge this year.

## San Diego

**Division:** One.

**Coach:** Ed Ramos.

**BOYS:** 17 runners.

**Returning:** Edgar Jimenez (12) 17:03; Justin Marche (12) 17:04; Ascary Kocina (11) 17:21; Osvaldo Cruz (11) 17:43; Alex Kocina (10). Ramos returns a decent pack from his league champion team, but off-season training is a difficult proposition here, as many of the athletes have work conflicts. One who made a major improvement during track season was Cruz, who ran 4:31 and 9:57, excellent soph times. "He's been really quiet this year," Ramos reported. "It seems like he is more serious." Ramos' team had not had a meet in the early weeks of the season, and it was impossible to tell which of the runners are potential leaders at this point.

**New:** Juan Chavez (12), Elliott King (11) 19:00. Chavez, according to Ramos, will be "a lot more improved." King came over from Morse, where he was among the better runners on that team.

**The outlook:** "It's a very small squad," Ramos said. But there is a core of talent and experience, which should put the Cavers in the thick of things in this league. The main loss from last year is Gabe Murillo, but San Diego has their next three runners back, plus Cruz, who came on strong in track. That's probably as much talent as anybody in the league has right at the top of the roster. You won't hear much about this team because they like out-of-town invitationals, and it is Ramos' nature to low-key things.

**The meet of the year:** In the Eastern League, it could be a three-way meet between the Cavers, Serra and Point Loma at Morley Field late in the season.

**GIRLS:** 7 runners.

**Returning:** Amanda Culverson (12) 20:44; Shannon Gantz (12).

**New:** Nadia Aguilar (12), Christina Escamilla (12), Ashley Konopacky (11), Semret Tefay (11). A number of the girls on the team play soccer and will only be able to attend mid-week meets. Two who are specializing in running (and who Ramos expects to do well) are Aguilar and Tefay.

**The outlook:** The numbers are small, there is little experience, and the soccer players will miss some of the meets. Still, there is some good talent and some all-around athleticism. In duals, at least, the Cavers will probably be competitive against most of the league.

## Serra

**Division:** Three.

**Coaches:** Jim Richards, boys; Pat Trotter, girls.

**BOYS:** 30 runners.

See page 6.



# 1996 Preview:

From page 5.

**Best runners:** Marice Chandler (10) and Marcus Chandler (10), known at Serra and around the county as "the twins." They first showed up in track last year, where Marcus ran 4:30 and 9:41 distances times, and Marice was right behind with a 9:43 for 3200; all of which are excellent frosh times. They are now running cross country for the first time, and off to a good start. Their times at the Vaquero Stampede, for example, were comparable to times Larry Henderson and David McQuitty ran as sophs. Serra has the ability to possibly go one-two on any team in the league, and that makes the Conquistadors a team to be reckoned with.

**Returning:** Wayne Tyler (12) 18:40; Alvin Rodelas (12) 19:35; Dru Imrie (10) 20:01; Chris McNurlan (12) 21:11; Luis Eternod (11). Tyler also ran the 800 in 2:00.4 during track. With the guaranteed quality up front, the three-spot on down determines how far this team will go. Tyler is a good candidate for the third position, as "he seems to be more relaxed," Richards said. "He can feed off the twins." Imrie, who has already run a 17:30 at Morley this year, is a much improved soph, who is "just starting to get focused." Richards said, "We have a real solid top four. We just need to find a fifth."

**New:** Gerry Stevens (9), Chris Smiley (9), Scott Rogers (9). These three frosh, according to Richards, are in the mix for the five-six-seven spots that are vital to Serra's success. Those three will compete with McNurlan, Rodelas and Eternod to fill out the varsity. "It's a matter of who wants it," Richards said. "It's who decides to put in the work, and the guys understand that."

**The outlook:** If Richards can fill out his hand, Serra will be a pretty good team. The best case scenario has the team as one of the best in the Eastern League, and a strong contender in Division III at CIF. The team has the whole season to develop the bottom of their pack. It will also be fun to watch the twins learn the ropes in their first cross country season.

**GIRLS:** 25 girls.

**Returning:** Danielle Magante (10) 17:28; Annie Adams (10) 18:36; Erin Beck (11) 18:59; April Stevens (11) 20:45. Beck is running the best of this group right now, and was the first team finisher at one meet. "She is running excellent," Trotter said. Magante, last year's best runner, is not far back. Adams has been slowed by a fractured arm.

**New:** Stephanie Hedeline (10), Kjrsten Bevins (grade?), Melissa Wiseman (10), Brigitte Berry (11), Maryann Berry (10), Kristen Ogdon (9), Stefanie Spindler (9). Bevins is a transfer from Virginia, who has been the fastest runner for Serra a few meets so far. Hedeline ran track last year (2:31 for 800 meters), and has also taken her place in the top four. The Berry sisters are hurdlers, who are "real steady, hard workers," according to Trotter. The two frosh, Ogdon and Spindler, could be ready to contribute by the end of the year.

**The outlook:** Trotter likes his top four: Bevins, Beck, Hedeline and Magante. "We need a fifth," he said. There seems to be a number of viable candidates on the team, but it might take a few weeks. "We should do OK in the Eastern League," Trotter said.

## Grossmont North:

**NOTE:** Times listed in preview are from the 1995 CIF Championship Meet, unless designated otherwise.

### El Cajon Valley

**Division:** Two.

**Coach:** Tony Lee. Assisted by Carlton Hoggard.

**Home course:** Griffen Park (boys 3.1, girls 2.5).

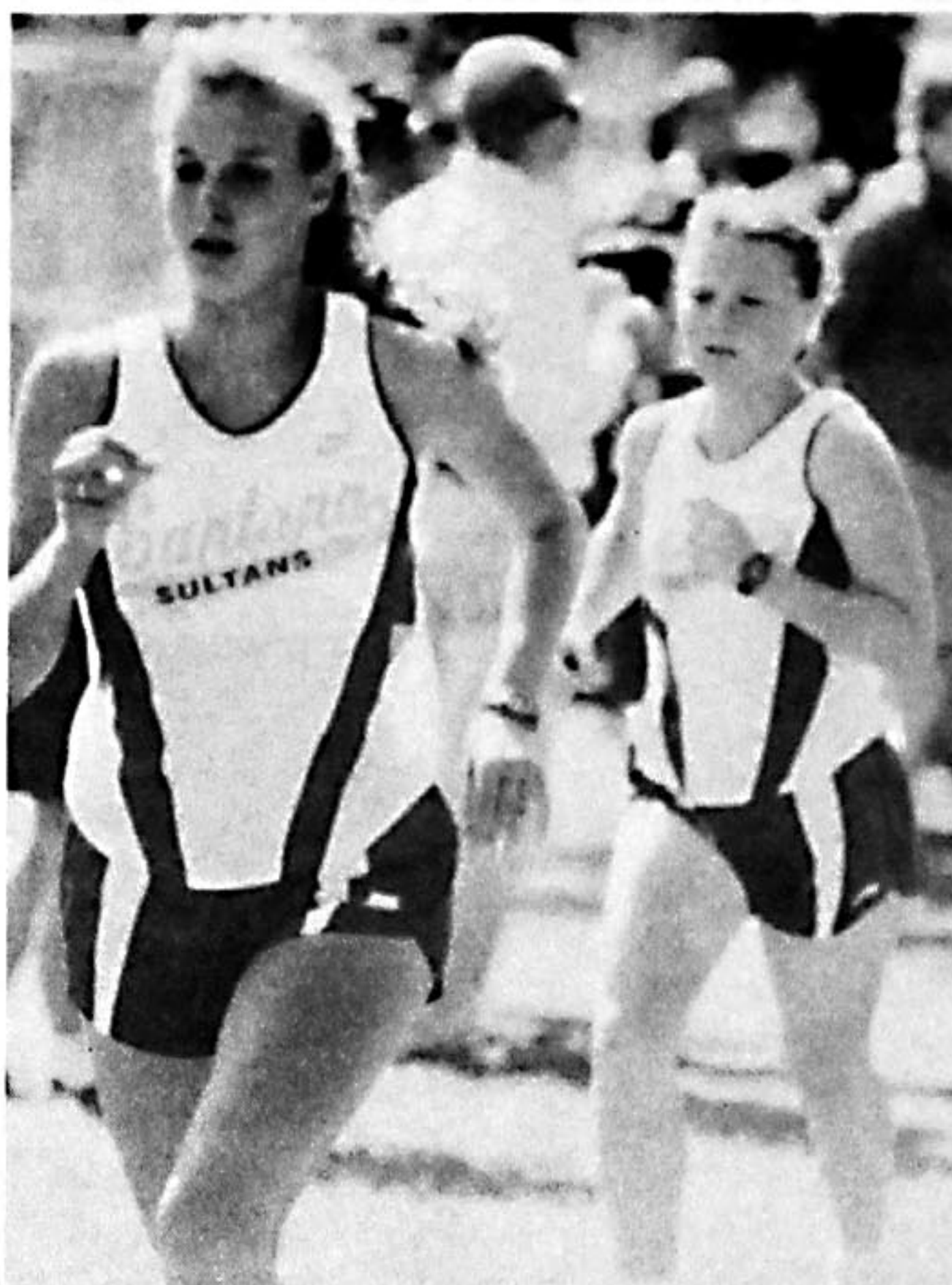
**BOYS:** 8 runners.

**Returning:** Luis Agundez (11) 20:11; Edmundo Trejo (11) 21:07. Agundez is expected to be one of the team's top two runners.

**Candidates:** Cesar Patricio (11), Diego Trejo (10), Raymond Perez (11), Gary Thomas (11), Kevin Gonzalez (11), Paul Smith (11). Patricio, Lee said, will challenge Agundez. "They're pretty close," Lee said. Both runners put in a good summer of preparation, according to Lee. Gonzalez and Smith are close together and may trade off the three-four spots. Smith, incidentally, also plays football, and does cross country workouts on his own after the end of football practice. "You don't find many kids like that," Lee said.

**The outlook:** Lee has no seniors on this team, and most of the runners are trying the sport for the first time. "By the end of the season, we will be very respectable," Lee said. "We won't just be overwhelmed."

**What's the deal?** The El Cajon district has a big turnover from year to year; many of the residents of the area are apartment dwellers who change addresses more frequently than home owners. The result: Lee rarely has a chance to develop an athlete for more than a year or two. "I am very fortunate to have a kid for four



Jaymie Harper and Kim Pace, Santana

years," he said. "It doesn't happen very often." One of the lifebloods of a cross country program is continuity. Lee doesn't have that luxury.

**GIRLS:** 5 runners.

**Returning:** Sabrina Miner (10) 20:25; Angela Perry (10) 20:43; Lilian Kassab (12) 22:32. Miner and Perry are the team's best runners so far.

**Candidates:** Tabitha Carrasco (11), Elizabeth Carrasco (10). Lee is still hoping to add some runners to the roster.

**The outlook:** "We'll do fairly decent," Lee said. "We can be respectable."

### El Capitan

**Division:** Two.

**Coaches:** Dick Wilkins, boys; and Bill Cleves, girls. Assisted by Mike Muirhead.

**Home course:** Lindo Lakes (boys 3.1; girls 2.1)

**BOYS:** 25 runners.

**Best runner:** Steve Daynes (12) 16:34. Daynes ran for Grossmont the last few years, but moved to Lakeside during the summer. He was fifth in Division II CIF race last year, which made him a state meet qualifier. He also ran the 1600 in 4:29 during track. "One day he just knocked on my door," Wilkins said. "He introduced himself and said he had moved to Lakeside and would be running for us. It was a pleasant surprise." Daynes really fills a need for the Vaqs, who return a good portion of last year's pack runners, and just needed a team leader to round out the package. He's already running well in early meets.

**Returning:** John Bates (12) 17:08; David Boland (12) 17:29; Tony Principe (12) 17:37; Jerrad Payne (12) 17:43; Josh Freese (12) 17:55; Jake Gregerson (12). Boland, off to a slow start this year because of injuries, ran the 3200 in 9:58 during track. El Cap was a classic "pack" team last year, taking second in Division II at CIF last year, putting seven runners across the line in an interval of 0:47 seconds. Five of those runners return, so look for more of the same, although Daynes will probably be running ahead of the group.

**New:** Nick Mathis (11), David Olsen (10), Bryan Hillberg (10), Chris Wycoff (11). Mathis was last year's league JV champ. Wycoff is a track athlete with times in the 52 and 2:05 range for the 400/800. Olsen is the son of former Monte Vista great Don Olsen (9:03.6 for two miles in 1967). There's enough potential talent in this group to keep the seniors working hard.

**The outlook:** El Cap was going to be a pretty good team before Daynes showed up. There was plenty of material left over from last year's league champs, and the tradition runs strong in Lakeside. But now Daynes has added something new to the mix, and the Vaqueros will be very tough. League rival West Hills has comparable talent, and the two will clash a number of times, including the league championships and, for the first time, in the same CIF division.

**GIRLS:**

**Team ace:** All-around athlete Stephanie Kindreich (12) 16:30, who also excels at basketball and track. Kindreich is more of a speedster in track, with a best of 2:17 in the 800, but she also can run very effectively in cross country. In past years, she has had comparable runners around her, but now, she's far and away the team's best.

**Returning and new:** Tiffany Fay (11) 17:21; Sandi Jenkins (10) 17:27. These two were the fourth and sixth runners for the team at CIF last year. The makeup of the pack will largely come from a new group, although a number of these runners were junior varsity last year. They include Theresa Heppler (10), Bree Hunter (10), Jessica Fay (9), Becky Day (12), and Melanie Ball (10). Ball was the league's JV 1600 champ

last year in track. "It's a whole new group," Cleves said. It's early, but Heppler and Jenkins have been running well and close together in invitationals, and Hunter and Jessica Fay have also shown well. Cleves is low-keying it, but it seems to be a good group.

**The outlook:** It's a very young team Cleves has. And since the El Cap style is to not push for too much too soon with young girl runners, the team will mature in its own time. The league is very tough, with Santana and West Hills fielding powerhouse squads, and Grossmont is much improved. At some point, maybe even as soon as next season, El Cap will be back in the thick of things. Count on it.

## Grossmont

**Division:** Two.

**Coaches:** Erl Cabanas, boys; and Shannon Singer, girls. Cabanas is assisted by Craig Dunn.

**Home course:** Griffen Park (boys 3.1, girls 3.1).

**BOYS:** 24 runners.

**Best runners:** Colter Bollinger (11) and Ryan Beckhelm (10) are running very close together in early meets. It's a new era for the Foothillers, with David McQuitty in college, Steve Daynes at El Capitan, and Matt Konold now playing football at Grossmont. Bollinger and Beckhelm are capable young runners, however. Both ran in the 17:20s at Laguna Hills.

**Returning:** Kiflom Abraha (11) 18:09.

**New:** Kevin Gossett (10), David Van Dyne (10, Tyson Oberndorfer (11), Kevin Larson (12), Jason Colley (12). Oberndorfer might be the team's number three now.

**The outlook:** "It is a very, very young team," Cabanas said. "It is a rebuilding year, and I'm looking more toward the future than this season. The progress has been phenomenal, and I think we're going to be a decent team this year, but we'll be much better in 1997." One characteristic the team has already shown is the ability to close up a good pack. Check this team out in a year.

**GIRLS:** 35 runners.

**Best runner:** Sophia Hawker (12), who ran the CIF course in 16:40 in '94 as a soph. Hawker was injured last year, but is off to a flying start this year. At Vaquero, she ran a time that ranks fourth on the 11th-12th girls honor roll, or, to put it another way, three seconds slower than Sarah Schmidt ran last year in the same meet. Pretty good company.

**Returning:** Renee de la Torre (12) 17:27; Zoe Lieberman (12) 17:48; Jennifer Pang (12) 17:52; Rachel Kalmar (12) 18:15; Rebecca Venegas (10) 18:32. The 'Hillers return almost their entire roster intact.

**New:** Holley Munsey (11), Katie Olson (12), Lisa Peklar (10), Kelsey Bollinger (9). A number of the new girls will move right on up the ladder. Peklar, for instance, is already in the two spot, while Munsey might be the third runner. Bollinger was named by Singer as the team's best frosh prospect.

**The outlook:** Singer's new kids have shaken things up, and the coach is happy about it. "It's all up in the air now," she said. The competition within the ranks can only help energize the squad, which certainly has adequate numbers. And Hawker has developed into a real top-quality ace. Singer said, "I'm excited." Singer, a former La Jolla assistant, is in her first year at the helm of the cross country team after coaching girls track at Grossmont the last two seasons. One slight problem: the league is very tough, with West Hills and Santana both fielding great teams.

## Santana

**Division:** Three.

**Head coach:** Dave Harper.

**Home course:** Lindo Lakes (3.1 and 2.15 miles; and Griffen Park (3.1 and 2.45 miles).

**BOYS:** 16 runners, may add more.

**Best runner:** Doug Singer (12), a 1:56 800-meter runner. "He's in the best shape he's ever been in, in the fall," said Harper. "He trained pretty consistently this summer."

**This just in:** Harper has added a new runner that will be a factor. The addition is Jake Bishop (12), who was one of El Cap's better runners as a soph two years ago, but who didn't run last year. He'll be a major plus at Santana.

**Also returning:** Scott Kaforey (10) 18:23; Nathan Snodgrass (11) 18:36; James Petitfils (10) 19:43; Mark Petitfils (11) 20:25. All are sharply improved.

**Candidates:** Mike Hunter (9); Matt Laubacher (12).

**Much improved:** Among others, Mark Petitfils had a solid summer of training. "He put in some good miles," Harper said. "There is drastic improvement." Singer, a talented track runner, is looking to become better in this sport. "His only limitation is his mental state," Harper said. Singer has indeed looked very good in early action.

**Also much improved:** The team in general. "We might surprise a few teams this year," said Harper.

**Overall:** The core of this team is still young. Last year's best runner at year's end was Kaforey, then a freshman, with Snodgrass, then a soph, close behind.

**GIRLS:** 14 runners, may add more.

**The one-two punch:** Few teams will be able to match the Sultans' up-front strength with Jaymie Harper (12) as the team ace, and Kim Pace (10) in the number two slot. Harper's credentials include an all-state placing at Fresno last year, and 5:05 and 11:05 track results. Pace came on in track to record a 5:17 for the

See page 7.



# 1996 Preview:

From page 6.

1600. In early action, Harper is undefeated against local runners, and she demolished the course record at the Vaquero meet. She also won big at the Baron Invite and ran well at Woodbridge.

**Also returning:** Kerie O'Grady (11) 17:11; Milinda Benitez (12) 17:37; Jessica Hawn (10) 18:08. Benitez had hepatitis last year after being a solid scorer as a soph. She ran well during track season, and "is looking good," according to Harper. In early meets, she is much improved and she'll be a solid scorer.

**The depth:** Kim Baza (11), Mary Broding (10). Both were on the bubble last year, but seem much improved. Baza made a big breakthrough at Woodbridge last week, and has joined the first five.

**New:** Freshmen runners Amanda Harper (9) and Ava Benitez (9) join older sisters on the team. Coach Harper thinks both will contribute by year's end. Benitez was impressive at Vaquero and Baron, but Harper will split time with club soccer.

**The outlook:** "Last year, we made a big step forward," Harper said. "I think we're ready to make another step up this year." The Sultans are one of the powers (along with West Hills) in the Grossmont North, and they also are one of the best teams in Division III. In fact, their team time at Vaquero (top five runners) was behind only Orange Glen and Scripps Ranch, and ahead of such teams as Vista and Valhalla.

## West Hills

**Division:** Two.

**Coaches:** Pat Connolly, boys; and Larry Pear, girls.

**Home course:** On campus (boys 3.1, girls 3.1).

**BOYS:** 37 runners.

**Team ace:** Dustin Diaz (11) 16:40, who was CIF division III champ last year, and who ran 1:55 for 800 meters during track season. Diaz was one of the best sophs in the county last year, and he should now move to the next level. That means he will no longer be regarded as a good young runner, but as one of the area's best. He's coming off a good summer of training.

**Returning:** Chris Nagao (12) 17:23; Donald Overland-McKay (11) 17:31; Paul Saccone (10) 17:43; Matt Rendina (10) 17:50; Tom Corbin (12) 18:16. The Wolfpack lost only one runner from their lineup that won the CIF Division III championship. Overland-McKay improved steadily all last season and has continued to the point where he is battling for the number two spot on the team. Last year's team had a pair of freshmen that rotated in and out of the scoring group all year: Saccone and Rendina. Watch for that pair to improve rapidly, too.

**Adding depth:** Mike Ficken (10), Chris Lahti (12), Evan Fox (9), Andrew Musbach (12), Noah Diaz (9), Nick Tindell (12). This group will help upgrade the team. Lahti, who is trying the sport for the first time, has already moved ahead of some of the returnees. Ficken is already running up with fellow sophs Rendina and Saccone. Fox is another super frosh who won the 9th-grade race at the Wolfpack Invite. Fellow frosh Diaz was fourth in that race (he's Dustin's brother).

**Underrated:** Good runners don't just show up at a school by accident. West Hills boys coach Pat Connolly might be one of the most underrated coaches in the section.

**The outlook:** Before the Daynes move, West Hills was penciled in as the league favorite this year. Now, they will have some good competition to look forward to, and not only for the league championship. The pair should both be major factors in CIF Division II as well, now that West Hills has moved up from Division III. West Hills hasn't been around that long, but they have already developed a tradition of turning out excellent teams. This team is going to be very good this year, and even better next year. "We have some good years ahead of us," Connolly acknowledged.

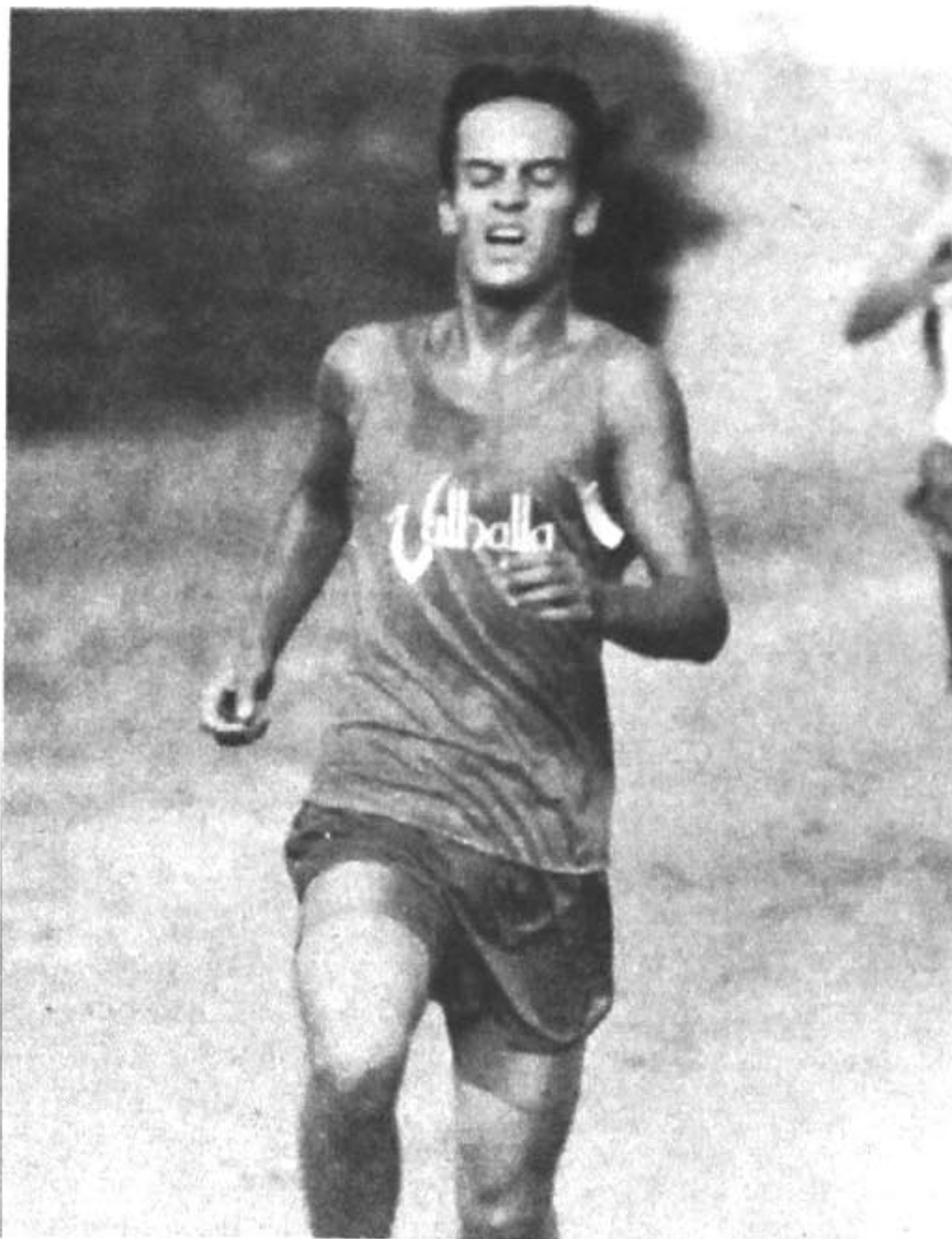
**GIRLS:** 20 runners.

**Team ace:** Heather Shurtleff (10), who, after a promising start, spent much of the XC season on the injury list. She came on in track, with times of 5:17 and 11:16, and she was fourth in the CIF 3200. She's just been destroying her opponents this year, with big wins in the Wolfpack and Bronco meets. She also had the fastest time of any local runner at Woodbridge. Her off-season included nearly 500 miles of running. "She really put in the work," Pear said. "She has the ability to run quality declining splits in a race," he said. "Her recovery is very fast, and I've never been able to totally wear her out."

**Returning:** Jenny Holdzkorn (12) 17:10; Shelley Van Winkle (11) 17:33; Ann Webb (10) 17:58; Sarah Garcia (11) 18:14; Heather Holford (12) 17:53 at CIF as a soph. Garcia is a 2:23 800 meter runner; Holford is a sub-60 400 meter runner. Webb is also a swimmer. Best of the group in early season have been Holdzkorn, Van Winkle and Garcia, running tightly packed.

**New:** Rebecca Bartell (9), Debbie Bell (9), Katie Gongol (11). Bartell, the younger sister of Wolfpack great Ryan Bartell, is one of the county's better frosh runners, and she's already running right up with the prime pack. Bell is also a talented frosh.

**The outlook:** It's clear that West Hills and Santana are on a collision course, at least as far as the



Jon Doroski, Valhalla

league championship is concerned. The dual takes place relatively early, on Oct. 2, at Lindo Lakes, and many observers are looking forward not only to the team competition, but to the race up front between Shurtleff and Jaymie Harper, possibly the county's two most impressive runners in the early going. The Santee rivals are not in the same CIF division, however.

## Grossmont South:

**NOTE:** Times listed in preview are for the 1995 CIF Championship race, unless designated otherwise.

### Granite Hills

**Division:** One.

**Coach:** Dave Yarbrough. Assisted by Dennis Hudson and Jaime Gilbert.

**Home course:** Griffen Park (boys 3.1, girls 2.3). Also will run a home meet at West Hills.

**BOYS:** 25 runners.

**Best runner:** Jason Finch (10) 17:37. Even as a frosh last year, Finch was running as high as two or three on the Eagles' varsity. Then, in track, he ran the 1600 in 4:33, a most excellent frosh time. After a good summer of training, his level has jumped. He dominates grade-level races, and is one of the better runners in the Grossmont League (which is tough this year). In short, he is on a roll. "He's really hopped up about it," Yarbrough said. In the Mt. Carmel meet, he pulled away from Valhalla's Matt Theisen (who is also an excellent soph), and won the Division I soph race in 15:56. That was the eighth fastest time of the day by a San Diego area runner. It also puts Finch into fourth place on the meet's honor roll (for sophomores).

**Right behind:** Mike Gilmore (12) 19:00. He was sick at the CIF meet last year, so you can throw out that time. He ran the 3200 in 9:54 in track, and clocked a 16:12 to finish ninth in the Division I senior boys race at Mt. Carmel. That's a pretty classy number two runner.

**Returning:** Nick Rivera (11) 17:23; Danny Buxton (12) 18:13; Nick Sabala (12) 19:59; Paul Petrea (11) 20:10. Rivera was the team's first finisher at last year's CIF. He ran 17:05 at Mt. Carmel and is a good number three. Sabala is much improved; he ran a 17:27 at Mt. Carmel. Buxton might be the team's fifth after an 18:29 at the same meet.

**New:** Toss Peabody (10), Brandon Vielguth (9), Gary Beasley (9), Dave Rivera (10). Peabody ran a 2:10 for 800 as a frosh but came back this season in "real strong shape. He was a real surprise," Yarbrough said. Of the frosh, Vielguth was the fastest at Mt. Carmel, with an 18:35.

**The outlook:** The Eagles have the front-runners, and some good depth. They are a quality team, but the Grossmont League this year has a number of quality teams. Right now, this team is a bit too spread out to beat a team like Valhalla. By the end of the year, who knows? Granite coach Dave Yarbrough likes to lay low, but Finch and others have gotten the Eagles some attention. "We'd just as soon hide a little bit," Yarbrough said. Sorry, the secret's out. This could be one of the top ten teams in the county.

**GIRLS:** 36 runners.

**The comeback kids:** Seniors Nicole Rodriguez and Stacey Murphy are back running cross country for the Eagles. Rodriguez, who is one of the county's best hurdlers, ran as a frosh, made all-league, and hasn't run since. She ran 17:09 at Mt. Carmel, to take fourth in the Division I senior girls race and seems back to form.

Murphy had incredible success as a freshman runner, such as winning the CIF 800 title in track. She only ran parts of the cross country and track seasons as a soph, and dropped both last year to concentrate on soccer. She's back running again, and she was third in the 11-12 girls race at Vaquero. There could be one more comeback: junior Nicole Caster, who as a frosh was the CIF Division I XC champ. Caster has practiced with the team, but is also playing club soccer, her first love. She may end up running some meets, or she may not. Don't be shocked either way.

**Returning:** Natalie Braden (11) 17:51; Nicolette Stolis (12) 18:06; Robin Hill (10) 18:17; Angela Panfill (11), Heida Stalnaker (11) 19:41; Kristi Jones (12); Jamie Nunes (11). Best of this group at Mt. Carmel was Stolis, who ran 18:42. At Vaquero, Jones led this group. As this group goes, so goes the team.

**New:** Shelley Murphy (9), Aura Shoval (9). Murphy is the sister of Stacey (and Wendy) Murphy, and seems to have some of the family's talent. "She is in excellent condition, really strong," Yarbrough said. Of Shoval, he said she, "looks like she's got the speed. She's fitter than most frosh."

**The outlook:** You take a team like last year's, where virtually everybody is coming back, add a year of maturity, toss in a leader or two such as Rodriguez, or Stacey Murphy, mix in a good frosh or two, and you've got yourself a quality team. Which they need to be in the Grossmont League, where three or more of the teams are top ten material, countywide. Granite will be competitive, even in this league.

## Helix

**Division:** Two.

**Coaches:** Dave Schultz, boys; Ray Mounts, girls.

**Home course:** Harry Griffen Park (boys 3.1, girls 2.45); also Lindo Lakes (boys 3.1, girls 2.1).

**BOYS:** 25 runners.

**Best runners:** It's a committee up front for the Highlanders. Jack Favikilukis (11), Dan Kinsella (10), Amanuel Gebru (11), and Brad Leavitt (11) represent the present and future for the new-look team. At Laguna Hills, Favikilukis and Kinsella ran 16:35 and 16:36 for the undulating 3.0 miles. Mix in Gebru, who ran 16:46 at Mt. SAC last year, and Leavitt, who is a 10:42 3200 runner, and you've got a nicely developing core.

**The depth:** Could be provided by Rodger O'Keefe (11), Eyob Mesfin (10), or from among an outstanding group of frosh runners. Mesfin is a transfer from Crawford. Schultz has out eight new freshmen, including six that ran under 20:00 at Laguna Hills recently. Best of the group are Musie Meeche (who ran 19:09), Ryan Castanos (19:11) and Danny DeFord (19:21). One or more of that young group might develop into a varsity runner before the end of the year. "It's reminiscent of 1989," Schultz said. "I had a frosh crop that year that eventually developed into one of the best teams in the state."

**The outlook:** It's a young team, and there are some very tough teams in this league. But this group could be right in the mix next year, when virtually the entire varsity returns. Expect this group to improve all season, and be a pretty representative outfit by the end of the year. Schultz is really enjoying this group. "They are all good kids, and good students. They're easy to work with," he said.

**GIRLS:** 31 runners.

**Best runner:** Natalie Sullivan (10) 16:53. Sullivan had a very good cross country season until the CIF meet, where she came down with the flu. In track, she ran excellent times of 5:12 and 11:44. She had a "good" off-season, and is "fit and sharp," according to Mounts.

**Returning:** Anne Severtson (12) 17:29; Natsisse Martin (11) 17:44; Becky Mosteller (12) 17:55; Mary Greene (12) 19:19. Severtson, said Mounts, "worked real hard this summer." Greene has had knee problems, and has missed some training. A number of these girls are 800-meter type runners (Severtson, Martin) who are also effective at longer distance.

**One who got away:** Mounts really wanted to add Monique Jouglot, who ran the 800 in 2:22 as a frosh last year, but she's a cheerleader. "Maybe next year," Mounts said.

**Up from the JV:** Sabrina Pykles (10), who was also a sprinter on the track team. She's "worked real hard," said Mounts.

**New:** Himelda Lopez (10), Corinne Coe (10), Cathy Danh (9), Kim Leavitt (9). Lopez is new to the sport, but is working hard; Coe and Danh had older brothers that ran for Helix; Leavitt won the JV race at the Bronco meet.

**The outlook:** The Highlanders have a good team ace in Sullivan, a pretty good pack, and very good numbers. They also have a good work ethic. But their league opponents will include a stacked Valhalla team and a dangerous Granite Hills squad. "I think we're solid," Mounts said. "If we can get a good number five, we'll be as good or better than last year."

## Monte Vista

**Division:** Two.

**Coaches:** Bob Muzshek, boys; Juan Naranjo, girls. Assisted by Sam Rearic, boys; Richard Torge, girls.

**Home course:** On campus (boys 3.0, girls 2.3). One moderate hill; good spectator course.

**BOYS:** 14 runners.

**Best runner:** Serafin Carrillo (12) 17:45. Carrillo was the team's number two or three runner as a soph,

See page 8.



## 1996 Preview:

From page 7.

but was overtaken last year when a group of Monarch seniors made dramatic improvement. This year it was Carrillo putting in the summertime miles, and his early racing has shown it. "He's had a rebirth," Muzshek said. "He ran a lot."

**Returning:** Spencer Tipton (10) 20:16. Monte Vista took a heavy hit from graduation. Tipton was the team's sixth or seventh runner at times last year.

**New:** Rafael Morales (11), Danny Oakes (10), Jonathan Buckley (9), Justin Pehau (10). Morales is a first year runner with a lot of natural talent; he's already the team's number two man, and teams up with Carrillo in workouts. Soph Oakes is a first year runner; frosh Buckley shows some promise; soph Pehau is a soccer player with a good endurance base.

**The outlook:** It's a very young group. There is a core of seven sophs, and three frosh on the team, and only two seniors. There's a lot of work to do, said Muzshek. "We have to do a lot of improvement," he said. The top of the roster will be competitive, but the other runners will need some time to mature.

**GIRLS:** 11 runners.

**Best runner:** Rebecca Spagnolo (11). She's new to the sport, but ran track for the Monarchs last year, and, said Naranjo, she is a "hard worker." She had some success in early invites; she was the first San Diego girl to finish the Division II Junior Girls race at the Mt. Carmel invite last week, taking sixth.

**Returning:** Sarah Rossmiller (11) 19:04; Stephanie Sohn (11) 20:06. Rossmiller is probably the team's number three now, according to Naranjo.

**New:** Wendy Hernandez (11), Erin Melton (9), Tanya Mayes (11). Hernandez has moved into the team's number two slot, and frosh Melton could be number four. Melton, said Naranjo, has a "lot of potential. She could be decent." Mayes was bothered by a soccer injury early, but is expected to contribute.

**The outlook:** "We are much improved," Naranjo judged. "We are looking much better than last year. All of our top five ran faster this year at Vaquero than our number two girl did last year at the same meet." Improved, almost certainly, but this league features Valhalla, Granite Hills, and Helix. "We know we're in a tough league," Naranjo said. "But, it just makes us run faster in every meet. By the end of the year, it's to our advantage. At least, that's the way we look at it."

## Mount Miguel

**Division:** Two.

**Coaches:** Glenn Recasner, boys; and Chris Tiller, girls.

**Home course:** On campus (boys 3.0, girls 2.4).

**BOYS:** 16 runners.

**Best runner:** Dave Schible (12), who ran the CIF course in 17:07 as a soph, but was sick at the end of the season last year. He's from a family of road runners, and two years ago was one of the best soph runners in the county (about as good as Ramona's James Adams, for example). His focus is to return to that level. "He's been running pretty steady," said Recasner. "He has some lofty goals this year."

**Returning:** Sergio Reynaga (11) 19:20; Seth Rounkles (12) 19:43; Lenin Lopez (12) 22:03. Reynaga might be the most improved of these three.

**Up from JV:** Jose Sabino (11), Patrick Maloney (11), Cory Kubicki (10). Recasner thinks any of these runners have a chance to move onto the varsity roster. Kubicki is the younger brother of Keenan, last year's number two.

**New:** Chris Mananquil (10), John Snodgrass (12), Antonio Sweeney (11). Mananquil was discovered when Recasner scouted a PE class on campus. "He's really surprised us," the coach said. "He might be about our number three runner."

**The outlook:** The Matadors always seem to be fighting a battle of numbers, but they always come up with at least a few strong runners. Two years ago, a small but strong team was the Grossmont South runner-up.

**GIRLS:** 22 runners.

**Best runner:** Aida Garcia (10), who was Chula Vista's ace last year. She was third in Division I at CIF, running 15:29. Then, she transferred to Miguel, where she did not run track. She's back now, and is the Matadors' top gun, although an early bout with shin splints has slowed her training. "It will take her a little time to get back (to top form)," Recasner judged.

**Returning:** Claudia Torres (12) 21:36; Kirsten Atwood (12) 22:26. Kirsten's twin sister, Katie Atwood, ran 20:45 last year, but is playing water polo.

**New:** Ashley Rioja (9), Tabitha Velis (10), Dulce Barron (10), Diana Buenrostro (11), Elizabeth Tilaro (11), Anna Radomski (11), Morgen Rounkles (10), Lisa Weiner (11). Radomski and Tilaro ran JV last year. Rioja has already looked impressive in early races and might be the team's number two. Barron and Velis are also in the team's top five at present.

**The outlook:** Improved. Garcia should make up for the loss of Nechelle Fabiana (a state meet qualifier), and the entire pack seems upgraded and competitive. It's a strong league, however, with teams like Valhalla and Granite Hills and Helix all having busloads of talent.

"We're OK," Recasner said. "But our league is very tough."

## Valhalla

**Division:** Two.

**Coach:** Randy Montesanto. Assisted by Aaron Luecht.

**Home course:** Griffen Park (boys 3.1, girls 3.1) and Cuyamaca College (boys 3.1, girls 3.1).

**BOYS:** 27 runners.

**Best runners:** Sean Nugent (12); Jon Doroski (11) 17:14; Matt Theisen (10). At Mt. Carmel, they ran 16:21 (Theisen), 16:24 (Doroski) and 16:26 (Nugent), all in different races. Nugent fell at last year's CIF meet, which was one reason this good team finished fifth at the meet. Doroski was the Grossmont South XC champ in the league finals as a soph, and followed that up with a 9:56 for 3200. Theisen is a young runner really coming on. He wasn't among the varsity last fall, but improved in track, running a 4:38 for 1600. "He's a stud," Montesanto said. Only a handful of soph runners in the county can match up with him. Ironically, the best of those is Jason Finch at nearby rival Granite Hills.

**Returning:** Ben Wagner (10) 17:36; Bryon Lamorander (11) 18:16. Wagner is another super soph; he ran 16:49 at Mt. Carmel. "He's a natural talent," Montesanto said. "He's going to be tough." Lamorander has the genes; his dad was one of the county's best in high school and college.

**New:** Will Burer (10), Nick Dimasi (11), Chris Yamuchi (11), Aaron Jones (12), Tyler Ludwig (10), Matt Rodriguez (12), Matt Cadwell (11), Jarrod Hammack (12). These runners all were on the loaded JV team last year, so they're not really new. Big improver of the group so far is senior Jones, who ran 16:37 at Mt. Carmel.

**The outlook:** This is a good team on the rise. They have the ability now, but it's mostly a young team, so they'll only get better. One trademark at Valhalla is a tight pack. They've always had that, but now that tight pack is moving along at a faster rate. At Mt. Carmel, they had five runners range from 16:21 to 16:49, a span of 0:28 seconds. That asset is certainly valuable in duals but it is even more important in championship meets. Without question, this is a top ten team.

**GIRLS:** 15 runners.

**Best runner:** Andrea Clemons (11) 15:40. She was seventh in the CIF Division II race last year, leading the team to a second-place (and state qualifying) finish over Torrey Pines. Clemons ran the 3200 in 11:38 in track, and then, "had a great summer," Montesanto said. "She ran very consistently." It's showed, as she has raised her level again in early meets this year. In the Mt. Carmel Division I junior race, Clemons was third, right behind Jaclyn Nolan and ahead of two of Orange Glen's best (Rumble and Cottrell).

**Returning:** Valhalla has every girl returning from that excellent team last year. In order of CIF finish, they are Elaine Lassen (10) 16:07; Kelley Halligan (12) 16:07; Margie Broselle (12) 16:19; Sarah Chionis (10) 16:21; Amy Kermott (10) 17:24; and Courtney Hoepfner (12) 17:52. Lassen backed up her cross country year with a 2:22 for 800 in track. Montesanto thinks Kermott might be the most improved of this group. She was the third fastest on the team at Mt. Carmel, with a 17:28 (Lassen didn't run the meet). Senior Halligan is a slow starter who comes on at the end of the year.

**New:** Ashley Ormsby (10) Carri Leto (9), Ashley Viens (9), Casey Cleveland (9). Ormsby was a good JV last year. The frosh crop is excellent. Leto will make an impact on this team. She won the Mt. Carmel Division I frosh race in 16:57. "She's going to be a good one," Montesanto said. Cleveland was seventh in the same race, at 18:39.

**The outlook:** Clemons is a bonafide team leader, the rest of the already good team is improving and running well, and Leto is a hot frosh who will make waves. There is depth in quality. There is a recent history of success. In a better-than-average year for good girls teams in the county, Valhalla ranks right up there. In a year in which the Grossmont League rivals the Palomar for quality, Valhalla is very near the top.

## Harbor:

**NOTE:** Times listed in preview are from the 1995 CIF Championship Meet unless designated otherwise.

**Home courses:** All Harbor League teams will use Morley Field as a home course (boys about 3.0, girls 2.5).

## Christian

**Division:** Five.

**Coach:** Chuck McIntire, replacing Liz O'Brien. McIntire has coached cross country at Madison, and has assisted in track at Mira Mesa.

**BOYS:** 9 runners.

**Returning:** Joseph Graves (12); Cameron Thompson (11). McIntire thinks Graves is his number two man at this early stage.

**New:** Mike Morgan (12), Josh Chesnut (9), David Crescitelli (11), Noam Katz (11), Doug Hicks (11). Morgan is the team's early leader. He's a tall, rangy runner, who is also a club soccer player. "We need to keep him

healthy," McIntire said. Frosh Chesnut, McIntire said, "looks like a runner. He's a real bright spot." The coach said he is probably the team's third man now. Crescitelli is another player with soccer credentials, and he's moved into the fourth slot.

**The outlook:** It's mostly a new bunch that McIntire is molding, although the composition is mostly seniors and juniors. "We need to bring younger kids into the program," McIntire said. "But, we're going to be respectable." It wasn't that many years back that Christian had a number of great runners, such as David Soto and Josh Cox. McIntire hopes to turn this program around.

**GIRLS:** 9 or 10 runners.

**Best runner:** Beth Bowler (11), 18:01. Bowler has made All-CIF in her first two years in the sport, taking 8th as a frosh, and finishing 10th last year. She's off to a good start this year, with three wins in duals with Madison, Clairemont and Calvin Christian.

**Returning:** Laura Graves (10) 19:07; Nicole Tallman (12) 19:59; Britt Nelson (10) 22:08. From two years ago, Kim Buegge (12), who ran the CIF course in 18:40 as a soph. She's a softball player who runs for conditioning, and "just toughs it out," McIntire said. He ranks her as the team's number two runner at present, with Graves as the number three.

**New:** Erin Whitmore (9), Wendy Volz (11). Frosh Whitmore is a strong number four runner in early meets, pusing the front-runners.

**The outlook:** Most Harbor League teams are much like Christian, struggling to keep sufficient numbers, and happy to build a team around a handful of good runners. McIntire hopes to begin upgrading the cross country programs at this school.

## Clairemont

**Division:** Four.

**Coach:** Sean Stevenson.

**BOYS:** 9 runners.

**Returning:** Nate Roberts (12) 18:03; Jose Padilla (11) 18:10; Jose Jimenez (11) 18:10; Michael LoForti (11) 19:51. These runners ran three-four-five-six on last year's Division IV section champs. Roberts is recovering from a stress fracture; LoForti (who had a "good summer") might be the most improved. This team has the makings of a classic "pack" group as the talent seems relatively evenly distributed among a number of runners.

**New:** Nelson Rivas (10), Juan Torres (11), Tim Nguyen (10), Sippy Khoulmalasay (10). Rivas ran the 3200 in 10:50 in track, and is a strong soph runner. Torres is a wrestler who trained well over the summer. Nguyen and Khoulmalasay are tracksters. Stevenson is hoping to find a solid runner or two from this group. Depth will be a concern all year, but that's pretty much the norm for the smaller schools.

**The outlook:** "I feel pretty good about our chances," Stevenson said. "We have a good core top five, as long as we stay healthy. The team has a real good work ethic." Stevenson is right. Clairemont has a legit shot at the league crown in the Harbor League, and should also be a factor in the CIF in Division IV. This program was down a few years back, but Stevenson has turned things around. "I'm really looking forward to the season," he said.

**GIRLS:** 1 runner.

**The team:** Charito Cruz (10) 23:33. Team misses Heidi Cavender (11), who was a talented runner for them last year before moving to Ukiah.

## Coronado

**Division:** Four.

**Coach:** Mel Bechtel. Assisted by George Green.

**BOYS:** 10 runners.

**Best runner:** Cheyne Jones (12) 17:08. Jones has really come on in the last year. He was third in the CIF Division IV race last fall, and then ran in the 1:59s in track. He, "is looking awesome," according to assistant coach Green. "I think he will be up there locally in the top ten in any division. He's in super shape, better than I've ever seen him."

**Returning:** Drew Koorey (11) 18:55. The Islanders graduated five of their top seven from a team that was second in CIF Division IV (one point behind Clairemont).

**New:** Paul Whitford (9), Jesse Adam (10), Josh Richards, Luke Morton (12), Matt Borunda (12). This group will be counted on to replace the five grads. Richards is already the team's number two. Behind him, a pack has formed with Adam and Koorey, who were both sprinters on the track team, and strong frosh runner Whitford. Borunda, who came over from St. Augustine, was a good runner for the Saints two years ago as a soph, but had back problems last year. If he can get healthy, he'll make a difference.

**The outlook:** "Compared to last year, I think we're about the same, and potentially might be a better team," Green said. "It's such a young team, it's hard to judge." The Islanders are always a factor, both in the league and at CIF. With the turnover of personnel, however, it's definitely a wait-and-see type of year. As with all teams at this level, depth is a major factor. "We're awfully thin," Green said.

**GIRLS:** 15 runners.

**Best runner:** Barbra Chakos (10) 17:14. Chakos was one of the best small-school frosh runners last year. She was sixth in the CIF meet, and ran 5:25 and



## 1996 Preview:

From page 8.

12:07 for 1600/3200 in track. She's risen to the role of team leader and is training and running well in early season.

**Returning:** Christine Hansen (10) 18:16; Brigid Ryan (12) 20:11; Jasmine Watts (12). The Islanders came up with a school-record 4x400 meter relay team last year that featured three frosh: Hansen was one of those team members.

**New:** Samantha Piper (10), Jennifer Robbins (10), Kelly Charboneau (10), Sara Morton (9), Kiley Dunlap (9). Piper and Robbins are the other two returnees from that relay crew. Dunlap is a talented frosh runner with great potential, while Charboneau is a much-improved veteran from last year. Morton has only been with the team for a few weeks, but already has shown some talent. Right now, Dunlap and Hansen are close together as the two-three runners, with Piper not far behind. The critical fifth spot is up for grabs among a number of candidates, one of whom will probably step forward over the course of the season.

**The outlook:** You can always count on Coronado to contend in the Harbor and at CIF. With the new divisional format, the Islanders are placed in Division IV with University. Those two schools should be ahead of any rivals at the county level. The Islanders will have to be running a tight pack by that time, however, to counter Uni's great front-line talent. Main league rival is Crawford.

## Crawford

**Division:** Three.

**Coach:** Jim Bloom.

**BOYS:** 10 runners.

**Best runner:** Titus Chawech (12) 17:01. He's returning to running after battling an infection that kept him out of track during the spring. "He looks good," Bloom said. Chawech has been a solid cross country runner the last two years.

**Returning:** Abdul Hussein (12); Man Chau (11) 24:26; Jim Miller (12).

**New:** Minhsoo Smith (9). "He looks promising," Bloom said. "It might take a year or two, but he could be very good."

**The outlook:** The numbers and quality both seem a little thin, but few teams in this league are overloaded with talent. Chawech is one of the league's best, but the pack will have to develop some solid runners.

**GIRLS:** 12 runners.

**Best runner:** Maria Moreno (12) 17:26, one of the team's best for the past two years. "She puts her heart into it," Bloom said. "She puts everything into her effort."

**Returning:** Angie Theriault (12) 19:03; Kendra Shaw (12) 19:28; Istarlin Sheik Mohamed (11) 20:28. Theriault and Shaw are cut of the same cloth as Moreno, according to Bloom. "They work hard," he said.

**New:** Julian Quan (12), Allison Kukel (10). Kukel is a transfer from University.

**The outlook:** In the Harbor, the girls title has boiled down to Crawford and Coronado the past few seasons. The two teams also seem the best this year, and the Colts have at least some of the elements in place to help them mount a challenge. Much will depend on the development in the middle of the pack.

## Gompers

**Division:** Four.

**Coach:** Mary Beving-Morning.

**BOYS:** 5 runners.

**New:** All five athletes are new to cross country. Gompers' magnet status, with students coming from all over the city, does not lend itself to off-season training programs, so Beving-Morning had to wait until the start of classes to begin assembling her team. Among the prospects: freshman Gabari Brown, younger brother of Ajani Brown.

**The outlook:** A young, all-new group means that the team is just starting basic training. "We don't want to do too much too soon," Beving-Morning said. "We want to ease into it."

**GIRLS:** 5 runners.

**Best runner:** Toby Barmyer (10) 19:03. She was seventh in the Harbor League Finals as a frosh last year.

**New:** The other four runners on the team are all new to the sport.

**The outlook:** "Toby is excited that she's got a full team behind her," said Beving-Morning. "She just ran by herself last year." The newcomers will be brought along slowly by the coach.

## Lincoln Academy

**Division:** Four.

**Coach:** Vic Player.

**BOYS:** 5 runners.

**Returning:** Sean McDowell (11).

**New:** John Allen (11), Mohammed Warsame (11). The other two spots on the team are manned by track athletes who are using the sport to keep fit.

**The outlook:** Lincoln won't be able to compete with teams like Clairemont, Coronado or Crawford. But in the Harbor League, a number of schools are struggling to keep their numbers up.

**GIRLS:** 9 runners.

**Best runner:** Theresa Brondstetter (11), who ran 17:59 in the CIF meet as a frosh in 1994. She is an all-around athlete, but didn't run cross country last year. In training, she runs her workouts with the better boy runners. "In hill work, she runs the same amount of inclines as the guys," Player said.

**New:** Most of the rest of the team is filled out by off-season track athletes using the sport as a conditioning base, which is very similar to the approach that the Morse High coaches use. Player cited two athletes that he thinks will be competitive when it comes to racing: Patrice Thompson (10), and Bethany McDowell (10).

**The outlook:** It will be interesting to see how Brondstetter competes after a year away from the sport. If she picks up where she left off, she's one of the best in the league. The numbers are there, too. If one or more of the rest of the team gets serious, this could be a decent team in the league.

## Madison

**Division:** Four.

**Coach:** Bob Bishop. Assisted by Darwin Saylor.

**Home course:** Morley, of course, for league meets, but the team uses La Jolla Shores for a good number of non-league duals (they have six meets there this year). "We like to keep off Morley Field," Bishop said. "Teams like to run against us because they like to run at La Jolla. We're the beach runners."

**BOYS:** 10 runners.

**Best runner:** Nick Hamlin (12) 17:07. Hamlin was a terror the first half of last season, but was weakened by illness late (he was still 6th in CIF Division III). In track, he seemed fully recovered as he recorded times of 4:31 and 9:31, and he just missed qualifying for state in the 3200, taking fourth place. "He has a good attitude," Bishop said. "He's running as well as he's ever run." Hamlin is also an all-around talent, with top grades in the classroom, and has won recognition as a young playwright. He was recently honored as one of California's top young playwrights, and will have a play staged at the Old Globe in months to come.

**Returning:** Josh Rickert (12) 20:29; Chris Evertson (10) 22:16; Bryan Atkinson (12) 23:24; Yas Kano-mata (12) 24:08. Bishop thinks Rickert will be the team's number three runner.

**New:** Pepe Cervantes (9), Chris Livingston (9), Chris Buffington (9), Anthony Mercado (10), Nick Villarino (10), Mike Morgan (10). Morgan, who is also the kicker on the Warhawks' football team, is probably the number two runner, according to Bishop.

**The outlook:** This team should be competitive in the Harbor League, especially with Hamlin running well. A lot depends on how the younger runners develop.

**GIRLS:** 10 runners.

**Best runner:** Nikki Socie (11) 18:15. Bishop said Socie is, "a real good, hard worker."

**Returning:** Tracy Luce (12) 21:57; Laurel Martindale (12). Luce is probably the team's number two runner at present.

**New:** Shontay Tatum (9), Cara Montisano (11), Special-K Pirie (9). Montisano was designated by Bishop as the team's number three athlete.

**The outlook:** The team should be a competitive group in the Harbor League. If the young talent can improve, they'll be fine.

## Marian Catholic

**Division:** Five.

**Coach:** Terry Mason.

**BOYS:** 5 runners.

**Best runners:** Phillip Cota (12), Mike Bullard (10), Daniel Y. Behrens (12), Christian Taulin (12). Cota, a basketball player, has shown the best in workouts, according to Mason. Behrens is an exchange student from Germany.

**The outlook:** Marian was almost a non-presence in the sport last year, but the interest level has seemed to increase this year. The numbers are not yet at high levels, but they are up.

**GIRLS:** 4 runners.

**Best runners:** Monica Escubedo (10), Veineke Heirich (12), Leslie Usi (11). Escubedo ran last year, and might be pushed by Heirich this year.

**The outlook:** The reality of competing at a small school is that the numbers crunch always works against you. Marian doesn't even have a minimum number for a scoring team yet, but they are growing, which is an encouraging sign. In the Harbor League, teams don't have to have mammoth rosters to compete.

## Metro:

**NOTE:** Times listed in preview are from the 1995 CIF Championship Meet, unless designated otherwise.

## Bonita Vista

**Division:** One.

**Coach:** Ian Cumming. Assisted by Dave Hunter.

**Home course:** Rohr Park (3.1 boys, 2.2 girls).

**BOYS:** 37 runners.

**Probable team leader:** Brian Paff (10), who ran the 1600 in 4:37 last spring despite a basketball injury.

**Returning:** Jason Stone (11) 18:25; Leo Espino (11) 18:47; Kevin Barrera (12) 19:15; Giovanni Arce (10). Of that group, Barrera and Arce had the best off season preparation.

**Candidates:** Bill McRaven (12), Jon Ostrus (11), David Ostrus (11), Ben Walthall (11), Brad Fowers (10). Cumming was impressed by the summer preparation of Walthall and Fowers, and also cited McRaven's work ethic.

**The coaches' assessment:** "We're very young, but we have a lot of good guys," Cumming said. "We're about 12 deep."

**The outlook:** In a much more wide-open Metro, a team like Bonita deserves serious consideration. Cumming is a top coach, the team seems well prepared, and there is plenty of depth. One need is for an ace or two to emerge. Paff has great talent, but he is just a soph.

**GIRLS:** 21 runners.

**Strength at the top:** The Barons' top three can match up with just about any team. Meghann Phillips (12) 15:35, was all-CIF last year; Rosie Costello (12) 16:43, was all-CIF in '94, and last year's frosh flash Dawna Marshall (10) 18:11, came on strong in track with an 11:34 for the 3200.

**Returning:** Jennifer Martinez (11) 17:19; Sandie Zuniga (10) 17:46; Erica Taylor (11) 17:49 in '94. Look for big improvement from Zuniga, who had an excellent summer of training paired with Marshall. Taylor missed the last cross country season with a knee problem, but is back now.

**New:** Karen Albrecht (10), Van Nguyen (10). Albrecht was a 67 400-meter runner in track.

**The outlook:** On paper, this team could be a CIF contender. Phillips, Costello and Marshall match up well with just about any other team's top group. They are the Metro favorite, unless total disaster strikes.

**The concern:** Health. Costello had a sub-par junior year and a recent stress fracture is still a concern. Phillips had some knee troubles in the spring and summer that are being treated with orthotics. Martinez missed a lot of off-season training as well, and Taylor is coming back from a missed season. Cumming is keeping his fingers crossed.

## Castle Park

**Division:** Two.

**Coach:** Brad Grady. Assisted by Delia Rosales.

**Home course:** at Hilltop High (boys 3.1, girls 2.33).

**Top of the pack:** Joshua Middleswart (12) 17:44; Jose Flores (12) 18:00; Jorge Del Hierro (12). Del Hierro ran the CIF course in 17:46 in '94 as a soph, was injured last year. Last year, Middleswart and Del Hierro traded off the lead position a number of times. Now, Flores has improved and is ready to make it a threesome. It could be a strong group.

**Returning:** Manny Rivas (10) 18:41; Ernesto Ramirez (12) 21:29. Rivas, a promising youngster, was last year's third man at CIF (with Del Hierro out), but might be around 6 or 7 this year. That's how much the team has improved. Back after two years away from the sport is Edward Caddick (12), who as a frosh ran as high as third man. "He could be a legit sub-10:00 in the 3200," Grady said. Ryan Abuan (12) comes up from the JV team, is much improved.

**New:** Daniel Flores (9), Adrian Ortiz (9), Jesus Cruz (11), Julio Monge (11). Flores, according to Grady, is one of the best frosh runners to show up at Castle Park in recent years. "He could be running four or five for us," Grady said. "He has the ability to be very good." Grady coached such up-and-comers as Isaac Sanchez and Adrian Ramirez, so take note.

**The outlook:** It's going to be an extremely interesting year in the Metro, with balance everywhere, and teams will be knocking each other off all season. As the season winds down, Grady thinks that the Trojans "are going to take off at the end. A lot of the other teams won't improve as much as we will. We're always stronger at the end." Grady gets points for being honest when he said, "I expect to win the league. My runners are now seniors, and they know what they have to do. I'm real excited." The Trojans certainly have a shot.

**GIRLS:** 8 runners.

**Best runner:** Macrina Rosales (11) 19:08. "She is improving more this year, and running longer distances," Grady said. "She is also injury free, and she doesn't come up with little aches and pains."

**Returning:** Veronica Rodriguez (10); Cynthia Guzman (11). Rodriguez "started getting it together," at the end of her frosh year in cross country and ran a 2:42 for 800 in track. "She started to get the work ethic," Grady said. Guzman only ran bits and pieces of the season last year, and should be improved.

**New:** Yasmine Rangal (10). She's new to the sport, but Grady thinks she'll be in a pack with Rodriguez and Guzman.

**The outlook:** Grady has written down a yearly goal of increased numbers for the team as a whole, but especially on the girls side. It's a hard sell in the South Bay, however, and many of the league's girls squads are pretty thin. Even with just eight runners, Castle Park will be able to compete with a number of teams in the league.

## Chula Vista

**Division:** One.



# 1996 Preview:

From page 9.

**Coaches:** Art Johnson, girls; Jeanne Lasse Johnson, boys.

**Home course:** Rohr Park (boys 3.1, girls 2.2).

**BOYS:** 25 runners.

**Best runner:** Adrian Ramirez (12) 16:05. As a junior, Ramirez was the CIF Division I runner-up to state champ Larry Henderson. His time of 16:05 is also the fastest of any returning runner this year. He also ran the 3200 in 9:31 in an early season indoor meet during track season. Outdoors, his best was 9:42. He carries the load for the Spartans this year, as he is the only one of last year's top seven to come back. At the Mt. Carmel meet, Ramirez ran 15:49 in taking fifth in the Division I senior race.

**New:** Jose Zurita (11), Rosario Martinez (11), Branni Zuniga (11), Francisco Garfias (10), Joel Armola (10), Michael Manzano (9), Cesar Medina (9), Brian Eaton (9), Phanindra Duvuri (11). A number of these runners are up from the JV ranks, where they have shown promise over the last year or two. Zurita and Martinez are being counted on to be part of the top five. Garfias could be a find. In his first year of cross country, he ran 17:50 at Mt. Carmel. The Spartans had some frosh run well at Mt. Carmel, also, with Manzano (18:35), Medina (18:42), and Eaton (18:50) placing well.

**The outlook:** At first glance, it seems to be a rebuilding year. But, maybe not. Chula has had a loaded JV in the last year or two, and Ramirez is still the best runner in the league and one of the best in the county. At the league level, the Spartans will be a contender. At the CIF level, it's going to be tougher to sustain their recent success (CIF titles in '93 and '94, second last year in Division I). But, "Nobody is going to be looking at us this year," Lasse Johnson said. "I really think that this group is as talented as last year's team. It depends on how the young runners develop. They need to make that transition, get some confidence and be a little more aggressive." Compared to the big-name groups of the last few years, this is mostly a team of unknowns. They want to change that.

**GIRLS:** 20 runners.

**Returning:** Nika Dunn (12) 17:39; Abby McConnell (11) 17:55; Graciela Minor (12) 18:44; Vanessa Caudra (11). Dunn, the younger sister of Matt Dunn, is the leader at present, with Minor and McConnell part of close pack right behind her.

**New:** Maribel Calderon (11), Vera Villalvalvo (10), Daniela Castaneda (9), Bertha Ojeda (9), Nancy Castro (9). Art Johnson thinks a number of these girls will help right away, with Villalvalvo and Castaneda moving right into the top pack. The Mt. Carmel times indicate that it will be a tight group: Dunn, 18:26; McConnell, 19:03; Villalvalvo, 18:45; Castaneda, 19:29.

**The outlook:** This team is coming off a good year, when they were fourth in the CIF Division I race. After heavy losses, Chula lacks the strength at the front that a team such as Bonita Vista has, so the focus now is on tightening the pack. The returning runners lend the team the necessary leadership and experience, and the youngsters will give the group a shot of fresh blood. They should be a factor in the Metro race.

## Eastlake

**Division:** Four.

**Coach:** Columbus Page. Assisted by Mike Rubalcava.

**Home course:** At Hilltop.

**BOYS:** 18 runners.

**Returning:** Andrew Howard (10) 19:30; Paul Lagler (10) 21:58. Howard and Lagler are both in the top three so far this year.

**New:** Brian Bartlett (12), Evan Gilstrap (10), Kevin Bartlett (11), Joe Eros (11), Kyle McMahan (9), Kyle Remp (12), Alberto Corona (10), Juan Navarro (10). Brian Bartlett is also playing football for the school, but plans to run in most of the meets. "When he runs, he's our best runner," Page said. "He's pretty good." Page has done a good job of rounding up some prospects for the team.

**The outlook:** "The whole team is fairly young," said Page. "The bulk of it is sophomores." Only three will graduate, leaving Page a nice base to build on. The boys might not improve as dramatically as the girls team did last year, but the trend seems to be in the same direction. "The kids are working very well," Page said. "The future looks good."

**GIRLS:** 17 runners.

**Best runner:** Maria Cervantes (12). She was the team's leader all season last year, but was a DNF at the CIF race, with a variety of physical problems. She's back to health now, and is running well. She easily won her section of the recent Baron Invitational, and she could be in for a big year.

**Returning:** Debra Milam (12) 18:05; Gail Dayao (12) 20:05. Milam has been the team's third runner in early meets; Dayao has been number four.

**New:** Laura Carriedo (9), Sarah Eisenberg (12), Jodell Linder (9), Kathy Milam (10), Patricia Partch (11), Roxanne Pasqual (10). This group has all moved into varsity positions. The best of the group is freshman Carriedo, the team's number two runner in early meets. In workouts, Page said, she stays close to Cervantes.

**The outlook:** Upbeat. "The numbers are up tre-

mendously," Page said. The team loses three seniors this year, and, said Page, "that means great things for the future." The Eastlake girls finished third in the Metro last year, after a last place finish the year before. That's pretty impressive progress, and this team should be in the thick of things this year.

## Hilltop

**Division:** Two.

**Coach:** Chip Holmes. Assisted by Paul Brents.

**Home course:** On campus (boys 3.1, girls 2.4).

**BOYS:** 18 runners.

**Returning:** Ryan Short (12) 18:17; David Granfield (12) 20:15; Ray Edwards (12) 20:45. The Lancers lost some good runners to graduation (Zac Read, Fabricio Guzman).

**New:** Frankie Mendoza (11), Eric Guzman (11), Jimmy Schroeder (9), Jose Beltran (9), Donald Holmes (12). Mendoza has tried cross country for the last two years, but has come down with injuries both times. Now, he's healthy, and is coming off "his best summer. He's worked hard," Holmes said. "He's got some real talent." Mendoza has moved into the top spot on the Hilltop roster. Guzman, younger brother of Fabricio, is trying cross country for the first time, but Holmes thinks that he is also, "real talented." Frosh Schroeder, younger brother of high jump ace Dan, shows some real potential. He ran 17:42 at Mt. Carmel, and was fourth in the Division II frosh race.

**The outlook:** Suddenly, this is a very young team. The top runners (Mendoza, Guzman) are juniors and don't have a lot of background coming into the season. Some of the frosh will get mixed into the varsity. The net result is that the Lancers will take a while to get into gear, but will come on the later stages of the season. "We'll be a decent team," Holmes said. It might be asking too much for this team to improve enough to be a threat this year. They could be in the mix next year, however.

**GIRLS:** 25 runners.

**Returning:** Sara Meza (11) 18:46; Michelle Hodge (11) 18:47; Crystal Foelschow (11) 19:16; Erin DeHahn (10) 19:34; Sharon Robles (12) 21:28; Michelle Richardson (10). DeHahn was the team leader in a number of meets as a frosh, but really came on in track, where she ran the 800 in 2:17 and took second in the CIF meet. She is an all-around talent; she ran a leg on the Lancers' 4x400 relay team, high-jumped 5-2, and she plays club soccer. She has yet to really blossom in this sport, partly because she splits time with soccer, but it could happen. Richardson is another versatile athlete, who runs hurdles and high jumps in track. Holmes expects DeHahn, Foelschow and Meza to be the best of this group.

**New:** Theresa Escobedo (9), Elizabeth Kolata (9), Heather McElroy (10). The two frosh ran well at Mt. Carmel. In the Division II frosh race, Escobedo was fourth in 18:41, Kolata was eighth in 18:57. Those efforts move the pair right up to the lead pack, and maybe ahead of it. McElroy is in her first year of cross country, and ran the 3200 in track.

**The outlook:** After Bonita Vista, the Metro girls field is wide open. Hilltop could be competitive. The top frosh look good, DeHahn is a talented athlete who could develop, and the numbers are good. This is a team that could develop and improve throughout the season.

## Mar Vista

**Division:** Three.

**Coaches:** Benny Holt, boys; Katrina Csajkowski, girls.

**Home course:** Lucky Waller Park (boys 3.1, girls 2.44).

**BOYS:** 38 runners.

**Best runner:** Fernando Corona (11) 17:38. Corona was a good soph runner last year, and had a trademark style of coming on late in the race, often from far back in the pack. In early action this year, he looks like he's concentrating on getting into position a bit earlier. "He worked out pretty good in the off-season," Holt said.

**Returning:** Esteban Rocha (12) 18:41; Alde Morlan (12) 20:14; Osualdo Olmos (10) 20:31; Felix Padilla (12) 20:49; Adrian Garay (11) 21:22; Hector Quevedo (12); Christian Valderamma (12). The Mariners basically return almost their entire roster. Rocha ran 17:11 at Mt. Carmel, and Valderrama, who also plays soccer, ran 17:30.

**New:** Luis Martinez (10), Daniel Perez (10), Miguel Beltran (11). Martinez might be a surprise. He didn't run cross country as a frosh, but turned in a 17:18 at Mt. Carmel. That moves him high up in the lineup. Perez is another soph that didn't run cross country. In track, he turned in a 2:04 for 800 as a frosh. At Mt. Carmel, he clocked 18:05.

**The outlook:** The Mariners have moved over to the Metro from the Harbor League, and they are more comfortable here, competing with their natural rivals from the South Bay. Whenever coaches mention the contenders in the Metro, they always toss in Mar Vista as a "darkhorse." Holt sees it that way, too. "We could be a contender," he said. "If we get all the ingredients going." The Mar Vista team, like lead runner Corona, will most likely come on late in the game. How good they will be won't be known until very nearly the end of the season.

**GIRLS:** 13 runners.

**Best runner:** Probably is Kara Hawthorne (10). She is new to cross country, but ran well in track last spring, taking second in the Harbor League 800 meters

as a frosh. Hawthorne is an all-around athlete, who also plays soccer. Running is still a new sport for her, however, and she's still finding out how good she is.

**Right behind her:** Kirsten Neil (12), a transfer from Coronado. Neil was a varsity runner for the Islanders as a soph, on a state qualifying team. As a soph, she was 11th in CIF Division IV, running 18:21.

**New:** Chrissy Tomlinson (10), Holly Pinnick (10), Carly Foss (9). Csajkowski has recruited energetically the last two weeks to fill out her roster, and she has mostly gone after girls with athletic credentials. Tomlinson, for instance, is a swimmer/water polo type with junior lifeguard credentials. She and Pinnick are, "improving quite a bit," according to the coach. Foss has just joined the team, but is "pretty athletic."

**The outlook:** The numbers are up, and there's a couple of legit runners at the top of the roster. It's not going to scare Bonita Vista, but it's a step forward for the Mariners. If some of the new recruits pan out, the team could be fairly representative in this league.

## Montgomery

**Division:** Two.

**Coach:** Ruben Ledesma. Assisted by Juan Gonzalez.

**Home course:** Lucky Waller Park, near campus (boys 3.1, girls 2.44).

**BOYS:** 15 runners.

**Returning:** Reggie DePass (12) 17:33; Thomas Juarez (12) 18:07; Xavier Alaniz (11) 18:35; Michael Campos (10) 21:12; Carlos Zapata (12). Alaniz, a soph last year, has made the biggest improvement in the off-season, and is probably the leader. Juarez is "much improved," according to Ledesma. DePass, the area's all-time best high hurdler, is also an effective cross country runner. The strength gained in the sport could help him go after the area's 300-meter hurdle record in the spring. Zapata is a Seventh Day Adventist who doesn't compete in Saturday meets.

**New:** Daniel Wagner (11), Dave Duncan (10), Jose Perez (11), Jesus Carrillo (9). This group will shore up the front pack.

**The outlook:** Any of four or five teams have a legitimate shot at the Metro title this year, and Montgomery is in the middle of that group. If Alaniz makes a big jump, and the four-five spots get solid, the Aztecs could be tough. Training-wise, "it's been our best year," Ledesma reported.

**GIRLS:** 15 runners.

**Returning:** Esther Volper (11) 18:18; Erendira Garcia (10) 18:54; Joy Espiritu (12) 19:38. Ledesma has no firm fix on the front pack's order just yet, but thinks that the quality is upgraded from last year.

**New:** Elaine Hutchinson (12), Sarita Stolz (11), Eva Burgueno (10), Marissa Hernandez (10), April Jimenez (9). Ledesma expects a number of these runners to make an impact on the lead pack right away. Frosh Jimenez, he said, has "a lot of promise. She's tall and rangy."

**The outlook:** Off-season training has been solid for the girls as well as the boys. Ledesma has also been an active off-season talent scout, and has built up the numbers, adding some promising athletes. The league seems wide open, other than Bonita Vista, a strong favorite.

## Southwest

**Division:** One.

**Coach:** Jesus Rodriguez.

**Home course:** Lucky Waller Park, near Montgomery (boys 3.1, girls 2.44).

**BOYS:** 11 runners.

**Returning:** Michael Williams (11) 19:15. Vicente Ruiz (12) was the team's best runner in 1994 as a frosh, and now returns to eligibility. In his year away, he kept his fitness up, Rodriguez reported. As a soph in 1994, Ruiz ran the CIF course in 17:44. If he's anywhere near being in shape, he'll be a big help.

**New:** Oscar Gonzalez (11), Omar Caraveo (11), Felipe Martin (11), Joaquin Harris (10), John Powell (12). Best of this group are Gonzalez and Harris, according to Rodriguez.

**The outlook:** The numbers are against this team, but they won't be overwhelmed by their competition. Ruiz will be a quality runner at the top of the roster, and there seems to be some decent talent in the next three spots. Depth is one of the main concerns. The Raiders can't afford to lose anybody.

**GIRLS:** 7 runners.

**Returning:** Cindy Chapin (12) 20:30. Chapin was the team's only girl entrant at CIF last year. Roseanna Bermio (12) returns after a year away from the sport. She was one of the team's best in 1994 as a soph.

**New:** Eva Mendez (12), Veronica Cuevas (11), Erica Roque (10). Roque has a soccer background, which gives her "a lot of stamina," according to Rodriguez. "She has an excellent attitude."

**The outlook:** Rodriguez is still scouting the campus for numbers. This team is extremely thin, although the talent level might not be that bad. They might be able to compete with a few teams in the league, but they better not lose any athletes.

## Sweetwater

**Division:** One.

**Coach:** Tim Latham. Assisted by Maria Gallaher, Norberto Avila, Joe Lara and Jaime Romero.

See page 11.



## 1996 Preview:

From page 10.

**Home course:** Rohr Park (3.1 boys; 2.3 girls).  
**BOYS:** 24 runners.  
**Best runner:** Baruch Vega (11) 17:29. He had a "fairly consistent" summer of training.  
**Returning:** Miguel Gallarzo (12) 18:24; Javier Gonzalez (12) 18:38. Gonzalez probably had the best off-season of the top group. Team returns three of top four at last year's CIF meet.  
**Candidates:** Adrian Garcia (10), Carlos Sotelo (10), Ruben Vences (9), Eric Enriquez (12), Jesse Jasso (12), Marcus Slack (12). An extremely hard-working group. Sotelo reportedly put in 1,000 miles in the off season and a number of others logged a lot of distance.  
**The base:** "I'm pretty pleased with our conditioning," Latham said. "As a team, they've come in better prepared than ever."  
**The outlook:** The league seems to be more balanced than the last few years. The Devils have a core of talent, the talent goes about ten deep, and they've been working very hard. They will definitely be a factor.

**GIRLS:** 14 runners.  
**Best runner:** Jessica Cabrera (12) 16:50, who returned in good shape and "is looking strong."  
**Returning:** Nohelia Ramos (10) 18:29; Helen Lopez (11) 18:44; Cindy Ortiz (11) 19:21; Christina Sotelo (10) 21:17; Margie Moran (11). Ramos is very much improved.  
**The off-season:** The Devil girls, too, have put in some good base work. Look for big improvements from runners like Ramos, Ortiz, and Moran.  
**The outlook:** Devils are strong at the front, with Cabrera and Ramos, and they could put together a good pack behind them. The group is a bit thin, but as a team they should defeat most league rivals.

## Palomar:

**NOTE:** Times listed in preview are from the 1995 CIF Championship Meet, unless designated otherwise.

### Fallbrook

**Division:** One.  
**Coaches:** Marty Hauck, head and boys; Gary Lutendorf, girls. Assisted by Troy Hamlin.  
**Home course:** On campus (boys 3.1, girls 2.x).  
**BOYS:** 25 runners.  
**Returning:** From top seven: none.  
**Up from the ranks:** Cameron Jones (12), Tyler Bochenek (11), Will Nelson (10). Bochenek ran around the ninth spot on a senior-dominated group last year. Nelson ran 17:21 for 3 miles at Mt. SAC as a frosh.  
**The outlook:** Definitely rebuilding. Hauck is not that sure who his top runners might be by the end of the year. "A lot could happen," he said. "We are so young. We are a year away from being a year away."

**GIRLS:** 25 runners.  
**Best runner:** Tricia Mattson (12), 15:27. This could be the year she finally gets the respect she has earned. Among her achievements last year: second place in the large schools CIF race; and the county championship in the CIF 1600 (in 5:10). Every time she beat one of the big names, it was counted as an upset. Maybe it wasn't. She easily handled her competition in the senior girls race at Mt. Carmel, running 16:15, more than 0:30 seconds ahead of the runner-up.  
**Tough back-up:** Two who will give the Warriors a very good top three are Mindy Green (11) 16:37, and Cathy Picha (10). Green was good in cross country last year, but really improved in track (running 5:27 and 11:43), and has, "just gotten better," according to Hauck. Picha's first serious running came in track, where she ran 2:20 in the 800 and made the CIF final as a frosh. In a practice two-mile, both Green and Picha gave Mattson all she could handle. "Our top three are going to be very tough," Hauck understated.  
**Returning:** Allison Plischke (10) 17:43; Katie Kaesar (10) 18:36; Ronda Ropes (11) 18:45. One of more of these three could be displaced by some new talent.  
**New:** Katie Hauck (10), Carly Hampton (10), Noelle Rideout (12), Kristen Brown (11), Gillian Guyer (9), Kim Crosswell (9). Hauck (Marty's niece) was a 5:44 and 12:32 track runner. Hampton ran 5:44 and 12:20. Rideout has run a 5k in 19:50 in a road race. The other three are all swim team members who "show signs of being real good real quick." At Mt. Carmel, the new girls were impressive. Hauck was ahead of Picha, running 16:53, Brown was ahead of Green, running 17:32. Crosswell was the fastest frosh, at 17:47.

**The outlook:** All the elements seem to be in place. Mattson is a top runner, Green, Picha, Brown and Hauck are right behind her, and there seems to be a number of good candidates to fill out the pack. "We have depth back to 10th place," Hauck said. "It may be our best girls team ever, but the league's top five are all great teams."

## Mt. Carmel

**Division:** One.  
**Coach:** Dennis McClanahan. Assisted by Terry Dockery and John Rankin.  
**Home course:** On campus, and partly on a water easement (boys 3.0, girls 2.5).  
**BOYS:**

**The big three:** Mike Baskin (11) 17:10, Bert Romero (11) 17:17; Jeff Sleichter (11) 17:52. This is the core of a team that could be the best in the county. If not this year, than most probably next year. Baskin is a 4:22 and 9:48 runner in track, while Sleichter is more of an 800 type, with a 1:59 best. Romero is more of a pure cross country type, who competes with great intensity. The three showed their stuff at the Mt. Carmel meet last week, with Baskin winning the Division I junior race, in 15:50. Sleichter took second in 16:06, and Romero was fourth in 16:27. A preview of things to come?

**The pack:** This is the critical area of this team; if McClanahan can construct a solid group to back up his talented trio, then few teams will be able to match up. He has no other holdovers from last year's top seven available, but there are some good candidates. Scott Bachman (11) is a transfer from Virginia who has 10:18 3200 credentials, and, reported McClanahan, "he's fit right in." Christian Esquivel (11) has put in the off-season work and he's much improved to the point, where, "he's pretty good." Arnel Aradanas (10) is the most talented of the younger runners, with 53-second 400 speed, McClanahan said. Rocky Metcalf (10) is another talented prospect. A note for the future: Brendan Riordan (9) is, "a very talented athlete, with a great attitude. He could creep in there (the varsity)," McClanahan said. Of this group, Metcalf had the fastest time at the Mt. Carmel Invite, with a 17:18; Bachman ran 17:19, and Esquivel ran 17:22.

**The outlook:** Palomar League observers have been seeing this coming for a while. The juniors are a talented group, and they're just starting to show their true potential. The only question anybody has is: can the middle of the pack contribute? Those runners are also young and improving, so the final answer won't be known until later. If the depth materializes, this team will be as good as anybody in the county. It is definitely a top five team, just to start with.

**GIRLS:**  
**Returning:** Christine Alford (12) 17:10; Erin Masters (11) 17:15. The Sundevils return just two from last year's varsity team. Alford is the acknowledged team leader, as both the fastest returning varsity runner, and as a senior.

**New:** Natalie Parker (11), Becky Joy (10), Elizabeth Mejia (9), Samanta Stevens (11), Veronica Roberts (10), Karen Vasko (9). Vasko led the team at the Mt. Carmel meet, with a 17:07 in the frosh race, good for second in Division I. In separate races, Stevens, Alford and Roberts all ran fairly close times (17:58, 18:08 and 18:08, respectively).

**The outlook:** McClanahan has no illusions that his girls will be able to compete with the tougher league teams. "It's a rebuilding year," he said. "Some years you're gone be in the hunt, some years you're not. What you hope for then is that your athletes stay competitive. These girls have done everything we want from them. They have a great work ethic."

## Orange Glen

**Division:** One.  
**Coach:** Mike Cummings. Assisted by Randy Booser.  
**Home course:** Kit Carson Park (boys 3.1, girls 2.5).

**BOYS:** 32 runners, may add more.  
**Returning:** Nick Wheeler (10) 19:11, is the only returnee from the CIF top seven.  
**Up from the ranks:** Lyn Ly (12), Nick Schlapfer (10), Gerardo San Juan (12), Hector Martinez (12), Joey McClure (12), Keith Knight (12), Peter Hutchison (12). Ly, who "worked hard all summer," could be one of the leaders.

**New:** Tom Igo has transferred from University.  
**The outlook:** Serious rebuilding (see Fallbrook boys). "It's a mystery team," Cummings said. "We are very young."

**GIRLS:** 40 runners, may add more.  
**Returning:** The entire top seven girls return from the team that won the CIF Division I championship last year. And, "they're ready," Cummings said. "They're in good shape." In the order in which they finished in the CIF meet, the seven are Cara Rumble (11) 15:31; Katie Cottrell (11) 15:34; Lorena Jimenez (10) 15:37; Kendra Goffredo (11) 16:01; Laura Lawrence (12) 16:18; Gina Rennix (12) 16:39; and Melissa Heib (12) 16:56. During the track season, Rumble ran 5:14 and 11:34; Cottrell ran 2:26, 5:16 and 11:48; Jimenez ran 2:22 and 11:42; and Goffredo turned in times of 5:20 and 11:32.

**Depth:** The next group includes Apryl Streit (12), Lisa Young (12) and Emily Ghiotto (11).

**New:** Cummings has a crop of frosh runners, but is in no hurry (and has no need) to rush them. "It will take a little bit of time," he said.

**The outlook:** In a year in which the county has a number of strong girls teams, Orange Glen ranks right at the top. Probably only Scripps Ranch can match up through the top three girls, and no local teams can match the strength at spots 4 through 7, at least based on last year's results. That quality depth is especially helpful in championship meets, in which Orange Glen

should do well. Still, this is the Palomar League, and there are few pushovers. Few teams like the role of favorite, but the Patriots, as is their style, are loose and relaxed. Cummings stated the obvious when he said, "I'm excited about the season. Our goal is getting through the season healthy." OG's girls are one of a number of area teams that could make an impact at the state level.

## Poway

**Division:** One.  
**Coach:** Dan Schaitel. Assisted by Mark Embrey and Dean Cortez.

**Home course:** Lake Poway (boys 3.1, girls 2.4). It's a tough course, and not spectator-friendly, either.

**BOYS:** 42 runners.  
**Returning:** Jake McNeely (12) 16:46; Sean Zanderson (12) 17:07; Scott Strachan (11) 17:13; Mike Helms (11). In track, Zanderson had times of 2:00, 4:33 and 9:46. Strachan and Helms were sub-10:00 sophs, running 9:57 and 9:55, respectively. McNeely missed most of the track season. Of Zanderson, Schaitel said, "He's a throwback type of kid, a real intense, hard worker."

**New:** Up from the JV: Ben Schwab (11), Ryan Franzen (11), Justin Lucas (11), Randall Leyking (10). Schwab seems sharply improved. "He got more serious," Schaitel said. A transfer, Matt Gailey, came over from Calvin Christian. He was the Coastal League champ last year for the Crusaders, and he's moved right into Poway's top group.

**The outlook:** Poway is a deep team. If a runner like McNeely gets off to a slow start, a number of other runners can pick up the slack. It is a proud team with an excellent tradition, and they are the defending Division I champions. The core of the team is a large group of talented juniors, who have been making waves in grade level races for the last two years. Now, they're ready to contribute. "They will determine how far we go this year," Schaitel said. Of course, the team will need big-time running from McNeely and Zanderson as well if they are to defend their league and CIF titles. Depth is a given.

**GIRLS:** 36 runners.  
**Best returner:** Lisa Vasek (12) 16:53. She followed up her cross country season with a 3200 in 11:56 during track. She is a team leader (in fact, she was the team's MVP in 1993 as a frosh), who has returned this fall in "in real good shape," Schaitel said. For the past three years, Vasek had teamed with fellow classmates Jessica Pound and Ann Koscki, but Koscki has moved to the Sacramento area, and Pound is not running this year.

**Returning:** Meridith Nespor (10) 17:06; Laura Rankin (12) 17:17; Serena Rosales (12) 18:01; Kasey Shemwell (11) 19:34. It's a year of transition for the Poway girls and there will be some upheaval of the lineup, but at least some of these runners will be included. Hollie Babione (11) has a broken foot, but may be able to contribute late in the season.

**New:** Erin Spooner (11), Arlene Collier (10), Michelle Flores (12), Mande Clark (10), Monica Hite (11), Brianna Hibbs (9), Julia McGurk (9) and Sophie Sillano (9). Schaitel thinks Spooner, a sub-2:30 800 meter runner, might fit into the number three slot, and Collier, a track 1600 runner, could be number four. The freshmen group "will have an impact," on the team. Hibbs, for instance, just edged Vasek at the Bronco meet, with both running 12:50 for the hilly 2-mile course. McGurk had the next fastest time for a Poway athlete.

**The outlook:** It's a deep team, at least in the sense that a good number of runners seem interchangeable. So far, the Titans haven't fielded all their runners in one meet, let alone one race, so it's hard to tell just how all the various pieces will fit together. Vasek is class, and the frosh seem to have talent, although we have only seen glimpses thus far. The bottom line is, even a rebuilding Poway team is still dangerous.

## Rancho Bernardo

**Division:** One.  
**Coach:** Don Jones. Assisted by Jeff Ukrainetz. Last year's assistant, Pat King, is now the head coach at San Pasqual.

**Home course:** Rancho Bernardo Community Park (boys 3.1, girls 2.5).

**BOYS:** 27 runners.  
**Best runners:** Matt Galaviz (12) 16:37; Eron Tello (12) 17:38. Galaviz was eighth in the CIF Division I race last year, and had a good year in track, clocking 1:59, 4:28 and 9:38 times. He missed qualifying for the state meet by one place last year. Tello, who was hurt at the CIF meet last year, is as good and often better than his teammate. His fifth at the Bronco meet puts him in the county's upper crust. "He is so tough," Jones said.

**Returning:** Idoh Gersten (11) 17:54; Marcel Meerstetter (11) 17:55; Todd Benjamin (12) 18:18; Dave Fimon (12) 19:31; Jason Cobb (12). The Broncos only lost one runner from last year's top seven. Benjamin and Cobb ran the best of this group at the Bronco meet, which was held over two miles.

**New:** Sean McElroy (11), Sean Ricketts (9). McElroy has moved here from the Sacramento area, where he ran a 16:40 in a 5K race. Ricketts, younger brother of Hilltop great Eric Ricketts, could be a rarity: an



## 1996 Preview:

From page 11.

impact freshmen at the large school level. "He can hang with Tello and them in the workouts," Jones said. "He's nails," Galaviz added. Jones is counting on McElroy and Ricketts to upgrade his pack and predicts that the pair will end up in the three-four slots.

**The outlook:** This is the Palomar League, where any weakness will be exploited sooner or later. Jones' team has two tough runners at the top, but it gets spread out after that. Jones needs for McElroy and Ricketts to be solid three-four runners, and then he needs to find a fifth man and some depth. Otherwise, it will be tough to get by Vista, Poway and Mt. Carmel.

**GIRLS:** 27 runners.

**Best runner:** Sarah Wilkins (10) 15:09. Wilkins won the CIF Division I race last year as a frosh, and her 15:09 was the fastest girls time of the day. In track, she clocked a 5:06 for the 1600 and qualified for the state meet. She is an all-around athlete who also starts on a basketball team that went deep into the state play-offs last year. She doesn't concentrate on running year-round, but she began the season "in better shape than last year," according to Jones. She won her race at Vaquero, was second to Heather Shurtleff at Bronco, and was third at Woodbridge, running 18:12 for 3.0 miles.

**Impact freshman:** Julie Manson (9). Manson is right behind Wilkins in workouts and races, and is undoubtedly one of the best freshmen in the county. In fact, sometimes Jones thinks that Manson can be better than Wilkins. It's a situation that helps both runners. "They're pushing each other in workouts," Jones said.

**Returning:** Christine Kitchen (11) 17:02; Jessica Johnson (12) 17:07; Sara D'Alessio (11) 17:23; Tress Goodwin (11) 18:26. Kitchen ran the 800 in 2:18 as a soph last spring, and is a very solid number three runner. Johnson, the fourth girl, has seemed to be on the verge of a breakthrough at times. Fifth in early action is D'Alessio, an excellent hurdler. If this group steps up to the next level, this could be a very good team.

**The outlook:** Wilkins and Manson are a one-two punch that any team would like to have. Kitchen is quality, too. As it stands right now, RB is a borderline top ten candidate. If the pack improves, they can go up from there. One problem: Two or three of the Palomar teams are in the county's top five.

## Rancho Buena Vista

**Division:** One.

**Coach:** Tom Lux. Assisted by Josh Fuller.

**Home course:** Buena Vista Park, adjacent to campus. (Boys 3.1, girls 2.5). It's hilly, and is regarded as a "tough course."

**BOYS:** 30 runners.

**Best runner:** Fernando Blanco (12) 16:33. He was sixth in the CIF large schools race last year. He added a 4:32 1600, and followed up with a good summer of training. It showed, as he started off the season very hot, with a good race at Vaquero and a better race at Bronco, where he won the large schools race, beating people like Steve Daynes, James Adams, Jason Lopresti, and Dustin Diaz.

**Returning:** Jaimal Hornbacher (12) 17:29; Indy Ortiz (12) 18:18; Carmelino Ortiz (11) 18:19; Hever Chavez (12) 18:37; Eladio Garcia (11). Lux has a good number of the pack back to work with. Hornbacher, who was last year's number two, seems much improved, as do a number of other veterans. "It's been an excellent summer," Lux said.

**New:** Moises Delgado (11) is, "an unknown, who fits right in with the lead group," Lux said.

**The outlook:** Most of the attention in this league will be focused on teams such as Mt. Carmel, Poway and Vista, which is as it should be. But overlook this team at your own peril. Blanco is red-hot, and the rest of the scorers look pretty solid. "We could be pretty strong," Lux said. RBV looks like a top ten team.

**GIRLS:** 14 runners.

**Returning:** Tiffany Trayer (12) 16:40; Annie Holliday (11) 17:13; Joanna Groschwitz (10) 17:14; Stacy Sims (11) 17:29; Kristina Smith (11) 17:33. The 'Horns bring back five of their top six, but will miss Laura Carpenter. The best off-season training was done by Trayer, Sims and Smith, according to Lux. Best at the Bronco meet (over 2 miles) was Smith.

**New:** Karina Kloos (10), Tricia Kanon (10). Lux expected Kloos to be one of the team's top three runners at some point in the season. At Bronco, she ran the fastest time of any RBV girl, while running in the JV race. She's the sister of past El Camino runner Tom Kloos.

**The outlook:** It's really not a bad team, but this league is so tough. They'll take their lumps, but Lux can develop this group for another year (there's only one senior).

## San Marcos

**Division:** Two.

**Coach:** Ginger Couvrette.

**Home course:** Discovery Lake (boys 3.1, girls 2.5).

**What's different:** San Marcos has a new coach, a new course, and has moved from the Avocado League

to the Palomar League, replacing San Dieguito.

**BOYS:** 19 runners.

**Returning:** Andrew Boring (10) 17:21; Jose Fernandez (10) 17:53; Victor Olivares (11) 18:55; Tony Mendoza (11) 20:16; Sean Keating (12). Keating ran 18:09 at CIF in '94 as a soph. The team lost only one senior. According to Couvrette, the top runners in early season were Fernandez and sophomore Laurence Mier, with Keating and Olivares right behind them. Just a bit back after them are Boring and Charles Wilson. Boring was the fastest county freshman runner in the CIF meet last year, with his 17:21, but he is off to a slow start this year.

**The outlook:** It's a very young group that will go up against many of the county's best week after week. That's the bad news. The good news is that Fernandez and Boring, two of the team's best, are just sophs. They, along with the other young runners, could form a core to build around.

**GIRLS:** 15 runners.

**Best runner:** Heather Christofk (11) 16:13. She was 15th in the CIF Division II race, and ran an 11:52 for 3200 in track.

**Returning:** Alana Bochiechio (10) 16:19; Kelly Kodadek (10) 16:43; Aniko Felsen (10) 18:00; Danielle Pepple (12) 18:10; Alma Izazaga (12) 18:24. The Knights return all but one runner from a team that finished sixth in Division II last year. Bochiechio was right behind Christofk at CIF, taking 17th, but was slowed by injuries during track. She teams up with Kodadek to give San Marcos a strong two-three combo.

**New:** Jennifer Peterson (9), Alejandra Mendoza (10). Mendoza was on the JV team last year. Peterson was 8th in the Mt. Carmel Division I frosh race in 18:47.

**The outlook:** The San Marcos girls are pretty good. Their addition to the Palomar League upgrades the already strong collection of girls teams. They're not ready to challenge the very top teams, but they can hang with many of the others. A note for the future: the core of the team will be back intact next year.

## Vista

**Division:** One.

**Coaches:** Pete Brooks, boys, and Paul Kinder, girls. Brooks replaces Craig Balsley.

**Home course:** Guajome Park (boys 3.1, girls 2.x).

**BOYS:** 27 runners.

**At the top:** Steve Ketcham (12) and Gonzalo Garcia (12) 16:36. Ketcham ran 4:28 and 9:54 in track, while Garcia clocked 4:33 and 10:02. Ketcham was often the team's leader last year, but persistent health problems washed out the big meets at the end. Brooks reports that Ketcham has "had no problems," and has had "a good summer."

**Returning:** Andrew Smith (11) 17:14; Cesar Rodriguez (12) 17:41; Sean Daley (10). Daley was a top local frosh last year.

**New:** Two significant newcomers are Justin Neauroth (9), who blazed at the Vaquero meet, and transfer Josh Moore (12), who ran 16:05 for 3 miles last year. Balsley thinks Neauroth may be his third man already, which is a strong beginning for a frosh runner in an established program. He expects Moore to be in the lead pack as well. Thinking ahead, Brooks reported that the team has "a very strong frosh/soph group."

**The off-season:** Despite the coaching change, summer training went well for the Panthers. "Our entire team came in in very good shape," Brooks said.

**The outlook:** Vista is always in the thick of things both at the league level and in CIF division I. That's not going to change this year. The team has some solid leaders and a good pack. They'll need to keep Ketcham healthy, of course.

**GIRLS:** 35 runners.

**Best runners:** Too close to call. It could be any from among a group of five or more, and they may trade off all year.

**Returning:** Noelle Magana (12) 16:06; Brooke Schroeder (11) 16:12; Mary Blasius (11) 16:22; Natalie Forsyth (11) 16:42; Julie Davidson (11) 17:13; Erika Batiz (12). Devon Lasiter-Thurber was one of the Panthers' best in '94 as a soph, and now returns after missing most of last year with injuries. She ran the CIF course in 16:10 as soph. Batiz is more of an 800 type (2:23 best), but she ran the CIF course in 16:41 as a soph. Blasius was injured in track, and alternates running workouts with pool workouts. Davidson is also injured. Forsyth, who ran 11:44 for 3200 in track, reported in the best shape of the group. Kinder thinks that Forsyth and Schroeder might develop into the leaders, with Magana right behind them. Lasiter-Thurber, who is still "getting back into shape, and getting confidence about not getting injured again," could join that threesome as the season develops.

**New:** Danielle Magana (9), Brianna Boeche (9), Talia Wilkins (10), Anna Colwell (12), Brea Mendoza (9), Tiffany Lee (9), Erin Collins (12). A couple of these runners were on the JV last year. Colwell ran the most miles of anybody over the summer, and could make a move. There is talent among the frosh. Magana, the sister of Noelle, "could be in the top five by the end of the year," Kinder said. Boeche, "could be the big surprise," he said. "Right now, she's up and down."

**The outlook:** Vista has incredible depth. They had more girls run quality times at the Vaquero meet than any other two schools. What they don't yet have is a replacement for Sonia Rodriguez, who had such a great season last year. If one of their top runners starts

to make a move, Vista will be very tough. Even without anything dramatic, the team is one of the top five in the county. Since the team was third in the state in Division I last year and returns most of their squad, that should tell you what kind of year this is for girls teams locally.

## Southern:

**NOTE:** Times listed in preview are from the 1995 CIF Championship Meet, unless designated otherwise.

## Army Navy Academy

**Division:** Five.

**Coach:** Patrick Dunn.

**Home course:** Carlsbad beach, near campus. (Boys, 3.1 miles). Course may be slightly modified.

**BOYS:** 30 to 35 runners.

**Returning:** Jason Rose (12) 20:28; Josh Hermesten (11) 22:08; Cosmo Clementi (11) 22:50; Jerry Hsien (10). Also, Cody Rico (12), returning after a year away from the sport.

**New:** Fred Lozano (12), Shawn Danish (12), Richard Yeung (10), Paul Bearman (9), Jackson Duran (9), Matt Salmon (11), D. J. Johnson (11), Andy Oshay (11). Dunn thinks Lozano, who ran track in the spring, is his best runner so far. He thinks Danish could be the number three runner, after Lozano and Rose. Yeung is a young runner who "could surprise."

**The outlook:** Watch out, Coastal League. Army Navy's cross country program could be on the way back. Once, the program was consistently among the league's best. Recently the numbers and results have been way down. Dunn plans to change that, and the huge roster is the first step. "We want to build tradition," he said. "I believe in numbers." Programs can turn around quickly in this league, and Dunn said the Warriors have a "pretty strong junior group."

## The Bishop's School

**Division:** Five.

**Coach:** Wendy Svatek. Assisted by Rafael Moyano.

**Home course:** UCSD (approximately 3.0 for boys and girls).

**BOYS:** 25 runners.

**Returning:** Max Johnson (10) 19:43; Chris Wong (11) 20:59; Joe Wilson (10) 21:49; Daisuke Nonaka (11) 22:57. Also, Chris Pettigrew (11), Tom Suiter (10).

**New:** Patrick Kinnaird (9), Chris Crowell (11).

**The outlook:** It was a young team last year, and most of that core remains. The numbers are good, there's some new talent, and the competition within the roster will result in measurable improvement. They need to have a team leader or two emerge from the pack. "The team is a year away," -- Svatek.

**GIRLS:** 10 runners.

**Returning:** Heather Ray (11) 18:29; Jenny Evans (12) 18:57; Alison Gordon (11) 19:52; Melissa Alioto (12). Evans and Gordon reported to fall workouts in the best shape of the vets.

**New:** Shelby Polakoff (9).

**The outlook:** The powerhouse team of the last few years has taken some heavy hits from graduation, and lost three all-CIF runners from last year's squad, including three-time CIF champ Marissa Hurwitz. Some talent remains, however, and nobody should take this team too lightly. Depth could be a concern, as Svatek expects the league to be "much tighter" this year.

## Borrego Springs

**Division:** Five.

**Coach:** John Quirk. Raylene Remeika will act as girls coach.

**Home course:** On and near campus (boys 3.2, girls 2.5). Almost completely flat, but conditions can be very warm.

**BOYS:** 5 runners.

**Returning:** Luis Aguilar (12), who is now in his third year, which is as long as the sport has been established at the school. Also, Ben Hernandez (12), who has run bits and pieces of the previous two seasons.

**New:** Martin Muench (10), Damon Jorgensen (9), Jimmy Collins (9). Of Muench, Quirk said, "This guy's good. He is a really good athlete."

**The outlook:** "We're still building," Quirk said. "The first year we had a bunch of seniors. Last year, it was mostly the soccer team, who all quit. Now, it's largely the park kids."

**Training in the desert:** "We try to make the workouts as late as possible, without interfering with family activities," Quirk said. "We run around 5 pm, and we try to run in the canyons, where there are shadows. It's still pretty darn hot in October, and we don't move the time to 4 pm until Daylight Savings ends."

**GIRLS:** 8 runners.

**The strategy:** Originally, no girls signed up to run. Quirk then seized upon an old strategy: using cross country to condition basketball players. Raylene Remeika, the girls JV basketball coach, was named girls cross country coach, and she immediately signed up eight of her players.



## 1996 Preview:

From page 12.

### Calvin Christian

**Division:** Five.

**Coach:** Bill Stout. Assisted by Linda Marcus.

**Home course:** Jesmond Dene Park, Escondido (boys 3.1, girls 2.3).

**BOYS:** 25 runners.

**Best runners:** Bart Conner (10) 18:44; and Chad Young (9). Conner and Young are running close together in early meets. Both timed 18:07 at Laguna Hills for a 3.0-mile undulating course, so they're not blazing away yet, but they're young and they will improve.

**Returning:** Justin Verhoeven (11) 19:26; Dan Dillinger (12) 19:56. Verhoeven has missed some training time with a hip injury; he was running with the leaders when he was healthy. Dillinger is on a family trip and won't be available for a few weeks.

**New:** Jon Beutlich (10), Ryan Brown (10), Steve Mavis (10). All are new to the sport, but are contributing already. Beutlich is the number three man in early meets.

**The outlook:** It's an interesting team. Calvin has a strong tradition of excellence in the sport, and Stout was the coach there during some of their best years. There is always some talent here, but the team just took a heavy hit last year, losing all but two of their top seven. It will probably take a year to recover from that, but league opponents better not overlook these guys in the meantime. "I honestly believe we can get our first five to seven guys to run within 30 seconds of each other by the end of the year," Stout said. "We're not real fast yet, but if another team doesn't go 1-2-3 on us, I like our chances."

**GIRLS:** 7 runners.

**Best runners:** Karen Memmelaar (10) 18:01; and Lydia Boonstra (10) 19:11. "They're running pretty well," said Stout. "They're already about 1 to 2 minutes ahead of where they were last year."

**Returning:** Amanda Shipley (12) 19:39; Neili Hall (12) 21:54; Kristi Silva (10) 23:25; Andra DeJager (10). Shipley is the best of this group.

**New:** Camille Tate (10), who ran track for the Crusaders.

**The outlook:** It's a very thin team. The two front runners are fine, but there's a gap back to the third girl, and another gap to the rest of the team. It comes down to raw numbers, and you can bet that Stout will work hard to find more bodies for next season.

### Holtville

**Division:** Five.

**Coach:** Gerardo Lara.

**Home course:** None.

**BOYS:** 9 runners.

**Returning:** Miguel Ramirez (11) 16:37; Jose Gallegos (10) 17:38; Luis Salazar (12) 18:33; Robert-John Gonzalez (10) 19:24; Andres Medina (10) 20:16; Ismael Mejia (12) 21:03. Ramirez was the CIF champ, and was third in Fresno, running 16:09. That's the fastest time of any returning section runner in any division. Gallegos was sixth at CIF and ran 17:43 at state. He was the third fastest freshman in division IV at Fresno.

**New:** David Padilla (9), Adolfo Garcia (10), Jesus Flores (10). Lara expects one or more of this group to push into the pack.

**The outlook:** Super. Holtville basically returns its team intact from last year, with all of the runners improved. With the new division setup, they are the favorite in CIF Division V. They could be a state threat as well. Ramirez will be a definite factor at the state level.

**The mentality:** "We've got the guys thinking about state," Lara said. "We have high expectations." Lara expects the three-four-five positions to be sharply improved.

**The league:** Holtville is a member of the Southern Conference, but the vast distances discourage participation in dual meets. Obviously, if they competed in this league on a week-to-week basis, they would be the heavy favorite.

**GIRLS:** No runners.

### Julian

**Division:** Five.

**Coach:** Bill Porter.

**Home course:** Heise Park (boys 2.8, girls 2.1). Hands down, it's the toughest course in the county.

**BOYS:** 5 runners.

**Returning:** None.

**New:** Kevin McCarty (12), Sean McCarty (9), Brett Walder (9), Bryan Kirkman (9), Travis Scott (9). All are new to the sport. Walder seems to be the best prospect of the youngsters.

**The outlook:** It's going to take the bulk of the season before the group gets into racing shape. All seem to have potential, however. The four freshmen could form the nucleus of a good team in a year or two.

**GIRLS:** 5 runners.

**The transfer:** Arielle Damron (10), comes from Warner High, where she was a state-meet quality runner last year. She was fifth at CIF in 16:54, and 33rd at Fresno, in 20:27. She may have to sit out the season, however, because of the transfer rule.

**Returning:** Sara Evins (10) 21:38; Allison Ling-

wall (10) 21:41.

**New:** Lindsay Hilz (9), Alicia McAlister (9). Hilz is probably the best runner on the team, after Damron. McAlister has been bothered by a sore knee.

**The nature of the team:** It's a very young group, but there is a solid core of talent. Damron, if she is able to run, is as good as there is in the league. Hilz, others, could develop.

**The outlook:** There is talent here, but it will take a year before they make an impact. If the core stays together, and if they add a few more runners, they could be a factor in the league. As of now, with Damron in question, they don't yet have a scoring group.

### La Jolla Country Day

**Division:** Five.

**Coach:** Renee Milton. Assisted by Ken Hallinan. Milton replaces Pat Wagner.

**Home course:** At UCSD (boys 3.05, girls 2.45).

**BOYS:** 14 runners.

**Best runner:** Justin Scarfeo (11) 17:58. He was runner-up in the league championships as a soph. He also got "some great training" in the off season, according to Milton.

**Returning:** Christian Navarro (11) 19:57; Chris Rosenbaum (12) 23:02.

**Questionable:** Evan Fontaine (10), who was third in the league last year as a frosh, may or may not run this year. He had been practicing with the team in early season.

**New:** David Tetchet (11), Dan Frysh (12), Chris Wollan (10), David Tennant-Jones (10), Jared Ziman (9). Ziman, according to Milton, "looks like a runner. He's got a lot of potential."

**The outlook:** Last year, the core of the team was very young, but extremely promising. Some of that talent is no longer there, but the replacements might be comparable. If the new talent proves out, Country Day could be a factor in the league.

**GIRLS:** 9 runners.

**Best runner:** Lindsay Weinberg (10) 16:52. She was fourth in the CIF as a frosh, and is the top returning league, and CIF, runner.

**Returning:** Monica Bornemisza (12) 19:32.

**New:** Sandra Ruiz (9), Cathy Mogilner (11), Ayabo Kwayana (12), Robin Bulster (10). Ruiz is a good-looking freshman prospect, who seems to be right behind Weinberg. The other girls are multi-sport athletes who have some talent. Milton said that there is a pack of four that are within 1:30 of Weinberg, including Ruiz, Mogilner and Bornemisza.

**The outlook:** This is possibly a strong team. Weinberg has to be one of the league's best, based on last year's results. If Country Day has indeed built a pack that is close to her, they would be very tough in this league.

### Lutheran

**Division:** Five.

**Coach:** E. J. Hilbert.

**Home course:** Chollas Lake (3.2 boys; 2.9 girls).

**BOYS:** 12 runners.

**Best runner:** Mark Mullert (11), 20:10, who has "trained well all summer," according to Hilbert.

**Returning:** Nick Taff (11).

**New:** James Wilson (9), Damian Anderson (9) are the most promising of a crop of freshmen.

**GIRLS:** 3 runners.

**Best runner:** Jennifer Lloyd (10), 18:07. Lloyd was one of the best frosh in the league last year.

**Returning:** Serena Hall (10).

**Overall outlook:** This small private school is starting to expand and grow. It's been moved to newer, larger quarters this year and there are plans to build a brand new campus soon. Hilbert is in his fourth year as coach, and is starting to build continuity.

### Francis Parker

**Division:** Five.

**Coach:** John S. Lown. Assisted by Jill Schenk, Stacey Faulk and Maureen Friend.

**Home course:** Tecolote Canyon (boys 3.1, girls 2.6).

**BOYS:** 20 runners.

**Returning:** Steven Scher (12) 19:27; Huw Lewis (12) 19:42; Josh Lipsker (12) 19:49; Max Spevack (11) 20:04; John Freiburg (12) 21:04.

**New:** R. J. Sparks (12), Karl Rinderknecht (10), Shane McElreavy (9), Josh Jackman (12). Sparks has already moved near the front of the pack.

**The outlook:** Parker seems to have the most solid group of returning runners of any league team, with four of their top five returning. The numbers are good, too. If one of their pack makes a breakthrough, Parker will be tough to beat in this league.

**GIRLS:** 15 runners.

**Returning:** Zoe Landers (11) 17:16; Jenny Dorth (12) 18:54. Maybe: Abby D'Agostino (11) 19:30.

**Frosh:** Gwyn Leachman (9), Sarah Manley (9). Leachman was third in the frosh race at West Hills in her first test, and has probably moved to the front of this team.

**New:** Angie Markle (11) has transferred from San Diego High, where she was multi-talented. She'll help solidify this team. Patricia Martin has transferred from Marian Catholic, but must await an eligibility ruling.

**The outlook:** Parker is always solid, but they should be among the league's best this year. They return their top two runners, they have an impact fresh-

man in Leachman, have added a solid talent in Markle, and are mixing in a few other talents as well.

### Warner

**Division:** Five.

**Coach:** Richard Sexton.

**Home course:** At Warners Ranch, next to school (boys 3.1, girls 2.5).

**BOYS:** 10 runners.

**Best runner:** Jesse Powell (10) 18:19. Was one of the league's best frosh runners, ran 14th at CIF.

**Returning:** Warner High is now in their second year of existence, and the school has started a football team. Some of Sexton's runners will run full-time, and four will try to split time between the sports. The full-time returners are Powell, Garret Willat (10) 21:06 and Max Powell (12) 24:11. The four that are playing both sports are Kevin Davidson (12) 20:02; Terry Lane (10) 21:16; Shane Hazlewood (11) 22:52; and Josh Hekel (12).

**New:** Sexton has a pair of frosh runners: Brian Diaz and John Parry.

**The outlook:** Sexton had this small school off to a decent start in the sport with fair numbers and a good talent in Powell. But football has encroached, and Sexton will have to battle to keep the numbers involved.

**GIRLS:** 2 runners.

**Returning:** None. Last year's frosh star, Arielle Damron, is now at Julian.

**New:** April Kelly (10), and Carrie Stack (10).

**The outlook:** Sexton came this close to not continuing his program this year. At what was literally the last minute, a number of athletes came forward, and the sport continues.

### Free-Lance:

### Guajome Park Acdy.

**Division:** Five.

**Coach:** Keith Grauman.

**Home course:** Guajome Park.

**BOYS:** 2 runners.

**The team:** James Anderson (11); Kai-ele Lomore (11). Anderson ran for the school last year. The school runs as an independent, but has participated in a few Southern Conference dual meets.

**GIRLS:** No runners.

**The background:** Guajome Park Academy is a relatively new, private school located in Vista. It began two years ago with grades six through nine. The older kids are now juniors, and the school has an enrollment of 385 students for grades 6 through 11. The cross country program is building up mostly with participation of middle-school runners. As the school grows and matures, participation in the cross country program will most likely keep pace.

## Western:

**NOTE:** Times listed in preview are from the 1995 CIF Championship Meet, unless designated otherwise.

**Home courses:** All Western League teams use Morley Field as a home course. Distances are approximately 3.0 miles for both boys and girls. Note: Girls may run a shorter distance in non-league meets.

### Hoover

**Division:** Two.

**Coach:** Patty Hurr.

**BOYS:** 9 runners.

**Best runner:** Behailu Mergia (11), who is new to the sport. He ran track for the Cardinals, and has been showing well in early workouts.

**Returning:** Mohamed Wasame (11) 19:12; Peter Munyororo (11) 19:13.

**New:** Besides Mergia (see above), Bralio Diaz (11), and Saisel Bihi (10).

**The outlook:** Team lost their top four runners, but Hurr is enjoying working with her young group. "It's rewarding," she said. "We teach them a lot of things besides just running. And we have a lot of fun." Hoover competes in the Harbor League in most, if not all, of the other sports. They would be a good match there in this sport as well.

**GIRLS:** 7 runners.

**Returning:** None.

**New:** Myra Estrada (11), Merlyn Diaz (9), Elizabeth Cortez (9). Estrada ran mid-12s for the 3200 during track, and freshman Diaz has run a 5:45 for 1600 for the FloJo team. Cortez is more of an 800-type, but may adapt. Hurr is especially excited about Diaz, who is running strong workouts. "She could be a real star," she said.

**The outlook:** This small group won't terrorize some of the league's powers, but there seems to be a nice core of young talent at the top. Possibly enough to jump start the girls program.

### La Jolla

**Division:** Three.

**Coach:** Chuck Boyer, boys, and Tom Dorman, girls.

**BOYS:** 35 runners.

See page 14.



# 1996 Preview:

From page 13.

**Returning:** David Dunbar (11) 17:41; Mark Anderson (12) 18:07; Ray Chacon (11). Dunbar is a serious, year-round runner and racer who is always in shape. Anderson ran the 800 in 1:58 last spring, but is off to a slow start this fall after losing some training time to a knee injury. Boyer expects Dunbar and Anderson to be the team leaders. Chacon is reovering from mono, but is expected to contribute.

**Up from the JVs:** Boyer is building up his pack mostly by plugging in parts from last year's junior varsity. The best candidates right now are Matt Granger (10), Nathan Lloyd (12), Matt Sarnow (12), and Steven Doane (11), who had excellent off-season preparation. Also in the mix are Tim Petrie (10), and Hayes Hurwitz (10), brother of last year's girls CIF 3200 champ.

**New:** Jonathan Dunbar (9), younger brother of David. He might have a bit more speed than his older brother, and Boyer thinks he'll make the varsity.

**The outlook:** For most teams, losing the top five runners to graduation means serious rebuilding. At La Jolla, there always seems to be material on hand, and so it is this year. "I'm very enthused," Boyer said. "We have a very large turnout. There is some new blood on the team." The team is not in top form yet, but few doubt that they will come on later. Boyer said, "We will be good by the end of the season." Expect a typical Viking tightly packed group.

**GIRLS:** 65 runners.

**Best runner:** Shannon O'Connor (12) 15:41. She ran the 1600 in 5:10 during track, and was fourth in CIF in cross country. O'Connor worked hard during the summer, and "is in top form," according to Dorman.

**Returning:** Kara Dose (12) 16:51; Morgan Romine (10) 16:57; Julia Otis (10), Sara Harrison (11), Meaghan Mayer (10). Dorman says that group worked hard all summer, and have formed a lead pack.

**Up from JV:** Sunny Nordmarken (11), Vanessa Li (11), Nicole Sadler (10). Nobody has a JV program like La Jolla, where the runners come in bunches, waiting to move on up.

**New:** Marisa Polin (9), Deborah Braun (9). Polin "could be our surprise," according to Dorman. The team has "an unusually large number of freshmen."

**The outlook:** No team took as big a hit as La Jolla at the top of the roster. The team lost Clodagh Rafferty, Leah Walkey, Michelle O'Connor and Shelby Stanger, which made up four of their top five on a team that was third in Fresno. On the other hand, few teams have so much material waiting to replace them. "We don't have a surplus of talent," Dorman said, "but we have a lot of people that are working hard." There will be some drop-off, but La Jolla will be better than most think. They should contend in the league and at CIF.

## Mission Bay

**Division:** Three.

**Coaches:** Laurie Roeder, girls, and George Velarde, boys. Velarde is assisted by Ray Padilla and Roger Romero.

**BOYS:** 12 runners.

**Returning:** Julio Betancourt (12) 18:10; Omar Zavala (11) 19:52. Both runners worked hard over the summer, according to Velarde. Zavala has "improved a lot. He'll surprise himself this year," he said. Betancourt is "our team leader."

**New:** Nathan Lopez (9), Miguel Betancourt (9), Dan Nguyen (10), Miguel Elias (9), Eric Richey (9). Of the frosh, Velarde expects Lopez to be a standout. "He is a very talented runner," he said. Velarde has done a good job of scouting out and recruiting talent from PE classes at Mission Bay and at Pacific Beach Middle School.

**The outlook:** The Bucs lost their top three runners, and all but one of their top six. So, "it's a rebuilding year," Velarde said, "but it's a really good team to build on." The numbers are not huge, but the team only has one senior. Most of the boys teams in the West are in the developmental stage, so if some of the young and new runners can develop quickly, this team could be competitive.

**GIRLS:** 22 runners.

**Best returning runner:** Ana Lilia Bustos (12) 16:51. She was 12th in CIF last year, but injured a foot at the end of track season, and missed training for virtually the entire off season. Last year, she started from scratch and ran well, so maybe she can do it again.

**Returning:** Maria Guzman (11) 17:24; Renata Powell (10) 18:58; Sarah Otjens (10) 19:19; Sylvia Valencia (11) 19:40; Jennifer Wall (12); Amber Conner (12). Best off-season training in that group was done by

sophs Otjens and Powell. "I'm pleased with their progress," Roeder said.

**The numbers:** Are up. "We're starting to grow a team," said Roeder.

**New:** Amanda Powers (10). With Bustos off to a slow start, Powers might be the strongest runner. This is her first year of cross country, but she is an age-group swimmer with a reputation (she was fourth woman finisher in the recent La Jolla Rough Water Swim, for instance). She definitely has the endurance.

**The off-season:** Was not the best for the group as a whole. Many of the better runners had summer jobs that interfered with training schedules, and Bustos

had that injury that needed to heal.

**The outlook:** The league is so strong with good girls teams that the Bucs will have a tough time. There are some positives, however. The roster is growing, and there seems to be a core of young talent, particularly in the sophomore ranks.

## Our Lady of Peace

**Division:** Three.

**Coach:** Dan Keays.

**GIRLS:** 31 runners.

**Best runner:** Christine Keays (12), who is back after a year away from the sport. She ran the CIF course in 16:48 as a soph in '94. "She gives the team a lot of stability and leadership," coach Keays (also her father) said. She is also a competitive swimmer, which has kept her in shape.

**Returning:** Kelli Wilson (10) 17:40; Natalie Watkins (10) 18:03; Laura Meathe (10) 18:09; Gen Nolte (11) 18:41; Kristen Clayton 19:52; Alli Milloy (12). Also back is Jenna Graciano (12), who ran two years ago.

**The frosh:** Maura Bannon (9), Jasmine Mejares (9), Amanda Schultz (9). Bannon and Mejares are already breaking into the top five, along with Keays, Wilson and Graciano.

**The outlook:** "We should be stronger this year," coach Keays said. "But our league is so strong, I'm not sure anybody will notice." Also working against OLP is their placement into Division III -- they just missed making the cut for Division IV.

## St. Augustine

**Division:** Four.

**Coach:** Jerry Downey.

**BOYS:** 22 runners.

**Leading the way:** The Saints have two strong runners leading their pack: Adam Greene (11) 16:58; and Brian Sullivan (11) 17:35. They were strong sophs last year, but now, "they're ready," according to Downey. Greene ran the 1600 in 4:28 in track, while Sullivan ran the 3200 in 9:47, both excellent soph times. In the team's first dual, they went one-two on the Chandler twins from Serra.

**Returning:** Brian Janes (12) 17:39; Greg Rodriguez (12) 19:14; Jerry Samaniego (12) 19:17. Downey expects the three seniors to stabilize his scoring group.

**In the mix:** Barry Bryant (12); Jayson Phillips (12), who transferred from Calvin Christian; Colin Donnelly (10); Alfonso Espinoza (10); Kevin Correnti (10). Downey expects one or more of these runners to shore up the pack.

**The outlook:** Saints has moved from being a team of potential to being the logical league favorite. Their top group is very solid, and Greene and Sullivan will continue to develop into very good runners. They also seem the strongest of any CIF Division IV groups. Downey seems to low-key his chances, but that's just his style.

## Scripps Ranch

**Division:** Two.

**Coach:** Bob Oliver.

**BOYS:** 36 runners.

**Returning:** Ronald Anderson (12) 17:36; Ricky Treglio (12) 18:29; Patrick Grimes (10) 18:37; Robert Anderson (11) 20:15. Anderson came on and ran strong throughout the cross country season and also added a 10:06 for 3200 in track. He is the best of the returnees.

**New:** Oliver has beefed up the front of his pack with the addition of a couple of good runners: Steve Rider (12), and Mike Stokes (11). Rider is a swimmer who also ran track last year. Both are fitting in well on this team, and Oliver expects the pair to push Anderson in the top spot. A couple of others might break into the varsity: Jonathan Hester (9) and Ardy Arianpour (11). Hester, said Oliver, "has a great work ethic. He may be a year away from really taking off." Arianpour has speed, with a 400 in the 51-range, but needs distance experience.

**The outlook:** All of the other coaches in the league are keeping an eye on Scripps. They know Oliver's reputation, and they know the team won't have two bad years in a row. Oliver said, "The success of the team will depend on how close a pack we can run. We could do OK in the league."

**GIRLS:** 18 runners.

**The leaders:** Scripps had the best depth of any county team through four places last year. Three of those runners return, including Emily McFarland (10) 15:16; Kristina Stasko (11) 15:20; and Kelly Grimes (11) 15:34. Those three finished, respectively, second, third and sixth in the CIF Division II race last year. In track, McFarland ran 2:21 and 5:21 times, and Grimes had bests of 5:22 and 11:22. Stasko missed the spring season with a broken foot, but she is also a legitimate track athlete (with a 5:10 as a frosh). Her injury has put her behind McFarland and Grimes at this point, but she is just about at the point where she will begin to make up ground. By season's end, she could be all the way back. As for McFarland and Grimes, they have spent the summer "really working hard," according to Oliver.

**Returning:** Kim Rogoff (12) 16:47; Angeline Spain (11) 17:17; Shannon Winkel (12) 17:38; Lauren Freiser (12). Freiser is one of the keys to this team. She basically missed most of last year, but now returns healthy and fit. Rogoff, last year's number five, can now key on Freiser during races. "Freiser is very tough mentally," Oliver said. "She'll push Rogoff, and make them both better." Spain, a year younger than those two, is another possibility, although she is more of an

800/1600 type.

**New:** Lyndsy Hassett (10). She ran track and, "might help us out," Oliver said.

**The outlook:** "I think we can be as good, if not better, than last year," Oliver said. As good as last year? Remember, Scripps was second in Division II at Fresno, 30 points behind national power Yucaipa. Better than last year? Scary, indeed. But Oliver thinks that his top three, "will only get better," and he's looking for improvement from his other scorers. At this point, the only county team that outranks Scripps is Orange Glen, with their great depth of quality through their top seven. The Scripps girls are a legitimate state power.

## University of SD

**Division:** Four.

**Coach:** Rob Winters. Assisted by Terry Martin.

**BOYS:** 20 runners.

**Best runner:** Dane Bitterlin (11) 17:37. "He had a really good summer," Winters said. "In the last weeks, he really got into it." Bitterlin should develop into one of the best in the league.

**Returning:** Tim Yee (12) 19:10.

**Up from JVs:** Jason Smith (10), Christian Malcolm (12).

**New:** Pat Higby (11), Erik Hanley (10). Higby has a soccer background, and Hanley is the younger brother of Vanessa Hanley.

**The outlook:** It's a young team, and "not very deep," said Winters. Bitterlin is a good talent, but the talent needs to develop after that. It didn't help matters when Tom Igo, who was right behind Bitterlin last year (and was also a soph), transferred to Orange Glen.

**GIRLS:** 25 runners.

**Best runner:** Courtney Baird (10), 15:10, last year's CIF champ in Division III. In track, she ran 5:16 and 11:14, but suffered from a viral condition in mid-season. She seems healthy now, and "put in a lot of miles," over the summer.

**Injured:** Julie Ott (12), a 5:02 1600-runner. She injured a knee playing soccer over the summer and is considered out for the season. Winters thinks that she'll be able to return for the track season.

**Busy:** Lori Giacinti (12), who 5:08 and 11:07 track times last spring, considered running cross country but is also involved in soccer and ASB activities. She is not out.

**Returning:** Ronya Shatila (11) 17:20; Erin Shea (12) 17:30; Susan Gistaro (11) 18:10; Stephanie Fischer (12) 19:06; Kristen Epperson (12). Most of these girls have formed the nucleus of the pack for a few years. Right now, Shatila, Gistaro and Epperson are in the best shape after good off-seasons of preparation.

**New:** Jackie Ott (10), who is Julie's sister, didn't run cross country last year, but tried track as a frosh and ran 5:25 and 11:55 times. She is currently the number two runner on the team and, "she looks good. She put in over 400 miles over the summer," Winters said.

**The outlook:** Baird is a very strong number one, and Jackie Ott is a good number two. There's a gap back to the three-to-five runners as of now, and it needs to close up if Uni is to be competitive with the top teams in this league. The Dons are in Division IV in the CIF, however, where the competition does not include teams like Scripps Ranch and La Jolla.

**What could have been:** A University team with Baird, both Ott's, and Giacinti would have been awesome, possibly comparable to Scripps Ranch, and it would have done some very serious damage at the state level in Division IV.

## University City

**Division:** Three.

**Coach:** Frank Browne.

**BOYS:** 25 runners.

**Returning:** Jon Landau (11) 17:44; Jon O'Connor (10) 19:00; Marc Nierman (12) 19:12; Simon Baird (12) 20:02. Landau and O'Connor were near the top of the county in their respective grade levels last year, and are continuing to develop. One or two runners of this group will emerge at some point.

**The depth:** To be provided by Matt Whaithe (10), Jarod Hersh (10), Tony Saipé (9), Charles McKeown (9), Jose Barba (12), and Ivan Nunez (12). Barba and Nunez are returning to the sport after a year's absence. Browne says Whaithe has already joined the lead group.

**The outlook:** Last year's team was very young. This year they're still young, but ready to take a step forward. They are going in the right direction, and could be a factor in the league.

**GIRLS:** 25 runners.

**Returning:** Jenny Bergen (11) 16:41; Paige Caldwell (10) 17:46; Leslie Crews (10) 18:02; Cynthia Johnson (12) 18:11; Alyson Fisher (12) 19:32; Veronica Lollis (10) 19:36; Vanessa Oseroff (11); Natalie Douglas (10). Bergen ran 11:55 for 3200 in track, and Lollis and Oseroff seem much improved from last year.

**New:** Katherine Ziegler (9), Kimberly Saam (11), Jackie Overton (9), Rebecca McKeown (9), Megan Brunn (9). Ziegler has the potential to make a big impact on this team. She won the frosh division at West Hills in her first effort, in good time.

**The outlook:** Last year's leader, Bergen, now has company at the front, with frosh Ziegler, and sharply improved mates Lollis and Oseroff, among others. "It is a strong front five," Browne said. These girls can run, but can they compete with teams like Scripps and La Jolla? This could be a team to watch; much will depend on the consistency of the mid-pack runners, because the talent at the top of the roster seems genuine.



# Meet Results: Vaquero Stampede:

The Vaquero Stampede was one of the kickoff meets (Wolfpack was the other) for the new season.

It was a low-key affair, with a flat course, shady conditions, short distances, and no team scores.

Among the impressions:

In boys races, Granite Hills soph Jason Finch showed off his fitness with a course record in a frosh/soph race. El Cap's Steve Daynes looked good in taking the Division I 11/12 boys race over RBV's Fernando Blanco, RB's Eron Tello and others. In the Division II 11/12 boys race, Ramona's James Adams raced away from the Vista pair of Steve Ketcham and Gonzalo Garcia and Chula Vista's Adrian Ramirez. The Division II frosh/soph race went to Vista flash Jason Neuroth, a freshman.

In girls races, Santana's Jaymie Harper wiped out the course record in winning her 11/12 race. Other impressive winners were RB's Sarah Wilkins (over teammate Julie Manson) in Division I frosh/soph; Scripps Ranch's Emily McFarland in the Division II frosh/soph; and Grossmont's Sophia Hawker, in the Division I 11/12 race.

The results:

**Saturday, Sept. 7, at Lindo Lakes. Conditions:** Flat courses, good shade, temperatures fair to warm. Division I races held earliest.

## BOYS:

### Division I, 11th-12th (2.1m):

1-5: Steve Daynes (El Capitan) 10:29, Fernando Blanco (Rancho Buena Vista) 10:36, Eron Tello (Rancho Bernardo) 10:52, Matt Galaviz (RB) 10:54, Sean Nugent (Valhalla) 11:00.

6-10: David Burke (Torrey Pines) 11:00, Jaimal Hornbacher (RBV) 11:00, Eladio Garcia (RBV) 11:01, Mike Gilmore (Granite Hills) 11:02, Sean Zanderson (Poway) 11:02.

11-15: Jon Doroski (Val) 11:04, Sean McElroy (RB) 11:11, Scott Strachan (P) 11:13, Ben Schwab (P) 11:13, Serafin Carrillo (Monte Vista) 11:19.

16-20: Jerrod Payne (EC) 11:21, Mike Helms (P) 11:21, Hever Chavez (RBV) 11:22, Aaron Jones (Val) 11:28, Hong Castejon (Mira Mesa) 11:31.

21-25: Pablo Cantil (MM) 11:33, Nick Rivera (GH) 11:33, Brandon Dean (MM) 11:33, Matt Gailey (P) 11:34, Tony Principe (EC) 11:35. (72 finishers).

### Division I, 9th-10th (1.65m):

1-5: Jason Finch (GH) 8:08 (course record), Marcus Chandler (Serra) 8:21, Marice Chandler (Serra) 8:22, Matt Theisen (Val) 8:27, Sean Ricketts (RB) 8:33.

6-10: Ben Wagner (Val) 8:39, Thomas Jodoin (MM) 8:45, Brian Hillberg (EC) 8:53, Olsen (EC) 8:53, Dru Imrie (Serra) 8:53.

11-15: Will Burer (Val) 8:57, Toss Peabody (GH) 9:01, Randall Leyking (P) 9:02, Ludwig (Val) 9:03, Viel (GH) 9:10.

16-20: Rivera (GH) 9:11, Breining (TP) 9:13, Steve Branson (TP) 9:15, Murphin (MM) 9:17, Taylor (P) 9:20.

21-25: Vestal (EC) 9:23, Mahan (RB) 9:27, Jagers (EC) 9:27, Donselman (P) 9:31, Mallory (P) 9:33. (102 finishers).

### Division II, 11th-12th (2.1m):

1-5: James Adams (Ramona) 10:36, Steve Ketcham (Vista) 10:40, Gonzalo Garcia (Vis) 10:48, Adrian Ramirez (Chula Vista) 10:57, Doug Singer (Santana) 11:02.

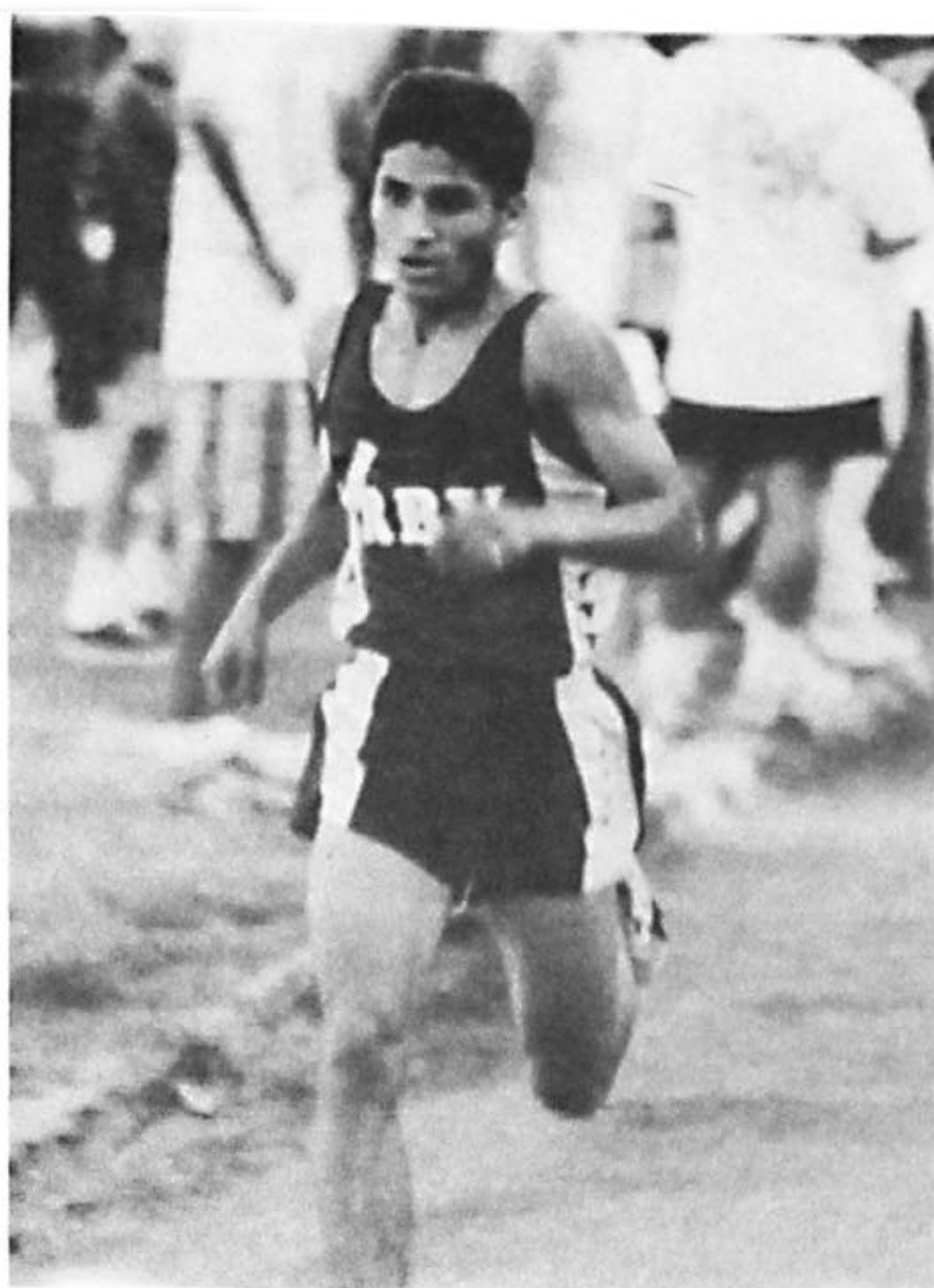
6-10: Nathan Schirmer (PL) 11:04, Ron Anderson (SR) 11:05, Stokes (SR) 11:07, Alvaro Reyes (Ram) 11:10, David Shofstall (Ram) 11:13.

11-15: Mark Savel (PL) 11:19, Jose Zurita (CV) 11:26, David Schible (Mount Miguel) 11:28, Justin Markland (PL) 11:28, Juan Ruvalcaba (Ram) 11:31.

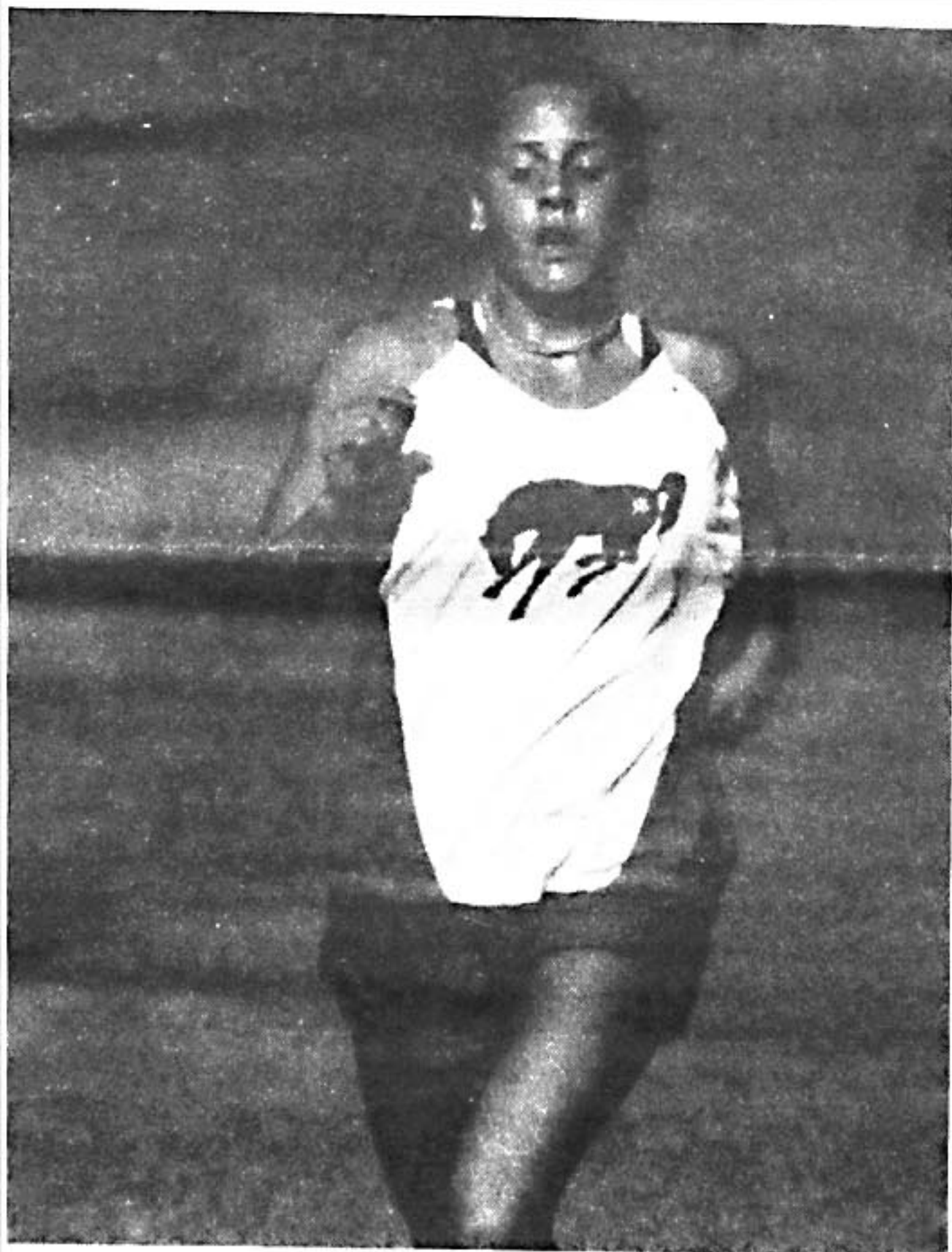
16-20: Marty Conterez (PL) 11:31, Gibbings (PL) 11:37, Branni Zuniga (CV) 11:43, Andrew Smith (Vis) 11:44, Peter Kleinsasser (PL) 11:45.

21-25: Nathan Snodgrass (Sant) 11:46, Moore (Vis) 11:47, Hall (Orange Glen) 11:48, Rosario Martinez (CV) 11:55, Tim Miller (Ram) 11:57. (69 finishers)

### Division II, 9th-10th (1.65m):



Fernando Blanco, Rancho Buena Vista



Sarah Wilkins, Rancho Bernardo



Sophia Hawker, Grossmont

1-5: Jason Neuroth (Vis) 8:28, Tom Antl (PL) 8:40, Grimes (SR) 8:44, Sean Daley (Vis) 8:52, McKnight (PL) 8:56.

6-10: Bart Conner (Calvin Christian) 8:57, Garfias (CV) 9:01, Scott Kaforey (Sant) 9:02, Armola (CV) 9:05, Schlapfer (OG) 9:05.

11-15: Butcher (Ram) 9:07, Pettifils (Sant) 9:11, Fernando Gonzalez (Ram) 9:16, Smith (PL) 9:19, Medina (CV) 9:24.

16-20: Chad Young (CC) 9:25, Chris Mananquil (MtM) 9:26, Jackson (PL) 9:27, Galvan (CV) 9:28, Delery (SR) 9:28.

21-25: Franklin (Vis) 9:31, Wheeler (OG) 9:31, Gonzalez (SR) 9:33, Gutierrez (Vis) 9:34, Sandoval (SR) 9:34. (101 finishers)

## GIRLS:

### Division I, 11th-12th (1.65m):

1-5: Sophia Hawker (Grossmont) 9:43, Andrea Clemons (Valhalla) 9:50, Stacey Murphy (Granite Hills) 10:04, Nicole Rodriguez (GH) 10:15, Stephanie Kindreich (El Capitan) 10:17.

6-10: Christine Kitchen (Rancho Bernardo) 10:20, Lisa Vasek (Poway) 10:27, Kristi Jones (GH) 10:30, Margie Broselle (Val) 10:32, Sims (Rancho Buena Vista) 10:36.

11-15: Tiffany Trayer (RBV) 10:38, Kelley Halligan (Val) 10:40, Jessica Johnson (RB) 10:48, Kasey Shemwell (P) 10:49, Nicolette Stolis (GH) 10:49.

16-20: Rebecca Spagnolo (Monte Vista) 10:52, Munsey (Gro) 10:55, Smith (RBV) 10:55, Courtney Hoeptner (Val) 11:00, Erin Beck (Serra) 11:04.

21-25: Renee de la Torre (Gro) 11:05, Sara D'Alessio (RB) 11:06, Monica Hite (P) 11:08, Laura Rankin (P) 11:12, Natalea Braden (GH) 11:12. (86 finishers)

### Division I 9th-10th (1.65m):

1-5: Sarah Wilkins (RB) 9:59, Julie Manson (RB) 10:03, Elaine Lassen (Val) 10:15, Carri Leto (Val) 10:15, Amy Kermott (Val) 10:29.

6-10: Lisa Pekar (Gro) 10:31, Tiffany Fox (MiraM) 10:35, Shelley Murphy (GH) 10:48, Julia McGurk (P) 10:52, Sarah Chionis (Val) 10:54.

11-15: Kelsey Bollinger (Gro) 11:04, Vies (Val) 11:04, Mande Clark (P) 11:08, Casey Cleveland (Val) 11:09, Theresa Heppler (EC) 11:12.

16-20: Sandi Jenkins (EC) 11:15, Hedeline (Serra) 11:16, Jessica Fay (EC) 11:18, Richard (GH) 11:19, Venegas (Gro) 11:19.

21-25: Erin Briggs (MiraM) 11:20, Hunter (EC) 11:24, Lyons (RB) 11:25, Schindall (P) 11:25, Danielle Magante (Serra) 11:26. (89 finishers).

### Division II 11th-12th (1.65m):

1-5: Jaymie Harper (Santana) 9:16 (New course record), Cara Rumble (Orange Glen) 9:32, Kelly Grimes (Scripps Ranch) 9:44, Katie Cottrell (OG) 9:51, Kendra Goffredo (OG) 9:59.

6-10: Brooke Schroeder (Vista) 10:01, Natalie Forsyth (Vis) 10:18, Kristina Stasko (SR) 10:06, Noelle Magana (Vis) 10:16, Devon Lasiter-Thurber (Vis) 10:18.

11-15: Erika Batiz (Vis) 10:20, Milinda Benitez (Sant) 10:22, Melissa Heib (OG) 10:24, Veronica Clark (Ramona) 10:25, Lauren Freiser (SR) 10:26.

16-20: Laura Lawrence (OG) 10:26, Sarah Shephard (Ram) 10:29, Gina Rennix (OG) 10:37, Kerie O'Grady (Sant) 10:39, Nika Dunn (Chula Vista) 10:39.

21-25: Graciela Minor (CV) 10:40, Jesse Anderson (Ram) 10:41, Kim Rogoff (SR) 10:42, Colwell (Vis) 10:43, Jenny Roane (Ram) 10:50. (74 finishers)

### Division II 9th-10th (1.65m):

1-5: Emily McFarland (SR) 9:38, Kim Pace (Sant) 9:52, Lorena Jimenez (OG) 9:55, Ava Benitez (Sant) 10:37, Boeche (Vis) 10:39.

6-10: Kennie Kwok (Ram) 10:41, Wilkins (Vis) 10:48, Baldwin (Vis) 10:51, Aposhian (Vis) 10:52, Valdez (Vis) 10:55.

11-15: Rioja (Mount Miguel) 10:56, Mendoza (Vis) 11:02, Brown (Vis) 11:07, Spivey (Ram) 11:11, Beresford (Ram) 11:12.

16-20: Wilcoxson (Ram) 11:13, Magana (Vis) 11:16, Arbelaez (Vis) 11:24, Villalvalvo (CV) 11:25, Broding (Sant) 11:26.

21-25: Rivas (Vis) 11:28, Nguyen (SR) 11:37, Melissa Mitchell (Ram) 11:38, Dibble (OG) 11:40, Castanada (CV) 11:44. (69 finishers)

# Wolf Pack Invitational

West Hills' boys and girls teams dominated their own meet, held on campus.

The Wolfpack boys had individual winners in each of the grade-level races, with Chris Nagao, Dustin Diaz, Paul Saccone and Evan Fox taking firsts.

The Wolfpack girls took three of the four grade-level races, with wins by Jenny Holdzkom, Sara Garcia and Heather Shurtleff.

University City's Katherine Ziegler won the girls frosh race to break up the sweep.

See page 16.



# Meet Results:

From page 15.

Most notable race was probably the girls sophomore contest, where Shurtleff gave a hint of things to come with a big win over a quality field. Also significant in that race was Patrick Henry newcomer Lisa Bengston, who was second to Shurtleff in her first attempt at the sport, beating Courtney Baird, Natalie Sullivan and others. Shurtleff has since been unbeaten against all comers, which includes action at the Bronco and Woodbridge Invitationals.

The results:

At West Hills High School, Saturday, Sept. 7. Conditions: Sunny and hot.

## BOYS:

### Seniors (2.05 miles):

1-5: Chris Nagao (West Hills) 11:02, Marc Nierman (University City) 11:23, Chris Lahti (WH) 11:32, Jose Muniz (Patrick Henry) 11:39, Andrew Musbach (WH) 11:48.

6-10: Simon Baird (UC) 11:52, Nick Tindell (WH) 12:04, Javier Betancourt (PH) 12:08, R. Clark (PH) 12:09, R. J. Sparks (Francis Parker) 12:12.

11-15: Steve Scher (FP) 12:18, Tom Corbin (WH) 12:19, Ryan Short (Hilltop) 12:26, R. Morgan (WH) 12:28, Brian Bartlett (Eastlake) 12:32. (31 finishers)

### Juniors (2.05 miles):

1-5: Dustin Diaz (WH) 10:44, Donald Overland-McKay (WH) 11:03, Jon Landau (UC) 11:06, Dane Bitterlin (University) 11:15, Frankie Mendoza (Hill) 11:23.

6-10: Luis Agundez (El Cajon Valley) 11:46, C. Patricio (ECV) 11:54, E. Guzman (Hill) 12:04, Justin Scarfeo (La Jolla Country Day) 12:06, Max Spevack (FP) 12:21.

11-15: Beshir Ali (PH) 12:27, P. Higby (school?) 12:27, K. Martinez (ECV) 12:31, R. Bartell (WH) 12:40, P. Lagler (EastL) 12:49. (31 finishers)

### Sophomores (1.55 miles):

1-5: Paul Saccone (WH) 8:22, M. Marshall (PH) 8:26, Jon O'Connor (UC) 8:38, Mike Ficken (WH) 8:40, Matt Rendina (WH) 8:55.

6-10: J. Hersh (UC) 9:05, B. Covell (WH) 9:05, D. Devens (UC) 9:06, J. Smith (Uni) 9:10, A. Howard (EastL) 9:13.

11-15: A. Corona (EastL) 9:33, M. Hilton (PH) 9:41, J. Eros (EastL) 9:44, E. Handley (Uni) 9:48, A. Bechtel (WH) 9:49. (33 finishers)

### Freshmen (1.55 miles):

1-5: Evan Fox (WH) 8:24, Mohammed Mussa (PH) 8:49, Tony Saibe (UC) 8:58, Noah Diaz (WH) 9:07, Charles McKeown (UC) 9:12.

6-10: Jeremy Schroeder (Hill) 9:15, Jared Zman (LJCD) 9:25, J. E. Webster (PH) 9:26, Jose Beltran (Hill) 9:26, Dan Sutton-Kane (WH) 9:33.

11-15: Joel Nierman (UC) 9:37, Shane McElravy (FP) 9:39, Kyle McMahan (EastL) 9:40, Bryan Bauerle (WH) 9:49, Gary Lee (UC) 9:53. (36 finishers)

## GIRLS:

### Seniors (2.05 miles):

1-5: Jenny Holdzkorn (West Hills) 13:07, Maria Cervantes (Eastlake) 13:29, Lea Hitt (Point Loma) 14:05, Anne Severtson (Helix) 14:06, Kristen Epperson (University) 14:19.

6-10: Heather Holford (WH) 14:24, Cynthia Johnson (University City) 14:55, Claudia Ornelas (Patrick Henry) 14:59, Jessica Webster (PH) 15:00, Fisher (UC) 15:28.

11-15: Mary Greene (Hx) 15:34, Debbie Milam (EL) 15:37, Annette Nava (Hilltop) 15:47, Jenny Dorth (Francis Parker) 15:50, Gail Dayao (EL) 15:57. (23 finishers)

### Juniors (2.05 miles):

1-5: Sara Garcia (WH) 13:12, Shelley Van Winkle (WH) 13:20, Olivia Tellez (Point Loma) 13:23, Vanessa Oseroff (UC) 13:44, Elizabeth Gonzales (PL) 13:50.

6-10: Angie Markle (FP) 14:04, Susan Gistaro (Uni) 14:10, Ronya Shatila (Uni) 14:12, Catie Gongol (WH) 14:27, Julie Bradshaw (PL) 14:38.

11-15: Chavva Fionda (PH) 14:48, Zoe Landers (FP) 15:01, Natisse Martin (Hx) 15:16, Nicole Lock (Hx) 15:19, Kimberley Saam (UC) 15:26. (27 finishers)

### Sophomores (1.6 miles):

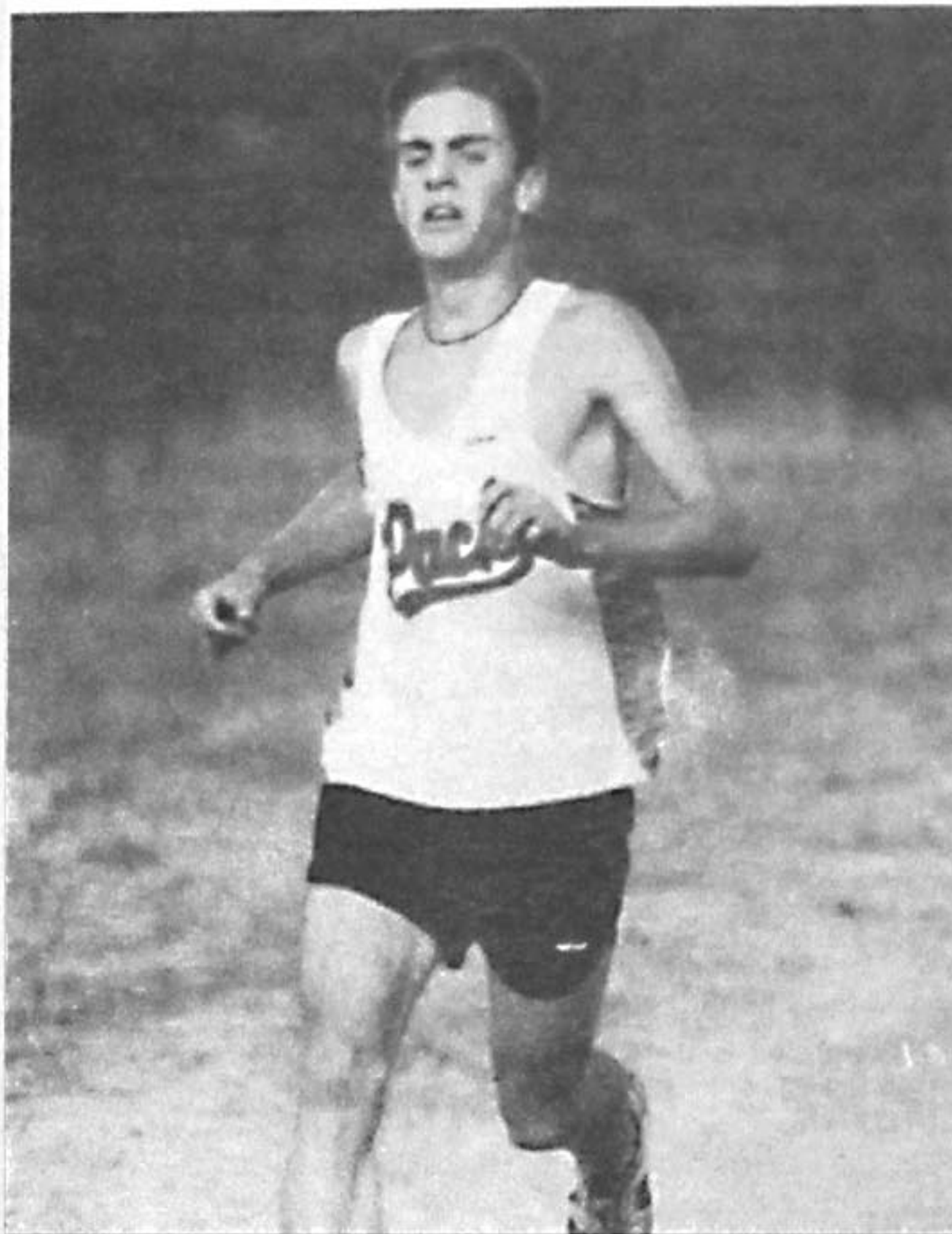
1-5: Heather Shurtleff (WH) 9:06, Lisa Bengston (PH) 9:14, Courtney Baird (Uni) 9:33, Jackie Ott (Uni) 9:46, Natalie Sullivan (Hx) 9:50.

6-10: Lindsay Weinberg (La Jolla Country Day) 10:28, Belinda Olvera (PL) 10:35, Himelda Lopez (Hx) 10:40, Andrea Ludlow (WH) 10:41, Leslie Crews (UC) 10:43.

11-15: Sabrina Pykles (Hx) 10:47, Veronica Lollis (UC) 10:57, Paige Caldwell (UC) 10:59, Windy Fernandez (PL) 11:02, Jenny Fisher (Uni) 11:09. (41 finishers)

### Freshmen (1.6 miles):

1-5: Katherine Ziegler (UC) 10:11, Rebecca Bartell (WH) 10:21, Gwyn Leachman (FP) 10:31, Teresa Escobedo (Hilltop) 10:50, Corinne Coe (Hx) 10:53.



Dustin Diaz, West Hills



Jessica Cabrera, Sweetwater



Maria Cervantes, Eastlake

6-10: Debbie Bell (WH) 10:57, Rebecca McKeown (UC) 11:03, Sandra Ruiz (LJCD) 11:20, Lisa Geist (Hx) 11:31, Cathy Dunn (Hx) 11:34.

11-15: Cassandra Liss (PH) 11:37, Kim Leavitt (Hx) 11:41, no last name (EL) 11:49, Kellie Sharp (Hx) 11:49, Laura Carriedo (EL) 11:58. (38 finishers)

# Baron Invite:

The Baron Invitational, held in the Bonita valley, is a new meet on the schedule, and it attracted a good field, including teams like Orange Glen, St. Augustine, Granite Hills, La Jolla, Santana and most of the South Bay schools.

Granite Hills boys, behind swift soph Jason Finch, edged Bonita Vista in one team race, and St. Augustine's boys, with Brian Sullivan and Adam Greene taking 1-2, dominated the other.

Orange Glen's girls took 2-3-4-5 behind Santana's front-running Jaymie Harper to dominate the first race, scoring only 24 points. Harper, who is having a great year, won by 13 seconds. Brawley's girls edged Coronado in the second girls race, and Eastlake's Maria Cervantes was the race winner.

The results:

At Rohr Park, Friday, Sept. 13. Conditions: temperature ok, slight overcast, mostly flat course.

## BOYS (3.1 miles):

### Fastest ten boys, combined races:

16:18 Brian Sullivan, St. Augustine (11)  
16:21 Jason Finch, Granite Hills (10)  
16:28 Adam Greene, St. Augustine (11)  
16:30 Cheyne Jones, Coronado (12)  
16:33 David Schible, Mount Miguel (12)  
16:37 Mike Gilmore, Granite Hills (12)  
16:48 Doug Singer, Santana (12)  
16:50 Baruch Vega, Sweetwater (11)  
17:01 David Dunbar, La Jolla (11)  
17:07 Brian Paff, Bonita Vista (10)

### Blue Division, Varsity:

Teams: Granite Hills 59, Bonita Vista 61, Sweetwater 83, Montgomery 100, Santana 108, Orange Glen 125, Mount Miguel 154, Morse no score.

### Individuals:

1 to 5: Jason Finch (Granite Hills) 16:21, Dave Schible (Mount Miguel) 16:33, Mike Gilmore (GH) 16:37, Doug Singer (Santana) 16:48, Baruch Vega (Sweetwater) 16:50.

6 to 10: Brian Paff (Bonita Vista) 17:07, Jason Stone (BV) 17:16, Ruben Vences (Sw) 17:20, Thomas Juarez (Montgomery) 17:22, Giovanni Arce (BV) 17:24.

11 to 15: Nick Rivera (GH) 17:25, Reggie DePass (Mont) 17:31, Xavier Alaniz (Mont) 17:33, Nathan Snodgrass (Sant) 17:35, C. Graham (BV) 17:37.

16 to 20: Lynn Ly (Orange Glen) 17:40, Nick Schlapfer (OG) 17:41, Nick Sabala (GH) 17:48, Mark Petitfils (Sant) 17:50, Jesse Jasso (Sw) 17:52.

### Gold Division, Varsity:

Teams: St. Augustine 35, La Jolla 55, Mar Vista 80, Coronado 85, Brawley 108, Hilltop 169, EastLake 203.

### Individuals:

1 to 5: Brian Sullivan (St. Augustine) 16:18, Adam Greene (SA) 16:28, Cheyne Jones (Coronado) 16:30, David Dunbar (La Jolla) 17:01, Fernando Corona (Mar Vista) 17:24.

6 to 10: Brian Janes (SA) 17:32, Esteban Rocha (MV) 17:37, Greg Rodriguez (SA) 17:43, Matt Granger (LJ) 17:49, Josh Richards (C) 17:54.

11 to 15: Luis Martinez (MV) 18:01, Ray Chacon (LJ) 18:08, Martinez (Brawley) 18:11, Nathan Lloyd (LJ) 18:11, Frankie Mendoza (Hilltop) 18:12.

16 to 20: Mark Anderson (LJ) 18:13, Estrada (B) 18:14, Colin Donnelly (SA) 18:15, Davidosky (B) 18:17, Steve Doane (LJ) 18:20.

## GIRLS (2.2 miles):

### Fastest ten girls, combined races:

12:44 Jaymie Harper, Santana (12)  
12:57 Lorena Jimenez, Orange Glen (10)  
13:07 Cara Rumble, Orange Glen (11)  
13:16 Katie Cottrell, Orange Glen (11)  
13:18 Kendra Goffredo, Orange Glen (11)  
13:22 Shannon O'Connor, La Jolla (12)  
13:33 Kim Pace, Santana (10)  
13:44 Jessica Cabrera, Sweetwater (12)  
13:45 Morgan Romine, La Jolla (10)  
13:47 Laura Lawrence, Orange Glen (12)

### Blue Division Varsity:

Teams: Orange Glen 24, Santana 56, La Jolla 64, Bonita Vista 113, Sweetwater 120, Montgomery 181, Morse 210.

### Individuals:

1 to 10: Identical to fastest ten girls overall (see above).

See page 17.



# Meet Results:

From page 16.

**11 to 15:** Kara Dose (LJ) 13:57, Dawna Marshall (Bonita Vista) 13:59, Milinda Benitez (Sant) 14:01, Ava Benitez (Sant) 14:10, Melissa Heib (OG) 14:17.

**16 to 20:** Nohelia Ramos (Sw) 14:15, Gina Rennix (OG) 14:18, Sara Harrison (LJ) 14:26, Rosie Costello (BV) 14:36, Julia Otis (LJ) 14:41.

## Gold Division Varsity:

**Teams:** Brawley 41, Coronado 43, Hilltop 69, East-Lake 75, Mar Vista 131.

## Individuals:

**1 to 5:** Maria Cervantes (EastLake) 14:05, Barbra Chakos (Coronado) 14:17, Ramos (Brawley) 14:53, Erin DeHahn (Hilltop) 15:09, Day (B) 15:10.

**6 to 10:** Christine Hansen (C) 15:12, Kiley Dunlap (C) 15:17, Castanieto (B) 15:17, Samantha Piper (C) 15:23, Teresa Escobedo (H) 15:38.

**11 to 15:** Math (B) 15:41, Laura Carriedo (EL) 15:48, Debbie Milam (EL) 15:50, Rios (B) 16:04, Kirsten Neil (Mar Vista) 16:11.

**16 to 20:** Gromme (B) 16:20, Jennelise Hafen (H) 16:29, Annette Nava (H) 16:30, Brigid Ryan (C) 16:30, Crystal Foelschow (H) 16:31.

# Bronco Roundup:

The Bronco meet, held a week after the season's opening, saw a few more teams (Torrey Pines, Mt. Carmel, and others) get into action.

No team scores were kept, but the format put most team's best runners into the varsity races, with all events held over a challenging, and hilly, two-mile course at Kit Carson Park.

There was a slightly smaller field than usual, with some teams opting for the Baron Invitational, held the same weekend, while other teams skipped the meet because of a conflict with a major religious holiday.

Most impressive of the boy runners was RBV's Fernando Blanco, who is on his way to an outstanding year. In this race, he beat Steve Daynes, James Adams, and the rest of the field, running 10:11. In the small schools boys race, Carlsbad's Reed Steele was unchallenged in winning his race by more than 0:30 seconds, in 10:31. Steele, a junior, is a transfer from Michigan. He has a brother, freshman Colin Steele, who is also a good runner.

In girls competition, West Hills' Heather Shurtleff continued her hot running, with a convincing victory over runners like Sarah Wilkins, Jaclyn Nolan, Lanele Cox and Andrea Clemons.

Races were faster than in the previous two years. Two years ago, Torrey Pines junior Devon Straitiff was the fastest girl at 12:37. This year, Torrey's Nolan, also a junior, ran 12:38, but it was only the fourth fastest time of the day.

In boys racing, the times were faster as well, although this is not supposed to be a great year for top-level boy runners locally. Blanco's 10:11 is better than last year's top time of 10:15, turned in by Mira Mesa's Larry Henderson. In each of the last two years, only two runners broke 10:30. This year, five did it.

The results:

At Kit Carson Park, Saturday, Sept. 14. Conditions: temperatures reasonable for early races, slightly warmer for Division II races. Course went over two major hilly sections.

## BOYS (2.0 miles):

Fastest twenty boys, all races:

10:11 Fernando Blanco, Rancho Buena Vista (12)  
10:12 Steve Daynes, El Capitan (12)  
10:19 James Adams, Ramona (12)  
10:25 Jason Lopresti, Torrey Pines (12)  
10:26 Eron Tello, Rancho Bernardo (12)  
10:30 Dustin Diaz, West Hills (11)  
10:31 David Burke, Torrey Pines (12)  
10:31 Reed Steele, Carlsbad (11)  
10:38 Sean Zanderson, Poway (12)  
10:39 Scott Strachan, Poway (11)  
10:42 Jaimal Hornbacher, Rancho Buena Vista (12)  
10:45 Jon Doroski, Valhalla (11)  
10:49 Matt Theisen, Valhalla (10)  
10:51 Sean Nugent, Valhalla (12)  
10:51 Matt Galaviz, Rancho Bernardo (12)  
10:52 Matt Gailey, Poway (11)  
10:53 Jeff Sleichter, Mt Carmel (11)  
10:53 Noah Lidman, Torrey Pines (11)  
10:53 Bert Romero, Mt Carmel (11)  
10:57 Alvaro Reyes, Ramona (11)

## Division I Varsity:

**1 to 5:** Fernando Blanco (Rancho Buena Vista) 10:11, Steve Daynes (El Capitan) 10:12, James Adams (Ramona) 10:19, Jason Lopresti (Torrey Pines) 10:25, Eron Tello (Rancho Bernardo) 10:26.

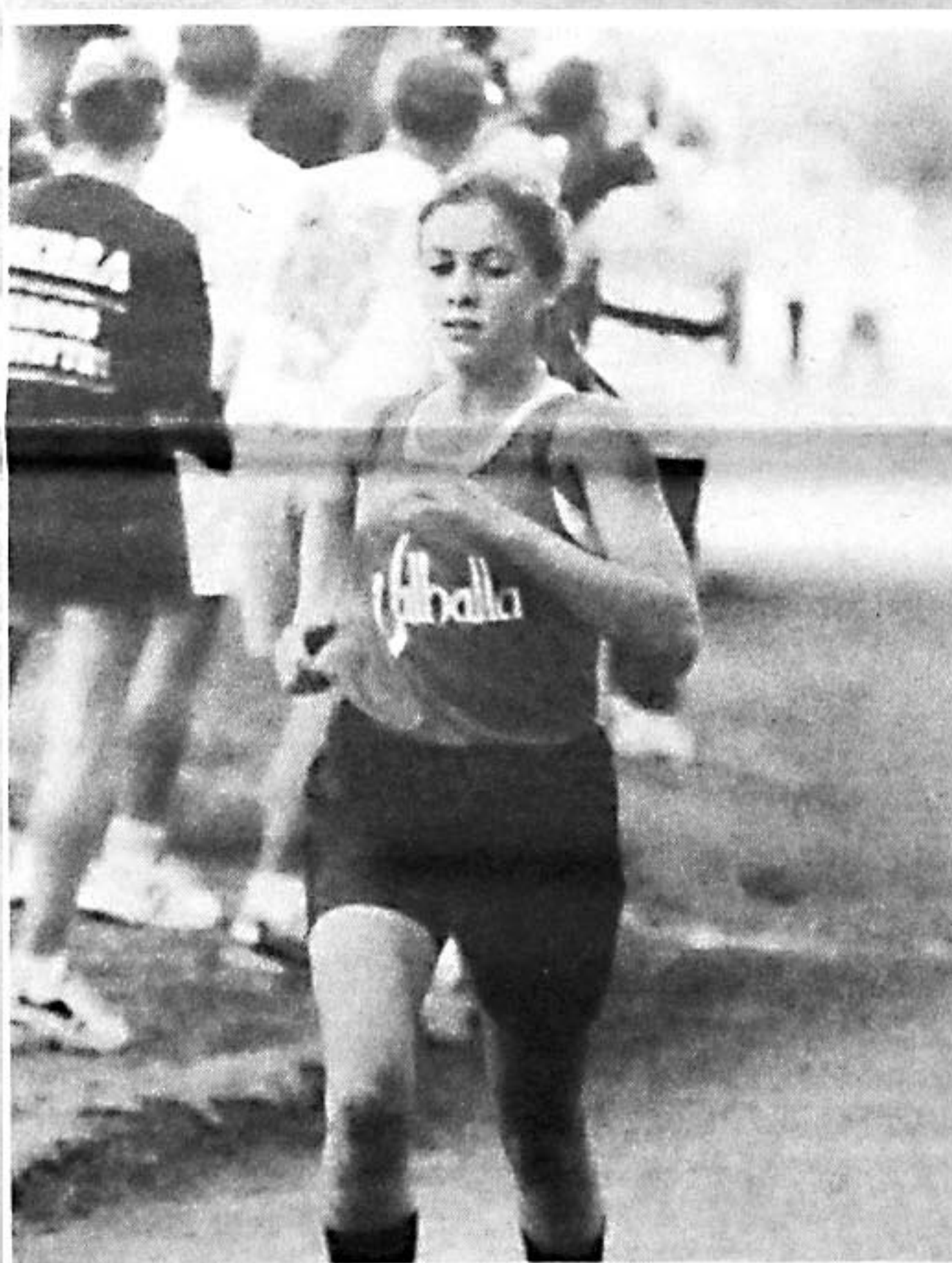
**6 to 10:** Dustin Diaz (West Hills) 10:30, David Burke (TP) 10:31, Sean Zanderson (Poway) 10:38, Scott Strachan (P) 10:39, Jaimal Hornbacher (RBV) 10:42.

**11 to 15:** Jon Doroski (Valhalla) 10:45, Matt Theisen (V) 10:49, Sean Nugent (V) 10:51, Matt Galaviz (RB) 10:51, Matt Gailey (P) 10:52.

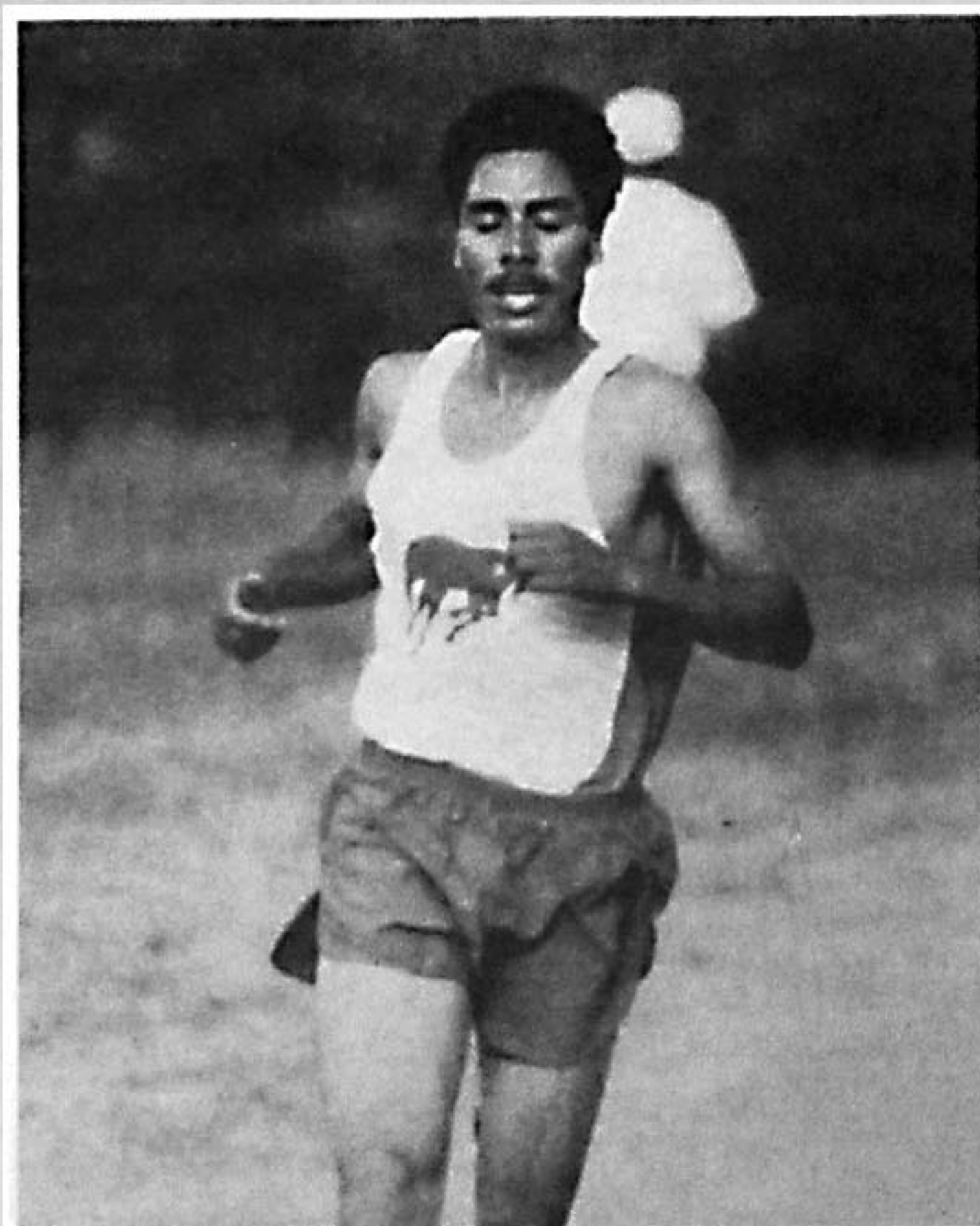
**16 to 20:** Jeff Sleichter (Mt Carmel) 10:53, Noah Lidman (TP) 10:53, Bert Romero (MC) 10:53, Alvaro Reyes (R) 10:57, John Bates (EC) 10:57.

**21 to 25:** Don Overland-McKay (WH) 11:00, Aaron Jones (V) 11:01, Chris Nagao (WH) 11:02, Steve Meek (Escondido) 11:02, David Shofstall (R) 11:04.

**26 to 30:** Ben Wagner (V) 11:04, Jerrod Payne (EC) 11:05, Juan Ruvalcaba (R) 11:06, Charley Hulsey (TP) 11:07, Ben Schwab (P) 11:08.



Andrea Clemons, Valhalla



Eron Tello, Rancho Bernardo

**31 to 35:** Hever Chavez (RBV) 11:13, Jorge Ramos (R) 11:13, Ryan Franzen (P) 11:13, Scott Bachman (MC) 11:16, Todd Benjamin (RB) 11:17.

**36 to 40:** Tony Principe (EC) 11:20, Chris Lahti (WH) 11:21, Eladio Garcia (RBV) 11:21, Josh Freese (EC) 11:23, Jason Cobb (RB) 11:23.

**41 to 45:** Tim Miller (R) 11:25, Tyler Ludwig (V) 11:30, Carmelino Ortiz (RBV) 11:30, Fernando Gonzalez (R) 11:33, Indy Ortiz (RBV) 11:34.

**46 to 50:** Nick Siefert (P) 11:34, Tom Corbin (WH) 11:35, Nick Mathis (EC) 11:35, Sean McElroy (RB) 11:35, Moises Delgado (RBV) 11:37.

## Division II Varsity:

**1 to 5:** Reed Steele (Carlsbad) 10:31, Ezra Ash (San Pasqual) 11:04, Dane Bitterlin (University) 11:07, Brian Janes (St. Augustine) 11:16, Oscar Gonzalez (C) 11:30.

**6 to 10:** Tad Crowe (SP) 11:44, Chris McCann (C) 11:48, Steve Jackman (SP) 11:49, Tyson Nakagawa (SP) 11:50, R. J. Sparks (Francis Parker) 11:58.

**11 to 15:** Donny Jones (SP) 12:00, Karl Rinderknecht (FP) 12:03, Gerardo Ibanez (C) 12:04, Justin Scarfeo (La Jolla Country Day) 12:19, Pat Higby (U) 12:24.

**16 to 20:** Mike Johnson (SP) 12:25, Israel Cornejo (SP) 12:30, Chris Navarro (LJCD) 12:30, Peter Budbarson (SP) 12:33, Ben Finnel (?) 12:40.

**21 to 25:** Tim Yee (U) 12:41, Max Spevack (FP) 12:57, Ryan Wagner (SP) 13:00, Derek Moe (U) 13:06, Josh Lipsker (FP) 13:10.

## Division I JV:

**1 to 5:** Justin Lucas (P) 11:14, Marcel Meerstetter (RB) 11:22, Steve Branson (TP) 11:33, Michael Breining (TP) 11:33, John Zanzucchi (MC) 11:40.

**6 to 10:** Freeman (EC) 11:44, Randall Leyking (P) 11:46, Mark Jordan (RBV) 11:56, Matt Rodriguez (V) 11:58, Matt Caldwell (V) 11:59.

**11 to 15:** Idoh Gersten (RB) 11:59, Gladstone (EC) 12:00, Jarrod Hammack (V) 12:05, Chad Scialabba (V) 12:08, George Escobar (R) 12:09.

## Division II JV:

**1 to 5:** Matt Proffitt (SP) 12:12, James Price (SP) 12:23, Phil Smith (SP) 12:24, Abelardo Fera (SP) 12:48, Shane McElreavy (FP) 12:55.

**6 to 10:** Casey Marks (FP) 13:12, Kyle McPherson (SP) 13:16, Wollan (LJCD) 13:23, Dustin Kuhn (SP) 13:32, Victor Stewart (U) 13:34.

## Division I Frosh/Soph:

**1 to 5:** Sean Ricketts (RB) 10:58, Matt Rendina (WH) 11:22, Paul Saccone (WH) 11:24, Mike Ficken (WH) 11:27, Arnet Aradanas (MC) 11:33.

**6 to 10:** Olsen (EC) 11:33, Matt McInvale (R) 11:35, Hillberg (EC) 11:36, Josh Pope (P) 11:44, Vestal (EC) 11:47.

**11 to 15:** Reis Paluso (P) 11:48, Rice (EC) 12:03, Jager (EC) 12:04, Brendon Riordan (MC) 12:04, Zack Taylor (P) 12:06.

## Division II Frosh/Soph:

**1 to 5:** Kendall Richardson (SP) 11:08, Adam Van Wart (SP) 11:25, Colin Steele (C) 11:35, Chad Francoise (C) 11:59, Jason Zamora (SP) 12:05.

**6 to 10:** Jason Smith (U) 12:06, Kyle McCombe (SP) 12:19, Matt Dowthitt (SP) 12:31, Joe Dupee (SP) 12:34, Hororino Escamilla (SP) 12:40.

## GIRLS (2.0 miles):

### Fastest twenty girls, all races:

12:21 Heather Shurtleff, West Hills (10)  
12:23 Courtney Baird, University (10)  
12:35 Sarah Wilkins, Rancho Bernardo (10)  
12:38 Jaclyn Nolan, Torrey Pines (11)  
12:39 Lanele Cox, Escondido (10)  
12:43 Natalie Sullivan, Helix (10)  
12:45 Andrea Clemons, Valhalla (11)  
12:50 Brianna Hibbs, Poway (9)  
12:50 Lisa Vasek, Poway (12)  
12:51 Julie Manson, Rancho Bernardo (9)  
12:54 Lorena Reyes, Indio (?)  
13:02 Carri Leto, Valhalla (9)  
13:03 Jenny Holdzkom, West Hills (12)  
13:14 Jackie Ott, University (10)  
13:17 Rebecca Bartell, West Hills (9)  
13:19 Shelley Van Winkle, West Hills (11)  
13:20 Sarah Garcia, West Hills (11)  
13:21 Kristin Branson, Torrey Pines (12)  
13:23 Sarah Shephard, Ramona (11)  
13:25 Christine Kitchen, Rancho Bernardo (11)

## Division I Varsity:

**1 to 5:** Heather Shurtleff (West Hills) 12:21, Sarah Wilkins (Rancho Bernardo) 12:35, Jaclyn Nolan (Torrey Pines) 12:38, Lanele Cox (Escondido) 12:39, Andrea Clemons (Valhalla) 12:45.

**6 to 10:** Brianna Hibbs (Poway) 12:50, Lisa Vasek (P) 12:50, Julie Manson (RB) 12:51, Lorena Reyes (Indio) 12:54, Carri Leto (V) 13:02.

**11 to 15:** Jenny Holdzkom (WH) 13:03, Rebecca Bartell (WH) 13:17, Shelley Van Winkle (WH) 13:19, Sarah Garcia (WH) 13:20, Kristin Branson (TP) 13:21.

**16 to 20:** Sarah Shephard (Ramona) 13:23, Christine Kitchen (RB) 13:25, Marissa Leivas (E) 13:25, Shawnele Cox (E) 13:28, Stephanie Kindreich (El Capitan) 13:30.

**21 to 25:** Amy Kermott (V) 13:31, Elaine Lassen (V) 13:32, Margie Broselle (V) 13:35, Karen Vasko (Mt Carmel) 13:40, Samantha Stevens (MC) 13:41.

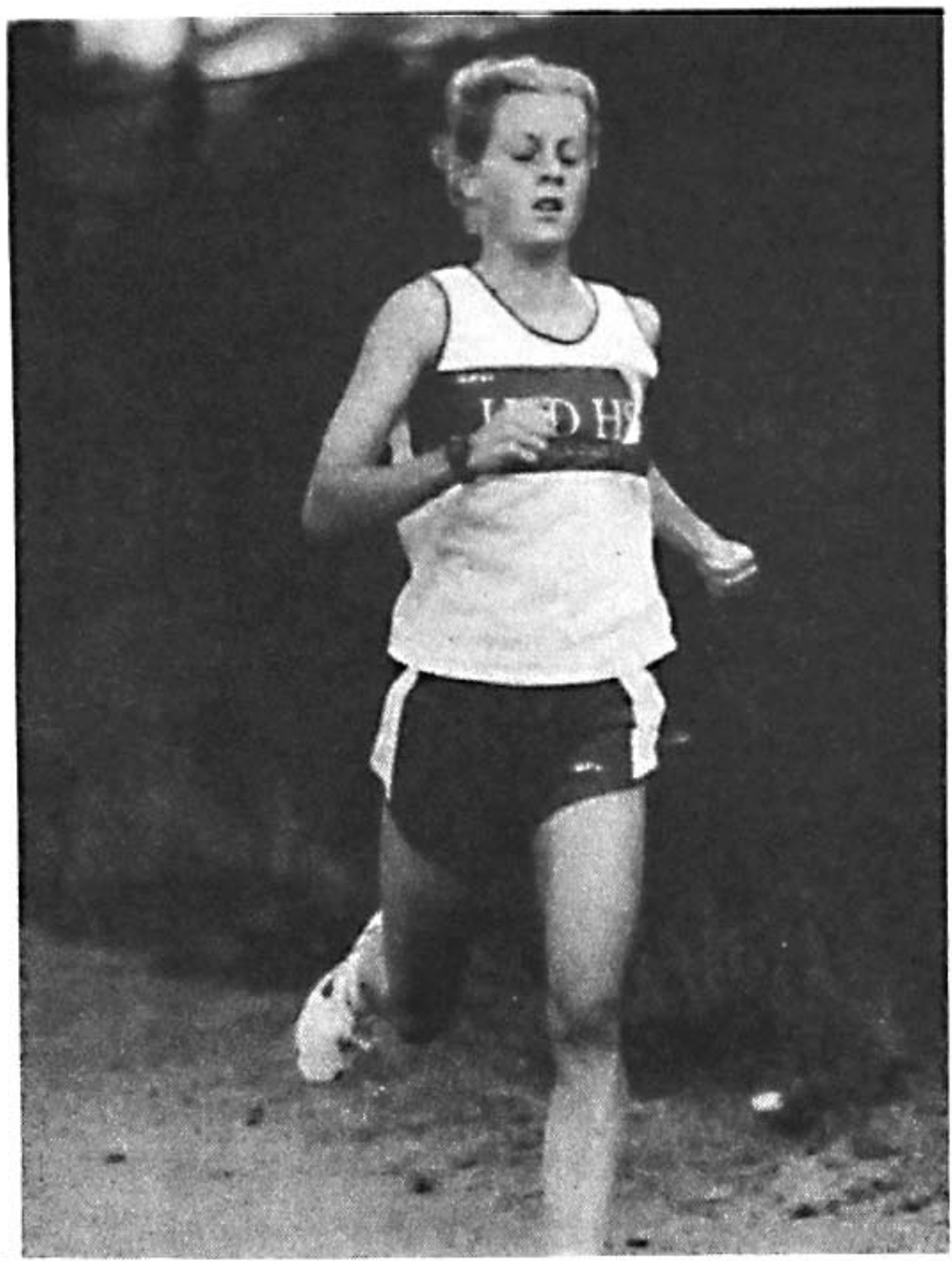
**26 to 30:** Kennie Kwok (R) 13:42, Kathy Read (TP) 13:43, Jessie Anderson (R) 13:47, Kelley Halligan (V) 13:47, Kasey Shemwell (P) 13:48.

See page 18.



# Meet Results:

From page 17.



Courtney Baird, University

31 to 35: Alma Reyes (I) 13:49, Veronica Roberts (MC) 13:51, Erin Spooner (P) 14:03, Heather Holford (WH) 14:04, Michelle Flores (P) 14:05.

36 to 40: Kristina Smith (Rancho Buena Vista) 14:07, Laura Rankin (P) 14:07, Monica Hite (P) 14:12, Erin Masters (MC) 14:12, Kristin Roth (TP) 14:15.

41 to 45: Sarah Chionis (V) 14:16, Laura Hilton (TP) 14:19, Tiffany Trayer (RBV) 14:21, Sheri Geiman (E) 14:21, Christine Alford (MC) 14:25.

46 to 50: Jessica Johnson (RB) 14:30, Torey Conner (TP) 14:31, Jenny Roane (R) 14:32, Andrea Ludlow (WH) 14:34, Jill Coad (TP) 14:37.

## Division II Varsity:

1 to 5: Courtney Baird (University) 12:23, Natalie Sullivan (Helix) 12:43, Jackie Ott (U) 13:14, Erin Berhman (San Pasqual) 13:41, Susan Gistaro (U) 13:57.

6 to 10: Anne Severtson (H) 13:58, Jane Brian (SP) 14:01, Natissa Martin (H) 14:13, Gwyn Leachman (Francis Parker) 14:14, Kristen Epperson (U) 14:15.

11 to 15: Ronya Shatila (U) 14:16, Amber Smith (SP) 14:22, Becky Mosteller (H) 14:28, Himelda Lopez (H) 14:29, Eva Lund (Carlsbad) 14:33.

16 to 20: Sandra Ruiz (La Jolla Country Day) 14:38, Angie Markle (FP) 14:38, Corinne Coe (H) 14:39, Sabrina Pykles (H) 14:40, Serena Grippo (SP) 14:42.

21 to 25: Amanda Johnson (C) 14:47, Sara Sullivan (SP) 14:50, Destiny Stapleton (C) 14:53, Jen Fischer (U) 14:55, Vanessa Myron (SP) 15:18.

## Division I JV:

1 to 5: Julia McGurk (P) 13:40, Karina Kloos (RBV) 13:46, Brenna Mullen (TP) 13:53, Mande Clark (P) 13:57, Jen Mims (TP) 13:58.

6 to 10: Tanya Paluso (P) 14:00, Ashley Viens (V) 14:02, Meredith Nespor (P) 14:13, Lisa Lyons (RB) 14:14, Theresa Hepler (EC) 14:14.

11 to 15: Sandi Jenkins (EC) 14:20, Samantha Langford (TP) 14:21, Hunter (EC) 14:23, Courtney Hoeptner (V) 14:24, Sophie Sillano (P) 14:30.

## Division II JV:

1 to 5: Kim Leavitt (H) 15:21, Nicole Lock (H) 15:26, Natalie Turner (SP) 15:31, Renee Hasan (C) 15:32, Rachel Rubin (SP) 15:38.

6 to 10: Selena Gidron (H) 15:41, Amanda Solie (C) 15:44, Valerie Cornelius (SP) 15:47, Jaynia Spaglin (H) 15:53, Mary Greene (H) 15:57.

# Laguna Hills Invite

Fallbrook's cross country teams made their season debut at the Laguna Hills meet on Sept. 14, and the girls made an impressive showing.

Most of the racing was done in grade level competition, but Fallbrook's soph girls team was second to Irvine in team competition, led by top finishes by Katie Hauck, Cathy Picha and Carly Hampton. The Fallbrook junior/senior girls were second in team competition to Los Alamitos. Tricia Mattson was second in the race, with Mindy Green and Kristen Brown also finishing in the top ten. In the frosh race Kim Crosswell and Gill Guyer were second and fourth.

The results:

At Laguna Hills, Saturday, Sept. 14. All races 3.0 miles, slightly hilly course.

## BOYS:

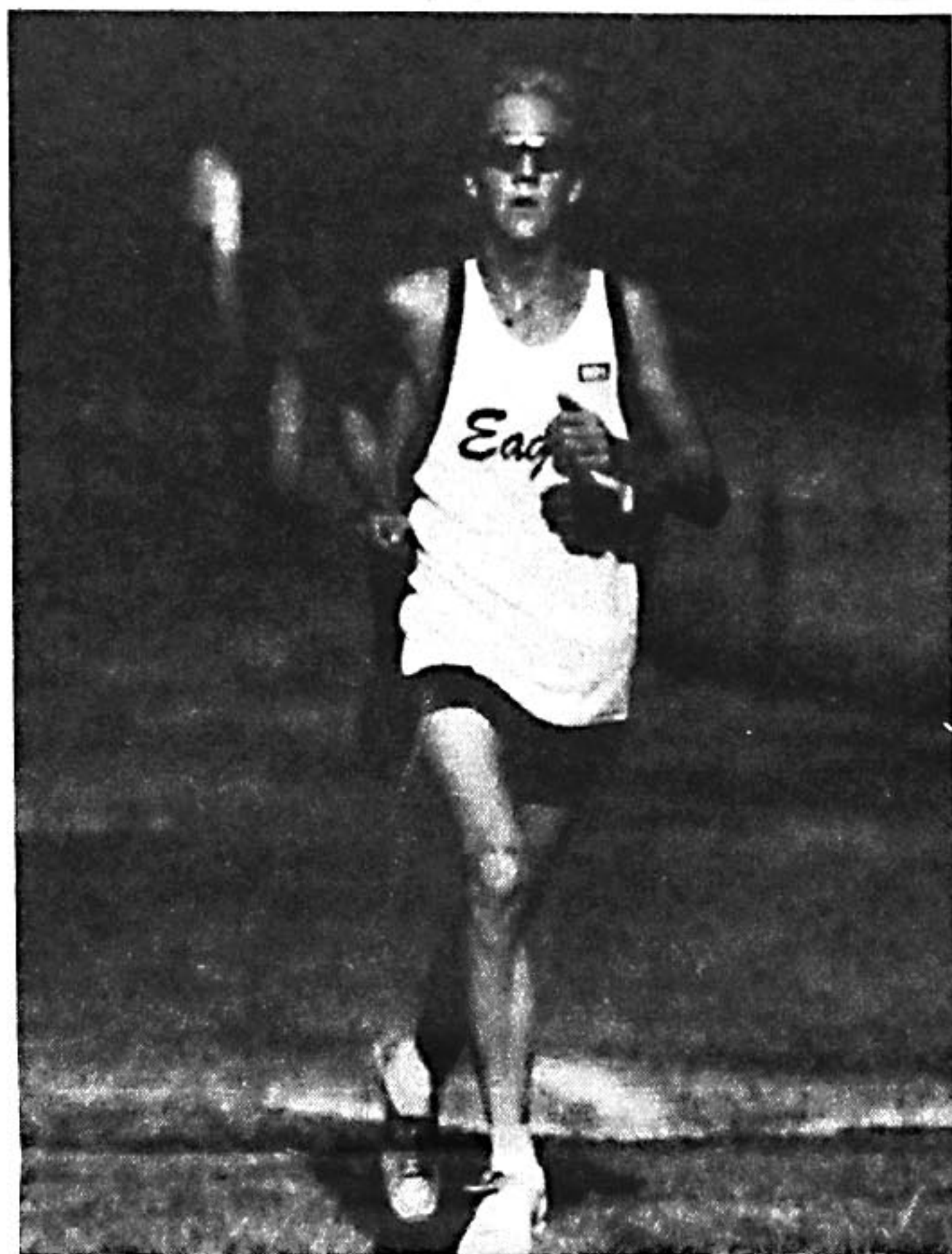
### Fallbrook runners:

16:58 Cameron Jones, 12  
17:14 Will Nelson, 10  
17:14 Tyler Bochenek, 11  
17:15 Casarez, 9  
17:19 Quinn, 10  
18:16 Escobedo, 9  
18:25 Steffler, 10  
18:31 Coughlin, 9

## GIRLS:

### Fallbrook runners:

19:13 Tricia Mattson  
19:39 Katie Hauck  
19:53 Mindy Green  
20:10 Kristen Brown  
20:11 Cathy Picha  
20:14 Carly Hampton  
20:30 Kim Crosswell  
20:43 Gill Guyer



Jason Finch, Granite Hills

# Mt. Carmel/ Movin' Shoes Invitational

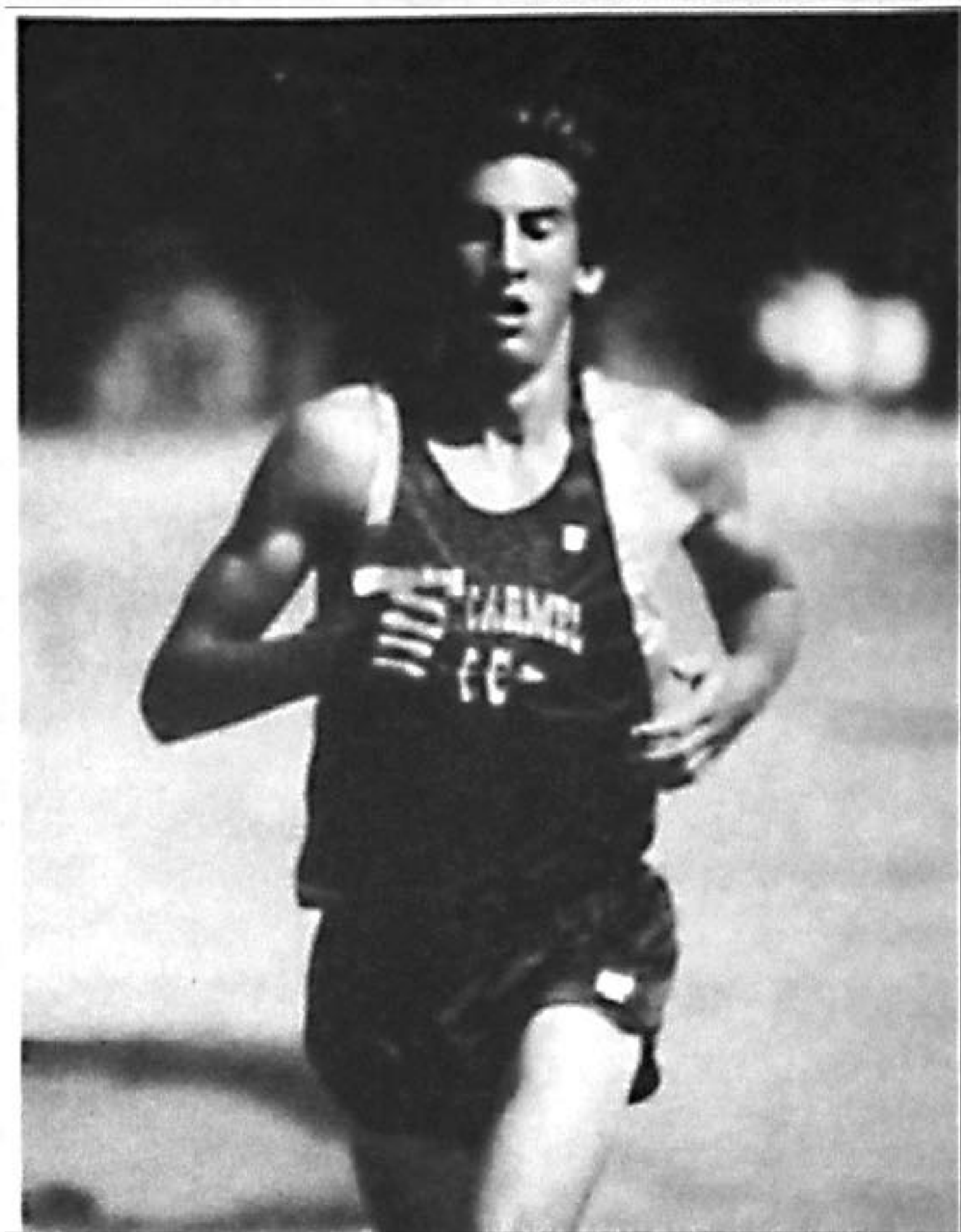
The Orange Glen girls and the Mt. Carmel boys made statements at this year's edition of the Mt. Carmel/Movin' Shoes Invitational, held at Morley Field last week.

In the subtext were good performances by the Fallbrook girls, the Torrey Pines boys, the West Hills boys, and such runners as Ramona's James Adams, and Patrick Henry's Lisa Bengston.

Mt. Carmel's boys, bunched in the Division I junior race, showed why many are picking them as the team to beat. Mike Baskin and Jeff Sleichter ran one-two, and teammate Bert Romero was fourth. Those three are expected to pace the Sundevils in CIF Division I and Palomar League title bids.

They could get some argument from the Torrey Pines team, which is now also in Division I. The Falcons' Jason Lopresti and David Burke were faster, respectively, than Baskin and Sleichter on the day. When Charley Hulsey gets back on track, Torrey will have a comparable big three.

The Orange Glen girls are going on all cylinders. Kendra Goffredo won the junior race, big, although the race was slightly marred



Jeff Sleichter, Mt. Carmel

when the first four runners went off course. It didn't have an effect on the order of finish, but those first four times in that race have to be thrown out. OG coach Mike Cummings estimated that the course-cutting shaved off about 30 seconds or so of time.

Fastest times of the day by local runners were 15:39 for 2.95 miles by Ramona's James Adams in boys competition, and 16:02 for 2.6 miles by Patrick Henry's Lisa Bengston in girls racing. Bengston ran in the large schools sophomore race, because she played in a morning club soccer game that conflicted with her scheduled morning race. It was her second race ever.

Although the competition was spread out into grade-level races in two divisions, two other teams looked very good: the West Hills boys, and the Fallbrook girls. The Wolfpack boys are a young group, but they are racing well, and they'll be a force in Division II. Fallbrook's girls have basically come out of the woodwork, much like Orange Glen a season or two back. Senior leader Tricia Mattson won her race by more than 30 seconds, and a number of other girls, mostly new to cross country, raced well.

The results:

At Morley Field, Saturday, Sept. 21. Conditions, mild temperatures in morning races (Division II), warming in mid-day. Some parts of course were fairly soft.

## BOYS: (2.95 miles):

### Fastest 20 runners, all races:

15:07 Joe Urbanski, Salpointe, 11  
15:17 Anthony Fransico, Sunnyside, 11  
15:28 Michael Murray, Santa Margarita, 12  
15:37 Nicholas Jacques, Hemet, 12  
15:39 James Adams, Ramona, 12  
15:43 Robert Seaman, Sunnyside, 12  
15:46 Steve Daynes, El Capitan, 12  
15:47 Jason Lopresti, Torrey Pines, 12  
15:49 Adrian Ramirez, Chula Vista, 12  
15:49 Adam Greene, St. Augustine, 11  
15:49 Dustin Diaz, West Hills, 11  
15:50 Mike Baskin, Mt Carmel, 11  
15:54 Rey Coronado, Camarillo, 12  
15:56 Jason Finch, Granite Hills, 10  
15:58 Reed Steele, Carlsbad, 11  
15:59 Marice Chandler, Serra, 10  
16:00 Marcus Chandler, Serra, 10  
16:06 David Burke, Torrey Pines, 12  
16:06 Jeff Sleichter, Mt Carmel, 11  
16:09 Dan Vasquez, Hemet, 12  
16:09 Brian Sullivan, St. Augustine, 11

## DIVISION I:

### Seniors: 111 finishers.

1-5: Nicholas Jacques (Hemet) 15:37; James Adams (Ramona) 15:39; Steve Daynes (El Capitan) 15:46; Jason Lopresti (Torrey Pines) 15:47; Adrian Ramirez (Chula Vista) 15:49.

6-10: Rey Coronado (Camarillo) 15:54; David Burke (TP) 16:06; Dan Vasquez (Hem) 16:09; Brian Gil-

See page 19.



## Meet Results:

From page 18.

more (Granite Hills) 16:12; Sean Zanderson (Poway) 16:22.

**11-15:** David Schible (Mount Miguel) 16:23; Clint Coon (Hem) 16:24; Sean Nugent (Valhalla) 16:26; Barbacahano (Thousand Oaks) 16:30; John Bates (ElCap) 16:34.

**16-20:** Josh Middleswart (Castle Park) 16:35; Aaron Jones (Val) 16:37; John Haskell (TOaks) 16:38; Colin McGoffin (Hem) 16:39; Jason Hunter (Sultana) 16:41.

**21-25:** Juan Diaz (Dana Hills) 16:46; Cameron Jones (Fallbrook) 16:48; Evan Holt (Hem) 16:48; Mike Jordan (DHills) 16:50; Chris Fetter (DHills) 16:50.

**26-30:** Jerrod Payne (ElCap) 16:53; Cas Jensen (TOaks) 16:55; Charley Hulsey (TP) 16:58; Juan Ruvalcaba (Ram) 16:59; Ezra Ash (San Pasqual) 17:06.

**Juniors:** 106 finishers.

**1-5:** Mike Baskin (Mt Carmel) 15:50; Jeff Sleichter (MC) 16:06; Jon Doroski (Valhalla) 16:24; Bert Romero (MC) 16:27; Danny Kilgore (Thousand Oaks) 16:34.

**6-10:** Noah Lidman (Torrey Pines) 16:35; Matt Gailley (Poway) 16:38; Jack Favilukis (Helix) 16:39; Jason Stather (school?) 16:44; Chris Vail (Hemet) 16:55.

**11-15:** Ruben Camargo (Sultana) 17:00; Alvaro Reyes (Ram) 17:01; Nick Gnadit (Hem) 17:02; Nick Rivera (Granite Hills) 17:05; Ben Schwab (Pow) 17:06.

**16-20:** Jason Lu (TOaks) 17:14; Hong Castejon (Mira Mesa) 17:15; Mike Helms (Pow) 17:15; Andrew Hernandez (Sult) 17:15; Juan Lopez (Sult) 17:16.

**21-25:** Tyler Bochenek (Fall) 17:16; Bryon Lamorandier (Val) 17:18; Scott Bachman (MC) 17:19; Ryan Franzen (Pow) 17:20; Chris Esquivel (MC) 17:22.

**Sophomores:** 109 finishers.

**1-5:** Jason Finch (GH) 15:56; Matt Theisen (Val) 16:21; Dan Kinsella (Hx) 16:40; Devin Lindahl (Dana Hills) 16:44; Ben Wagner (Val) 16:49.

**6-10:** Kendall Richardson (San Pasqual) 16:58; James Rowe (Sult) 17:10; Mancraf (TOaks) 17:13; Yuri Maezumi (Hem) 17:14; Jose Fernandez (San Marcos) 17:18.

**11-15:** Rocky Metcalf (MC) 17:18; Nick Schlapfer (Orange Glen) 17:20; Unidentified, 17:21; Steven Branson (TP) 17:22; Josh Megir (Camarillo) 17:31.

**16-20:** Adam Van Wart (SP) 17:33; Roy Quinn (Fall) 17:34; Thomas Jodoin (MMesa) 17:34; Kyle Combe (SP) 17:35; Hector Martinez (DanaH) 17:35.

**21-25:** Tyler Ludwig (Val) 17:37; Arnel Aradanas (MC) 17:42; Francisco Garfias (CV) 17:50; William Burer (Val) 17:51; Andrew Boring (SMarc) 17:52.

**Freshmen:** 95 finishers.

**1-5:** Seth Neumiller (TOaks) 17:04; Matt McInvale (Ram) 17:17; Efrain Casarez (Fall) 17:25; Josh Pope (Pow) 17:33; Brian Butcher (Ram) 17:38.

**6-10:** Javier Betancourt (PH) 18:05; Brendon Rioran (MC) 18:09; Joe Dupee (SP) 18:16; Chris Kenyon (MC) 18:24; Pete Coughlin (Fall) 18:25.

**11-15:** Danny Finley (Cam) 18:31; J. C. Martinez (SP) 18:33; Jacob Wagoner (Sult) 18:33; Michael Manzano (CV) 18:35; Brandon Vielguth (GH) 18:35.

**16-20:** Reis Paluso (Pow) 18:38; Nicholas Pavinovic (Australia) 18:41; Cesar Medina (CV) 18:42; Musie Meche (Hx) 18:43; John Rello (TOaks) 18:43.

**21-25:** Brian Eaton (CV) 18:53; Ben Bruce (MC) 18:53; Mike Wertz (Sult) 18:53; Hector Jimenez (OG) 18:53; Phillip Rangel (MC) 18:58.

**DIVISION II:**

**Seniors:** 96 finishers.

**1-5:** Michael Murray (Santa Margarita) 15:28; Robert Seaman (Sunnyside) 15:43; J. Tucker (Murrieta Valley) 16:14; Sanders Fabures (Sabino) 16:16; Joe Ochoa (Salpointe) 16:19.

**6-10:** Serafin Carrillo (Monte Vista) 16:49; K. Trechter (MurrV) 16:55; Chris Nagao (West Hills) 16:55; Curtis Cornelius (Sab) 16:56; Todd Barker (Pasadena Poly) 17:04.

**11-15:** Tyson Von Guenther (SMgta) 17:05; J. Claros (Norco) 17:09; Esteban Rocha (Mar Vista) 17:11; Jose Muniz (Patrick Henry) 17:13; Rey Trinidad (S'side) 17:15.

**16-20:** Chris Lahti (WH) 17:16; Abdul Hussein (Crawford) 17:30; Valderrama (MarV) 17:30; Jesse Jasso (Sweetwater) 17:35; Jason Verostek (El Camino) 17:36.

**21-25:** Tom Corbin (WH) 17:37; J. Lohmann (MurrV) 17:37; Titus Chawech (Craw) 17:38; Jaime Cabezuella (Sweet) 17:41; Mark Anderson (La Jolla) 17:44.

**Juniors:** 100 finishers.

**1-5:** Joe Urbanski (Salp) 15:07; Anthony Fransico (S'side) 15:17; Adam Greene (St. Augustine) 15:49; Dustin Diaz (WH) 15:49; Reed Steele (Carlsbad) 15:58.

**6-10:** Brian Sullivan (StA) 16:09; Brandon Von Guenther (SMgta) 16:12; Chris Caulfield (SMgta) 16:16; David Romero-Young (ElCam) 16:20; Eric Stone (Sab) 16:22.

**11-15:** Baruch Vega (Sweet) 16:25; Mike Dent (Salp) 16:32; Derek Castaneda (Flowing Wells) 16:34; Donald Overland-McKay (WH) 16:38; David Dunbar (LJ) 16:45.

**16-20:** Ray Costales (Temescal Canyon) 17:01; Martinez (Sherman Indian) 17:02; Omar Zavala (Mission Bay) 17:16; Ryan Allen (TemC) 17:17; David Dennis (La Costa Canyon) 17:20.

**21-25:** Ray Chacon (LJ) 17:35; Siddu Bezares (LCC) 17:37; Nez (Sherm) 17:42; Matt Marshall (FloW)

17:42; Steve Doane (LJ) 17:43.

**Sophomores:** 119 finishers.

**1-5:** Marice Chandler (Serra) 15:59; Marcus Chandler (Serra) 16:00; A. Flores (MurrV) 16:26; Dan Maher (Salp) 16:31; Matt Rendina (WH) 16:35.

**6-10:** Corey Collins (SMgta) 16:44; Vince Valenzuela (S'side) 16:55; Anil Rameuest (PasPly) 17:11; Beshir Ali (PH) 17:12; Martinez (MarV) 17:18.

**11-15:** Colin Donnelly (StA) 17:18; Mike Ficken (WH) 17:29; Behailu Mergia (Hoover) 17:30; Brett Whittmore (PasPly) 17:32; Fabian Lozan (S'side) 17:35.

**16-20:** Mike Lovell (S'side) 17:36; Mark Marshall (PH) 17:38; Chad Edgley (SMgta) 17:45; Matt Granger (LJ) 17:46; Meyer (Sab) 17:48.

**21-25:** Alfonso Espinoza (StA) 17:50; Mike Mondel (Salp) 17:51; Paul Saccone (WH) 18:01; Perez (MarV) 18:05; Dru Imrie (Serra) 18:07.

**Freshmen:** 115 finishers.

**1-5:** Evan Fox (WH) 16:48; Colin Steele (Cbad) 17:04; Ruben Vences (Sweet) 17:29; Jimmy Schroeder (Hilltop) 17:42; Nathan Lopez (Mbay) 17:45.

**6-10:** Peter Holland (Bishop's) 18:02; Chad Young (Calvin Christian) 18:12; Noah Diaz (WH) 18:28; Aaron Holmes (Sab) 18:35; Matt Harriman (StA) 18:38.

**11-15:** Nathan Dahl (Clark) 18:43; Jonathan Dunbar (LJ) 18:45; Buckley (MonteV) 18:47; Shane McElreavy (Francis Parker) 18:50; Luis Reyna (Sweet) 18:51.



Lisa Bengston, Patrick Henry

**16-20:** Bryan Bauerle (WH) 18:51; Begay (Sherm) 18:12; Dave Schertzer (Cbad) 18:54; Joe Sheffer (Cbad) 18:59; Scott Lord (Clark) 19:04.

**21-25:** J. E. Webster (PH) 19:21; Astango (LJ) 19:21; Daniel Aras (Sab) 19:22; Eric Koster (LJ) 18:23; Brian Hatfield (Salp) 18:24.

### GIRLS (2.6 miles):

**Fastest 20 Runners, all races:**

15:42\* Kendra Goffredo, Orange Glen, 11  
15:53 Katie Nuanes, Santa Margarita, 12  
16:02 Lisa Bengston, Patrick Henry, 10  
16:03 Sophia Hawker, Grossmont, 12  
16:06\* Jaclyn Nolan, Torrey Pines, 11  
16:08\* Andrea Clemons, Valhalla, 11  
16:10 Dani Pope, Santa Margarita, 11  
16:12\* Cara Rumble, Orange Glen, 11  
16:12 Lorena Jimenez, Orange Glen, 10  
16:15 Tricia Mattson, Fallbrook, 12  
16:28 Shelby Horgan, Temescal Canyon, 12  
16:44 Amanda Armstrong, Thousand Oaks, 10  
16:44 Shannon O'Connor, La Jolla, 12  
16:47 Erin Doherty, Flowing Wells, 12  
16:48 Melissa Aronson, Hemet, 12  
16:51 Mande Ash, Flowing Wells, 11  
16:51 Sheri Teague, Flowing Wells, 11  
16:53 Katie Hauck, Fallbrook, 10  
16:57 Carri Leto, Valhalla, 9  
16:58 Stephanie Kindreich, El Capitan, 12  
16:58 Sunny Shaffer, Temescal Canyon, 12

\* -- wrong turn, shorter course.

**DIVISION I:**

**Seniors:** 52 finishers.

**1-5:** Tricia Mattson (Fallbrook) 16:15; Melissa Aronson (Hemet) 16:48; Stephanie Kindreich (El Capitan) 16:58; Nicole Rodriguez (Granite Hills) 17:09; Michelle Reinhart (Camarillo) 17:14.

**6-10:** Erin Berhman (San Pasqual) 17:24; Melissa Hieb (Orange Glen) 17:27; Rachel Deonier (Thousand Oaks) 17:37; Laura Lawrence (OG) 17:39; Kelley Halligan (Valhalla) 17:41.

**11-15:** Lisa Lowe (Australia) 17:47; Tanya Savage (TOaks) 17:49; Gina Rennix (OG) 17:59; Christine Alford (Mt Carmel) 18:08; Laura Rankin (Poway) 18:09.

**16-20:** Noelle Rideout (Fall) 18:12; Laura Hilton (Torrey Pines) 18:12; Jessie Anderson (Ramona) 18:12; Rebecca Couthmiller (Camarillo) 18:16.

**21-25:** Nika Dunn (Chula Vista) 18:26; Lori Guzzard (Cam) 18:34; Flory Lopez (Sultana) 18:40; Nicolette Stolis (GH) 18:42; Sara Sullivan (SP) 18:58.

**Juniors:** 92 finishers.

**1-5:** Kendra Goffredo (OG) 15:42; Jaclyn Nolan (TP) 16:06; Andrea Clemons (Val) 16:08; Cara Rumble (OG) 16:12; Katie Cottrell (OG) 17:00. NOTE: First four runners in race (Goffredo, Nolan, Clemons, Rumble) were misdirected and ran a shorter course than subsequent runners in race. Note gap between fourth place time and fifth place time.

**6-10:** April Lyon (Sult) 17:02; Heather Christofk (San Marcos) 17:19; Kristen Brown (Fall) 17:32; Mindy Green (Fall) 17:45; Erin Sorenson (TOaks) 17:47.

**11-15:** Stephanie Overton (TOaks) 17:50; Sarah Shepherd (Ram) 17:54; Samantha Stevens (MC) 17:58; Jill Coad (TP) 18:14; Rebecca Horner (Aust) 18:20.

**16-20:** Monica Hite (Pow) 18:21; Jane Brian (SP) 18:21; Allyson Brown (Aust) 18:22; Lindsay Marsden (TOaks) 18:27; Tanya Paluso (Pow) 18:39.

**21-25:** Erin Spooner (Pow) 18:40; Torey Conner (TP) 18:40; Ingrid Johansen (Cam) 18:53; Abby McConnell (CV) 19:03; Emily Ghiotto (OG) 19:08.

**Sophomores:** 69 finishers.

**1-5:** Lisa Bengston (Patrick Henry) 16:02; Lorena Jimenez (OG) 16:12; Amanda Armstrong (TOaks) 16:44; Katie Hauck (Fall) 16:53; Vanessa Kline (Sult) 17:08.

**6-10:** Cathy Picha (Fall) 17:10; Amber Jacques (Hem) 17:14; Kelly Kodadek (SMarc) 17:27; Amy Kermott (Val) 17:28; Allison Andersen (Hem) 17:44.

**11-15:** Kennie Kwok (Ram) 17:47; Alana Bochiechio (SMarc) 17:51; Tiffany Fox (Mira Mesa) 17:52; Jennifer Kranbuhl (Sult) 18:03; Allison Plischke (Fall) 18:06.

**16-20:** Alicia Whitesock (Sult) 18:07; Veronica Roberts (MC) 18:08; Mande Clark (Pow) 18:11; Jeanene Gerry (Cam) 18:16; Taylor Anderson-McGill (Sult) 18:21.

**21-25:** Camille Dredge (TP) 18:22; Heidi Magi (Sult) 18:31; Kathy Read (TP) 18:33; Meridith Nespor (Pow) 18:44; Vera Villalvalzo (CV) 18:45.

**Freshmen:** 66 finishers.

**1-5:** Carri Leto (Val) 16:57; Karen Vasko (MC) 17:07; Kim Crosswell (Fall) 17:47; Debra Fullwood (Sult) 17:47; Deonna Nertz (Sult) 18:33.

**6-10:** Samantha Langford (TP) 18:36; Casey Cleveland (Val) 18:39; Jennifer Peterson (SMarc) 18:47; Jonston (Aust) 18:50; Jessica Fay (ECap) 18:59.

**11-15:** Tiffany Collins (TP) 19:00; Heddie Richards (Hem) 19:03; Lisa Wygant (Cam) 19:08; Leslie Mitchell (Ram) 19:09; Kristin Spivey (Ram) 19:10.

**16-20:** Gill Guyer (Fall) 19:15; Cindy Taylor (Aust) 19:18; Katie Schindall (Pow) 19:19; Daniela Castaneda (CV) 19:29; Monica Vasquez (TP) 19:31.

**21-25:** Elizabeth Mejia (MC) 19:40; Erin Briggs (MMesa) 19:45; Nina Ropes (Fall) 20:02; Natalie Turner (SP) 20:25; Camille Lucio (Ram) 20:27.

**DIVISION II:**

**Seniors:** 77 finishers.

**1-5:** Katie Nuanes (Santa Margarita) 15:53; Sophia Hawker (Grossmont) 16:03; Shelby Horgan (Temescal Canyon) 16:28; Shannon O'Connor (La Jolla) 16:44; Erin Doherty (Flowing Wells) 16:47.

**6-10:** Sunny Shaffer (TemC) 16:58; Jessica Cabrera (Sweetwater) 17:09; Kara Dose (LJ) 17:29; V. Gomez (Murrieta Valley) 17:32; Daniela Mogro (Sabino) 17:36.

**11-15:** Kelly Stoltz (Salpointe) 17:40; Courtney O'Hill (SMgta) 18:22; Maria Moreno (Crawford) 18:22; Katie Oberg (Salp) 18:30; Renee de la Torre (Gro) 18:31.

**16-20:** Angel Reed (El Camino) 18:43; Lisa Reyna (Salp) 18:45; Sara O'Connell (Salp) 18:54; Christine Keays (Our Lady of Peace) 18:57; A. J. Rosthenhauser (Sunnyside) 19:04.

**21-25:** Brook Carnagey (TemC) 19:07; Jessica Kelley (FloW) 19:16; Jenny Evans (Bishop's) 19:26; Amanda Gonzalez (FloW) 19:27; Claudia Omelas (PH) 19:29.

**Juniors:** 72 finishers.

**1-5:** Dani Pope (SMgta) 16:10; Mande Ash (FloW) 16:51; Sheri Teague (FloW) 16:51; Jennifer Martin (Norco) 17:29; Katie Newhall (Pasadena Poly) 17:34.

**6-10:** Rebecca Spagnolo (Monte Vista) 18:07; Vanessa Li (LJ) 18:08; Jill Kelly (SMgta) 18:17; Myra Estrada (Hoover) 18:21; Elizabeth Rogers (Clark) 18:26.

**11-15:** Angie Markel (Francis Parker) 18:39; Nykela Harris (Nor) 18:41; Eva Lund (Carlsbad) 18:44; Jackie Butterfield (Clark) 18:48; Sunny Nordmarken (LJ) 18:50.

**16-20:** Jessica Behrens (Craw) 18:51; Sara Harrison (LJ) 18:52; Kindra Glavin (SMgta) 18:52; Rebecca Fitzgerald (Clark) 18:55; Alison Gordon (Bish) 19:02.

**21-25:** Amanda Johnson (Cbad) 19:05; Erin Beck (Serra) 19:08; Cindy Ortiz (Sweet) 19:11; Lindsay Brust (La Costa Canyon) 19:13; Margie Moran (Sweet) 19:23.

**Sophomores:** 105 finishers.

**1-5:** Erin Laird (FloW) 16:59; Rhonda Kilfoyle (Clark) 17:17; Julia Pirrung (SMgta) 17:24; Marta Vallier (SMgta) 17:30; Lisa Peklar (Gro) 17:31.

**6-10:** Nohelia Ramos (Sweet) 17:53; Melissa Ransow (Nor) 17:57; Julia Otis (LJ) 18:02; Serena Sparacino (Salp) 18:09; Jessica Bray (LCC) 18:11.

**11-15:** Kelly Colavito (Salp) 18:31; Michelle Fleck (FloW) 18:36; Richelle Reese (TemC) 18:38; Kijsten Bevins (Serra) 18:39; Mekaghan Mayer (LJ) 18:39.

See page 20.



# Meet Results:

From page 19.

16-20: Nicole Sadler (LJ) 18:41; Rebecca Venegas (Gro) 18:50; Marissa Harsh (SMgta) 19:00; Kelli Wilson (OLP) 19:03; Danielle Magante (Serra) 19:06.

21-25: Dawn Lucas (TemC) 19:07; Destiny Stapleton (Cbad) 19:10; Lydia Boonstra (Calvin Christian) 19:11; Erin DeHahn (Hilltop) 19:22; Christie Troxell (Nor) 19:25.

Freshmen: 69 finishers.

1-5: Amy Stout (Nor) 17:56; Marcy Carmalleres (S'side) 18:08; Gwyn Leachman (Parker) 18:17; Teresa Escobedo (Hill) 18:41; Cara Payne (LCC) 18:53.

6-10: Merlyn Diaz (Hoov) 18:55; Kelsey Bollinger (Gro) 18:56; Elizabeth Kolada (Hill) 18:57; Emily Buria (SMgta) 19:02; Coleen Bathen (SMgta) 19:09.

11-15: Sarah Getz (LCC) 19:11; Joanna Shunk (Gro) 19:13; A. Mutt (MurrV) 19:17; Amanda Schultz (OLP) 19:25; Trish Hagedon (Salp) 19:36.

16-20: Marisa Polin (LJ) 19:46; Cassandra Liss (PH) 20:09; Claire Beck (OLP) 20:11; Meredith Barker (PasPly) 20:13; Elena Venegas (Gro) 20:15.

21-25: Casie Swarts (SMgta) 20:18; Laura Carriedo (Eastlake) 20:22; Devon Schmucker (LJ) 20:25; Alison Lanski (PasPly) 20:36; Amber Quigley (S'side) 20:41.

# Woodbridge Invitational

West Hills' girls are running as hot as anybody this side of Orange Glen.

A number of the best local girls teams traveled to the Woodbridge Invitational last week, and West Hills probably made the biggest impression.

The Wolfpack girls, competing in the Division IV varsity race, won the team race, and had the fastest team time of any San Diego team at the meet. In addition, Heather Shurtleff won the race over the 3-mile course in 17:52, which was the fastest time of any San Diego runner in the meet, and the sixth fastest overall. The next four West Hills girls, Jenny Holdzkom, Rebecca Bartell, Shelley Van Winkle and Sara Garcia, ranged from 19:22 to 19:48.

Scripps Ranch, another top quality area school, was only 11th in the Division III varsity race, but that's misleading since Emily McFarland was entered into the frosh/soph race. McFarland ran 18:53 to win that race, and Kelly Grimes ran 18:51 for the varsity.

Santana, another local top ten school, was fourth as a team in that same race, in a field that also included national power Yucaipa, plus San Geronio and Saint Lucy's. The Sultans were missing Ava Benitez, who is a key member of their top five. Team ace Jaymie Harper was fourth in the race (in 17:56) despite tiring in the later stages after going out hard with Yucaipa's Kimi Welch and other leaders. Santana soph Kim Pace clocked a 19:04 for 13th in the race.

Rancho Bernardo, also probably a top ten girls team locally, was fourth in the Division I varsity girls team race, with soph Sarah Wilkins taking 4th in 18:12, frosh Julie Manson getting 12th in 19:04, and junior Christine Kitchen placing 21st in 19:28.

Other good placings by locals included a 6th in Division II by Natalie Sullivan of Helix (18:34), a second in Division IV by University's Courtney Baird (18:07), a third in the Division IV frosh/soph by University City's Katherine Ziegler (19:38), and fourth in the boys Division I varsity by RB's Eron Tello (15:36).

The results:

At Woodbridge High School, Irvine, Saturday, Sept. 21. All races 3.0 miles; course was considered to be fast.

## BOYS:

Fastest San Diego area runners (NOTE: not all schools reported results):

15:36 Eron Tello, Rancho Bernardo  
16:35 Jon Landau, University City  
16:55 Marc Nierman, UC  
17:02 Mark Petitfils, Santana  
17:08 Nathan Snodgrass, Sant  
17:37 Scott Kaforey, Sant  
17:58 Simon Baird, UC  
17:58 James Petitfils, Sant  
18:09 Matt Whaitte, UC  
18:14 Tony Saipie, UC  
18:16 Jerad Hersh, UC  
18:23 Dwight Devens, UC  
18:42 Charles McKeown, UC

## Varsity Team Results:

Division I: Rancho Bernardo, 3rd, 112 points.

## GIRLS:

Fastest San Diego area runners (NOTE: not all schools reported results):

17:52 Heather Shurtleff, West Hills  
17:56 Jaymie Harper, Santana  
18:07 Courtney Baird, University  
18:12 Sarah Wilkins, Rancho Bernardo  
18:34 Natalie Sullivan, Helix  
18:51 Kelly Grimes, Scripps Ranch  
18:53 Emily McFarland, SR  
19:04 Julie Manson, RB  
19:04 Kim Pace, Sant  
19:22 Jenny Holdzkom, WH  
19:28 Christine Kitchen, RB  
19:38 Katherine Ziegler, University City

19:45 Rebecca Bartell, WH  
19:48 Shelley Van Winkle, WH  
19:48 Sara Garcia, WH  
20:08 Milinda Benitez, Sant  
20:08 Kim Baza, Sant  
20:26 Natisse Martin, Hx  
20:28 Anne Severtson, Hx  
20:38 Veronica Lollis, UC  
20:41 Jessica Johnson, RB  
20:42 Kim Rogoff, SR  
20:43 Angeline Spain, SR  
20:43 Jenny Bergen, UC  
20:45 Kristina Stasko, SR

## Varsity Team Results:

Division I Varsity: Rancho Bernardo, 4th, 163 points, team time of 1:38:29.

Division II Varsity: Helix, 10th, 286 points, team time of 1:42:21. Point Loma, 14th, 348 points.

Division III Varsity: Santana, 4th, 141 points, team time of 1:38:16. Escondido, 8th, 208 points, team time of 1:42:22. Scripps Ranch, 11th, 238 points, team time of 1:43:35 (not including McFarland). Mission Bay had four girls in varsity race.

Division IV Varsity: West Hills, 1st, 51 points, team time of 1:36:35. University of SD, 5th, 149 points. University City had four girls in varsity race.

# Oasis Invite

Bonita Vista's teams had a good day at the Oasis Invitational at Mesquite, Nevada.

Both the boys and girls teams took varsity team championships, in a field of 21 teams from Utah, Nevada, Arizona and California.

In the boys race, the Barons beat Page of Arizona, the defending Arizona 3A state champs. The Barons were led by soph Brian Paff.

The girls race was the first time that Bonita's top three runners, Dawna Marshall, Meghann Phillips and Rosie Costello, were able to race in the same meet this year.

At Mesquite, Nevada, Saturday, Sept. 21. Undulating course on grass, although surface was soft.

## BOYS (3.0 miles):

### Varsity:

Team: Bonita Vista 55, Page, Ariz., 108, Cedar City (Utah) 120.

### Individuals:

4. Paff (BV) 16:17; 9. Stone (BV) 16:40, 13. Graham (BV) 16:56, 14. Arce (BV) 17:02, 15. Lebrija (BV) 17:06, 25. Fowers (BV) 17:24, 26. J. Ostrus (BV) 17:25, 37. McRaven (BV) 17:45, 40. Walthall (BV) 17:46, 47. D. Ostrus (BV) 17:50, 78. Barrera (BV) 19:14.

## GIRLS (3.0 miles):

### Varsity:

Team: Bonita Vista 46, Page, Arizona, 72, El Dorado 152.

### Individuals:

3. Marshall (BV) 19:36, 4. Phillips (BV) 19:48, 11. Costello (BV) 20:52, 13. Zuniga (BV) 21:05, 15. Osuna (BV) 21:07, 26. Withem (BV) 22:08, 35. Ulloa (BV) 22:44, 43. Martinez (BV) 23:03, 53. Cameron (BV) 24:28.

# DON'T JUST RUN, FLY!



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