

# TRACK MAGAZINE



Volume V, Number 1 -- September 24, 1999

## 1999 Cross Country Season Preview



### Great duel kick starts season

The highlight of the early season has been this great race at the Sundevil Invitational last week. Ramona's Matt McInvale outran San Marcos' Travis Laird on the 2.95-mile Morley Field course, winning in 14:51 to Laird's 14:52. The pair are among many outstanding senior boys that are wrapping up great careers.

### Inside: SD Section team previews

The Palomar League,  
on pages 3 and 4.

The Avocado League,  
on pages 5 and 6.

The Valley League,  
on pages 6 and 7.

The Grossmont Leagues,  
on pages 7, 8 and 9.

The Metro League,  
on pages 9, 10 and 11.

The Western League,  
on pages 11, 12 and 13.

The Eastern League,  
on pages 13 and 14.

The Harbor League,  
on pages 14 and 15.

The Small Schools,  
on pages 15 and 16.

# The Top 40

A quick overview of the outstanding returnees:

### The returning boys...

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

#### 1 to 10:

- 15:47 Evan Fox, West Hills, 12
- 15:55 Sean Ricketts, RanchBrdo, 12
- 16:07 Matt McInvale, Ramona, 12
- 16:11 Justin Neuroth, Vista, 12
- 16:17 Jon Rankin, Monte Vista, 12
- 16:18 Ryan Maynard, GraniteH, 12
- 16:20 Ben Aragon, West Hills, 11
- 16:22 Mike Cooke, Mt. Carmel, 12
- 16:28 Jared Emmons, Vista, 12
- 16:31 Travis Laird, San Marcos, 12

#### 11 to 21:

- 16:31 Ryan Montez, Vista, 11
- 16:34 Brandon Behr, La Jolla, 12
- 16:38 Pat Prunty, Poway, 12
- 16:40 Ruben Vences, Sweetw'ter, 12
- 16:47 Josh Pope, Poway, 12
- 16:52 Michael Manzano, ChulV, 12
- 16:53 Devin Lyons-Quirk, Poway, 11
- 16:53 Juan Mondragon, Escon, 10
- 16:54 Justin Mattos, Fallbrook, 12
- 16:54 Lorenzo Otero, Hilltop, 11
- 16:54 Erik Kerby, San Pasqual, 12

#### 22 to 30:

- 16:55 Blake Swier, Mar Vista, 12
- 16:56 Terence Hagans, Serra, 12
- 16:57 Raphael Machado, Scrip, 12
- 16:59 Brendan Riordan, Scripps, 12
- 17:00 Jesus Carrillo, Montg'ry, 12
- 17:00 Eric Koster, La Jolla, 12
- 17:01 Sergio Esquivel, MtCarmel, 12
- 17:01 Jon Aguilar, West Hills, 12
- 17:04 Mike Klepper, MtCarmel, 12

#### 31 to 40:

- 17:05 Ben Bruce, MtCarmel, 12
- 17:09 Alan Aradaais, MtCarmel, 10
- 17:11 Simon Peter, Crawford, 12
- 17:14 David Santos, Valhalla, 11
- 17:14 Nick Thornton, RanchoBV, 12
- 17:16 Pete Coughlin, Fallbrook, 12
- 17:16 Chris Ferrier, La Jolla, 11
- 17:17 Aaron Powell, Poway, 11
- 17:17 Mike Zahalan, Mt. Carmel, 12
- 17:18 Luke McGinnis, Poway, 10

### The returning girls...

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

#### 1 to 10:

- 16:26 Julie Komosinski, Torr'yPns, 11
- 16:30 Desiree Davila, Hilltop, 11
- 16:33 Julie Manson, Rancho Bdo, 12
- 16:38 Karen Vasko, Mt. Carmel, 12
- 16:42 Jackie Appel, Torrey Pines, 11
- 16:45 Nastassaja Hall, RanchBV, 10
- 16:46 Allison Hall, Rancho Brdo, 10
- 16:46 Ashlee Dere, Mt. Carmel, 11
- 16:48 Jenna Timinsky, SanDgoA, 10
- 16:59 Mythili Duvvuri, ChuVista, 11

#### 11 to 20:

- 17:00 Janet Mulvey, Mt. Carmel, 11
- 17:04 Kelly Platko, Carlsbad, 11
- 17:07 Kim Croswell, Fallbrook, 12
- 17:11 Kaili Shumilak, Bishop's, 11
- 17:17 Katherine Ziegler, UniCity, 11
- 17:19 Jamie Carmichael, Fallb, 11
- 17:19 Rose Serna, Mission Bay, 10
- 17:20 Manal Yamout, MtCarmel, 11
- 17:28 Angela Rivas, Montg'mery, 12
- 17:29 Katie Boyd, Rancho Brdo, 11

#### 21 to 30:

- 17:30 Maija Rohde, Fallbrook, 10
- 17:30 Krista Romley, TorreyPns, 10
- 17:32 Diana Dibble, ValleyCtr, 12
- 17:35 Becca Bartell, West Hills, 12
- 17:36 Chessa Adsit-Morris, UC, 11
- 17:41 Kim Nessell, MtCarmel, 11
- 17:44 Katie O'Connell, Carlsbad, 11
- 17:45 Amonica Phipps, Morse, 11
- 17:46 Katie Grim, La Jolla, 11
- 17:47 Shanna Cohen, ScrippRch, 12

Continued on page 16.



Here's the short version...

Welcome, readers, to the slightly skewed vision of Track Magazine.

This is a publication that thinks high school cross country runners should be recognized for their efforts, which often are considerable.

We do our best to touch base with just about everybody, from Fallbrook to Southwest; from Julian to Eastlake to West Hills.

Runners, please take one step back.

My name is Buzz Thom.

I'll be your photographer this season (and reporter, and statistician, and editor, and delivery boy).

This is our first issue of the season, and we are concentrating on our team previews.

In future issues, we'll catch up on results of major meets, sometimes provide a little his-

torical perspective, and include other various features.

Four more issues are scheduled during the season, at two week intervals, concluding with a final issue at the CIF Finals.

I couldn't do this without the support of the good fellows at the Movin' Shoes running shoe stores.

from the editor



The Movin' Shoes people are unique as far as I know. They are active participants in the local running scene on so many levels, including running, coaching, officiating, and now, co-publishing.

So, relax. You're in good hands. Much of the hardest work is behind you. Savor the season. Enjoy the sport. Be loyal to your team. Experience the course.

Don't be afraid to be friendly to your competitors -- you may have more in common with them than almost anybody else. See you at the races.

TRACK MAGAZINE

EDITOR: BUZZ THOM  
PHONE: 760-765-1914  
FAX: 760-765-3185  
MAIL: P.O. BOX 2276, JULIAN, CA 92036

TRACK MAGAZINE  
is a Movin' Shoes Enterprise

Reproduction of any part of Track Magazine without permission from the publisher is prohibited. All rights reserved.

Track Magazine is published in two-week intervals during the high school track & field and cross country seasons, including five issues in the fall, and six issues in the spring. Mailed subscriptions are available, via first class mail.

WEB SITE:

The Track Magazine web site is at:  
<http://www.crowncity.com/sdtrackmag>  
The web site editor is George Green  
email for George Green: [plugh@cts.com](mailto:plugh@cts.com)

ADVERTISING:

Please address all advertising inquiries to  
Dave Yarbrough at Movin' Shoes, in La Mesa:  
619-466-1656

Printed at  
POMERADO PUBLISHING,  
POWAY, CA



VISIT A MOVIN SHOES RUNNING STORE AND  
DISCOVER WHAT CROSS COUNTRY ATHLETES  
ALREADY KNOW  
"GOOD THINGS COME IN SMALL PACKAGES"

6105 Lake Murray Boulevard  
La Mesa, California 91942  
619-466-1656  
Fax 619-466-2215

3838 Mission Boulevard  
San Diego, California 92109  
619-488-2310  
Fax 619-488-7765

765 S. Coast Highway 101  
Suite 103  
Encinitas, California 92024  
760-634-2353  
Fax 760-634-2281

SAN DIEGO RUNNING CENTERS

A Tradition of Caring for the Running Community Since 1977



# The 1999 Team Previews...

The **Track Magazine** team previews are the results of weeks of labor, contacting coaches via phone and in person. Often, it takes a number of phone calls and encounters with answering machines before an interview is completed. It's the rare case when a coach is contacted on the first call.

A number of coaches are tough to reach, and a few of the teams will have to wait until next issue or later for their recognition. One or two teams had just named a new coach, in fact.

In retrospect, it's almost a miracle that any names are spelled correctly -- most of the spellings are either taken over the telephone or gleaned from finish tags that are hastily scribbled and often blurred by sweat. If a spelling or other important information is incorrect, we will strive to get it corrected in future issues.

The information is gathered over a period of weeks, which means that the first coaches were contacted in early September. There can often be big changes on a team in a few weeks. Unknown runners can make themselves known, and established runners can get hurt.

Here is the 1999 San Diego Section cross country preview. Teams are arranged alphabetically within their league. We start with the north county...

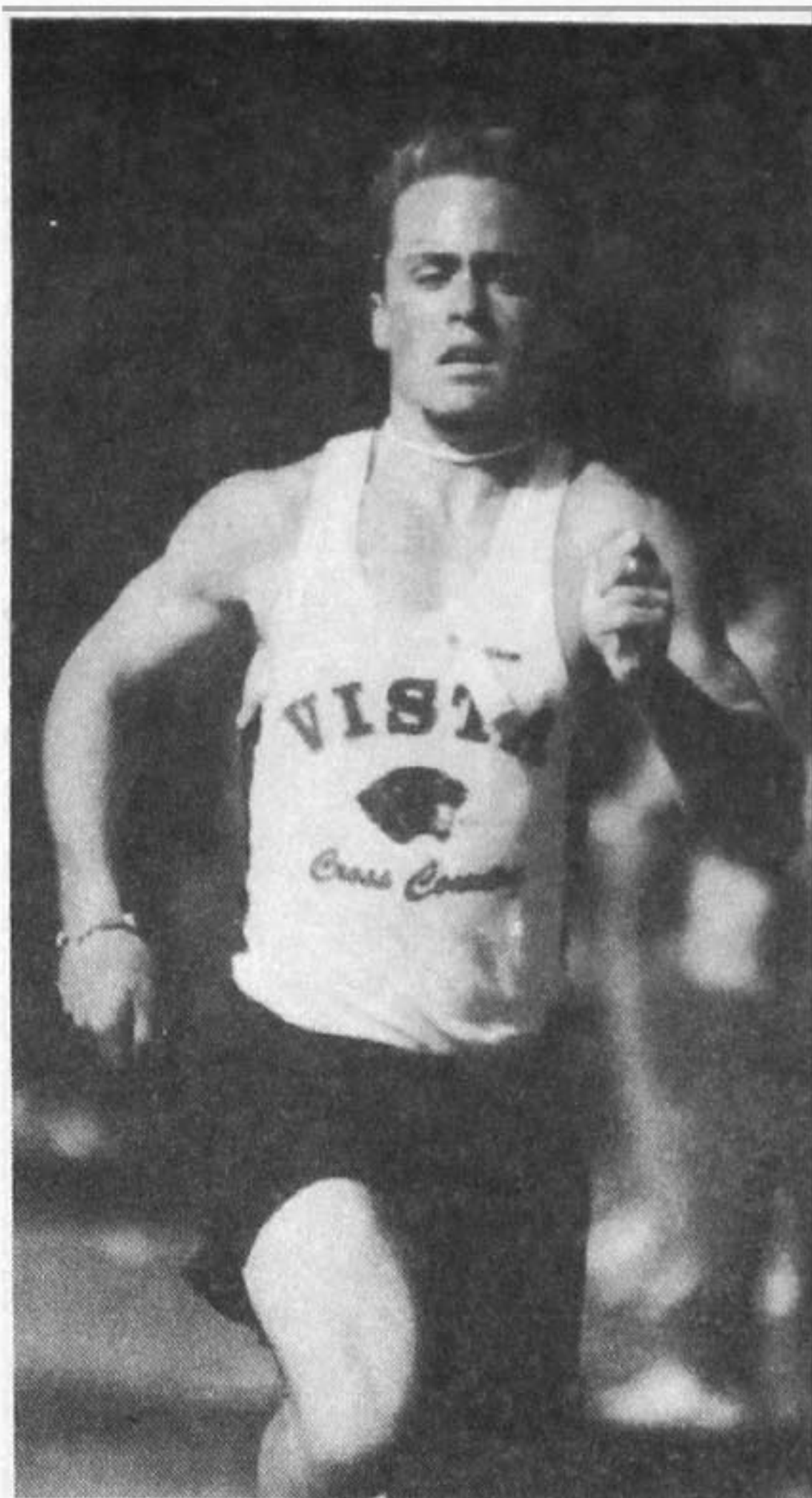
## Palomar:

### The Fastest Returners:

**BOYS:** The ten fastest returning boys from last year's league finals, at Guajome Park (3.2 miles):

- 1: 16:23 Sean Ricketts, RB
- 2: 16:43 Justin Neuroth, Vista
- 3: 16:47 Jared Emmons, Vista
- 4: 16:50 Pat Prunty, Poway
- 5: 16:58 Josh Pope, Poway
- 6: 17:04 Mike Cooke, MtC
- 7: 17:05 Travis Laird, SM
- 8: 17:09 Ryan Montez, Vista
- 10: 17:21 Alan Aradanas, MtC
- 11: 17:23 Chris Kenyon, MtC

*Next Issue:*  
**Friday,**  
**October 8**  
*Look for it at the St. Augustine Invitational, or to be delivered to your team*



**Justin Neuroth**  
Vista

**GIRLS:** The ten fastest returning girls from last year's league finals, at Guajome Park (2.7 miles):

- 1: 14:44 Julie Manson, RB
- 2: 14:50 Ashlee Dere, MtC
- 3: 15:00 Allison Hall, RB
- 4: 15:03 Janet Mulvey, MtC
- 5: 15:14 Karen Vasko, MtC
- 6: 15:18 Kaleena Yee, RB
- 7: 15:21 Nastassja Hall, RBV
- 8: 15:28 Katie Boyd, RB
- 10: 15:35 Manal Yamout, MtC
- 11: 15:36 Tiffany Lee, Vista

## The Teams: Mt. Carmel

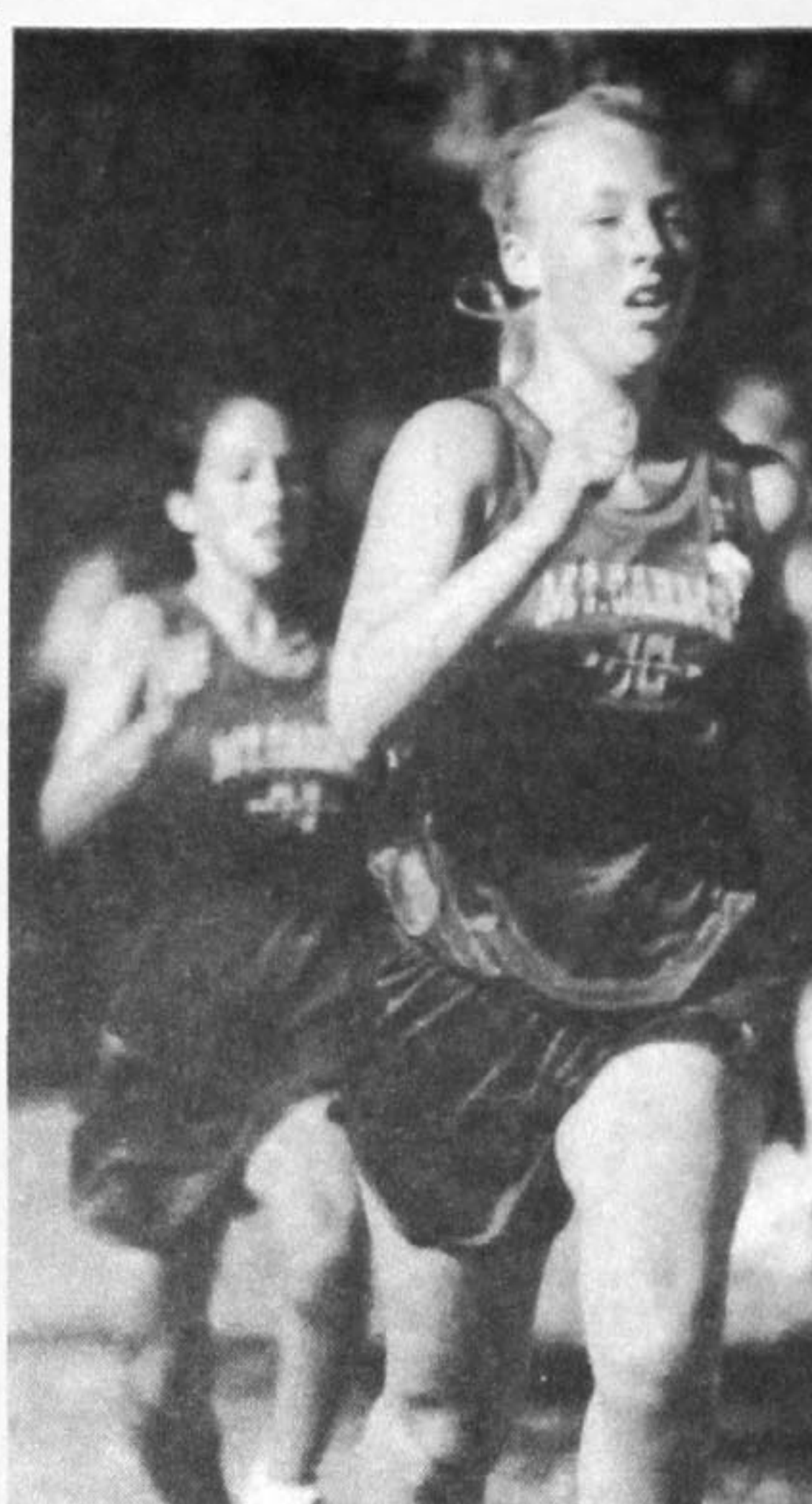
**Division:** One. **Coach:** Dennis McClanahan, assisted by Nathan Boyer and John Rankin. **Home Course:** Starts and finishes on campus.

### BOYS:

**Numbers:** 33. **Leader:** Chris Kenyon (12). He's a 9:46 3200 runner in track. At his best, he's the team's best. There's a hard-charging quality pack right on his heels. **The pack:** Mike Cooke (12), Sergio Esquivel (12), Mike Klepper (12), Ben Bruce (12), Alan Aradanas (10), Mike Zahalan (12) all were members of the team that finished a close third in the CIF D-I race last year. Cooke can range up into the number one role, and Aradanas is arguably the best soph runner around. His winning time in the soph race at Sundevil was the fastest of the day for Mt. Carmel athletes. **New:** Abadir Barre (10), John Bentley (11), Greg Williams (9), Alex Fromer (11). Barre has upped his level dramatically since last year; Bentley is new to the sport. Williams is a good looking youngster who was third in the Sundevil frosh race last week. One or two of this group could challenge for a varsity role before the year is over.

**Outlook:** They were one of the best county teams last year, and their lineup returns intact. In fact, some of the younger runners could even upgrade the lineup. This isn't an average year in the section, however. There are three extremely tough teams in the Palomar and four extremely tough teams in CIF D-I. Mt. Carmel is, of course, one of those extremely tough teams. One edge they might have is their depth down to the ninth or tenth runner, although that may or may not come into play.

### GIRLS:



**Deanna Sick,**  
**Janet Mulvey**  
Mt. Carmel

**Numbers:** 20. **Leaders:** Janet Mulvey (11), Deanna Sick (10), Karen Vasko (12). Mulvey has been the best in early races, but the other two are also top quality runners. Sick is new to the sport after running 5:18 and 11:19 in track. Vasko has 5:24 and 11:31 ability. Mulvey's track times (5:28 for 1600) aren't bad, but she is much better at this sport. **The pack:** Ashlee Dere (11), Manal Yamout (11), Audrey Harrer (11), Kim Nessell (11). They all return from last year's CIF champions. In the 3200, Dere ran 11:46, Yamout ran 11:40 and Harrer clocked 12:13. **New:** Sick is a great addition. "It means we are one person deeper," McClanahan said. There is good depth, with Amy Vasko (10), Sara Dadkhah (11), Gabby Sanchez (11), and Danella Fromer (9) ready to move up if needed. Vasko is a 12:17 3200 runner; Dadkhah ran 19:45 for 3.0 at Dana Hills last year, then missed the rest of the season.

**Outlook:** Off early results, they should be as good as last year, when they were fifth in the state. The addition of Sick upgrades the talent level. There might be some ups and downs, but they seem to be right there with Rancho Bernardo as the two best teams in the county.

## Poway

**Division:** One. **Coach:** Dan Schaitel, assisted by Mark Embrey, Dean Cortez and Charlene Falcis.

### Home Course:

### BOYS:

**Numbers:** 38. **Leaders:** Josh Pope (12) is just out in front of a speedy, hard-charging pack of six that also includes Devin Lyons-Quirk (11), Aaron Powell (11), Pat Prunty (12), Tim Helms (12) and Luke McGinnis (10). So why are all these runners included as "leaders" and not "the pack?" It's the quality -- any of the six would be number one runners at many area schools. At the Bronco, for instance, the Titans' sixth man placed ahead of the number one runner from such teams as Mt. Carmel, San Pasqual and Valhalla. They all have good credentials on the track, too: Pope (1:58, 4:22), Lyons-Quirk (4:29, 9:50), Powell (1:56), Prunty (1:59, 4:30), Helms (10:00), and McGinnis (9:56). **The pack:** Schaitel notes that there is a gap between six and seven, which means that the top group needs to stay healthy. A number of candidates have a chance to make up the ground, including Jeff Lucas (12),

Kevin Swain (12), Chris Ryan (11), and James McCarthy (11).

**Outlook:** "We're as solid as anybody to six," Schaitel said. This is one of the best collections of talent that Poway has put together, and that's saying something. The school's tradition includes a number of CIF titles, and this team could hang a banner in the rafters. This is an extremely strong year in the section for great boys teams in D-I, however. Probably no team in the county has better athletes at the four-five-six spots, which are often key in the championship meets.

### GIRLS:

**Numbers:** 37. **Leader:** Katie Baker (12). She's been a real find this fall. She's a speedster (61, 2:27) making her first serious try at the sport, with good results. She won her race at the Norseman meet, which was the season opener. **The pack:** Danielle Holden (11), Melanie Monroe (9), Aubrey Boag (9). Schaitel is rebuilding this lineup. He winnowed the roster, cutting some of the multi-sport athletes and found that, "the attitude is 100% better." **New:** Virtually the entire varsity lineup. Baker, as mentioned, was a middle-distance runner. Holden arrived last year from Camarillo. The frosh, Monroe and Boag, look like they'll contribute right away. Others with a shot at making the top seven are Angela Mares (12), Audrey Pound (11), Britt Jennings (12), Sarah Spooner (10), Jenny Spooner (10), Jessica Schenk (9), Tara Witty (11), and Allyce Ozarski (11). Many of those candidates have good track credentials, so the raw material is on hand.

**Outlook:** "This is probably the best coaching challenge I've had in 30 years," Schaitel said. "The boys team is a known quantity, and the girls team needs to be developed. I think they (the girls) will be competitive." Conditions are right for this team to be pretty decent. They won't be able to challenge the league's best teams, but they should be able to hang with any of the others.

## Rancho Bernardo

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

### BOYS:

**Numbers:** 25. **Leader:** Sean Ricketts (12). He's been the guy since late in his freshman year, when he was one of the top frosh in the state. He has 1:53, 4:18 track credentials, so he's top quality there, too. Simply, one of the very best in the county, and has been for a while. **The pack:** This area of the team seems improved.

The lineup includes Mike Shannon (12), Jake Fulton (12), Cameron Sanders (11), Mike Albo (10), Ryan Crim (12), Andy Campbell (12) and Dan Tanks (10). Most are veterans from last year's varsity, which came on strong late in the year. **New:** Albo and Crim are new to the varsity, but both have been in the program.

**Outlook:** Few noticed, but the RB boys actually ended up the year ranked 15th in the county, which is just under the local radar. Virtually the entire team returns, which means they should be better this year. Again, many won't notice because the Palomar is so tough.

### GIRLS:

**Numbers:** 27. **Leaders:** Julie Manson (12), Allison Hall (10), Kaleena Yee (11). Manson, 14th in the state last year, is wrapping up a fine four-year career, and Hall, 16th in the state, is just on the second leg of hers. Both are a few steps ahead of Yee, who would be number one at

**Continued on page 4.**



# Palomar:

From page 3.

many, many schools. In track, Manson runs 5:13 and 11:05; Hall runs 2:19 and 5:05. Both made it to the state track championships last year. Yee runs 5:13. **The pack:** Jamie Doyle (10), Katie Boyd (11), Mikaelyn Austin (12), Kerri Wheeler (11), Lisa Lyons (12), Belinda Oberum (10), Kelly Larson (11). Doyle is actually not that far behind the top three. Some of the others have state meet experience. Boyd (11:52), Larson (2:26), Lyons and Austin (many events) are fine track athletes. **New:** Doyle is probably the key addition. She didn't run XC as a frosh and battled injuries in track, but she has fit right into the four slot in early meets. There's a decent group of frosh, including Sarah Lochmiller, Jessica Huepper, Melodie Tao and Whitney Kuptz, but the lineup will be tough to crack.

**Outlook:** Jones says he can run a strong varsity, a strong junior varsity and a strong frosh/soph group down to ten runners. The depth is there, and the talent at the top is there. What the team really could use is a little bit of good fortune. They were third in CIF D-I last year, and the two teams that beat them out for Fresno tickets both finished among the state's top five. There was no doubt that RB also belonged in that group. They could be as good or better this year.

## Rancho Buena Vista

**Division:** One. **Coach:** Tom Lux, assisted by Denaryle Williams. **Home course:** Buena Vista Park, adjacent to campus.

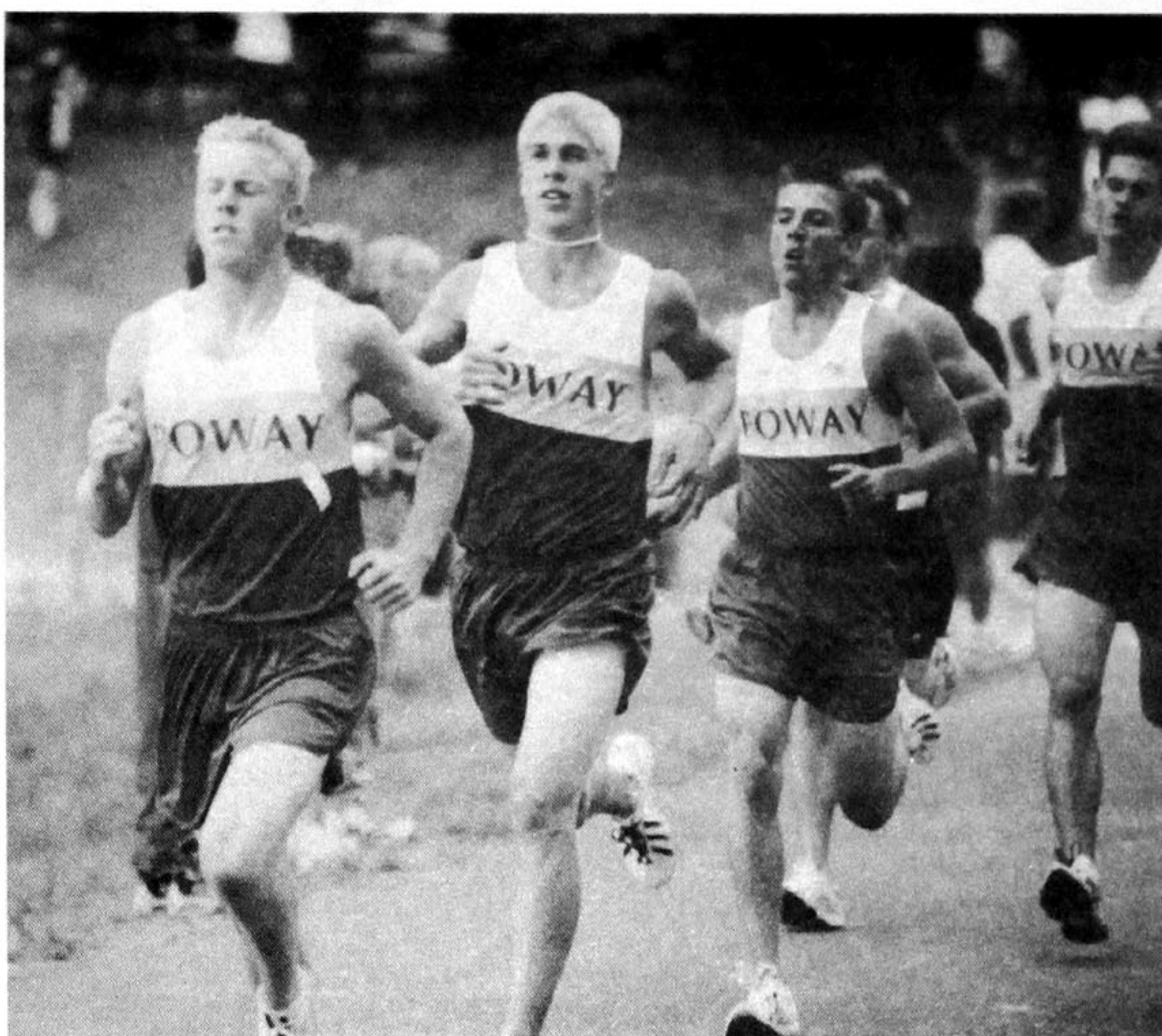
### BOYS:

**Numbers:** 20. **Leader:** Nick Thornton (12). He hasn't been great in cross country up to now, but his breakthrough last year in track (1:54 for 800) shows that he has elevated his level. It could also translate into big improvement in this sport. **The pack:** Aaron Trunnell (11), Shaun Ferris (10). Both return from last year's varsity; Trunnell, after a "big summer," seems sharply improved. **New:** "We're really young," Lux said. "Our 4-5-6-7 will be frosh and sophs." However, the youngsters are talented. A group of ten freshman boys includes a core that set a middle-school team record at Mt. SAC last year. Lux said, "they are the best frosh group I've had." Keep an eye on Artemio Mateo (9), Troy McAdams (9), Jason Miller (9), Matt Mena (9), and Jose De Leon (10). Lux will run them in grade-level races as often as possible, but many of the youngsters will be on the varsity squad for the tough Palomar duals.

**Outlook:** Thornton has a chance to be much improved, but the team is a bit thin in the mid-pack until the youngsters develop. It won't be a bad team, but the league is very tough.

### GIRLS:

**Numbers:** 11. **Leader:** Nastassja Hall (10). She has great range as a runner. In track, she is one of the county's very best sprinters (second in the Masters 200), but she runs very well up to 5K, where she was 38th in the state D-I race, running 19:19 as a frosh. She seems ready to pick up where she left off. **The pack:** Courtney Allen (10), Angela Garcia (11), Jessica Murray (11). Allen was also an excellent frosh last year; Garcia and Murray finished the year as varsity scorers. **New:** Tiffany Myres (10), Jordanna Koch (9), Jacqueline Murray (9). They have the best chance to crack the lineup, off



## The Poway Pack:

Josh Pope, Pat Prunty, Devin Lyons-Quirk, and Aaron Powell are four of Poway's strong first six.



## Nicole Mier San Marcos

early results. Aroline Neal (11), one of the county's best sprinters, is recovering from knee surgery, and is giving the sport a try. Lux will make sure she stays away from hilly courses.

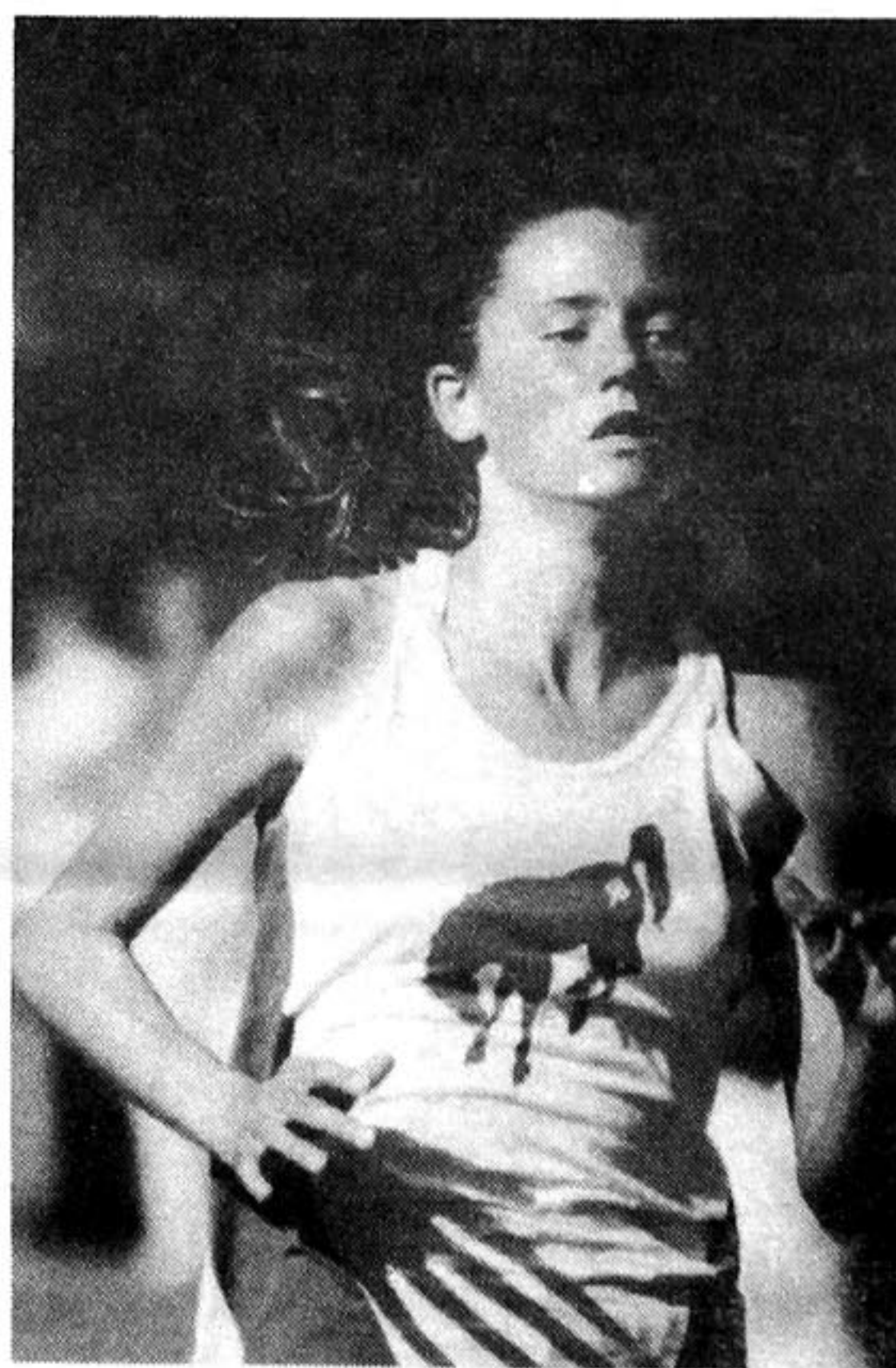
**Outlook:** Hall is quality, and the top end of the pack isn't bad, but there is very little depth. They'll be better than the Palomar results make them look.

## San Marcos

**Division:** One. **Coach:** Kyle Billings, assisted by Ken Franklin and Jose Fernandez. **Home course:** Cal State, San Marcos.

### BOYS:

**Numbers:** 15. **Leader:** Travis Laird (12). One of the very best in the county, he might be a little underrated. He was 12th in CIF D-I, after finishing seventh in the league finals. He then went on to break through in track, running 9:18 for fourth in the Masters 3200. "He made a jump," Billings said. "I think he's making another jump this season." In his season opener, he ripped a 15:26 for three miles at Laguna Hills, the he gave Matt McInvale a good run at Sundevil. He has



## Allison Hall Rancho Bernardo

moved into the Fox/Ricketts/Neuroth class. **The pack:** Needs to be rebuilt. Two veterans are Isaac Chitica (11) and Chris Harris (11). **New:** David Ignacio (10), Jimmy Retherford (10). Both in their first year of cross country, they ran 16:42 and 17:09 at Laguna Hills. Ignacio might be the team's number two, just ahead of Harris. Other candidates are Austin Bissonnette (9) and Jake Krotje (10).

**Outlook:** Laird will be great, but the rest of the team needs time to develop. "We're kind of young, but there's some potential there," Billings said. "We're not real deep after five." It will be fun watching Laird match up with anybody in the county. If the young runners develop, this will be a decent team.

### GIRLS:

**Numbers:** 15. **Leader:** Nicole Mier (10). Her frosh year started in promising fashion, but she didn't finish the CIF Finals D-I race. The snapped back in track, and was 4th in the Masters 1600 in 5:10. That puts her at a level just behind the county's best, and not that far back, either. Her effort at Sundevil was amazing. **The pack:** Juliana Hernandez (10), new to running, is the team's number two already, after clocking 19:40 at Laguna Hills. Behind here are Michelle Retherford (9), Krista Serina (9), Sylvia Mendoza (9), Jacque And-

erson (11), Petra Freudenthaler (11) and Amanda Cook (12). Freudenthaler is an exchange student from Austria. **New:** Virtually the entire roster is new, other than Mier at the top.

**Outlook:** "The girls will be improved," Billings said. He has a good one-two soph punch at the top. If his other youngsters come on, this could be a competitive team.

## Vista

**Division:** One. **Coach:** Pete Brooks, head; Cindy Brooks, girls. **Home course:** Guajome Park.

### BOYS:

**Numbers:** 50. **Leader:** Justin Neuroth (12). He's right there with the best in the county. He was third in last year's CIF D-I race. In track, he was second in the Masters 1600 in 4:15, and he made the state final. He's beginning the year in better shape than anybody this side of Ramona.

**Right behind:** The Panthers could have the best two-three punch in the county, with Ryan Montez (11) and Jared Emmons (12). The two can switch back and forth, although Montez is ahead at this point of the season. Emmons made a breakthrough in track, running 1:54.

Montez is more of a 3200 runner (9:43). Vista and Poway have already been matched up twice. In one meet, the Panthers had three ahead of Poway's number one. In another meet, Poway's leader just edged Vista's three. **The pack:** A big key. With their strength up front, Vista's pack doesn't have to match up with Poway, but they do have to stay close. The lineup includes Mark Baddas (11), Joe Aguilar (10) and Ramon German (11). Baddas and Aguilar are returning vets who are working hard and maturing. German is new to this level, but is handling it. The seventh could come from Irving Franklin (12), Leo Blasius (12) or maybe Miguel Villareal (9). **New:** Not much - much of this team has been in place for several seasons.

**Outlook:** Much like Poway, Vista is one of the very best teams in the state. Like the Titans, the Panthers have put together one of the best groups of runners in the school's history. If the 4-5-6 runners can continue their improvement, this team will be extremely tough to beat. But even that kind of excellence doesn't guarantee much, such is the strength at the top of the county.

### GIRLS:

**Numbers:** 26. **Leader:** Tiffany Lee (11). She's quality. She was 11th in the league last year as a soph. Nine of the ten girls ahead of her also return, however. **The pack:** Erica Lopez (10), Michelle Miller (9), and Rebecca Swilley (9) could make up the top group. After that, look for Silvia Rivas (12), Olympia Olquin (10), Maria Mendoza (12), Kim Vinzant (11), and Jessica Kelleher (10). All but Kelleher and the frosh are returning varsity vets. **New:** Kelleher is new to running but shows promise; frosh Miller and Swilley are pushing towards the top of the pack.

**Outlook:** It's a young team, but there is also talent and experience. They will probably match up well with the middle teams of the league, which means that they are better than most teams in the county.

**TRACK MAGAZINE**  
is now available  
at your local  
Movin' Shoes store.  
(Back issues, too.)



# Avocado:

## The Fastest Returners:

**BOYS:** The ten fastest returning boys from last year's league finals, at Guajome Park (3.2 miles):

- 1: 17:08 Efrain Casarez, Fall
- 2: 17:22 Justin Mattos, Fall
- 4: 17:43 Luke Haywas, ElCam
- 6: 17:46 Pete Coughlin, Fall
- 7: 17:49 Ben Miedema, Carls
- 8: 17:55 Jose Escobedo, Fall
- 9: 17:58 Colin Cornforth, Oside
- 11: 18:08 Chris Gausepohl, Fall
- 12: 18:08 Chris Burnham, Carls
- 13: 18:24 Freddy Espino, Fall

**GIRLS:** The ten fastest returning girls from last year's league finals, at Guajome Park (2.7 miles):

- 2: 14:55 Julie Komosinski, TP
- 3: 15:05 Jackie Appel, TP
- 4: 15:09 Katie O'Connell, Carls
- 5: 15:16 Jamie Carmichael, Fall
- 6: 15:18 Kim Croswell, Fall
- 7: 15:20 Kelly Platko, Carls
- 8: 15:30 Krista Romley, TP
- 10: 15:36 Maija Rohde, Fall
- 13: 15:53 Deanna Lynn, Carls
- 14: 15:55 Sabrina St. Laurent, EIC

## The Teams: Carlsbad

**Division:** One. **Coach:** Keith Van Asdalan. **Home course:** Hosp Woods, more formally known as Hospital Grove Park, near Plaza Camino Real.

### BOYS:

**Numbers:** 25. **Leaders:** Early on, it was a tossup between Joey Sheffer (12) and David Schertzer (12). **The pack:** Chris Burnham (11), Ben Miedema (11), Stephen Daniels (12), Greg Horn (11) and Brandon Woodward (12) all return from last year's varsity. Burnham has been well up in early races. Daniels is a 400/800 runners in track. Van Asdalan thinks his team had a "pretty good summer."

**Outlook:** This could be a team worth watching. They were average last year, partly because they were very young. But the team returns virtually intact, and they seem to have bought into the hard work. They may not be ready to challenge Fallbrook yet, but they should be more than competitive with the rest of the league.

### GIRLS:

**Numbers:** 16. **Leaders:** Katie O'Connell (11) and Kelly Platko (11). They're two of the best returning runners in the section, and they complement each other well. If O'Connell runs slightly off, Platko seems to pick up the slack. O'Connell has track times of 2:24, 5:16 and 11:27. Platko ran 11:53. **The pack:** Deanna Lynn (11), Kristin Woodward (10) and Sarah McMahon (12) all return from last year's team, which had the seventh fastest team time at last year's CIF meet (all divisions).

**New:** Mallana Dressell (10) is new to cross country, but has obvious talent after running 2:23 and 5:28 during track. She'll help.

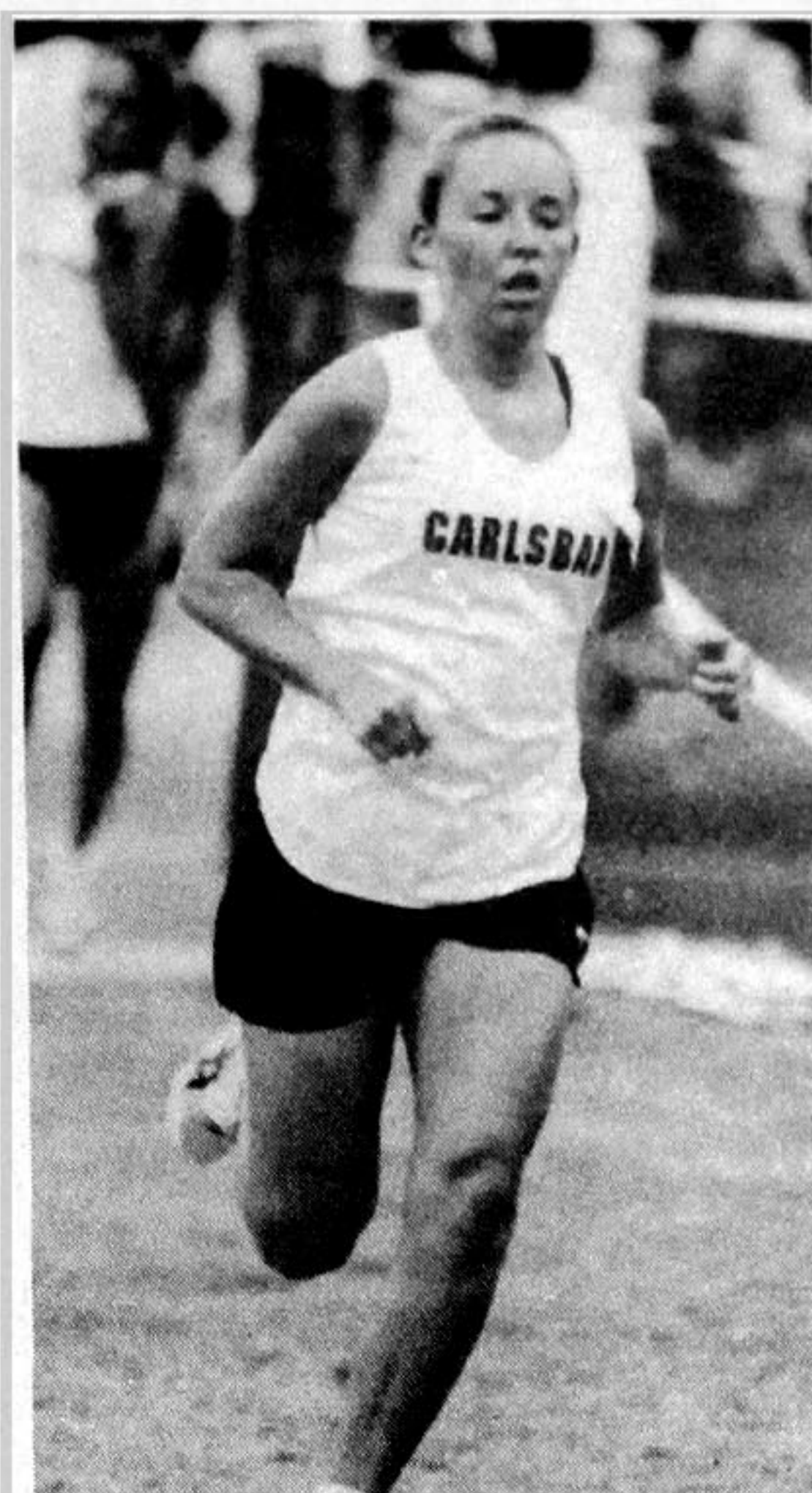
**Outlook:** This team went unnoticed much of last year, but they were rock solid by the end. The essential elements are there for the team to repeat, and possibly improve on, their success. A solid Top Ten team.

## El Camino

**Division:** One. **Coach:** Jerry Young, assisted by Steve Tarouilly. **Home course:** Guajome Park.

### BOYS:

**Numbers:** 13. **Leader:** Luke Haywas (11). As a soph, he was all-



Katie O'Connell  
Carlsbad

league, and in track he ran 10:21 for 3200. He's missed early meets with an Achilles problem. **The pack:** Brian Perkins (12), Billy Burke (12), Ashu Maharaj (12), and Tallen Sherrod (11) all return from last year's varsity. **New:** Mike Osler (10), Mike Billings (12), Steve Tarouilly (11), and Ruben Blanco all could crack the varsity. Billings moved here from St. Louis. Blanco came from Spain, where he was a cyclist on the European Junior road racing circuit. Osler ran 17:29 for 3.0 at Laguna Hills.

**Outlook:** "My plan is to have a pack-running team," Young said. "There is no superstar, but everybody is solid." They'll be competitive.

### GIRLS:

**Numbers:** 8. **Leaders:** Slava Haywas (9), Sabrina St. Laurent (10). Haywas, a good frosh, was the leader in early races. St. Laurent, who got off to a late start, was the team's best last year. They could develop into a pretty good one-two punch. **The pack:** Monica Juarez (10), Rachael Leeder (10), Nadine Sherrod (11) and Leslie Clawson (10) all return off last year's varsity. Last year's strength was its frosh group, now sophomores. Leeder might be the best of this group. **New:** There's more good frosh to add to the mix this season. Besides Haywas, there's Rachel Osborne (9) and Lisa Tarouilly (9). Osborne seems to be moving right up the roster.

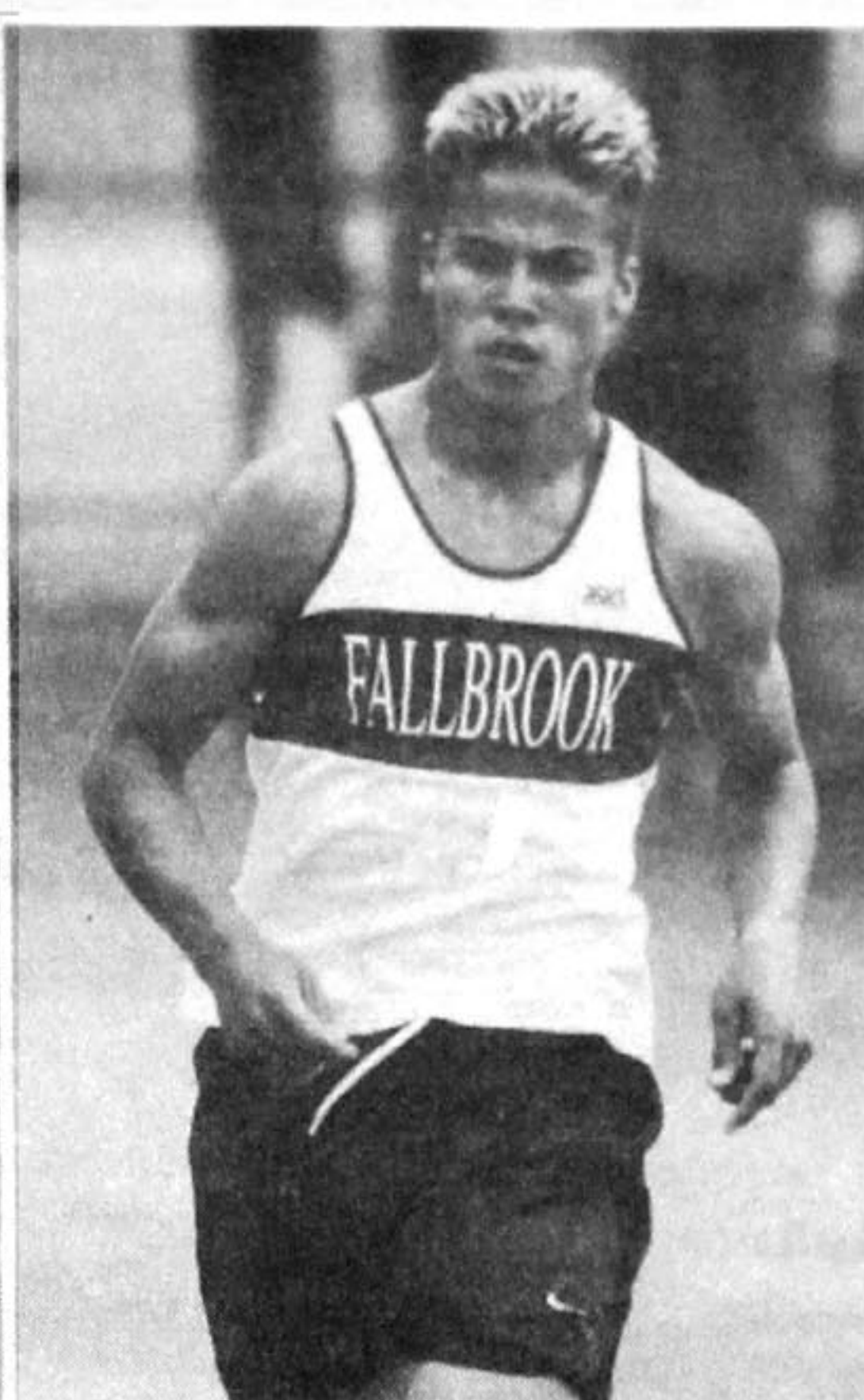
**Outlook:** It's still a very small team, but there is a very nice young core of talent, probably enough to give the team respectability in this league of high-powered girls teams.

## Fallbrook

**Division:** One. **Coach:** Marty Hauck, boys; Gary Lutgendorf, girls. Assisted by Tim Hauck and Jeff Ropes. **Home course:** On campus.

### BOYS:

**Numbers:** 25. **Leader:** Efrain Casarez (12). He's been their ace since he was a soph. In track, he runs 4:30 and 9:46. Very, very solid talent. **The pack:** Justin Mattos (12), Jose Escobedo (12), Pete Coughlin (12), Chris Gausepohl (11) all return from last year's varsity, which dominated the league. Mattos, a 1:58 800 runner, was the team's top finisher at CIF last year, and Escobedo, a 10:06 3200 runner, was the team's best finisher in the Sundevil senior race. Gausepohl looks much improved; he ran 16:53 at Sundevil.



Efrain Casarez  
Fallbrook

**New:** Freddy Espino (12), Jimmy Ungricht (11), David Garlick (12). Espino and Ungricht were right on the fringe of the varsity last year, and they both have 2:04 800 speed. Garlick is a transfer from Oregon, where he was a 10:15 3200 runner and captain of his cross country team.

**Outlook:** This senior-dominated team has been growing on the vine for three years. They have talent, they work hard, and nobody questions Hauck's ability to bring a team along. They should again be the class of the Avo, but things get tougher by several degrees at the CIF race, where at least four of the teams could be among the very best in the state.

### GIRLS:

**Numbers:** 30. **Leaders:** Kim Croswell (12), Jamie Carmichael (11), Maija Rohde (10). All three are well up the list of returning girls in the league. In track, Carmichael ran 5:23 and 11:52, and Rohde ran 5:32 and 11:48 (Croswell is a swimmer in the spring). The top of the pack is strong. **The pack:** It will have to be reconstructed a bit. Katie Croswell (10), Kinsa Bernbeck (9), and Khrystin Winters (9) all should find a place on the team. Croswell finished on the varsity last year. The two frosh already have experience. Bernbeck was second in the 8th-grade race at Mt. SAC last year, Winters has also raced well there.

**Outlook:** There's an intriguing blend of experience and an infusion of fresh legs. It's too soon to tell, but it could be a very good team.

## La Costa Canyon

**Division:** One. **Coach:** Bill Vice, assisted by Michele Brown and Jon Self. **Home course:** San Dieguito Park.

### BOYS:

**Numbers:** 20. **Leaders:** Alfredo Sosa (11), Barrett Larson (11), Anthony Gladstein (10). Sosa and Larson return from last year's team; Gladstein transferred in from northern California. In early season, the three seemed to pretty close. **The pack:** Geoff Berlin (12), Steve Christenson (10), Morgan Marcos (11). They all were on the varsity last year, and give the Mavs a good, experienced core. **New:** Also challenging for spots will be Ben Littman (11), Mike Terreri (11), Anthony Simpson (9), and Matt Barry (9). Terreri is a transfer from New Jersey.

**Outlook:** The team seems improved. The three at the top aren't bad, and they are closely matched. If the pack develops, they could match up well with most of the other Avo

teams. Keep in mind that it's still a young team - in another year, they could be pretty good. "I like the fact that we're young," Vice said.

### GIRLS:

**Numbers:** 35. **Leader:** Morgan Soule (11). She seems to be coming into her own. She also competes in triathlons, but seems more dedicated to running now. In fact, she didn't even compete in cross country last year. In track, she ran 5:10 for 1600, and she looked great in her first cross country race this year, beating Jasmine Marquez at the Bronco. "She's dedicated to cross country," Vice said. "She's been great. She's a real leader." **The pack:** Julia Corman (12), Elizabeth Tsu (11), Erica Schim (10), Erin Lee (12), Hillary Soule (12), Joanne Funke (11) and Gemma Bullough (10). All but Tsu and Schim return from last year's varsity, giving the team a strong core of experience. Corman, last year's number one, is the team captain, and is a strong number two. Tsu and Schim, both new to the sport, have strengthened the three-four spots. Tsu is an excellent sprinter on the track team and has shown talent in this sport as well. **New:** Soule, Tsu and Schim. Also, Lauren McCabe (10), Sarah Getz (12) and Kameron Becker (11) could challenge for varsity spots. They all have all-around ability.

**Outlook:** The team seems newly energized with some strong additions. They dominated the D-II Bronco girls race, putting seven runners into the top 13. In a league full of top-notch girls teams, they could be a bit of a dark horse. It will be fun to see what the talented Soule can accomplish in this sport.

## Oceanside

**Division:** Two. **Coach:** David Kalt, boys; Amy Neal, girls. **Home course:** Guajome Park.

### BOYS:

**Numbers:** 10 to 12. **Leader:** Colin Cornforth (12). He was an all-league runner last year, taking ninth in the finals. **The pack:** Michael Carter (10), Jeff Weaver (11), Jose Sanchez (10), Jimmy Andrade (10), Jesus Manera (12), Valencia Sanchez (10), Dale Showers (9). Most of these runners are new. Weaver is a basketball player new to the sport. Manera is a soccer player. Andrade transferred from Monte Vista, where he ran the CIF course in 19:21 as a frosh. Showers is a good looking frosh prospect. **New:** Kalt is beefing up his team, building with young talent. He has a decent group of frosh and soph boys.

**Outlook:** Building. Kalt is making progress, putting together some young talent. If he can keep that group enthused and keep adding young talent, the program can make great strides.

### GIRLS:

**Coach unavailable at press time. The team preview may appear in a future issue.**

## Torrey Pines

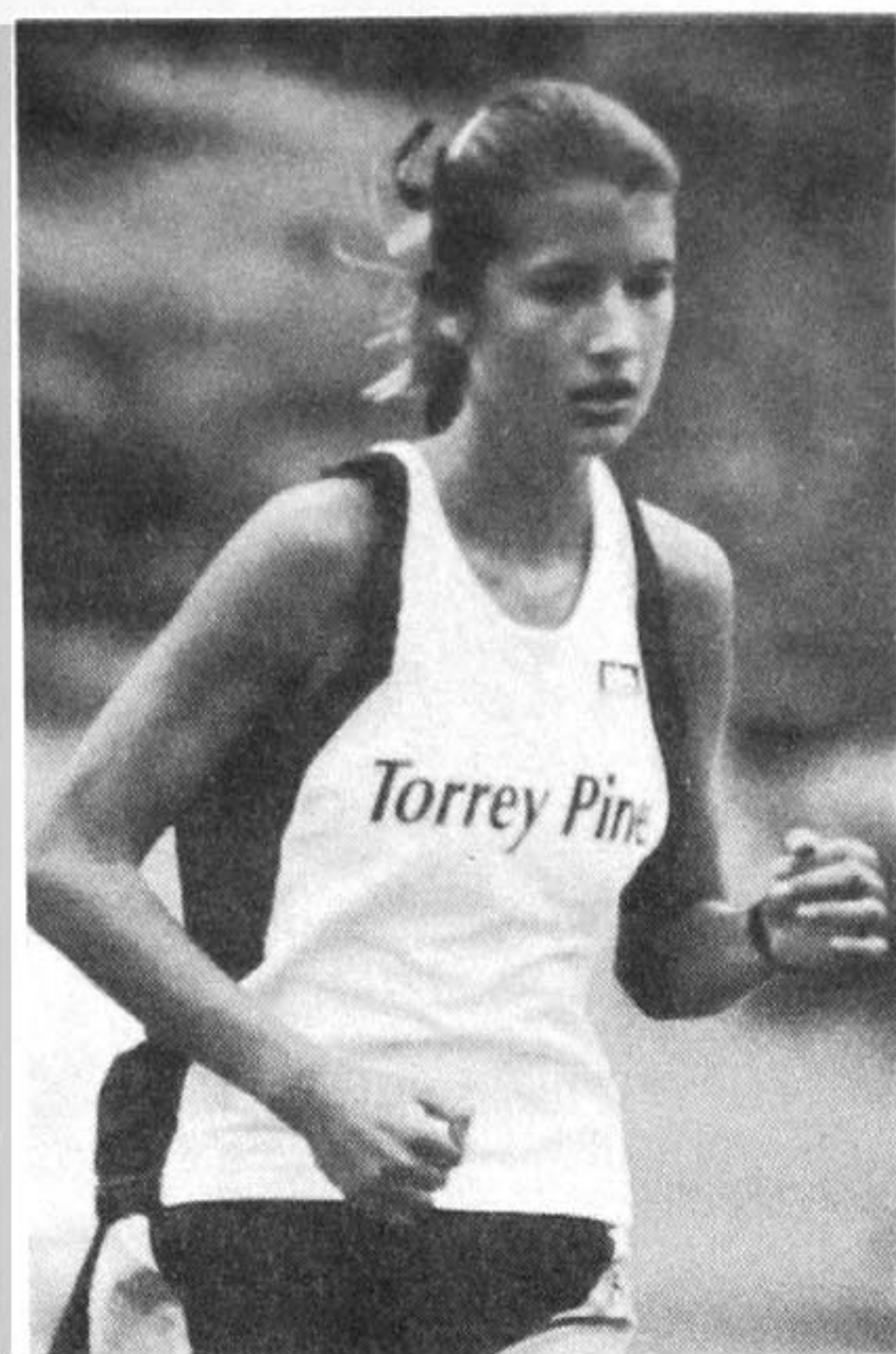
**Division:** One. **Coach:** Brent Thorne. **Home course:** San Dieguito Park.

### BOYS:

**Numbers:** 25. **Leaders:** Kevin Nolan (11), Navid Hassanzadeh (10). Hassanzadeh ran 16:51 at Sundevil; and he's probably the most improved runner on the team after running 55 miles per week in the off-season. Nolan is also improved. It should be a good one-two combo. **The pack:** Yuh-Kun Kawakami, Anerin Nunn, Mike Ambrose (12), Ted Schroeder (12), Mark Lomac (9). Kawakami and Nunn return from last year's varsity. Ambrose is a 4:39

Continued on page 6.





Julie Komosinski  
Torrey Pines

## Avocado:

From page 5.

1600 runner. **New:** Schroeder is a transfer from Pennsylvania. Lomac is a frosh.

**Outlook:** The team had decent talent last year, but suffered a lot of injuries to its top runners. Nolan and Hassanzadeh give the team strength at the top. If the rest of the team develops, they'll compete in this league.

### GIRLS:

**Numbers:** 35. **Leader:** Julie Komosinski (11). She keeps getting better. She was seventh in the state finals in D-I last year, running 18:26. Only teammate Camille Dredge was faster among local entrants. In the spring, she posted a 4:56 for 1600 and won the section. And, "she had a fantastic summer," Thorne said. "She has really improved. She's a force to be reckoned with." **The pack:** Jackie Appel (11) came on strong at the end of last year (17th in the state meet), but will be out of action much or all of this season with a stress fracture. There is a possibility that she'll return before the season is over. Right now, the lineup includes Krista Romley (10), Laura Alessio (12), Lauren Jeffers (10), Tessa Connor (10) and Ashley Orr (10). Of those girls, Romley (5:21, 11:53), Alessio (12:03) and Connor (2:25) have the best track credentials. Romley, Jeffers and Alessio were all members of the state meet team that took third at Fresno, along with Komosinski and Appel. **New:** Connor and Orr have moved up from the JV ranks. Dorothy Trogler (10), Dara Bier (11), Rachel Golick (11), Deanna Sobel (12) and Nicole Christenson all have a chance to contribute. The freshman most likely to contribute is Brenna Williams (9). Two other decent frosh are Rebecca McDonald (9) and Rachel Buehler (9), although Buehler is a little beat up from soccer at present.

**Outlook:** It's a been a tough early season for the Falcons, many of whom have been sick or injured. Thorne even said that Komosinski was only at 90% in her impressive run at the Sundevil last week. "Our goal is little baby steps," Thorne said. "We want to improve a little bit, and learn a little bit, every week." This is still a very talented team. At full strength, in good health, they will be very, very good.

## Valley:

### The Fastest Returners:

**BOYS:** The ten fastest returning boys from last year's league finals, at Guajome Park (3.2 miles):

- 1: 16:35 Matt McInvale, Ram
- 4: 17:17 Erik Kerby, SP
- 6: 17:34 Juan Mondragon, Esc
- 9: 17:37 Joe Dupee, SP
- 10: 17:42 Cooper Bachman, VC
- 12: 17:57 Joe Voshell, Esc
- 14: 18:11 Matt Johnson, SP
- 15: 18:18 Ricky Roane, Ram
- 16: 18:21 Jonathan Cordes, Esc
- 17: 18:23 David Del Llano, Ram

**GIRLS:** The ten fastest returning girls from last year's league finals, at Guajome Park (2.7 miles):

- 2: 15:32 Diana Dibble, VC
- 4: 16:09 Bre Goetz, Ram
- 6: 16:20 Leslie Mitchell, Ram
- 7: 16:24 Maria Cervantes, VC
- 8: 16:25 Sandra Mitchell, Esc
- 11: 16:41 Jamie Morasco, VC
- 12: 16:45 Genny Cruz, SP
- 13: 16:50 Laura-Lee Reid, VC
- 14: 17:04 Brianna Stull, Esc
- 15: 17:05 Jenny Wilcoxson, Ram

## The Teams:

### Escondido

**Division:** Two. **Coaches:** Lonnie Morrow, boys; Jared Meek, girls. Brady Clay assists both teams.

**Home course:** Jesmond Dene Park.

### BOYS:

**Numbers:** 13. **Leaders:** Nico Cueva (11) and Stephen Servis (10). They placed one-two in their division at the Bronco Invite. Cueva made a big breakthrough last spring when he posted a 1:55 for 800 meters. Now, he's adapting to cross country. Servis didn't make much noise as a frosh in cross country, but began to come on in track, running 4:45 for 1600.

**Leader in absentia:** Juan Mondragon (10). He was certifiably one of the best frosh runners in the county last year in XC, and also clocked a 9:47 for 3200 in track. He's sidelined by grades at the start of the season, but could be back. **The pack:** Joe Voshell (11), Jonathan Cordes (10), Mark Wollam (12), James Barlow (11), Mark Weinberger (10), Noah Vogelsang (11). It's still a young group, but all of them have varsity experience.

**Outlook:** "I think we're going to be pretty good," Morrow said. Other league coaches are keeping an eye on the Cougars, for good reason. It's a team on the way up. They could be a threat in the Valley League, and a long shot at CIF. They could be an emerging powerhouse.

### GIRLS:

**Numbers:** 18. **Leaders:** Laura Guzman (9), Sandra Mitchell (11), and Dana Kerby (11). Guzman has moved into the number one spot as a newcomer; with Mitchell and Kerby keeping it interesting at the top of the pack. **The pack:** Breanna Stull (10), Molly Kelly (11), Shawna Kelly (11). All three were varsity runners last year. **New:** Guzman; plus Marcy Fimbres (10), who is new to cross country. Jessica Beneke (10), who looked good in track during the spring, may be out for the year with an ankle injury.

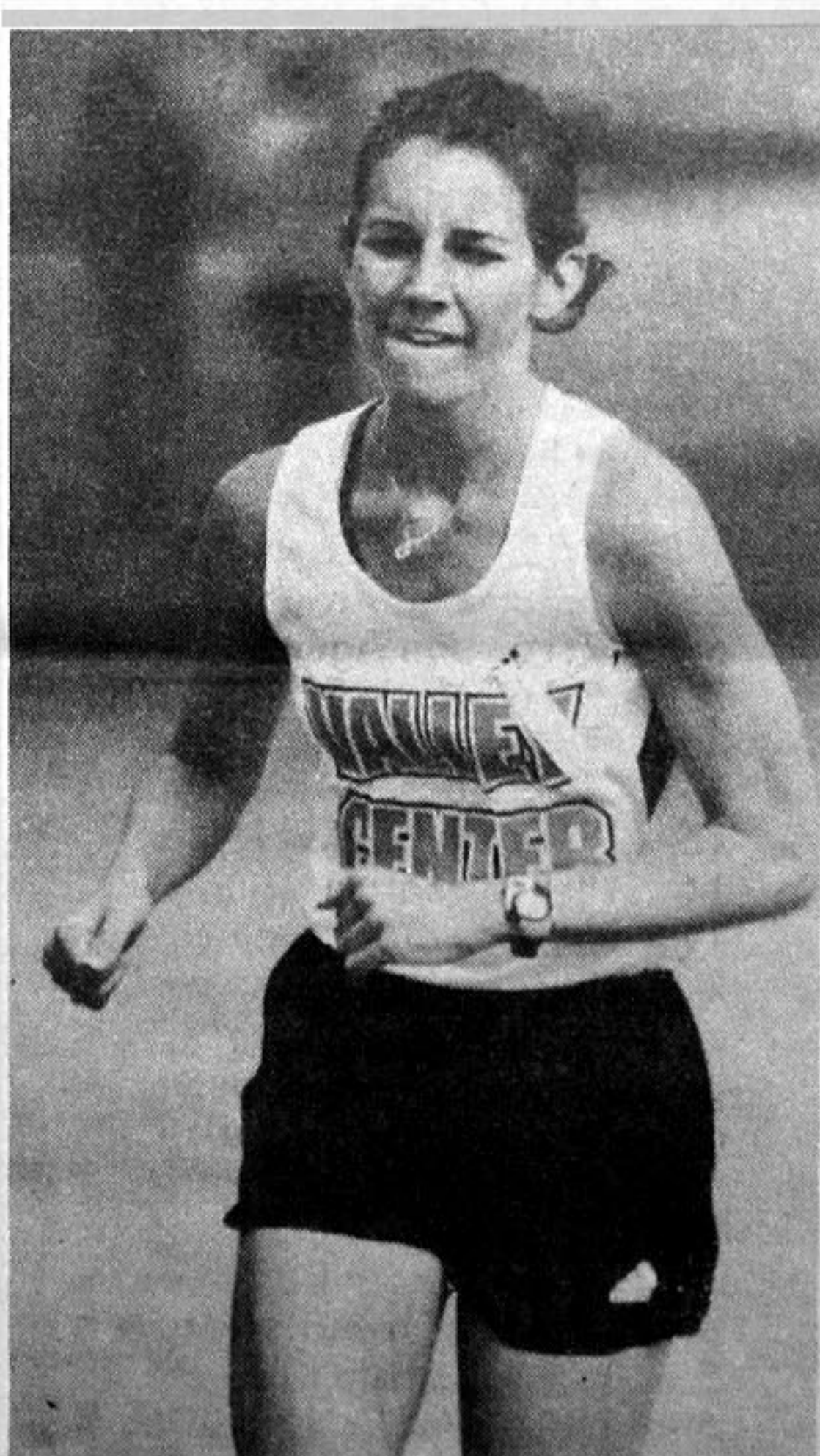
**Outlook:** For the first time in a few years there is no big gun at the top of the roster. The pack seems solid, however, and this team should be representative in the league.

### Orange Glen

**Division:** Two. **Coach:** Randy



Erik Kerby, Joe Dupee  
San Pasqual



Diana Dibble  
Valley Center

Boozer. **Home course:** Kit Carson Park.

### BOYS:

**Numbers:** 15, may add more. **Leaders:** Taylor Hewson (11), Andrew Piroutek (11), Brandon Phillips (10). Hewson is new to cross country, but clocked a 4:45 during track. Piroutek was the team's third man at CIF last year. Phillips played football as a frosh, but ran 18:39 for 5K at the Baron meet. **The pack:** Ryan Termath (12), Jonathan Van Sickle (11). **New:** Hewson and Phillips are new to the sport; and there are about 10 freshmen on the squad.

**Outlook:** The team is young at the top, and even younger throughout the roster. "Our top guys are solid," Boozer said. "A lot depends on our four through seven runners; who they are, and how they'll contribute."

### GIRLS:

**Numbers:** 15, may add more. **Leaders:** Lluvia de Luna (12), and Erica Vasquez (12). De Luna is a bit ahead of Vasquez in the early going. **The pack:** Gwen Brown (12), Eliz-

abeth Ghiotto (11). Both are returning veterans. **New:** There's a "lot of frosh," according to Boozer, but he is still sorting out the talent.

**Outlook:** It's a thinner group than in the past, but there's a decent-sized frosh group, with some veterans to lead the way. It will take at least a few weeks to find answers.

## Ramona

**Division:** Two. **Coach:** Dave Wilson, assisted by Dale McInvale, Bob Verhorst and Sal Hernandez.

**Home course:** On campus.

### BOYS:

**Numbers:** 30-plus. **The ace:** Matt McInvale (12). One word: outstanding. Actually, one word doesn't do him justice. He'll be one of the best distance runners in the country as a senior. He was third in the state in D-II cross country last year (behind two seniors) and ran the 3200 in 9:05 at the state meet in track. He puts in the work, and he gets the results. **The pack:** Ricky Roane (11), David Del Llano (11), Jon Shellhammer (10), Marek Debrowolski (11). All were in the varsity group last year. Shellhammer might be the most improved, and could have moved into the two spot. **New:** Spencer McBride (11), Kenny Lawrence (11), Kale Yeaton (11), Carlos Sanchez (10), Richard Kingman (9), Frankie Najera (9), Keith Brinkerhaus (9), Bryce Yeaton (9), Cavan Hennessy (9). Wilson says McBride did the best summer training of any on the team other than McInvale, who trains as diligently as anyone in the county. Wilson's also high on soph Sanchez, and his freshman group. He thinks one or two of those could crack the varsity by year's end.

**Outlook:** Look for McInvale to have a great year. He could be the best of a great local senior class of runners. Wilson has hopes that the veteran group behind him will form a pack. If that pack moves fast enough, they could be a league and CIF threat.

### GIRLS:

**Numbers:** Up to 35. **Leader:** Bre Goetz (10). She was number one as a frosh, and added an 11:59 for 3200 during track. **The pack:** Leading the next group are Loretta Kilmer (11) and Leslie Mitchell (12). Kilmer also timed 11:59 for 3200 last spring, while Mitchell raced 800 in 2:26. They'll be solid two-three runners. Also returning from the varsity are Rachael Simmons (10), Jennifer Wilcoxson (12) and Kristen Spivey (12). **New:** Camille Lucio (12) and Nicole Haynes (9). Lucio ran JV last year.

**Outlook:** "We're going to learn to pack run," Wilson said of his girls. "Our goal is 0:30 seconds (from one to five)." This team won the CIF D-II title last year, but Division II has been upgraded this year with the addition of University City and La Jolla, both excellent squads. This team will not impress people right out of the gate, but they should come in the latter half of the season. Only then can meaningful comparisons be drawn. They shouldn't be overlooked.

## San Pasqual

**Division:** Two. **Coach:** Pat King, assisted by Evelyn Kibbe. **Home course:** Kit Carson Park.

### BOYS:

**Numbers:** 32-33. **Leader:** Erik Kerby (12). He is the top returning runner from last year's great team. King says he, "is consistently steady." He was only 0:18 seconds back of the team leader at last year's CIF meet. **The pack:** Joe Dupee (12), Will Wisheart (12), Matt Johnson (11), Luis Mariscal (12). King has the assembly line going - this group is the

Continued on page 7.



# Valley:

From page 6.

next wave. Dupee ran a half-marathon in 84 minutes this summer, so he's in shape. Johnson (1:59) and Mariscal (1:58) are 800 runners in track. Mariscal leads the team during speed sessions. Johnson, who hasn't had a full cross country season yet, could come on strong this year.

**New:** Jesus Nunez (12), Freddy Nunez (11), John Andre (9), Kieran Toussaint (11) are all candidates to break into that varsity group.

Toussaint is a 10:29/4:41 track runner with excellent potential. The talent at this level is very good. "Between five and 15 we're as good as anybody," King said. That depth will come into play down the line.

**Outlook:** "We might be a pretty good team by the end of the year," King said. Last year, they were a classic pack team, but it was a fast-moving pack. They just dominated the D-II CIF race, putting five runners in the top 13, and they went on to take second in the State Meet. While they might not match that success, they should be a strong contender for the D-II title again. Definitely a Top Ten county team, and a favorite in the league.

## GIRLS:

**Numbers:** 23. **Leader:** Genny Cruz (12). She was easily last year's number one, and she's led the team in early races this year. **The pack:** Jennifer Dowthit (12), Brittney Snapp (10), Joy Johnson (9) will probably head up the pack, based on early races. Also contending for varsity spots are Amber Rucker (12), Kelly Duenas (9), Michelle Schmitt (10), Ciara O'Connell (10), and Milinda Yancy (10). Rucker was a varsity member last year; O'Connell and Yancy were JVs.

**New:** Snapp, Johnson, Duenas and Schmitt are part of a large group of frosh and sophs. All but the three seniors are 9th and 10th graders. "They are really new, really young," King said. "But the enthusiasm is there."

**Outlook:** There's a lot of unknowns at this point. It may be some time before the talent level is known, but the large group of young runners is cause for optimism.

## Valley Center

**Division:** Four. **Coach:** Mike Cummings. **Home course:** On campus.

## BOYS:

**Numbers:** About 30. **Leader:** Cooper Bachman (10). He was a surprise last year as of the best frosh in the county, running 17:59 at CIF and adding a 4:35 for 1600 in track. He splits time with his club soccer team.

**The pack:** At the top of this group are Todd Hough (12), Ryan Skerl (10), Gus Polito (9), and Troy Stroh (12). Hough is in great shape; Skerl was on the San Marcos varsity last year as a frosh; and Polito is a strong frosh runner. Stroh didn't run cross last year, but is a 1:58 800 runner. He's going to try and also play football this season. Also returning from last year's varsity are Omar Hernandez (11), Curtis Martineau (11) and Jason Thompson (10).

**New:** Skerl (a transfer), Polito and Stroh. Also, Bernardo Rios (12) and Tony Illig (10) could be in the mix.

**Outlook:** Nobody seems to be surprised that Cummings is establishing the VC boys team as a force rather quickly. The other league coaches are taking them seriously, as are the CIF Division IV rivals. The team could be a year away, but there's talent here.

## GIRLS:

**Numbers:** 25. **Leader:** Diana Dibble (12). She's the remaining link to that great top five that OG had two years back, when they were one of the top teams in the state. Dibble had an inconsistent track season, but now seems rededicated and ready to roll. **The pack:** Anna Hough (10), Jamie Morasco (12), Maria Cervantes (11), Laura-Lee Reid (12). They were the pack last year in VC's inaugural season. Hough, the youngest of the group, seems to be making a move up, maybe to the two spot. **New:** Kelly Dunn (10), Carly Ness (10), and a "whole bunch of frosh."

**Outlook:** It didn't take Cummings long to win a CIF Championship with a new program. The team is a strong favorite to repeat there, and they could move up in the state picture as well (they were sixth last year). They are also the defending champion in the league, where they compete against four Division II schools. They could win that as well, but it should be competitive - last year's league meet saw the top three girls teams separated by one point.

# Grossmont North:

## The Fastest Returners:

**BOYS:** The ten fastest returning boys from last year's league finals meet, at Harry Griffin Park (3.1 miles):

- 1: 16:12 Evan Fox, WH
- 2: 16:38 Ben Aragon, WH
- 6: 17:16 Jon Aguilar, WH
- 7: 17:16 Kevin Schible, WH
- 8: 17:36 Brian Bauerle, WH
- 11: 18:04 Lyle Driscoll, ElCap
- 15: 18:16 Matt Heibel, Gro
- 16: 18:17 Matthew Burks, ElCap
- 19: 18:32 Patrick Gomes, Sant
- 20: 18:37 Michael Hunter, Sant

**GIRLS:** The ten fastest returning girls from last year's league finals meet, at Harry Griffin Park (2.3 miles):

- 1: 14:21 Jasmine Marquez, ElCap
- 3: 14:29 Becca Bartell, WH
- 4: 15:10 Shawna Winfrey, WH
- 5: 15:14 Cassie Kuske, WH
- 6: 15:16 Ashley Handy, WH
- 9: 15:31 Kirstin Wilson, Gross
- 10: 15:34 Monique Bell, ECV
- 13: 16:06 Cheryl Madsen, WH
- 14: 16:07 Darcy Fox, WH
- 15: 16:10 Amelia Helton, ElCap

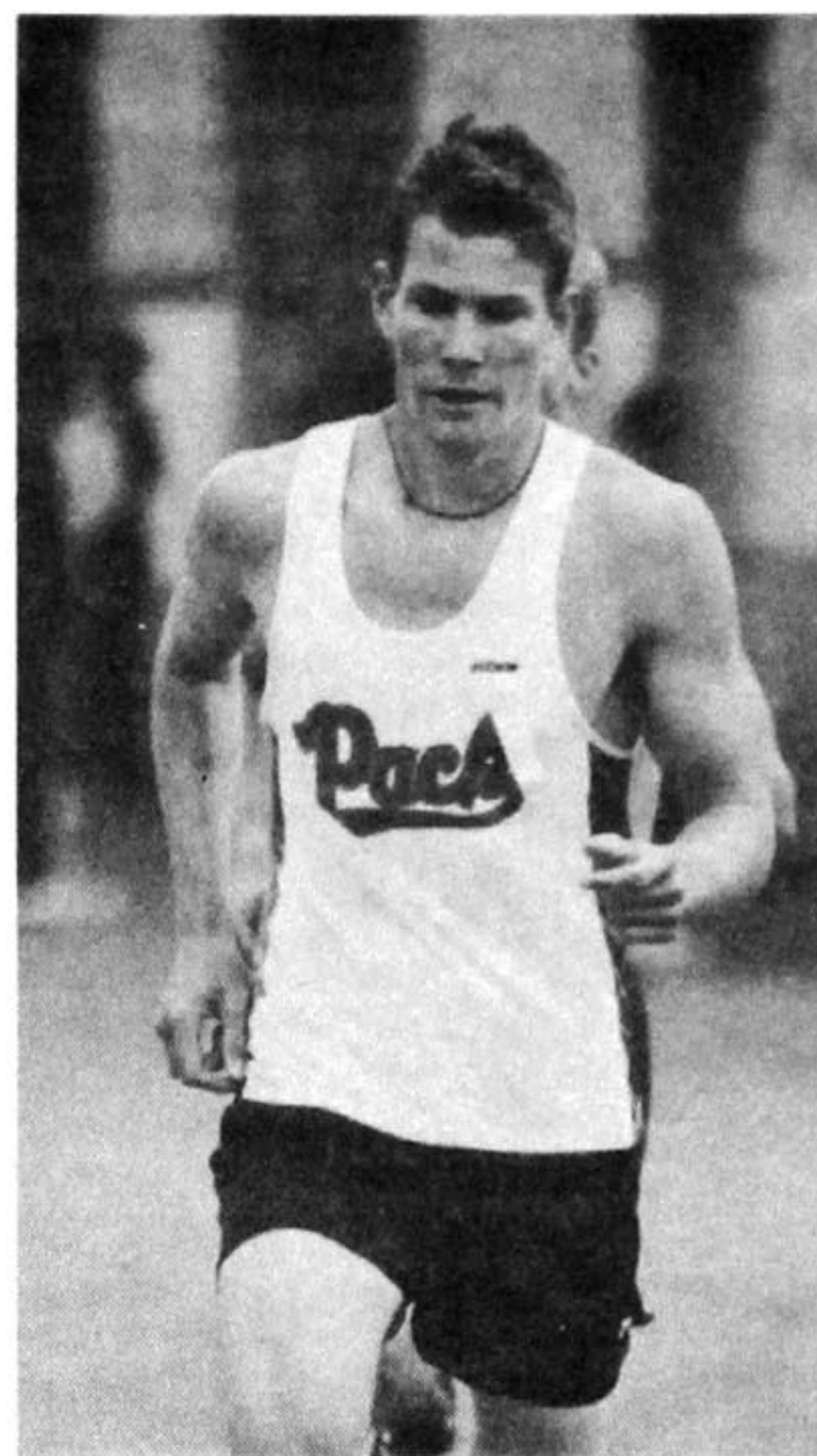
# The Teams: El Cajon Valley

**Division:** Two. **Coaches:** Glenn Recasner, boys; Kathy Drennan, girls. **Home course:** Griffin Park.

## BOYS:

**Numbers:** 15, still adding. **The pack:** Josh Lovins (11), Hani Khoshaba (11), Brian Brown (12), Alex Cazares (11), Filiberto Martinez (10), Matt Mendiola (12), Robert Calderon (12). Lovins and Khoshaba both return, although Lovins missed much of the year. They are expected to be one-two. Most of the others are new to the sport, but all seem to have reasonable talent.

**Outlook:** "We're in the rebuilding stages," Recasner said. "There's some talent here, but I've got to go out and look for it." Recasner coached at Mount Miguel, and produced some good teams there. He's working on building up the numbers, but the talent will need time to develop. The top



Evan Fox  
West Hills

two are juniors - that's a good starting point.

## GIRLS:

**Coach unavailable at press time. The team preview may appear in a future issue.**

## El Capitan

**Division:** One, moving up from Two. **Coaches:** Dick Wilkins, boys; Sean O'Hara, girls. Mike Muirhead assists both. **Home course:** Lindo Lakes.

## BOYS:

**Numbers:** 20 to 25. **Leader:** Lyle Driscoll (12). He's got a good combination of qualities: he's shown steady improvement over his career, he put in a good summer, and Wilkins rates him as a "pretty tough racer."

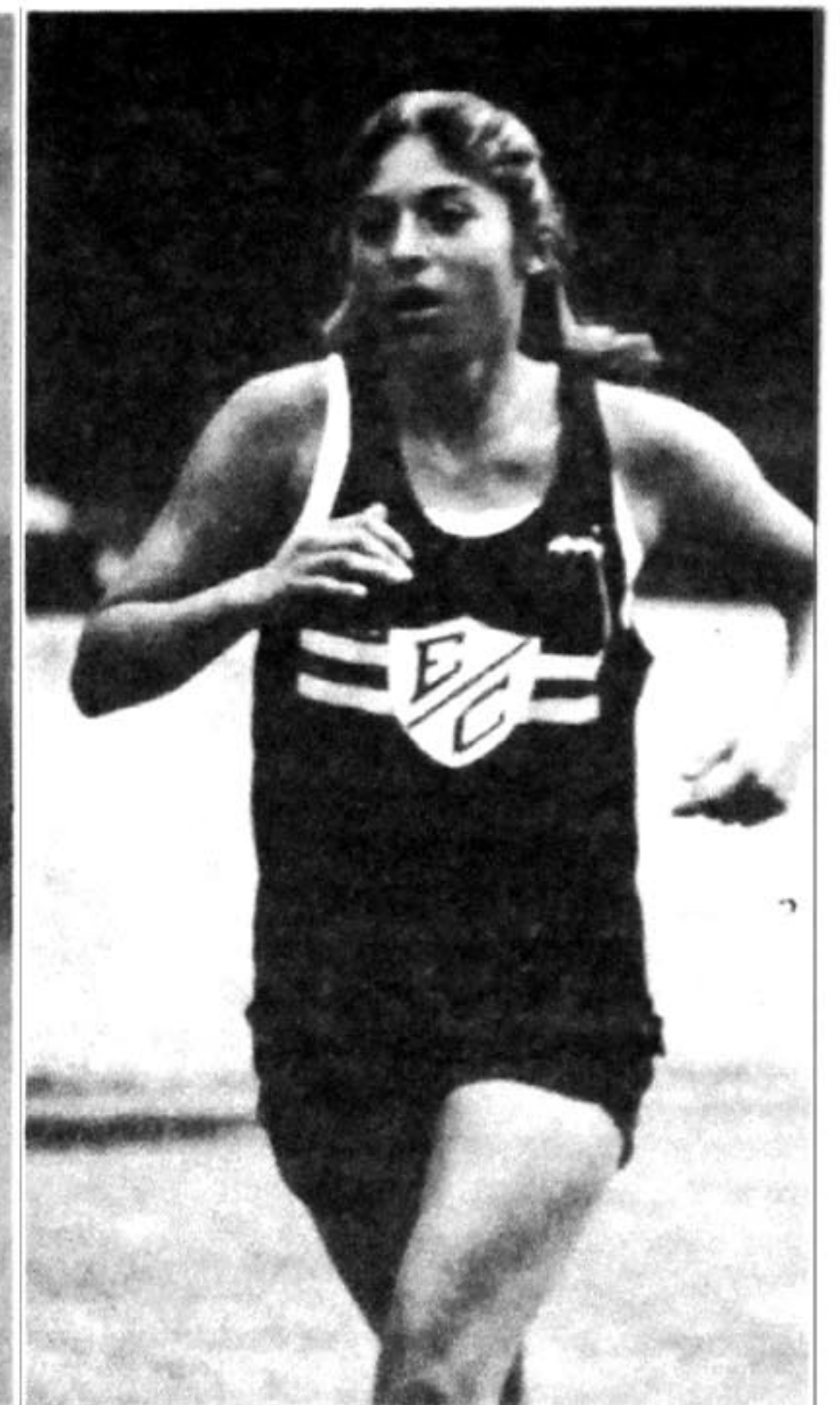
**The pack:** Matt Burks (12) and Anthony Garcia (12) return from last year's team, but are still working into condition. Other candidates are Jarrod Hines (10), Chris Roesler (12), Sean Tolley (10), Corey Driscoll (10), Ben Mueller (10), and David Lynn (9). Wilkins likes the potential of Hines and Tolley. **New:** Almost everybody in the second pack just mentioned is new, at least to the varsity level. That group will be one of the keys to this team.

**Outlook:** This team has a chance to contend for second in the league. Wilkins hopes that veterans Burks and Garcia can solidify the 2-3 spots, and that some of the newcomers in the pack can develop. Don't judge the Vags too soon; it's their nature to come on later.

## GIRLS:

**Numbers:** 15, still adding. **Leader:** Jasmine Marquez (11). She had an outstanding year last year, and was on track to make it to the state meet when she collapsed on the course at CIF. Although she has good speed (5:23 for 1600), she is better at longer distances. **The pack:** O'Hara has to reconstruct this group. Top returners after Marquez are Samantha Thomas (12), Carol Boland (12), and Amila Helton. They were all in the five-six range. Helton is currently injured, so the ranks of vets are thin. **New:** Look for Colleen Kelsey (10) and Monica Hubbard (9) to challenge for spots. Kelsey is new to running; Hubbard has potential but is currently battling injuries.

**Outlook:** Marquez is on her way to another very good year, but the team is struggling to find healthy bodies. O'Hara is fighting the numbers game, and some of the injuries aren't helping matters. If the



Jasmine Marquez  
El Capitan

team does come up with four decent (and healthy) candidates to back up Marquez, they could challenge for second.

## Grossmont

**Division:** One. **Coaches:** Erl Cabanas, boys; Jay Sevier, girls. **Home course:** Harry Griffin Park, although Cabanas may change the course for dual meets.

## BOYS:

**Numbers:** Unk. **Leader:** Matt Heibel (12). He is the top returning runner from last year's squad, and was the team's second finisher at CIF. He has also paced the team in early meets, placing eighth in his race at the Norseman Invite. **The pack:** Cabanas has lost the rest of last year's varsity, including Eric Boucher (11), who is probably out for the year with an ankle injury. **New:** Top candidates include Manuel Ainza (12), who was a top JV last year; Travis Berry (11), Michael Thayer (10), Thomas Ramsey (10), Anthony Stevenson (10), Jeremy Edwards (9), Matthew Parr (9), and Timothy Parr (9). Thayer, a track sprinter, could challenge for the three spot; Stevenson might be the team's four.

**Outlook:** It's good news/bad news. The bad news is that the team is very young. The good news is that the league is wide open for second place. The numbers seem to be decent on the team. If the talent develops fast enough, they could challenge for second.

## GIRLS:

**Numbers:** 28. **Leader:** Kirstin Wilson (10). She is the sixth fastest returner from last year's Grossmont North championships. Another year of development, and she could rise higher. **The pack:** The team returns virtually their entire varsity, including Andrea Danielson (11), Julie Small (12), Elizabeth Van Dyne (12), Jennifer Swadell (10) and Robin Ellsworth (11). But a few new runners have already started to work their way well up into the mix. **New:** Brenda Hernandez (12) could be the team's number two runner, and Casey Root (10), a transfer from Oregon, is right behind her. Sevier, who is also new (he was at El Cajon Valley last year), also thinks Corrine Lee (10), and Nicole Wilson (12) have a chance to make the varsity.

**Outlook:** The Foothillers could be in the hunt for second in the league. They should be competitive.

Continued on page 8.



# Grossmont North:

From page 7.

## Santana

**Division:** Two. **Coach:** Dale Sheehan, assisted by volunteer George Vargas. **Home course:** Home meets are at Santee Lakes, and Griffin Park.

**BOYS:**  
**Numbers:** 24. **Leader:** Patrick Gomes (12). He ran 17:45 at CIF last year. **The pack:** Other returners are Michael Scully (12), Michael Hunter (12), and Billy Quinn (12). With Gomes, they return their top four at last year's CIF meet. **New:** Added to the mix are Victor Almanza (12), Josh Laubacher (11), Tommy Charpentier (12), Nicola D'angelo and nine freshmen, the best of whom, Jonathan Griffith (9), could break into the varsity.

**Outlook:** The numbers are healthy, last year's core returns, and it has been beefed up by newcomers. The intersquad competition will push the lead group. It all adds up to a general upgraded squad, which puts them into the race for second in the league.

**GIRLS:**  
**Numbers:** 15. **Leaders:** Jaime Ransom (9), Jackie Turpin (10). Ransom is one of the best frosh runners to show up in the section this year. Turpin, who didn't run cross country last year, showed up for track and ran 2:27 for 800. It's a good, young one-two punch. **The pack:** Tanya Chapman (9), is another good frosh, and has moved up the roster. Also, look for returning vets Paige Sessions (12), Becki Chaney (12), Thea Bachmann (12), and Elisa Benitez (10). **New:** Also add to the mix Julie Jennings (12) and Amanda Paulson (10).

**Outlook:** Both teams seem to have become accustomed to Sheehan's coaching style. Ransom and Turpin are quality; Sheehan just needs to bring up the mid-pack runners for Santana to be a pretty good team. As it is, they'll be in contention for second in the league.

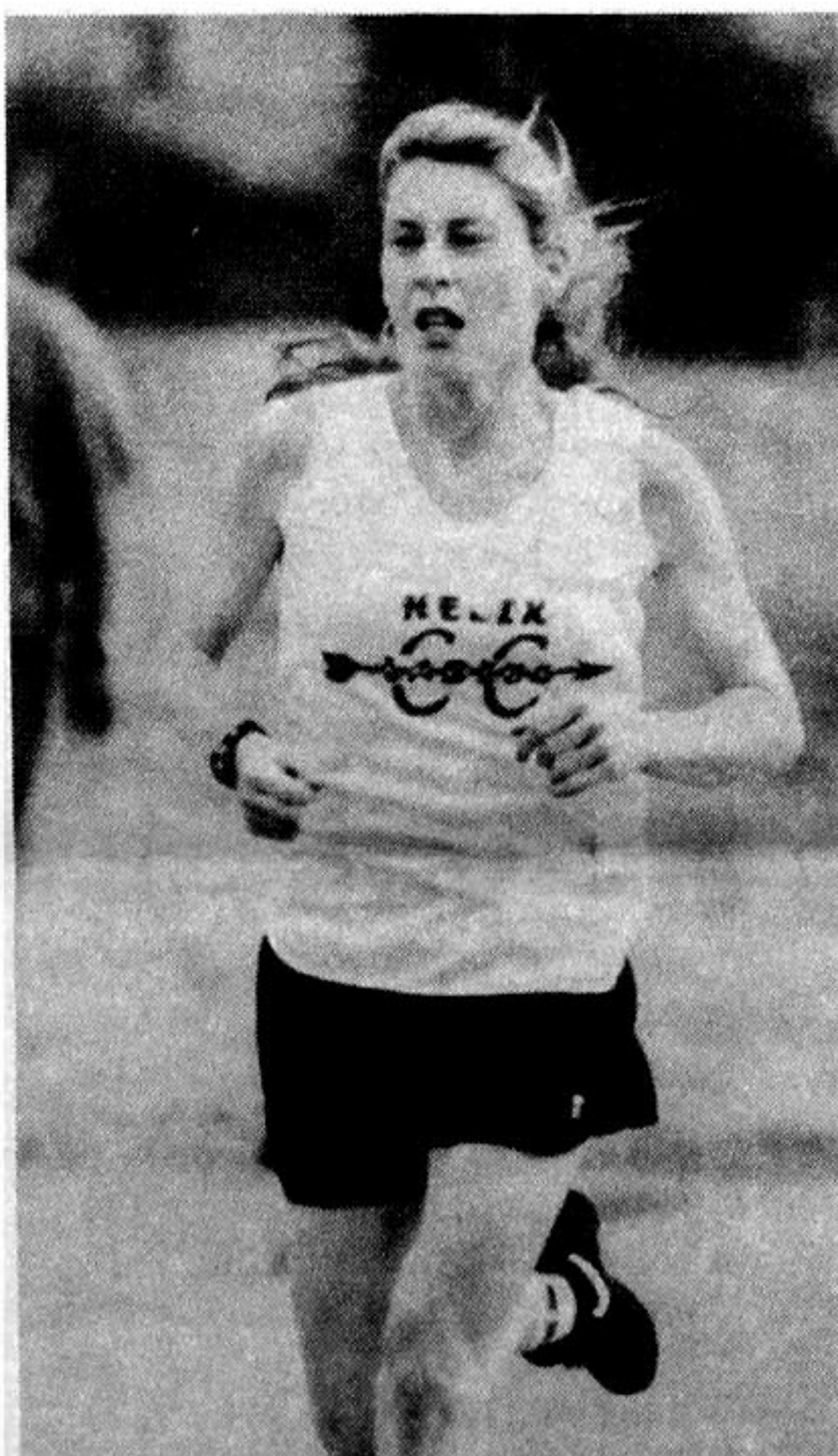
## West Hills

**Division:** One. **Coaches:** Pat Connolly, boys; Bill Cleves, girls. They are assisted by Josh Hutton and Ross Bartell. **Home course:** On campus.

**BOYS:**  
**Numbers:** xx. **Leader:** Evan Fox (12). OK, here's the short version: he's the defending CIF D-I cross country champ, and he placed 8th in the state meet with a 15:36. He won the Masters 1600 in track, and had a best time of 4:11.68. All that makes him one of the best in the nation, to say nothing of the state and local section. **The number two:** Ben Aragon (11). Arguably as good as any local team's number two runner, he is also one of the best in the county. Ran 1:55 for 800 as a soph last spring. **The pack:** Dan Sutton-Kane (12), Brian Bauerle (12), Jon Aguilar (12), Kevin Schible (10). Sutton-Kane missed the last half of the season with bad grades, and not many know how good he is. At least not until the Sundevil meet, where he ran 15:50. Bauerle and Aguilar are solid. Schible is a promising young runner who could move up. **New:** Dustin Westergom-Flick (10). He didn't run cross country last year and looked like a great prospect in track.



Kristi Pinnell, Kristina Nugent, Katie Baker  
Valhalla West Hills Poway



Stephanie Baird  
Helix

He's currently sidelined by grades, but could impact the team when he returns. Two of last year's good JVs, Tim McKeon (10), and Ross Ramsey (10) provide good young depth.

**Outlook:** In early meets, the Pack, who are the defending CIF D-I team champs, haven't looked as sharp as a few other teams, but don't expect that trend to hold for the season. By design, the West Hills coaches bring the team out of the gate slowly. "We're typically late starters," Connolly said. Just remember where this team seems to finish up the season year after year: Fresno. All that being true, it is worth keeping in mind that the local boys Division I competition is tougher than it has been in years.

**GIRLS:**  
**Numbers:** 55. **Leaders:** Kristina Nugent (10), Ashley Handy (11), Becca Bartell (12). Nugent is new to the team; she ran for Valhalla in the fall and Coronado in the spring, where she was 5:30 1600 runner. Handy and Bartell are at the top of the returning group. Handy ran 12:02 for 3200, and Bartell clocked 5:31 and 11:42. The three should form a good 1-2-3. **The pack:** Shawna Winfrey (11), Cassie Kuske (11), Darcy Fox (11), and Cheryl

Madsen (12) all return from last year's varsity. Winfrey is a 2:26 800 runner. Jackie Dale (10), new to the varsity, has moved well up into that group. This is the key area of this team, which needs to form a tight pack behind the front-runners. **New:** Nugent and Dale. Also, Casey Simone (9), Nichole Tunnell (11), Alicia Demoe (10) and Jessica Hoffman (10). Simone seems to be the best of the frosh group.

**Outlook:** Cleves likes to bring his group along deliberately also, and he's had great success doing it. This team will get a little better every week. They are easily the class of the Grossmont North, and they are also solidly in the area's Top Ten.

## Grossmont South:

### The Fastest Returners:

**BOYS:** The ten fastest returning boys from last year's league finals meet, at Harry Griffin Park (3.1 miles):

- |     |       |                       |
|-----|-------|-----------------------|
| 2:  | 16:26 | Jon Rankin, MV        |
| 4:  | 16:42 | Ryan Maynard, GH      |
| 7:  | 17:16 | David Santos, Val     |
| 8:  | 17:18 | Jonathan Buckley, MV  |
| 13: | 17:43 | Craig Nowakowski, Val |
| 14: | 17:44 | Justin Amador, Helix  |
| 15: | 17:48 | Josh Rivera, GH       |
| 16: | 17:51 | Alex Serrano, GH      |
| 18: | 18:12 | Efrain Carrillo, GH   |
| 19: | 18:13 | Musie Meche, Helix    |

**GIRLS:** The ten fastest returning girls from last year's fleague finals meet, at Harry Griffin Park (2.3 miles):

- |     |       |                        |
|-----|-------|------------------------|
| 4:  | 14:55 | Stephanie Baird, Helix |
| 5:  | 15:06 | Kelly Perry, Val       |
| 6:  | 15:09 | Bryeanna Barmer, Helix |
| 7:  | 15:11 | Ashley Viens, Val      |
| 8:  | 15:17 | Laurel Hanscom, Val    |
| 10: | 15:22 | Melinda Hammack, Val   |
| 13: | 15:31 | Kristi Pinnell, Val    |
| 14: | 15:35 | Elizabeth Harns, Helix |
| 15: | 15:54 | Meredith Harns, Helix  |
| 16: | 15:57 | Elise Felt, MontV      |

## The Teams:

### Granite Hills

**Division:** One. **Coach:** Dave Yarbrough, assisted by Angela Panfili and Nicolette Stolis. **Home course:**

**BOYS:**

**Numbers:** 30. **Leader:** Ryan

Maynard. He's been one of the most underrated racers in the county. His sixth at last year's CIF meet was a key for the Eagles. He came on late in the track season to clock a 9:25 for 3200, and placed fifth in the Masters meet. **The pack:** It's deep. Alex Serrano (12), Josh Rivera (11) and Efrain Carrillo (10) all ran on the varsity for the second place CIF team, in addition to Maynard. All three ran under 17 minutes at the Sundevil Invite. **New:** There's a wealth of candidates to fill out the varsity, including Josh Edgington (12), Brandon Vielguth (12), Jeff Hunter (11), Marten Mendibles (10), Lucas Pepin (10), James Pilley (10), Johnny Harrington (10), Eladio Garcia (9) and Jose Beltran (9). The talent flow has not dried up. Garcia won the frosh race at Sundevil last week; last year's group of frosh (now sophs) was also a good crop.

**Outlook:** Granite, excuse the expression, is always rock solid at the end of the season. They typically take their time working their way up the ladder and finish strong. That should hold true again this year, partly because it's their pattern, and partly because some of their young runners may figure into the equation after a season's development. It will be interesting to watch this team come together. They should be the class of the Grossmont South.

**GIRLS:**

**Numbers:** 24. **Leader:** Carmen Del Valle (9). One of the better local frosh prospects, she has been the team's best in early meets. **The pack:** Jennie Speidel (11), Jennifer Powers (12), Christy Rust (10), Sheldon Parker (12), Nicole Teel (12), Mary Williams (10), and Quena Crain (11). Rust, Teel and Crain return from last year's varsity. Speidel, who battled injuries last year, and Powers, a hurdler new to XC, might be the best of this group at this point.

**Outlook:** There's been a lot of turnover at the top of the roster, which means that there are many unknowns about this team. It's reasonable to assume that they'll be somewhere in the middle of their league.

## Helix

**Division:** One. **Coaches:** Dave Schultz, boys; Ray Mounts, girls. Barbara Jo Mounts assists with the girls team. **Home course:** They use Lake Murray and Lindo Lakes for home meets.

**BOYS:**

**Numbers:** 24. **Leaders:** Musie Meche (12), Taylor Williams (10). Meche, when healthy, is very good. He has a viral condition that held him back last year, but seems in improved health this fall. "He worked hard all summer," Schultz reported. Williams is a find. He played football last year, but has already moved right up the roster. He was fifth in the Sundevil soph race, running 16:25.

**The pack:** Justin Amador (12), Daniel DeFord (12), Ryan Castanos (12), Greg Leavitt (11), Ricardo Robles (12). Amador is a strong third man. DeFord and Robles also return from last year's varsity. **New:** Williams is the big addition, but Castanos and Leavitt are also new to the varsity level.

**Outlook:** "We think we have good possibilities," Schultz said. "We have a pretty strong 1-2-3 punch. We could be a good dual meet team." The pack must develop a bit of depth in the 4-5-6 spots for the Highlanders to match up at the end of the season.

**GIRLS:**

**Numbers:** 45. **Leader:** Stephanie Baird (10). She watched older sister Courtney race to big

Continued on page 9.



# Grossmont South:

From page 8.

accomplishments last year in cross country and track. After the year was over, she told Mounts, "I want to be good," and began putting in the training. She raced to a big win at the Norseman meet, and was timed in 18:41 for 3.0 miles at Woodbridge last week. Helix has another jewel.

**The pack:** Meredith Harns (11), Elizabeth Harns (11), Ashley Walker (10), Bryeanna Barmer (10). The Harns twins, both soccer players, give Helix some punch at the top of the roster. They ran 19:37 (Meredith) and 19:39 (Elizabeth) at Woodbridge. Walker and Barmer, both with good speed, have yet to join the mix this season. **New:** Also competing for varsity spots are Jamie Cleveland (11), Katelyn Martin (10), Cathy Danh (12), Kara Malnaritch, Yi Lei (11), Luketta Williams (12), Amy Johnson (9), and Jaclyn Ekhaml (9).

**Outlook:** The numbers are huge, and there seems to be good quality at the top. It's a young group, with the top five expected to be composed of sophs and juniors. How good the team will be will depend on how well the 4-5-6 runners develop. They can shoot for second in their league, but Valhalla is probably out of reach.

## Monte Vista

**Division:** Two. **Coaches:** Bob Muszhek, boys; Juan Naranjo, girls.

**Home course:** Cuyamaca College.

### BOYS:

**Numbers:** 15. **Leader:** Jon Rankin (12). He's been one of the best in the county since he was a soph. He made a breakthrough in cross country last year when he was sixth in the state D-II race, in 15:49. He's a 4:20 1600 runner. **The pack:** Jonathan Buckley (12) is a solid number two man, but there's a gap after him. Other varsity returners are Michael Herrinton (12) and Marion Morgan (12). Wes Rankin, Jon's brother, may not run this year after he failed his physical. **New:** Brett Timmins (9) is a good frosh runner, and he should move up into the pack right away.

**Outlook:** Rankin is just starting to work his way into shape, but Muszhek thinks that will work to his advantage psychologically. "He'll be hungry," he said. He ran decently at the Sundevil meet last week, so he'll be tough later in the year. There just doesn't seem to be enough depth on the team to complement the top of the pack, and this half of the league has a number of strong teams.

### GIRLS:

**Numbers:** 25. **Leaders:** Elise Felt (10), Tracee Lorenzana (9). Felt was last year's team leader, and Lorenzana seems to be one of this year's top frosh girls in the county.

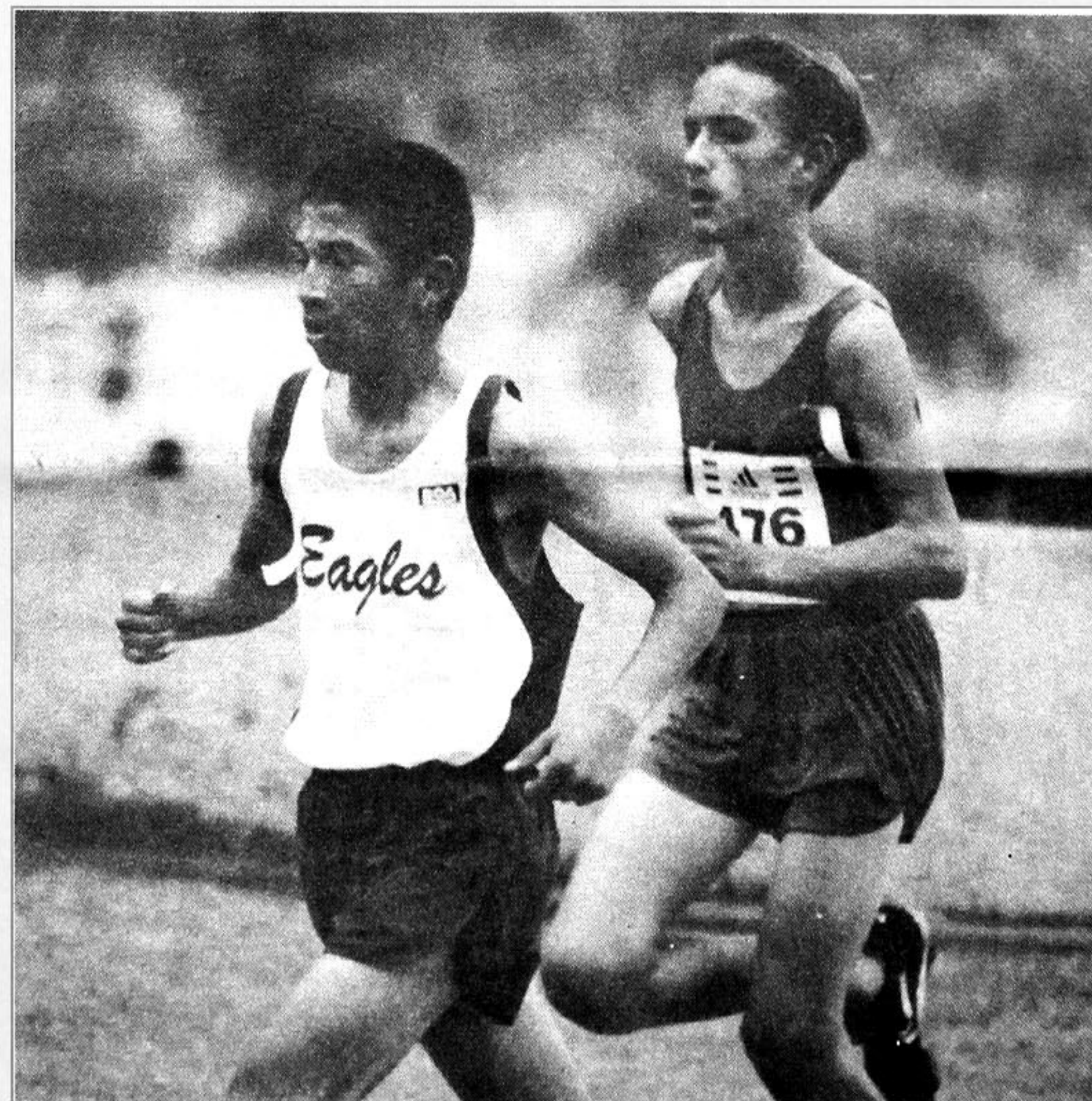
**The pack:** Candice Brown (11), Paul Evans (10), Sara Straight (12) all return from last year's team, although Straight has been sidelined with injuries in the early season. **New:** Other candidates are Crystal Lewis (11), Allison Galarpp (9), Kerianne Koehler (11), Dyanne Lorenzana (10) and Marie Straight (10). Of that group, Lewis might already be in the top five.

**Outlook:** Not a bad one-two combo right at the top, and there's some experience and some good numbers. If any kind of a pack develops, they can be a decent team.

## Mount Miguel



Ryan Maynard, Brandon Vielguth, David Santos  
Granite Hills Granite Hills Valhalla



Top Frosh hook up at Sundevil:  
Eladio Carrillo (Granite Hills), Kip Madden (Valhalla)

**Coach unavailable at press time. Team preview may appear in a future issue.**

## Valhalla

**Division:** One. **Coaches:** Marcia Larson-Thiss, girls; Manny Sandoval, boys. **Home course:** Cuyamaca College.

### BOYS:

**Numbers:** 19. **Leader:** David Santos (11). He's been a quality runner since he made the varsity as a frosh. He's the third fastest returning runner from last year's league finals, and, "he put in a really good summer," according to Sandoval.

**The pack:** This area needs to be rebuilt a bit, but Sandoval has the material on hand. Craig Nowakowski (11) and Jason Brown (12) return from last year's varsity, and they'll be pushed by a young group that includes Robert Raney (10), Brian Boyles (10) and Kip Madden (9). Raney was on the verge of breaking into the varsity as a frosh last year, and Boyles worked hard in the off-

season. Madden, the son of ultramarathoner Kurt Madden, comes from a running background, as you might expect. He was second in the frosh race at the Sundevil race last week and looked very smooth. Other candidates include Nick Sametra (11), a transfer from Mater Dei, and Derek Wheatcroft (11).

**Outlook:** In spite of the considerable turnover, there is still good material at Valhalla. It's a young team, so it might take much of the season for the team to take shape. "We have a goal to be at the level that Valhalla usually is at," Sandoval said.

### GIRLS:

**Numbers:** 21 to 23. **Leaders:** There's a pretty decent pack of at least four that are very close in ability. At the Sundevil Invite, Julia Kermott (10), Stephanie Casler (10), Kristi Pinnell (12) and Ashley Viens (12) all recorded times from 17:10 to 17:17. That's a pretty dense grouping. **The pack:** There's plenty of good candidates to join the top group.

Lesley Bravin (12), a 2:14 800 meter runner, was 40 seconds back of her teammates, but has the ability to close up that gap and more. Also, there's Laurel Hanscom (11), Kelly Perry (11), Carrie Pinnell (10), Melinda Hammack (12), Maureen Rodriguez (12), and Lisa Werner (10). Perry is having shin problems; if she's healthy, she fits right in at the top of the group.

**Outlook:** This team is better than many would think. The roster is deep in good runners, and they seem to be jelling well. At this point, they are well up in the county's top ten, and big favorites in their own league. And they seem more likely to improve than to fall apart.

## Metro:

### The Fastest Returners:

**BOYS:** The ten fastest returning boys from last year's league finals, at Southwestern College (3.1 miles):

- 4: 17:24 Michael Manzano, CV
- 5: 17:38 Lorenzo Otero, Hill
- 6: 17:39 Ruben Vences, Sweet
- 9: 18:02 Dustin Whitson, BV
- 10: 18:07 Luis Reyna, Sweet
- 11: 18:09 Jesus Carrillo, Mont
- 17: 18:39 Josh Galindo, CV
- 18: 18:46 Mark Dionela, Sweet
- 22: 18:54 Pedro Rivas, MV
- 23: 18:54 Jose Simpson, Mont

**GIRLS:** The ten fastest returning girls from last year's league finals, at Southwestern College (2.47 miles):

- 1: 15:36 Desiree Davila, Hill
- 2: 16:19 Mythili Duvvuri, CV
- 3: 16:35 Angela Rivas, Mont
- 7: 16:50 Sophia Marquez, CV
- 10: 17:05 Trinity Amalfitano, BV
- 11: 17:26 Pati Romero, East
- 12: 17:35 Ana Melvin, CP
- 13: 17:40 Bertha Ojeda, CV
- 14: 17:42 Lyra Ponce, Mont
- 15: 17:47 Bree Alfstad, BV

## The Teams:

### Bonita Vista

**Division:** One. **Coach:** Ian Cumming. **Home course:** Discovery Park.

### BOYS:

**Numbers:** xx. **Leader:** Dustin Whitson (11). He's the fourth fastest returner from last year's Metro Finals (see above), and currently pacing the team. **The pack:** Behind Whitson, the lineup includes Aaron Hernandez (12), Dale Houser (12), Stan Meza (10), Austin Neudecker (11) and Brian Dorsey (12). It's a veteran group that is ready to step up. The Barons lost their top two and about half of their pack from last year's Metro runners-up, but the pipeline is still in good working order, with the second line always ready to take over. Hernandez is a 10:23 3200 runner; Houser is a two-time Metro champ in the 800. Meza is a promising youngster. There's another group that could challenge for spots: Josh Cimenski (12), Erwin Vedar (12), Nick Raue (10) and Eric Stone (12). As usual, the Barons have depth. **New:** Most of the lineup is new to the varsity, but all have been coming up through the program.

**Outlook:** The program is going through a turnover, but it's more accurate to call it a changing of the guard rather than a rebuilding. None of Bonita's league rivals is counting them out. Expect them to contend strongly in the Metro.

### GIRLS:

**Numbers:** 36. **Leaders:** Trinity

Continued on page 10.



# Metro:

From page 9.

Amalfitano (11), Bree Alfstad (11), Kate Branson (10). Amalfitano and Alfstad are among the ten fastest returnees from last year's league finals. Amalfitano is a 2:28 800 runner. Branson was injured most of her freshman year, but Cumming says she, "is pretty talented." She was fourth in the Baron Invite, just two seconds back of Montgomery's Angela Rivas. **The pack:** The next group includes Dulce Alvarez (11), Kristen Thompson (11), Soraya Mustain (12), Katie Bowman (12), Kristen Gonzelez (9), and Kelly Milliken (11). Alvarez and Thompson are varsity vets; Mustain RUNS a 2:30 800. Gonzalez is best of the frosh in early season. **New:** Mustain is new to the sport after playing volleyball last year. There's a group of 12 frosh girls, the best of whom include Gonzalez and Danielle Torre (9).

**Outlook:** The Barons are the defending Metro champs, and there's enough talent to challenge for the title again. The group up front seems solid enough, and the depth is never in question. If the team develops a bit, they could find themselves in the Top Ten as well.

## Castle Park

**Coach unavailable at press time. Team preview may appear in a future issue.**

## Chula Vista

**Division:** One. **Coaches:** Art Johnson, boys; Mark Hedderson, girls. **Home course:** Rohr Park.

**BOYS:**  
**Numbers:** 22. **Leader:** Michael Manzano (12). He's better at cross country than he is in track, although he has 4:34 talent. His workout ethic has his teammates in awe. He's the fastest league returner, and he posted an early season 15:56 at Laguna Hills. **The pack:** This part of the team must be rebuilt, but the material seems to be at hand. Josh Galindo (12), Brian Eaton (12) and Carlos Belloso (12) are solid returning vets, and they'll be pushed by an excellent group of youngsters that includes Andres Padilla (10), Jesus Mariscal (10), Eduardo Mariscal (10), Appollo Mariscal (10), Bobby Pfeiffer (10) and James Groves (9). The soph group won the D-II team title in the Laguna Hills soph race, with Padilla pacing the bunch at 17:03. The next four ranged from 17:39 to 17:52. The Mariscals were soccer players last year, but they were spotted running around the campus. Eduardo and Appollo are twins; Jesus is a cousin. The twins also have a sister new to the girls team. **New:** Much of the soph pack looks like they're ready to push into varsity slots.

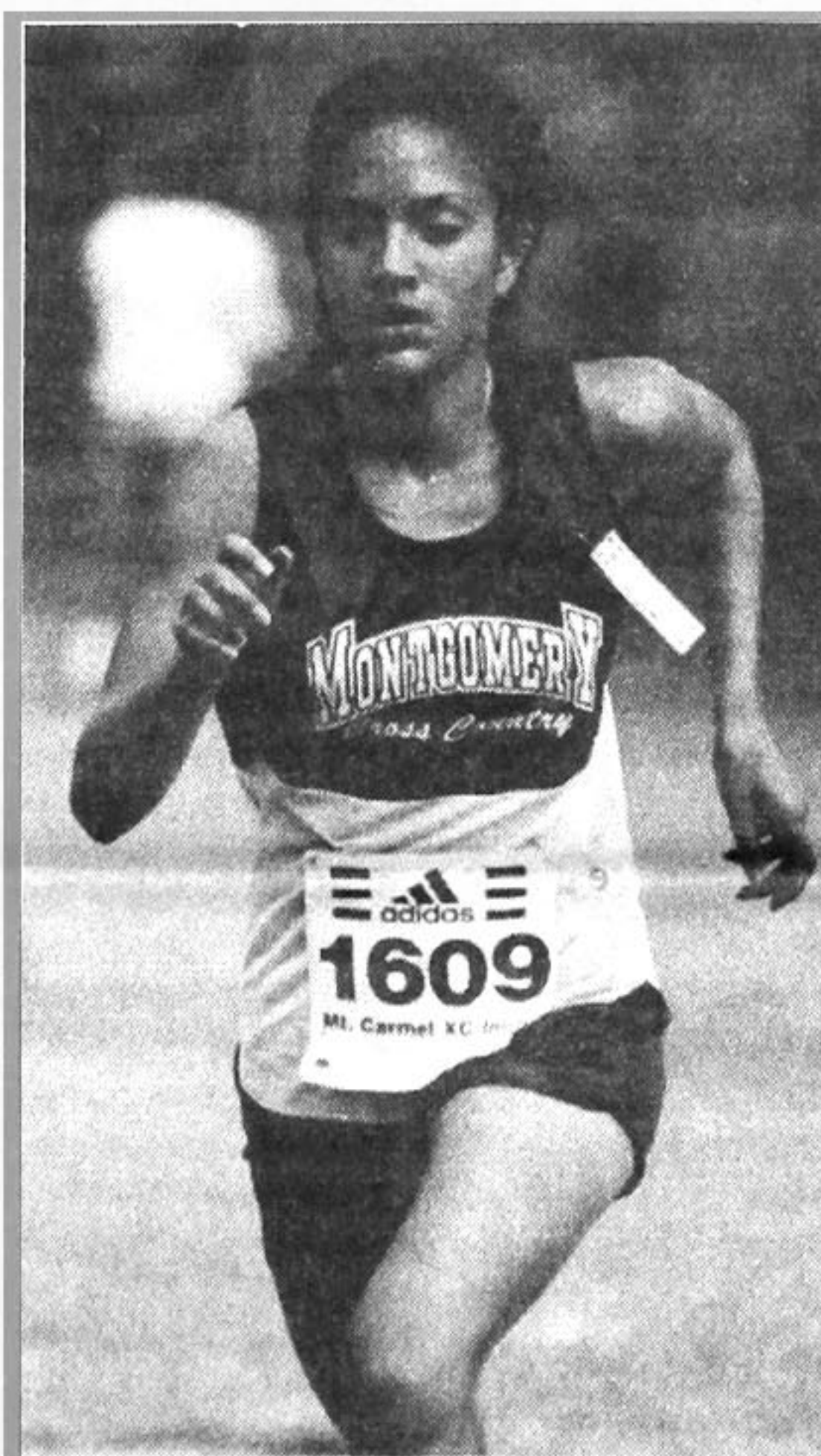
**Outlook:** "It's a young team, but they're really not bad," Johnson said. "We've got a lot of depth. We'll be competitive." Manzano is a great team ace, and the depth does seem to be adequate. Much will depend on how fast some of the youngsters can come on, but it's a solid bet that the Spartans will be in the mix for the league title.

**GIRLS:**  
**Numbers:** 25. **Leaders:** Mythili Duvvuri (11) and Sophia Marquez (10). Duvvuri is called "Miley," partly because of the number of miles she packs in. Marquez, who ran 5:39, is very close to her in early races. It's a great one-two combo.

**The pack:** Bertha Ojeda (12), Felisha Mariscal (12), Darla Reader (10), Camille Robinson (11). Ojeda,



Desiree Davila  
Hilltop



Angela Rivas  
Montgomery



Ruben Vences  
Sweetwater  
Blake Swier  
Mar Vista

Reader and Robinson are varsity vets; Mariscal is a good athlete new to the sport. Nina Robinson (12), a sprinter, could challenge for a spot. **New:** Mariscal, already pushing up into the pack, was swept up when the team signed up virtually the entire family (see boys comments). There are also two sets of twins that could figure into things: Angela Rodriguez (10), Alexis Rodriguez (10), Lynn Hernandez (10) and Nellie Hernandez (10). All are new to running, but show talent.

**Outlook:** They have as much talent as anybody in the league, and they'll definitely contend with Bonita for the league crown. They are probably also a Top Ten team, although it's too soon to tell just where they will rank.

## Eastlake

**Division:** Two. **Coaches:** Jeff Mechling, boys; Karen Kreul, girls. **Home course:** Discovery Park.

**BOYS:**  
**Numbers:** 20. **Leaders:** Kyle McMahan (12), Mark Ramirez (12), maybe Marco Verdugo (12). Ramirez and McMahan were the two best at last year's CIF meet; Ramirez hasn't raced yet this season. Verdugo was a find in track who ran 4:37 off of a soccer background. However, he has a broken arm, and also plays club soccer, so his availability is iffy at this point. **The pack:** Returning vets include John Silva (10), Ryan Dodds (10), Vernon Ng (10), and Michael Gilliland (11). They'll contend with Jake Cadwell (10), Cole Davis (11), and Jon Monsino (9). "Our most talented kids are our sophomores," Mechling said. Of that group, Silva seems to be moving right behind the seniors up front. **New:** Cadwell and Davis are new to the varsity level; frosh Monsino is new; and Verdugo, if he runs, is new to the sport.

**Outlook:** This could be a team on the verge. They aren't ready to contend just yet, but they seem to be putting together a core of young talent that could develop. The picture will be clearer by the end of the year.

**GIRLS:**  
**Numbers:** 14. **Leader:** Pati Romero (10). She quietly emerged as a frosh last year, making steady improvement all season. She is the sixth fastest Metro returnee, and she ran the 1600 in 5:30 in the spring. **The pack:** Mary Rose Manglicmot (10), is a solid number two. She was a 400 runner in track, and was on Mira Mesa's varsity last fall. Next in line is Julia Floresta (10), also a track sprinter. Returning vets include Jodie Linder (12), and Cerissa Cavin (11). **New:** Manglicmot and Floresta are new. Some youngsters will challenge for roles: Stephanie Morales (9), Leonor Swett (10), and Raquel Razo (10). Of that group, Razo already seems to be in the middle of the varsity bunch. Erin Cadwell (12), an 800 runner who is new to XC, also could move up into the top five.

**Outlook:** The program is on the way up, although it's still early to describe how high an arc it will take. Kreul has increased the numbers, and has a good, young number one to lead the way. The runners right behind her are almost all young, too. They're not ready to challenge Bonita Vista and Chula Vista yet, but they could be competitive with the rest of the league. They are still one of the smaller schools in the league.

## Hilltop

**Division:** Two. **Coaches:** Caroline Alfonso, Annette Bennett and Frank Browne. The three are acting as co-coaches, so are listed here alphabetically. **Home course:** Discovery Park.

**BOYS:**  
**Numbers:** 18. **Leaders:**

Lorenzo Otero (11), Nate Aginiga (11), and Jimmy Schroeder (12). Otero was one of the county's best soph runners last year and Schroeder has also been a quality runner since his tenth-grade year. Aginiga is new to this level, but has fit right in with the other two. **The pack:** Also returning from last year's varsity are Mike Coreano (12) and Alex Guzman (11). Jose Sevilla (11), who has as much talent as anyone on the squad, is still undecided at press time. **New:** Jay Peterson (10), Ryan Smith (10), Kevin Creely (10).

**Outlook:** There is as much raw talent on this roster as on any team in the league, but that's on paper. The team didn't report in great shape, and will have to put in some basic training during the racing season. This is the kind of team that could look average in midseason, and turn out to be very good in the finals.

**GIRLS:**  
**Numbers:** 18. **Leader:** Desiree Davila (11). She's been one of the county's best since her arrival as a frosh two years ago. She's been CIF D-II champ two years in a row, and has track bests of 4:59 and 2:14. She's also quick enough to run sub-60 on the school's relay team. There have been some great achievements and relatively mild disappointments in her career, but everything seems to be on track at this point. **The pack:** They'll be key to the team success. Lupe Lopez (10) has returned in great shape, and Abril Jimenez (12) has good talent. In track she ran the 300 hurdles in 47.28, and the 800 in 2:27. Lara Wells (11) and Elizabeth Kolata (12) are returning varsity runners. **New:** Cynthia Roman (10) could help.

**Outlook:** The team is in transition as the new coaching staff takes over for Chip Holmes. One item that fell through the cracks was the off-season program. One coach estimates that it will take most of the season before the team is fit. One exception is Davila, who is already running well. The probable best-case scenario has the team in contention in the league next season.

## Mar Vista

**Division:** Three, moving down from Two. **Coaches:** Ben Holt, boys; Jim Coates, girls. **Home course:** Lucky Waller Park.

**BOYS:**  
**Numbers:** 20 or 21. **The leader:** Blake Swier. He tried running for the first time last year, and looked like he belonged. He was the team ace in cross country, and later ran a 4:27 for 1600 in track. One of the best in the league. **The pack:** Virtually the entire team returns, including Franky Ortega (12), Pedro Rivas (11), Jesus Perez (10), and Adan Sanchez (12). **New:** Ivan Gutierrez (12), ran on the varsity at Mira Mesa last year, and might be the teams's number two man. Also looking to claim varsity spots are John Borja (11), Salvador Cota (11), Christian Flores (10), and Jose Sanchez (10).

**Outlook:** Holt has a strong group, with a good number one, and a pack that's putting in some hard work. They should be a contender in the Metro, and they will be one of the prime contenders in the wide open CIF D-III race this year. In fact, division rival Mission Bay and the Mariners are already keeping close tabs on each other.

**GIRLS:**  
**Numbers:** 9, still adding. **The pack:** Amy Forrest (11), Christy Martin (11), Miranda Quick (11), Jessica Robles (9), Rebecca Valdez (9), Kristin McMasters (9), Analicia

Continued on page 11.



# Metro:

From page 10.

McKee (9). Forrest, a returner, is out for at least six weeks with a stress fracture. "It would not surprise me if they (some of the frosh) moved up to the front of the group," Coates said.

**Outlook:** "It's a rebuilding season," Coates said. "We're just getting going." It's a step forward for the girls program, which has been slim for the last few years.

## Montgomery

**Division:** Two, moving down from One. **Coach:** Ruben Ledesma, assisted by Juan Gonzales. **Home course:** Lucky Waller Park.

### BOYS:

**Numbers:** 12 to 15. **The leaders:** Jesus Carrillo (12), Jose Simpson (12). They were the team's one-two last year. Simpson was ahead early on, and Carrillo came on strong late. **The pack:** Raul Garcia (11), Cliff Barnes (11), Daniel Porter (10), Jorge Sandoval. Garcia was in the middle of the varsity pack last year. Sandoval is another veteran. Barnes and Porter are new to the sport but show promise. The team also has a number of soccer players that might help.

**Outlook:** They're probably too thin to compete with the best league teams, but they are decent, especially in the front of the pack. Ledesma is hoping one or more of his pack will break through.

### GIRLS:

**Numbers:** 20. **The leader:** Angela Rivas (12). She's quality; only two faster Metro girls return from last year's league meet. "She's been working real hard," Ledesma said. "I'm hoping this year will be a breakthrough." She ran the Baron meet 0:28 seconds faster than last year, so she could be on the way. **The pack:** Lyra Ponce (11), Alma Victorio (12), Jessica Lopez (11) all return from last year's varsity. Ponce is probably the two, Victorio is much improved. **New:** Joanna Barnes (9), Yenissa Kaeg (9), Tabitha Coffey (10) all seem like they'll help right away. Barnes is already challenging for the third spot.

**Outlook:** "We should do well as a team," Ledesma said. The third spot in the league seems up for grabs, but Chula and Bonita are probably out of reach. Rivas will benefit from the move down to D-II, where she'll have a good chance at qualifying for the state meet.

## Southwest

**Division:** One. **Coach:** Jesus Rodriguez. **Home course:** Lucky Waller Park.

### BOYS:

**Numbers:** 12, could increase up to 22. **The pack:** Roberto Tiscarano (10), Max Cruz (12), Antonio Martinez (12), Juan Escobar (10). Martinez, also a soccer player, returns from last year's team. Tiscarano ran distance for the track team as a frosh. Cruz has also shown some talent.

**Outlook:** The school is soccer mad, and Rodriguez is trying to tap into some of that talent and interest. The strategy is to get many of the soccer players to run for conditioning, and developing the ones that get hooked on running.

### GIRLS:

**Numbers:** 6, could add a few more. **The leaders:** Probably will be Karla de los Santos, who transferred from Kearny, where she was their best runner. **The pack:** Glenda Tiscarano (11), Lisa Moore (10), Meosha Jeffer-son (10). Moore

and Jefferson are track sprinters doing some off season conditioning. Sometimes, those types can be effective.

**Outlook:** They didn't really have a girls team last year, so the situation is already improved. De los Santos should be fine, and some of the others may develop.

## Sweetwater

**Division:** One. **Coaches:** Tim Latham, boys; Joe Lara, girls. **Home course:** Rohr Park.

### BOYS:

**Numbers:** 25. **The leader:** Ruben Vences (12). He's the third fastest returner from last year's Metro finals, and he has been a solid cross country runner for the Devils throughout his career. **The pack:** Mark Dionela (11), Luis Reyna (12), Jovany Sotelo (12), all return from last year's varsity. Dionela, a solid two or three, is a 4:41 1600 runner. **New:** Abdirizak Abdi (11), transferred from Crawford, where he was a good number two runner for the Harbor League champs. Also jockeying for the varsity spots are Rudy Gonzales (12), Raul Gallarzo (11), Eddie Sanchez (10), Jesus Reyna (10) and Jose Guardado (10). Abdi could rise to the three spot.

**Outlook:** "We have a fairly solid first three," Latham said. This is a team that has been just a runner away for a few years. There seems to be more depth this year, and the intersquad competition should ensure that the four-five spots are solid. It could be a wide open year in the Metro, and Sweetwater is one of the the prime contenders.

### GIRLS:

**Numbers:** 25. **The leader:** Joanna Gallarzo (10). She's the best of the returning girls. **The pack:** Diana Guido (11), Monica Bonilla (12), Daisy Romo (11), Karla Garcia (12) all return from last year's varsity. **New:** Kenya Caro (10) might be able to break in.

**Outlook:** "We're a little bit stronger this year," Lara said. "But, we're still young." The numbers are very decent. If some of the younger runners can develop, the team will be improved.

# Western:

## The Fastest Returners:

**BOYS:** The ten fastest returning boys from last year's league finals, at Morley Field (3.0 miles):

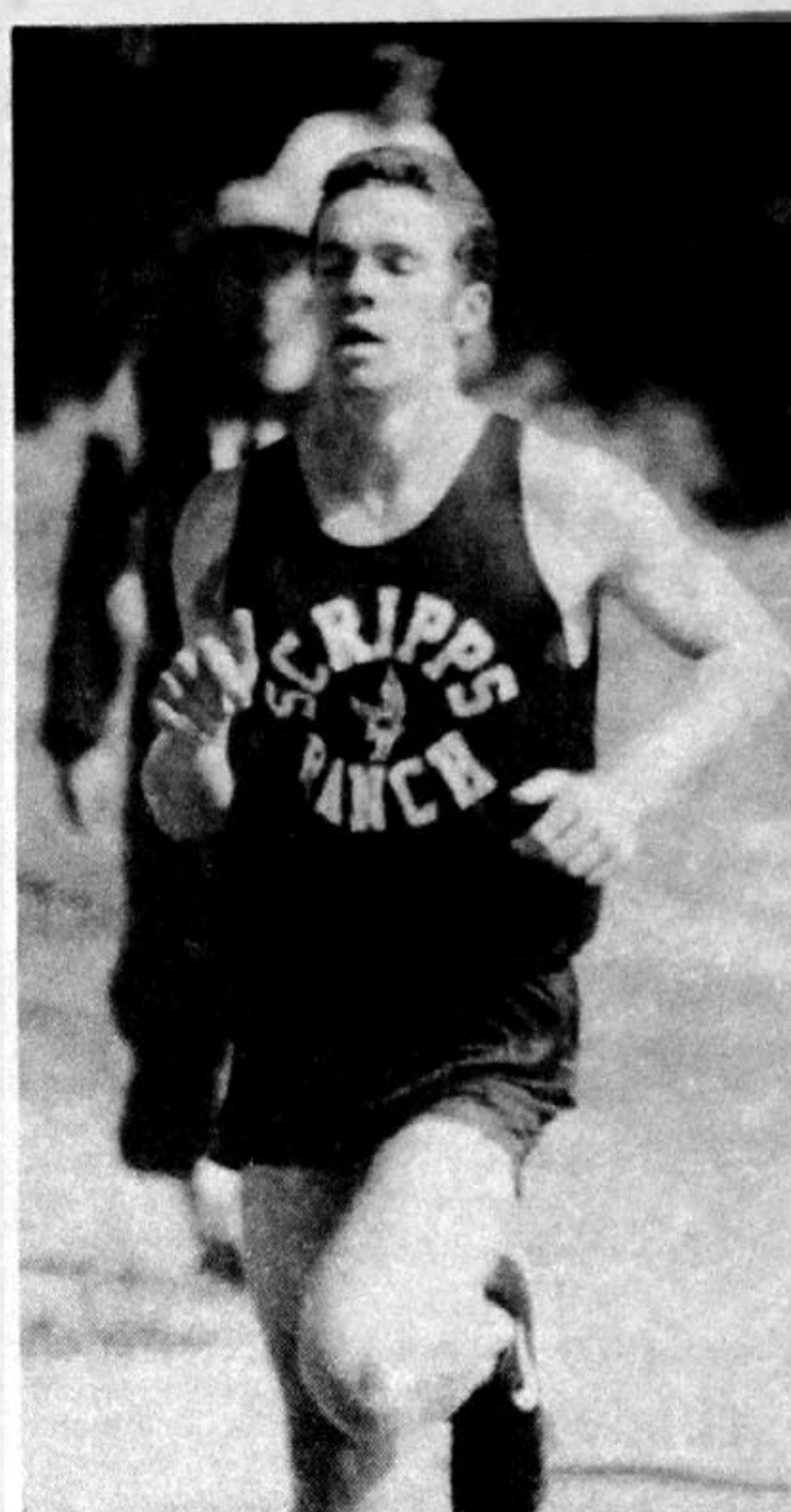
- |     |       |                     |
|-----|-------|---------------------|
| 3:  | 16:06 | Brandon Behr, LJ    |
| 4:  | 16:09 | Larry Koster, LJ    |
| 5:  | 16:12 | Brendan Riordan, SR |
| 6:  | 16:29 | Raphael Machado, SR |
| 9:  | 16:35 | Mike Comstock, SR   |
| 11: | 16:43 | Chris Ferrier, LJ   |
| 12: | 16:45 | Matt Herriman, StA  |
| 13: | 16:45 | Eric Richey, MB     |
| 14: | 16:47 | Charles McKeown, UC |
| 15: | 16:47 | Jonathan Dunbar, LJ |

**GIRLS:** The ten fastest returning girls from last year's league finals, at Morley Field (3.0 miles):

- |     |       |                         |
|-----|-------|-------------------------|
| 2:  | 19:02 | Katherine Ziegler, UC   |
| 3:  | 19:05 | Desiree Leek, LJ        |
| 5:  | 19:23 | Chessa Adsit-Morris, UC |
| 7:  | 19:33 | Liz Edwards, LJ         |
| 8:  | 19:36 | Claire Beck, OLP        |
| 9:  | 19:40 | Shanna Cohen, SR        |
| 11: | 20:03 | Laura Cohen, UC         |
| 12: | 20:05 | Rebecca McKeown, UC     |
| 13: | 20:12 | Katie Grim, LJ          |
| 15: | 20:16 | Michelle Guerrero, LJ   |

# The Teams:

**RUNNING COURSES:** All teams run league meets at Morley Field, although the layout is



## Brendan Riordan Scripps Ranch

different than the CIF course. Both boys and girls compete over 3.0 miles.

## Hoover

**Division:** Two. **Coach:** Tilahun Fessehai. They call him "Coach T."

### BOYS:

**Numbers:** 7, still adding. **The leader:** Mukhtar Abdulle (10). He ran 17:43 at the league meet last year, which is a decent frosh time. He could develop. **New:** Fessehai has some freshmen with promise: Yaset Abrama (9), Hassen Haji (9), Hassen Shukri (9) and Bereket Demisse (9). He may add a few more runners in the coming few weeks.

**Outlook:** Fessehai is not that far removed from his prep running days - he was Lincoln's best runner back when Jim Cerveny coached there five years ago. His rapport with his runners might give this program a jump start, although it will take some time before the results become apparent. The team is very young.

### GIRLS:

**Numbers:** 9, still adding. **The leader:** Merlynn Diaz (12). She's been the team's best virtually her entire career. She ran 21:24 in last year's league meet. **The pack:** Elizabeth Cortez (12), Jessica Hogue (11). Both return from last year's team. **New:** Fessehai is aggressively looking for prospects, and he has a pair of freshman from Kenya that he thinks might have talent.

**Outlook:** Fessehai might have a knack for finding the talent at Hoover, which would mean improvement for this program.

## La Jolla

**Division:** Two; moving up from Three. **Coaches:** Chuck Boyer, boys; Tom Dorman, girls. Dorman is assisted by Mari Beth Brown and Michelle O'Connor.

### BOYS:

**Numbers:** 40. **The leaders:** Chris Ferrier (11), Brandon Behr (12). Behr ran low 4:30s for 1600 as a soph, was injured much of last year. If he gets back to form, he could be the guy. Ferrier, a promising junior, is the best now. He ran 4:39 as a soph last spring. **The pack:** Eric Koster (12), Jonathan Dunbar (12), Larry Koster (12), Nate Lopez (12), Andrew Hoeksema (12). All are veterans of last year's varsity pack. As usual, the pack is the heart and

soul of La Jolla teams. **New:** Having a chance to break into the varsity are Scott Davis (11), Ryan Ablewitz (10), and Warren Binder (10).

**Outlook:** The elements are in place for a classic Viking team. The pack has talent and depth and is fueled by a strong work ethic. If one of the top runners breaks through a bit, the team is just that much stronger. Look for the team to contend strongly in the West and for a state meet slot in Division II.

### GIRLS:

**Numbers:** 40. **The leader:** Desiree Leek (11). She missed most of the track season with an injury, but still ran 5:21. Has been the leader of the team since arriving as a frosh. **The pack:** Liz Edwards (10), Katie Grim (11), Tara McGowan (12), Maggie Sass (11), Michelle Guerrero (11), Leslie Borenstein (11). It's a strong veteran group. **New:** Sass is new to the varsity level. Dorman thinks a few of the frosh crop may develop as the season progresses, but the varsity group won't be easy to crack.

**Outlook:** The team is in a position to challenge UC in the West and for the D-II CIF title. The move up in division shouldn't hurt the Vikes. They finished last year solidly in the Top Ten, and all but one of the schools ranked ahead of them were D-I. They return their top five CIF scorers; the beat goes on.

## Mission Bay

**Division:** Three. **Coach:** George Velarde.

### BOYS:

**Numbers:** About 18. **The leaders:** Eric Richey (12), Eric Royce (12), Miguel Elias (12). The three senior returners have been training well and have focused on the CIF D-III title as a goal. All are returning varsity vets who went on to run well during track season. Velarde reports that they've got the team fired up. **The pack:** Matt Reeder (11), Jose Deloera (10), Robert Thatcher (10). This group could an important key. **New:** Deloera and Thatcher are both new to cross country.

**Outlook:** The Bucs have an opportunity in D-III this year, and seem intent on making the most of it. The seniors at the front could inspire their mates. "They (the front three) want to go to state as a team," Velarde said. It could happen.

### GIRLS:

**Numbers:** 10. **The leader:** Rose Serna (10). She ran third in CIF D-III last year, and will probably be the favorite this year. In track, she clocked a 5:24 for 1600. **The pack:** Velarde will have to rebuild this part of the team. Christy Zaragoza (11) ran 5:45 in track and had a good summer of training. Elizabeth Vail (9) is also promising; and Danielle Richey (9), sister of Eric, is "really dedicated and a hard worker," Velarde reports. **New:** The three pack members mentioned above are all new, as is most of the team other than Serna.

**Outlook:** If the pack can develop enough, the Bucs have an outside chance to contend in CIF D-III. Serna looks like she'll be a real force in that race. She should also place well up in the league finals (against mostly D-II opposition).

## Our Lady of Peace

**Division:** Three. **Coach:** Dan Keays, assisted by Jeff Mezzochi.

### GIRLS:

**Numbers:** 21. **The leader:** Claire Beck (12). She has been the established team leader since early in her career. She is the second fastest returning runner in the CIF D-III race. In track, she ran 5:26 and 12:00.

Continued on page 12.



# Western:

From page 11.

**The pack:** Other varsity returners include Patricia Venereo (11) and Maura Bannon (12). Keays thinks Venereo might be his number two right now. Jasmine Mejaras (12) ran well as a frosh, but hasn't been out until this year. Now, she could be challenging for a spot high in the pack. **New:** Odette Rodriguez (10), Jill Correnti (11), Denise Rosas (10), Emily Brown (9) and Jennifer Ballejo (9). Rodriguez could be in the top five; she's got speed and athletic ability. Correnti is also an all-around athlete who is trying XC for the first time. Rosas was on the edge of making the varsity last year. The two frosh are both soccer athletes.

**Outlook:** "We're excited this year," Keays reported. "I think it's the best team I've ever had at OLP. We're strong through the top seven." With the CIF D-III race now officially wide open, OLP might be the team to step into the spotlight.

## St. Augustine

**Division:** Four. **Coach:** Jerry Downey.

### BOYS:

**Numbers:** 35. **The leader:** Ryan Moorcroft (12). He was a revelation last spring, when he tried running for the first time. The results included a 4:21 for 1600. So far, he's adapted well to cross country, with wins in his first three invitationals. Downey has another nugget. **The pack:** Matt Herriman (12), Drew Bouchard (11), Pat Barrett (11), Jon Gardner (12), Sean Barrett (9). The first four are all varsity vets; Sean Barrett is Pat's little brother. In early meets, Bouchard has been the best of this group, but they've all shown well. Herriman is a 4:38 track runner. It's a strong group. **New:** Sean Barrett, of course. The next wave will include Ricky McRosky (10), John Israel (11), John Yunker (10) and Roberto Bravo (10).

**Outlook:** The Saints have a strong team. They could be a solid Top Ten team. More to the point, they will be more than competitive in the league, and they'll be a strong favorite in the CIF D-IV race. If the team continues to develop, they could end up with a nice ranking at the state level as well. They finished 9th in D-IV last year, but are much stronger now.

## Scripps Ranch

**Division:** Two. **Coach:** Bob Oliver.

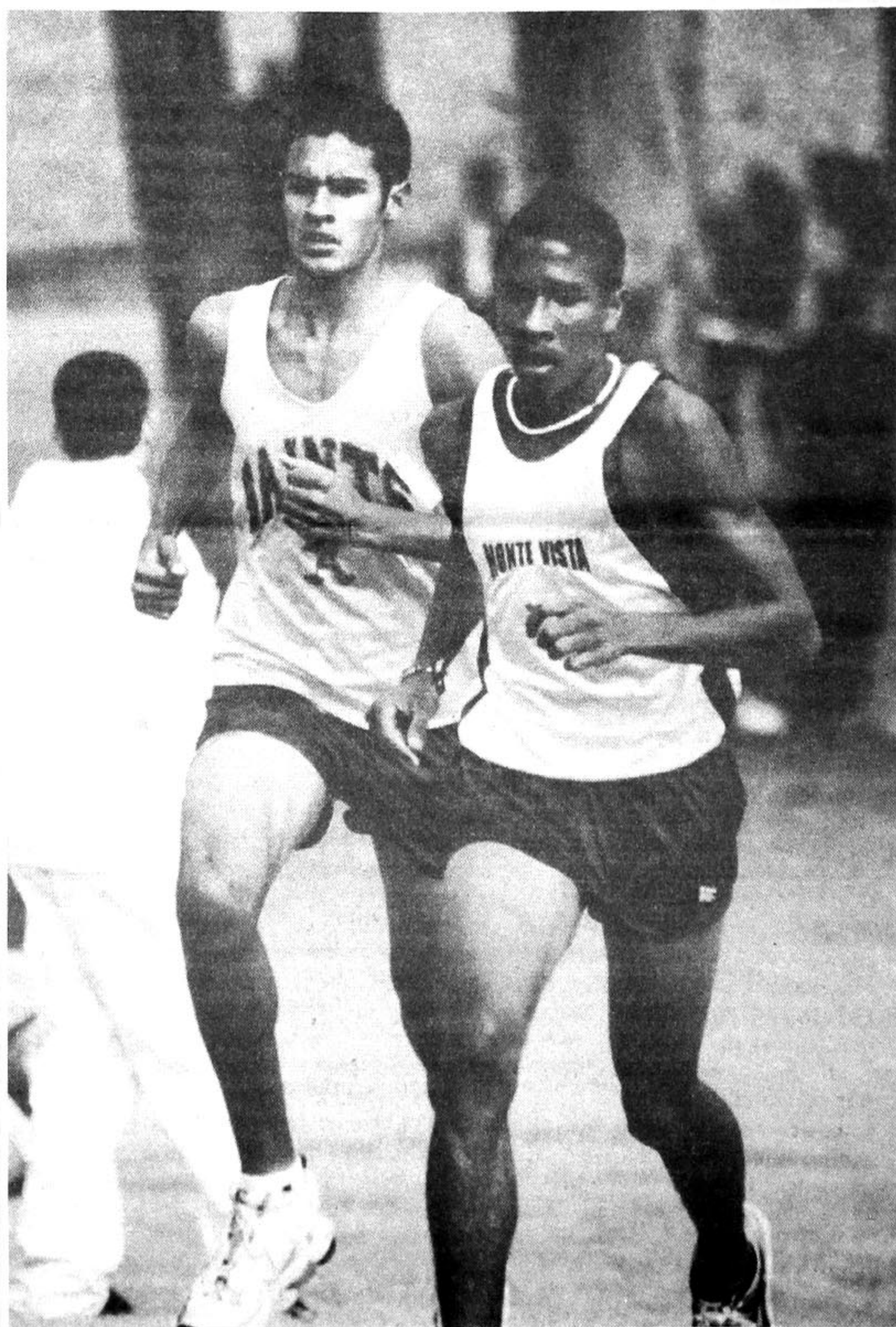
### BOYS:

**Numbers:** 44. **The leaders:** Brendan Riordan (12), Raphael Machado (12). Riordan reported in excellent shape, and has paced the team in early meets. Machado, a 4:37 1600 runner who was number two last year, could challenge Riordan by late season. The competition will help both runners. **The pack:** Mike Comstock (12), Jonathan Hester (12), Matt Wexler (11), Justin Zelones (11). This is a strong veteran group, headed by Comstock. **New:** The next wave will include Caleb Garlipp (10), Russell Edwards (10), Matt Raudaskoski (11), Matt Robert (9) and Chris Lancaster (9). Oliver is stocking up; last year's and this year's frosh crops have been excellent. In frosh/soph races, the Scripps runners resemble a herd more than a pack.

**Outlook:** San Pasqual blasted Scripps at CIF last year, but the Falcons are an early favorite this year. Their biggest challenge could come from league rival La Jolla, who is



Desiree Leek, Maggie Sass  
La Jolla



Ryan Moorcroft, Jon Rankin  
St. Augustine Monte Vista

moving up from D-III. In league, St. Augustine makes it a three-team race. Oliver was a master of understatement when he said, "I think we'll be pretty good."

### GIRLS:

**Numbers:** 21. **The leader:** Laurie Labrado (10). She's becoming a quality runner, and has moved up the roster. **The pack:** Lyndsay Giolzetti (9), Amanda Cummings (9), Shanna Cohen (12), Grace Anderson (11), Vanessa Castillo (10), Sarah Haddow (11), Emily Prout (10), Tracy Tom (11). The scoring bunch will probably be a mixture of veterans (Cohen, Anderson, etc.) and rookies.

**New:** The frosh, Giolzetti and Cummings, have a chance to race well up in the roster.

**Outlook:** Last year, Scripps was the CIF D-II runner-up. Oliver doesn't expect anything like that this time around, not with D-III powers La Jolla and University City moving into D-II. Those power teams are likely to battle for the league title as well, with Scripps being arguably the next best outfit.

## University City

**Division:** Two, moving up from Three. **Coach:** Jim McCarthy, assisted by Dale Fleet.

### BOYS:

**Numbers:** 36. **The leader:** Charles McKeown (12). He was the team's top finisher at league and CIF last year, and ran 10:10 for 3200 in track. **The pack:** Edgar Hernandez (12), Joel Nierman (12), Sean Mann (12), Dylan Solomon (11). All are veterans from last year's varsity. Nierman is the team captain; Mann might be the most improved of this group. **New:** Andrew Garrett (11) moves over from La Jolla Country Day and should be in the mix. Carlos Brown (11) played football last year, but ran cross as a frosh. McCarthy thinks he has a chance to crack the top five. Sixto Aspeitia (9) is possibly the best of a frosh group that numbers 15.

**Outlook:** This group will find themselves contending with top opposition at every turn. The top three teams in the West are all very tough, and the move up to D-II at CIF won't help, either. McCarthy is building a young core that he thinks will need time to develop. "We could be two years away," he said.

### GIRLS:

**Numbers:** 25. **The leaders:** Chessa Adsit-Morris (11), Katherine Ziegler (12). Adsit-Morris has been working so hard that McCarthy held her out of early races just to keep her in one piece. Last year was her first try at running - she was the team's number two at the end of season, and then added 5:16 and 11:25 times during track. Ziegler has been the team's ace until this point and has the talent (5:05 as a soph) to make it interesting. Not many teams in the county can match this one-two punch at the top of the roster. **The pack:** Talina Konotchick (12), Laura Cohen (11), Rebecca McKeown (12), Lidia Soares de Carvahlo (9). Konotchick is a great all-around athlete giving running a try, with excellent results. Cohen (5:34, 12:09) and McKeown (12:13) are returning vets. Frosh Soares de Carvahlo has excellent potential. **New:** Konotchick has been a star at every sport she's tried. Soares de Carvahlo is the niece of a Brazilian world-class runner, and has already been competing for years. Depth will be provided by Karissa Teitsch (10), Carolyn Crews (10), Lauren Severs (11) and Mhairi Whitton (11), all of whom were on the fringes of the varsity last year.

**Outlook:** This could be a fun year. The emergence of Adsit-Morris, and Ziegler's hard-working attitude makes the front of the pack stronger. The depth is also excellent. If one or two of the newcomers can contribute, it will be an excellent team. They are probably the best team in the West and in CIF D-II, although in both cases La Jolla will give them a spirited battle. The real questions are, how high can they rise at the state level in D-II, and where do they rank with the county's best teams?

## University of SD

**Division:** Three. **Coach:** Dan Geiger, assisted by Kate Gordon.

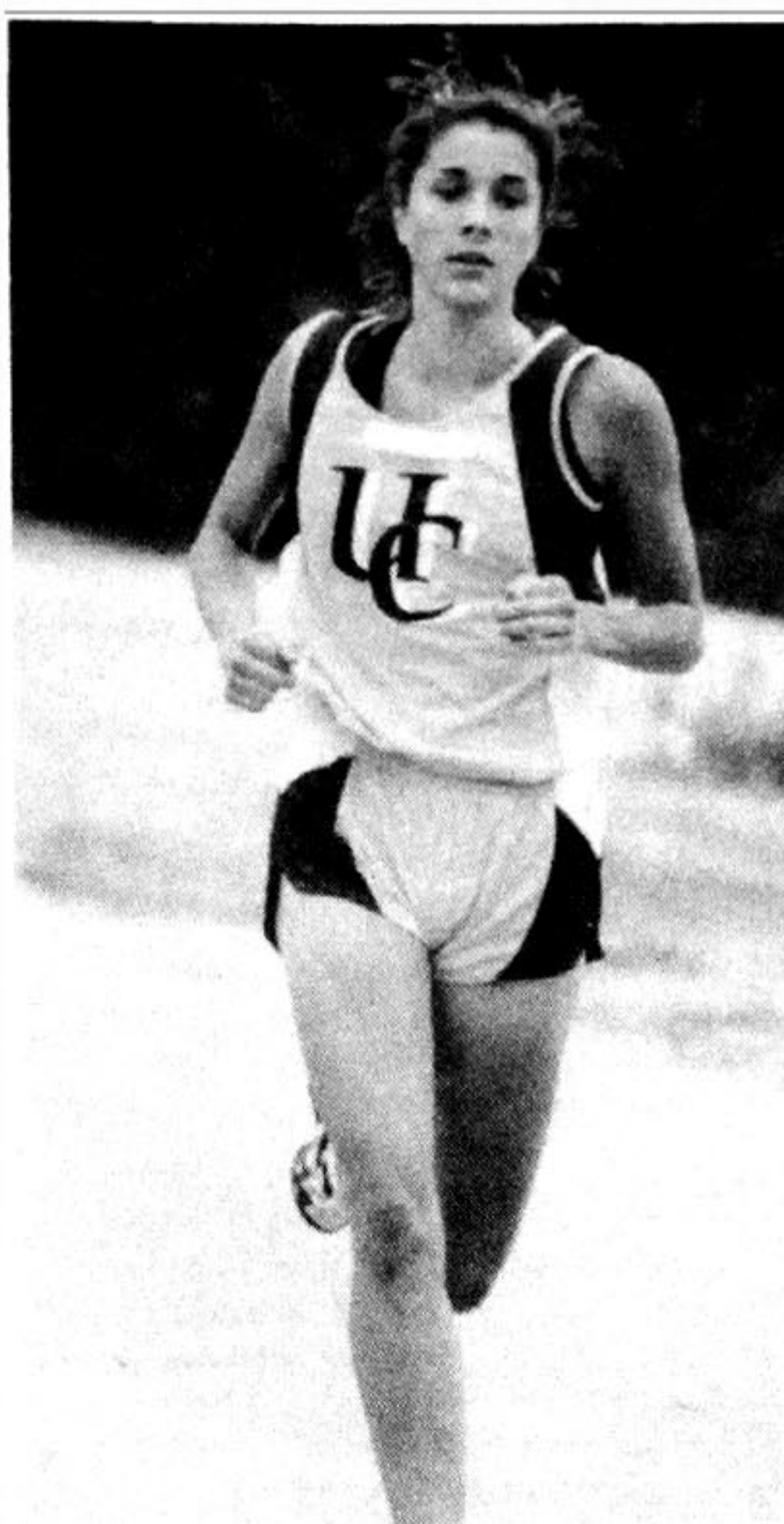
### BOYS:

**Numbers:** 25. **The leaders:** Brian Thielen (11), Mark Pfizenmayer (12), Steve Dalton (11). All are veterans, and all reported in excellent shape, according to Geiger. **The pack:** Patrick Marsch (10), John Benet (10), Michael Carini (10), Paddy Tatusko (9), Chip Carey (12). Marsch was on the varsity last year. **New:** Benet, Carini, Tatusko, Carey.

**Outlook:** It's a young team in a traditionally tough league that is in an "up" cycle team-wise, so this group will have their work cut out. But Geiger rates his front three as "solid," and thinks the youngsters in the second

Continued on page 13





**Katherine Ziegler**  
University City

## Western:

From page 12.

group have potential. It could be a solid outfit by next year.

### GIRLS:

**Numbers:** 20. **The leaders:** Not yet clearcut. **The pack:** Morgan Feori (9), Kalen Albe (11), Nicole Marsch (11), Lauren Anas (12), Shay Heaton (12), Katie Kilcoyne (10), Lauren Senescall (9) are the likeliest candidates. Feori is a good-looking frosh who might be the team's number one. Albe, Marsch, Anas and Heaton are all returning veterans from last year's varsity. **New:** Feori, Kilcoyne and Senescall. There is an outside chance that volleyball player Anne-Marie Byrne (10) might join the team. She's a 12:12 3200 runner in track.

**Outlook:** Uni has had the luxury of having a super talent in the number one slot for a number of years (Vanessa Hanley, Courtney Baird, Julie Ott, Michelle Barrack). Now, the emphasis will be on the pack. There is experience and talent there, but much is still unknown, such as how fast some of the young talent might develop.

## Eastern:

### The Fastest Returners:

**BOYS:** Boys list will be probably be published in the next issue, after it is determined which San Diego runners return.

**GIRLS:** The ten fastest returning girls from last year's league finals, at Morley Field (2.65 miles). NOTE: Official clock malfunctioned; some times were salvaged from coaches.

- 1: 16:54 Amonica Phipps, Morse
- 2: NT Roxanne Romo, SD
- 3: NT Dori McGuire, MM
- 6: NT Natalie Parks, Ptl
- 7: 17:44 Monique Henderson, Mo
- 9: 17:53 Kelli Jodoin, MM
- 10: 17:56 Janelle Luna, SD
- 11: 17:59 Amanda Cooper, MM
- 12: 18:00 Christine Le, MM
- 13: 18:14 Peeper Gilmore, Ptl

## The Teams:

**RUNNING COURSES:** All teams run league meets at Morley Field, although the layout is different than the CIF course. Boys run 3.0 miles; exact girls distance to be determined.

### Patrick Henry

**Division:** Two. **Coaches:** Thom Hunt and Pat Lery.

#### BOYS:

**Numbers:** 25. **The leader:** Nick Zubel (12) might have the edge off early results. "He's much improved," Hunt said. **The pack:** David Marshall (11), Sam Saylor (12), Eric Delgadillo (10), Daniel Esqueda (12), Ketith Goodman (11) and Javier Betancourt (12). There's a lot of runners closely matched in ability competing for the varsity spots. Those dynamics will translate into an improved team. Mohamed Mussa (12), who ran 4:30 as a soph, is still on the shelf, but could be back at some point this season. **New:** Hunt and Lery have seven frosh to develop.

**Outlook:** Hunt and Lery are getting things going in the right direction. There's good numbers, the team is training well, and there is reasonable talent. They should hold their own in the East.

#### GIRLS:

**Numbers:** 25. **The leaders:** Cassandra Liss (12) and Angie Fitzpatrick (12). They're team leaders and closely matched in ability. They also are both much improved. **The pack:** Jessica Woods (10), Sheila Sukramule (10), Martha Zubel (10), Karis Radar (10), Christine Boutros (10), Michelle Neal (11), Ashley King (12). Most of these runners are returning from the varsity. Zubel and Radar are new to this level; Radar ran a 2:27 for 800 in track. King is a sprinter. **New:** Hunt and Lery have 12 frosh girls, all new to running. The best prospects seen to be Shannon Ruebel and Molly Kimpel.

**Outlook:** "We have a long way to go," Hunt said. "We're going to improve. The kids are really responding to what we're doing. We're excited about it." Hunt and Lery seem to be working well together. This team will be improved.

### Kearny

**Division:** Three. **Coach:** Don Ervin.

#### BOYS:

**Numbers:** 7, still adding. **The pack:** Joseph Adams (11) and Richard Butler (11) return from last year's team, but Ervin thinks his best runner will be a newcomer.

**Outlook:** It's a very thin squad, both in numbers and experience, and it reflects that Kearny is easily the smallest school in the league.

#### GIRLS:

**Numbers:** 3, still adding. **The pack:** Griselda Asuncion (11) is the lone returner from last year's squad. Last year's number one, Karla de los Santos, has moved. The other runners are "very new," according to Ervin.

**Outlook:** Without more runners, they can't be a factor in team competition.

### Mira Mesa

**Division:** Two. **Coach:** Dennis Lottermoser, assisted by Mark Dvorkin, and Phil Grooms.

#### BOYS:

**Numbers:** 23. **The leaders:** Brandon Zelones (11), Brian Lass (10), Saviz Sepah (10). These three are closely matched. Zelones ran 10:07 for 3200. **The pack:** Kyle O'Donohue (11), Jeff Orlando (12), Nick Paluso (12), Josh Earhart (11). O'Donohue was on the varsity last



**Amonica Phipps**  
Morse

year. Orlando is a top 300 hurdler.

**Outlook:** It seems like a rebuilding year, with a group of sophs leading the team. "They're good sophs," Lottermoser said. They'll hold their own this year, and the team could be pretty good next year.

#### GIRLS:

**Numbers:** 17. **The leaders:** Dori McGuire (11), Lisa Dodd (9). McGuire is a strong number one, and is one of the best returning runners in the league, but Dodd was a surprise in her first meet, running almost as fast, albeit in a different race. The freshman is an all-around athlete, described by Lottermoser as, "an awesome talent." She'll give McGuire a push. **The pack:** Kelly Jodoin (10) is not that far off the first two. The varsity also returns Amanda Cooper (10), Ashley Cooper (10), and Christine Le (10). The Coopers are soccer players who will miss some meets. **New:** Dodd, of course. Justine Deloviar (10) and Carla Lee Kubow (10) seem to be working their way into the varsity group. Mary Keller (9), another good frosh, could also make the team.

**Outlook:** They had a season of near misses last year. They lost they league finals on a tie-breaker, and finished third in the CIF D-II race. They could be better this year, which would make them the league favorite. They'll have a tougher time at CIF, though, with some tough teams moving into the division.

### Morse

**Division:** One. **Coach:** Gary MacDonald, girls; Tony Griswold, boys.

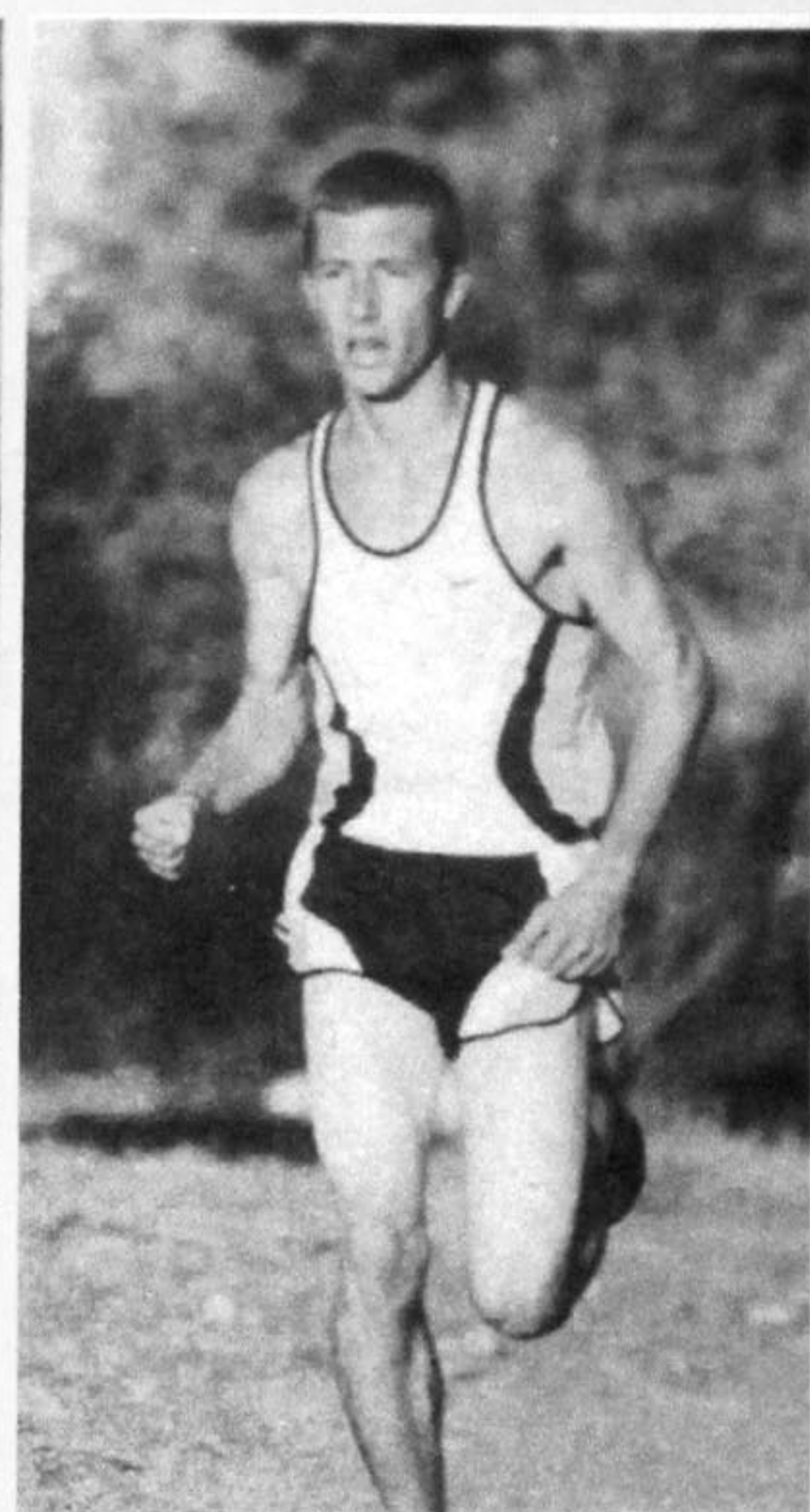
#### BOYS:

**Numbers:** 14, still adding. **The leader:** Jesus Barreuta (12) has shown some talent. **The pack:** Isaac Moyer (11) and Alex Chase (12) return from last year's varsity.

**Outlook:** It's a thin group, but the numbers have increased since the start of school.

#### GIRLS:

**Numbers:** 20. **The leader:** Amonica Phipps (11). She's been the best since she arrived as a frosh two years ago. She's the defending league champ, and, in track, ran 2:17 and 5:33. **The pack:** Monique Henderson (11), Christina Diaz (10), Chancie



**Joe Robinett**  
Point Loma

Humes (11), Candace Flake (11) and Karin Ivy (12). Henderson is a great sprinter who does well in this sport, and makes a respectable number two. Diaz and Humes also return from last year's varsity. Flake is a 2:28 800 runner. Other candidates include Aja Dotson (11) and Bernadette Grantling (9), both of whom are tracksters looking to stay in shape.

**Outlook:** The Tigers have a good team ace in Phipps, and some other good runners. They should be one of the better teams in the league.

### Point Loma

**Division:** Two. **Coaches:** Steve Markland, boys; Rob Barnett, girls.

#### BOYS:

**Numbers:** 22. **The leaders:** Joe Robinett (11), Alex Hawk (12). Robinett ran excellent soph track times of 4:30 and 9:54. Hawk has been splitting his time with tennis until now. It's a good one-two. **The pack:** Jeff McKnight (12), Noe Castro (12), Jaime Mondragon (11) all return from last year's varsity. McKnight is a 2:02, 4:36 track runner. Castro might push higher. **New:** Dennis Kolenivic (12), Alex Ooi (11), Maurice Souza (11), Ahmed Lane (10) all could put themselves into the picture. Kolenivic, "could be top five," Markland said. Lane ran 4:40 for 1600 as a frosh, and could make the squad before the year is out.

**Outlook:** "We have a really good pack," Markland said. "We're behind in our training, but I think we'll be there at the end." Markland is coaching in his last year. Business commitments will keep him occupied after this. "I just love cross country kids," he said. "I've been involved in almost every other kind of sport, but there's no comparison. These guys just put the pedal to the metal." The Pointers, as usual, are one of the best teams in the league.

#### GIRLS:

**Numbers:** 19. **The leaders:** Natalie Parks (11), Peeper Gilmore (11). Parks has led the team in early meets, but "Peeper will be there," Barnett said. It's as good a one-two combo as any in the league. **The pack:** Natasha Sweattte (10), Cecilia Goodman (12), Sara Reid (9), Evelyn Ruiz (11) could make up the lineup. Sweattte and Goodman are

Continued on page 14



# Eastern:

From page 13.

returners, Reid is best of the frosh crop. Also in the mix are Nicole Forbes (11), Beth Vieira (11), and Allison Harden (10). Harden, said Barnett, "is going to figure in there someplace."

**Outlook:** The Pointers are the defending league champs, and they have much of that team back. "We'll grow as a team," Barnett said. "some the kids are really, really raw. We should be pretty interesting." They're one of the best teams in the league, and should battle Mira Mesa for the title.

## San Diego

**Coach unavailable at press time. Team preview may appear in a future issue.**

## Serra

**Division:** Two. **Coach:** Pat Trotter, assisted by Chris Neilson, a student teacher at Serra.

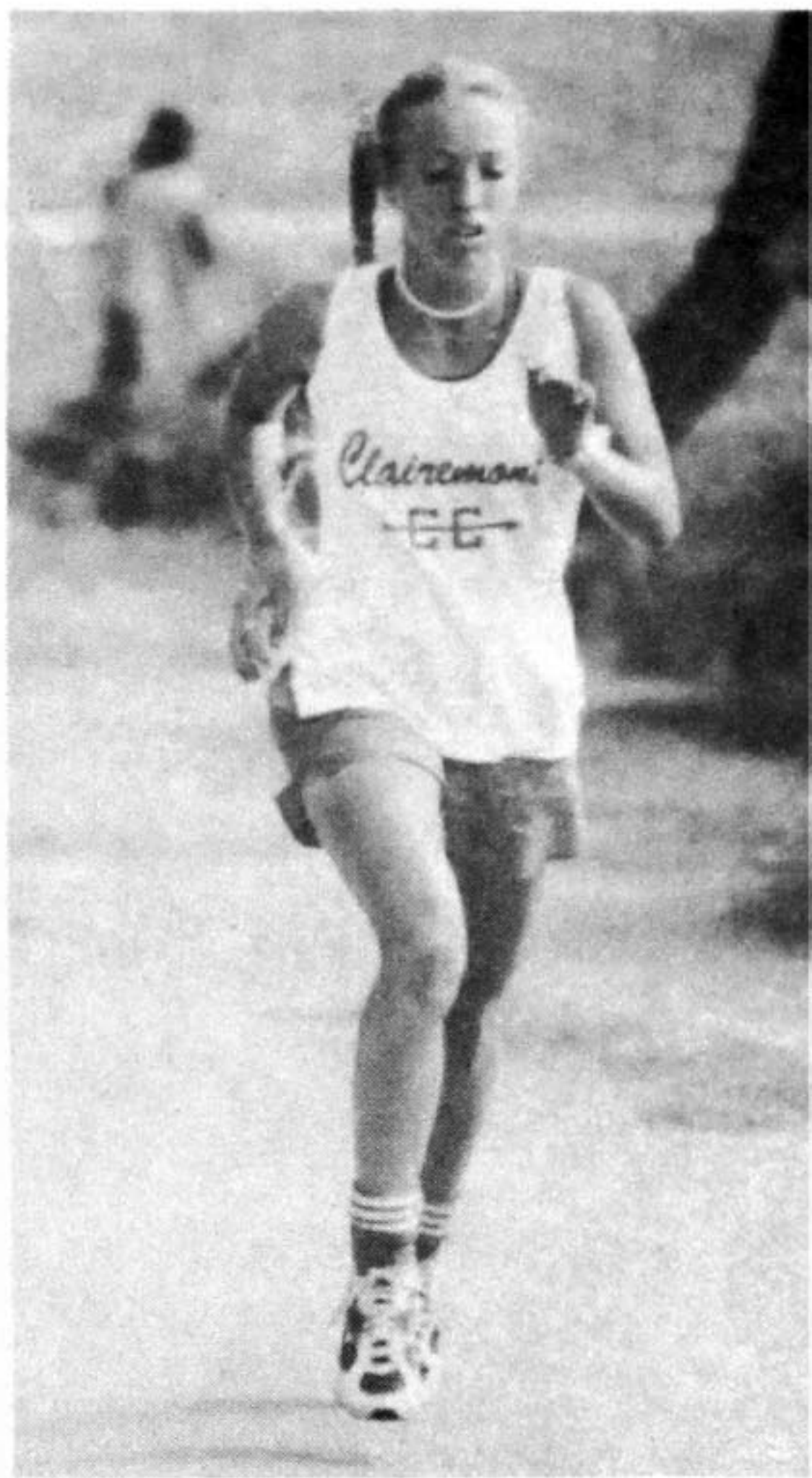
**BOYS:**  
**Numbers:** 18-20, still adding. **The leader:** Terence Hagans (12). He first joined the team last year, and he's been a good addition. He ran 16:36 for seventh in the D-II senior race at Sundevil last week. He's also maintains a GPA well over 4.0. **The pack:** Andy Simon (12), Justin Motika (9), Miguel Arbelio (12), Gerardo Rojas (12), Mike Schetter (11) and Joey Suyat (11) are the best candidates to make up the varsity. Schetter, Suyat and Rojas are all returning veterans. Motika is a good looking frosh prospect. **New:** Simon, Motika and Arbelio.

**Outlook:** There is life after losing one of the best runners in county history (state 1600 champ Marcus Chandler). Hagans is a fine number one, and the pack could jell behind him. The Q's should be competitive in the league.

**GIRLS:**  
**Numbers:** 12. **The leaders:** Three girls are close in ability, including Amy Lang (10), Andrea Kahn (11) and Amy Montgomery (10). Lang and Kahn were last year's 2-3 runners; Montgomery is a new runner recruited by Lang to be a summer training partner. The arrangement worked so well that Montgomery had the fastest Serra girls time at Sundevil. Trotter expects these three to trade off all season.

**The pack:** Behind those three are Kristen Ogdon (12), Sara Rohman (9), Lindsey Sommer (9) and Kristi Hull (11). Ogdon is another varsity returner. Hull is new to the sport, but has shown some ability. **New:** Montgomery, Hull and the freshmen.

**Outlook:** Like many teams, Serra will need to strengthen the team at spots 4-5-6 to round things out. If that happens, they would be right in the mix with other Eastern teams.



Jen Wirkus  
Clairemont

# Harbor:

## The Fastest Returners:

The ten fastest returning boys from last year's league finals, at Morley Field (3.0 miles):

- |     |       |                          |
|-----|-------|--------------------------|
| 1:  | 17:06 | Simon Peter, Craw        |
| 6:  | 17:54 | Jason Smith, Gompers     |
| 8:  | 18:09 | Eren Cataloglu, Coro     |
| 10: | 18:29 | Derek Breuninger, Chrstn |
| 12: | 18:40 | Steven Loforti, Claire   |
| 18: | 19:18 | Ryan Schneider, Coro     |
| 19: | 19:20 | Darren McTaggart, Clair  |
| 20: | 19:22 | Gavin Runyon, Chrstn     |
| 21: | 19:23 | Daniel Rickert, Mad      |
| 22: | 19:37 | Matt Deal, Coro          |

The fastest returning girls from last year's league finals, at Morley Field (4K):

- |     |       |                        |
|-----|-------|------------------------|
| 3:  | 17:08 | Jen Wirkus, Claire     |
| 4:  | 17:19 | Amanda Thaete, Coro    |
| 5:  | 17:21 | Rebecca Garcia, Claire |
| 6:  | 17:38 | Emily Trepasso, Coro   |
| 8:  | 17:54 | Kiley Dunlap, Coro     |
| 9:  | 18:04 | Anna Westgate, Mad     |
| 10: | 18:06 | Breanna Ducker, Mad    |
| 11: | 18:08 | Sara Morton, Coro      |

# The Teams:

**RUNNING COURSES:** All teams run league meets at Morley Field, although the layout is different than the CIF course.

**Boys run 3.0 miles; girls course to be determined. Madison often runs non-league meets at the beach.**

# Christian

**Division:** Five. **Coach:** Scott Matters.

## BOYS:

**Numbers:** 9. **The leaders:** Derek Breuninger (12), Steve Barber (11), Glendon Bute (11). Breuninger was the team's fastest at the CIF meet last. Matters says that newcomers Barber and Bute can challenge for the top spot. That should give the team a solid 1-2-3. **The pack:** Gavin Runyon (10), Cameron Mahr (10), Matt Moser (10), Paul Breuninger (10), Noah White (12). Runyon and Mahr are experienced, and might be the best of this group.

**Outlook:** The team qualified for last year's state meet after taking second in CIF D-V. They took some losses from their top group, however, and will have to rebuild a bit. In D-V, rebuilding often doesn't take long.

## GIRLS:

**Numbers:** 3. **New:** Matters lost his entire team from last year. The new prospects include Leah Celeste (12), and Megan Winslow (11).

**Outlook:** It seems unlikely that they'll put together a scoring team. The individual talent level is unknown.

## Clairemont

**Division:** Four. **Coach:** Sean Stevenson, assisted by Joaquim Cruz.

## BOYS:

**Numbers:** 9. **The leader:** Steven Loforti (10). He ran 18:49 on the CIF course last year as a frosh, a pretty decent ninth-grade mark. He's one of the better Harbor returners.

**The pack:** Ryan Davis (10), Darren McTaggart (10), Carlos Gutierrez (11), Mark Trevort (11), Matthew Smith (9), Jonathan Smith (9). Davis ranged in the 2-3 spot last year. McTaggart might be the most improved after a great summer of training. Gutierrez was second in the Harbor League 3200. Jeff Rusell (11), another vet, is not out yet.

**Outlook:** The core talent is still young (sophs running 1-2-3), and the team is maybe a bit thin. Should be representative, however, and could be building into a strong league team in another year or so.

## GIRLS:

**Numbers:** 6. **The leader:** Jen Wirkus (12). She is the fastest returnee from last year's league finals, and she trained with the University City girls team most of the summer, so she's ready. **The pack:** Rebecca Garcia (10), Laurel Herriman (11), Liz Garcia (11), Melissa Diaz (10), Elisa Cervantes (10). Rebecca Garcia was a strong number two last year, and has the potential to close the gap behind Wirkus. Herriman is new, but has a strong athletic background, competing in Junior Olympic kayaking. Liz Garcia and Diaz, also new, are all-around athletes as well.

**Outlook:** The Chiefs now have a full team, although not with much to spare. The one-two punch is pretty good in this league, and there are good athletes on the squad. If any depth develops, they could be a league contender.

## Crawford

**Division:** Three. **Coach:** Art Anderson.

## BOYS:

**Numbers:** 9, still adding. **The leader:** Simon Peter (12). He's the defending league champ, and he was 20th in the state D-III race last year in 16:20. Not too bad for an athlete that still regards soccer as his primary sport. **The pack:** Min-Soo Smith (12) is the only returner from last year's league champs. **New:** Anderson has almost a whole new team behind his top two. The can-

didates include Hoang Tran (9), Daniel Kidane (10), Dana Ung (10), Idrise Osman (9), and Bodgan de la Cruz (9). "They're all good athletes," Anderson said. "They're new. They're talented, but new."

**Outlook:** Last year, the Colts put it together at just the right time to win the league. In spite of the turnover, they should be right in the thick of things again. Peter is excellent.

## GIRLS:

**Numbers:** 15 to 18, still adding. **The pack:** Isabel Perez (12), Quiand Neff (11), Eileen Romero (11), Elaine Romero (11), Fride Krith (12), Nabouny Jock (12), and "lots of frosh." Perez returns from last year. Anderson has built up his roster by finding athletes from other sports to do off-season conditioning. As a result, the athletic level of the team is very good.

**Outlook:** The team is obviously strengthened, although the talent level is still very unknown. The addition of good numbers of good athletes should eventually pay off.

## Coronado

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

## BOYS:

**Numbers:** 11. **The leader:** Paul Whitford (12). He was last year's leader, but was sick at the end of the season. In track, he made a big jump with a 1:58 for 800. More mature, he'll be a fine number one.

**The pack:** Eren Cataloglu (12), Matt Deal (12), Ryan Schneider (10) return from last year's varsity. Cataloglu is a good number two runner. **New:** Candidates include Alex Kowalczyk, Neal Clements (12), Greg Morgan (11), David Fink (9), and Josh Copp (9).

**Outlook:** The Islanders are always one of the best teams in the league, and this year should be no exception. Whitford looks like gold at the top, and there seems to be enough depth and talent to fill out the roster.

## GIRLS:

**Numbers:** 13. **The leader:** Emily Trepasso (10). She had been running in the pack until recently when she showed the ability to move out in front. **The pack:** Kiley Dunlap (12), Amanda Thaete (12), Sara Morton (12) and Kathlene Taylor all are seasoned veterans, some of them in their fourth year on the Islander varsity. **New:** Chelsea Grant (12) looks like a solid sixth runner. A number of other runners are challenging for the final varsity spot, but it's too early to sort things out.

**Outlook:** They should again be the favorite in the league, but they could be challenged by one or more of the other Harbor teams. They seem to have the edge in both talent and experience at this point, however.

## Gompers

**Coach unavailable at press time. Team preview may appear in a future issue.**

## Lincoln Academy

**Division:** Four. **Coach:** Vic Player.

## BOYS:

**Numbers:** 29. **The pack:** Juvenal Corporale (12), Curtis Freitas (10), Prince Thompson (11), John Davis (11), Eric Collins (12). Corporale and Freitas ran for the Hornets last year.

**Outlook:** Many Lincoln athletes use the team as conditioning, which partly accounts for the numbers, but Player probably has some decent talent in his ranks. "The boys have looked pretty good," he said.

Continued on page 15.

Don't forget to check in with our website. We have cross country race results, and archival track coverage, including unpublished photos from last year's local CIF Masters Meet.

**TRACK MAGAZINE** web site:  
<http://www.crowncity.com/sdtrackmag>



# Harbor:

From page 14.

## GIRLS:

**Numbers:** 1. She's Unika Smith (11), a top sprinter. When somebody like Monique Henderson runs cross country, it's not hard to convince other 400 runners that it is worthwhile.

## Madison

**Division:** Three. **Coach:** Bob Bishop.

## BOYS:

**Numbers:** 15. **The leaders:** Pepe Cervantes (12) is this year's team captain. Daniel Rickert (11) is right behind him. **The pack:** Joe Spano (11), Sherwood Hartwell (10), Daniel Hoffman (11), Steve Mims (12) all return from last year's squad.

**New:** Chris Sorichetti (9), Jeremy Parker (11), Sean Conroy (11) will also compete for spots.

**Outlook:** The numbers are not bad, and there is a core of returning experience. This team should be representative in the league.

## GIRLS:

**Numbers:** 17. **The leaders:** Breanna Ducker (11) and Anna Westgate (10). They both had their moments last year. Ducker was injured much of the year, and sometimes Westgate would be the team's best. **The pack:** Kim Ducker (10), Megan Pangacian (11) and Rachelle Remigio also return from last year's squad. **New:** Also competing for spots on the team are April Antonio (10), Y Hong (12), Yee Lau (12), Elizabeth Manuel (10), Sarah McCormick (10), Denise Murillo (10), Lorena Pastor (10), Cassandra Rementer (10), Rebecca Rickert (9), Carla Terrones (11), Danielle White (10) and Libby Plummer (12).

**Outlook:** Ducker and Westgate provide some punch at the front of the pack. Behind them, there's experience and numbers. If some candidates pan out, this team could be one of the best in the league.

## Marian Catholic

**Division:** Five. **Coach:** Bill LeBold, assisted by Meghean Maroney.

## BOYS:

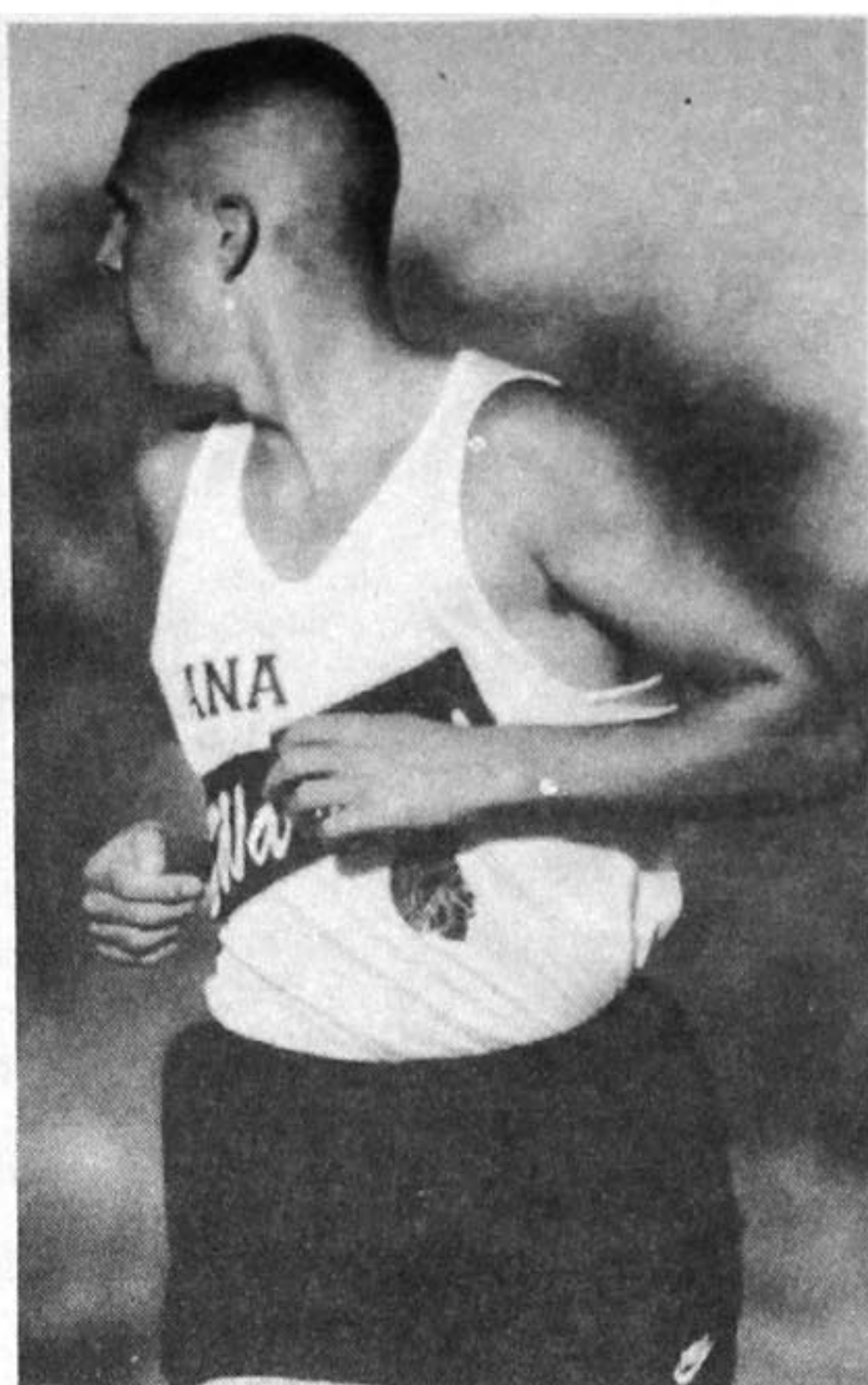
**Numbers:** 12. **The pack:** Juan Gutierrez (12), David Blair (12), Ryan Barajas (12), David Ramm (12), Steve Perotti (12), John Rodriguez (11), James Quigley (10). The first five named were on the team last year.

**Outlook:** The numbers are OK, and there's a lot of experience. The team should be improved. "We're doing a lot better," LeBold said. They should be a representative team in the league, which would be a nice achievement for a program that is really just getting started.

## GIRLS:

**Numbers:** 6. **The pack:** Tatiana McElwain (12), Sarah Reys (12), Anna Lena Frick (12), Claudia Walter (12), Pia Sikorski (12), Anna Umpfenbach (12). The girls are all brand new to running.

**Outlook:** It will take time to sort out the talent among the newcomers, but the growth of the numbers, as on the boys side, is an encouraging development.



Will Kramer  
Army Navy Academy

# The Small Schools:

## The Fastest Returners:

**BOYS:** The fastest returning boys from last year's combined Southern and Coastal league meets, at Morley Field (3.1 miles, over the CIF course):

- 1: 17:07 Peter Holland, Bish
- 2: 17:08 Will Kramer, ANA
- 3: 17:24 Chad Young, CC
- 5: 17:39 Jared Ziman, UCD
- 7: 17:57 Jesse Shipley, CC
- 8: 18:02 Rashawn Allen, UCD
- 11: 18:17 Brandon de Young, CC
- 17: 18:51 David Saenz, Horizon

**GIRLS:** The ten fastest returning girls from last year's combined Southern and Coastal league meet, at Morley Field (2.7 miles, over the CIF course):

- 2: 16:34 Jenna Timinsky, SDA
- 3: 17:32 Kaili Shumilak, Bish
- 5: 18:39 Carly Gardner, UCD
- 6: 18:48 Liz Robinson, Holt
- 7: 18:48 Lily Dowlatshahie, MIE
- 8: 18:59 Erin Calloway, Jul
- 9: 19:06 Daniella Scarfeo, UCD
- 10: 19:10 Elizabeth Smith, Jul
- 11: 19:16 Emily Ogata, SDA

# The Teams:

## COASTAL:

## Army-Navy Academy

**Division:** Five. **Coach:** Patrick Dunn. **Home course:** Guajome Park.

## BOYS:

**Numbers:** 42. **Leader:** Will Kramer (10). He was gangbusters as a frosh last year, qualifying for the state meet (and placing 27th there). In track, he ran the 3200 in 9:51, the second fastest frosh time in the county. His enthusiasm for the sport is so contagious that Dunn has named him as one of the team captains despite the fact that he's just a soph. **Next:** Taylor McDonald (12) returns from last year's varsity. He'll be an adequate second. **The pack:** Dunn is working with about eight runners to form the bulk of the team. They include Kirby Morejohn (11), Michael Yowe (11),

Kenny Wang (10), Joseph Timothy (11), Garrett Kirby (10), Charles Chatfield (11), J. P. McConology (11) and Norby Williams (12). The odds are that Dunn will find some runners.

**Outlook:** When you have a young ace like Kramer, you can afford to take the long view. Dunn has great numbers, and can develop a team around his ace, without resorting to any crash programs. If a few athletes start to break through, of course, the time line advances considerably.

## The Bishop's School

**Division:** Five. **Coach:** Wendy Svatek, assisted by Abdourahmane Lo, an Amity Scholar from Senegal. **Home course:** UCSD.

## BOYS:

**Numbers:** 30. **Leader:** Peter Holland (12). He's been their ace since he was a frosh. In a mild upset, he won the league title last year, and went on to run at Fresno. In track, he came back with a 1:59 for 800. Now, he's planning to concentrate on running. He's been splitting time with soccer to this point, so the results should be nothing but positive. **The pack:** Matt Lindeman (11), Kevin Chan (12), Jake Armstrong (12), Greg Humber (12) all return from last year's varsity. Add to the pack Taylor Rodgers (11), Ryosuke Onaka (12), Morgan Blake (12), Matt Smith (9), Mike Sutherland (12) and Andy Stewart (12). Rodgers ran varsity as a frosh and didn't run last year. He should push into the top group at some point.

**Outlook:** They finished last year just 13 points out of second place in the league finals. They should be in the ballpark again, with the ability to range up to second. It will be interesting to see Holland explore his potential without the distraction of club soccer. He already was pretty good.

## GIRLS:

**Numbers:** 4. **The leader:** Kaili Shumilak (11). She's been one of the best young runners around, and ranks as the second fastest returner in the league, after Timinsky. This is an important transition year for her. **The pack:** Alex Gage (10), Nicky Enberg (10), and Beth Ramenofsky (11). Gage and Enberg ran varsity last year; Ramenofsky is new to the sport, but has shown well in early results.

**Outlook:** Unless another runner or two shows up soon, the Knights can't be a factor in the team race. That's too bad, because the talent that is on hand is good. Shumilak can set her sights on qualifying for the state meet for the third year in a row. She's been second at CIF two consecutive years.

## Calvin Christian

**Division:** Five. **Coach:** Bill Stout, assisted by Kimberly Radersma.

**Home course:** Jesmond Dene Park.

## BOYS:

**Numbers:** 35. **The leader:** Chad Young (12). He has been the very solid number two runner behind Bart Conner for the past few years, and now moves into the number one role. He has talent; in track, he ran 1:59 for 800. "He likes the leadership role," Stout said. **The pack:** Brandon de Young (12), Jesse Shipley (11), and Darin Conner (10) all return from last year's D-V CIF champs. **New:** Aaron Faber (10) was the top JV boy last year, and should move right up. Josh Vermaire (11) is a transfer from Michigan who already is in the middle of the varsity pack.

**Outlook:** They are the favorites in the league and in D-V. Young is one of the best runners in the league, and none of the other teams have an established group of pack runners like Calvin. Some of the other teams could mount a challenge, but Calvin is definitely in the driver's seat at this point.

## GIRLS:

**Numbers:** 20. **The leader:** Elana Huff (10). She's new to running after playing volleyball last year, but she's already the team's best. **The pack:** Jenny Tarvin (10), Marjorie Spurr (11), Shellie Brown (12) and Kara Zuidema (10) all were members of the team that won the CIF D-V title last year. Other candidates include Linsey Bradshaw (10) and Kristy Tarvin (11), another volleyball refugee.

**Outlook:** There has been some turnover of personnel, and the team could be upgraded. The team went to Fresno on the strength of its pack last year. Now, the top of the pack seems better. That's bad news for league and CIF foes.

## Horizon Christian

**Division:** Five. **Coach:** Kathy Graham and Bill Graham. **Home course:** Kearny Mesa Recreation Center.

## BOYS:

**Numbers:** 10. **The leader:** David Saenz (12). He is the eighth fastest returning boy from last year's league meet, so he's solid. **The pack:** Ryan Chapman (12), Caleb Waggoner (10), Deven Gerardy (11), Matt Spencer (9), and Cameron Highfill (9) are the leading candidates. Waggoner and Gerardy return from last year's team, but Chapman looks like the number two runner in the early season.

**Outlook:** Horizon is in their second year of fielding a full boys team, and this edition seems like it could be improved.

## GIRLS:

**Numbers:** 6. **The pack:** The team is comprised entirely of new runners. So far, Joy Whitson and Angie Sieckman (9) are showing well.

**Outlook:** It will take a bit of time to build the program. The numbers are up just a bit, so that's a good sign.

## La Jolla Country Day

**Division:** Five. **Coach:** Sarah Bakhiet, assisted by Scott Sanders. **Home course:** UCSD.

## BOYS:

**Numbers:** 11. **Leaders:** Rashawn Allen (11), Jared Ziman (12). Allen, a good all-around athlete, trained hard over the summer and has passed up Ziman, last year's number one. **The pack:** Cesar Don Juan (12), Nick Shiftan (12), Kevin Weinberg (11), Shwn Sarkaria (10), Tyler Grooms (9), Matt Luckham (12). Don Juan is a basketball player new to the sport, but he's already up to third man. Shiftan and Weinberg are returning varsity vets and round out the scoring pack.

**Outlook:** They should be one of the better teams in the league. Allen and Ziman give the team strength at the top, and there's some experience and talent in the middle.

## GIRLS:

**Numbers:** 9. **Leaders:** Carly Gardner (10), Lauren Swigart (9). Gardner was one of last year's best frosh runners, and is also a great soccer player. Swigart, one of this year's best frosh (she won the frosh race at the Wolfpack Invite), might be closing the gap, which gives this team

Continued on page 16.



# Small Schools:

From page 15.

a great one-two right at the top. **The pack:** Maya Chard-Yarone (10), Porschia Talbot (9), and Courtney Drogin (12) lead a group of brand new runners.

**Outlook:** The Torres were second in the CIF D-V meet last year, and qualified for Fresno. A return trip could be in the cards if Bakhtiet can develop some of the newcomers. The numbers are higher than they've been in some time, always a good sign.

## Francis Parker

**Division:** Five. **Coach:** Dan Coffman, assisted by Cindy Haberman and Matt Schillenburg. **Home course:** Tecolote Canyon.

### BOYS:

**Numbers:** 11. **The pack:** John Pierce (10), Dwight Carey (10) Robert Sise (12), and Kalyan Pokala (12) all return from last year's varsity. Also contending for spots on the team are Jeff Goodall (9), David Szeles (11) and Eric Hsieh (9).

**Outlook:** The best talent on the team is very young, so the squad will need time to develop.

### GIRLS:

**Numbers:** 8. **The leader:** Gwyn Leachman (12). She was the leader of the team as a frosh, and has returned from Washington to take over the top spot again. She raced well in the Sundevil, taking eighth in the small schools senior race in 18:07. **The pack:** Sarah Kauffman (10), Jessica Srinivas (11), Lisa Arias (9), Linda Pace (9), Katie Butler (10), and Liz Mannino (11) will make up the team. Kauffman was number two last year as a frosh, and Srinivas also returns from the varsity. Mannino, a good athlete, could be as high as second on the team.

**Outlook:** Leachman helps fill the void left by the departure of Angela Petersen, who moved to Las Vegas. Behind her, there seems to be enough material for a decent pack. The Lancers could contend for the league title.

## San Dieguito Academy

**Division:** Four. **Coach:** Eric Conklin. **Home course:** San Dieguito Park.

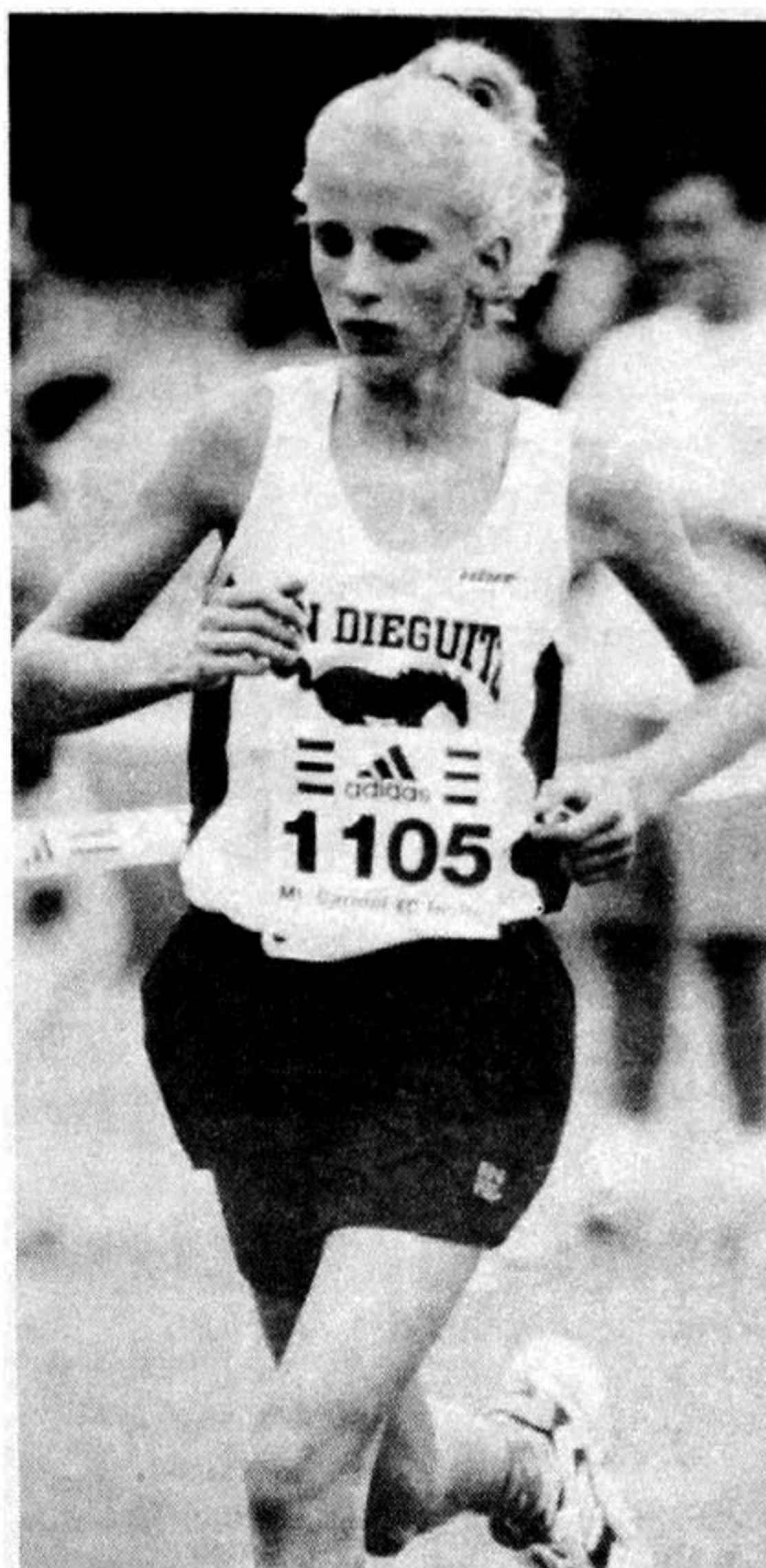
### BOYS:

**Numbers:** 12. **The pack:** Max Watson (11), Jeremy Schmitt (12), Erik Lea (12), Sparsh Khandeshi (12), Matt Mileski (12), Ben Savage (9). Watson, Schmitt and Lea all finished last year on the varsity, but newcomer Mileski might be catching up fast. He didn't run cross country until now, but he turned out for track and impressed Conklin.

**Outlook:** The team hasn't raced yet, so the ability level is unknown.

### GIRLS:

**Numbers:** 13. **Leader:** Jenna Timinsky (10). Any list of local runners in Timinsky's class is fairly short. As a frosh, she rarely raced, but made some big waves in her few appearances. She won the CIF D-IV race easily, and finished seventh in the state meet. In track, she put up some impressive times (2:14, 5:11 and 11:04 in only a few attempts at each distance). This year, she seems to be on track to find more competition. She's already raced at the Bronco and Sundevil meets, and ran to huge



## Jenna Timinsky San Dieguito Academy

wins in each. **The pack:** Michelle Quinn (11), Emily Ogata (10), Katie Dubiel (11), Amanda Stone (11), Megan Daley (12). The first four all return from last year's team, which finished just four points out of second in the CIF D-IV race. Daley is new to the sport, but spent the summer running four miles each day, so she's fit.

**Outlook:** Most of last year's team, including their ace, returns, so they'll be tough in the league again, and a contender in the CIF D-IV race. Timinsky's potential is scary.

## Tri City Christian

**Division:** Five. **Coaches:** Chuck Kelley and G. W. Damron.

### BOYS:

**Numbers:** 5. **Candidates:** Jeff Halonen (12), Nate Swanson (11), Ryan Breckenridge (11), Daniel Horton (11), Garret Metcalf (9). These are the core runners, and some members of the basketball team will join the squad for a number of meets. Horton is probably the fittest in early workouts, but frosh Metcalf might have the most potential. Swanson is the younger brother of Ryan Swanson, who was a top runner a few years back.

**Outlook:** Kelley and Damron are just getting the program reestablished.

### GIRLS:

**Numbers:** 5. **Candidates:** Jenny McGrady (10), Analisa Harper (10), Shannon McMillan (10), Lauren Breckenridge (9), Meghan Stoddard (9). Stoddard, a soccer player and all-around athlete, could have some potential.

**Outlook:** Again, things are just starting here. The fact that they already have a full girls team is a positive.

## SOUTHERN: Borrego Springs

**Division:** Five. **Coach:** Rachel Muravez. **Home course:** Adjacent to campus.

**The program:** Borrego Springs not only is one of the very smallest schools in the county, the cross country teams have to compete with football and girls volleyball for

athletes. Another strike is the heat, still well over 100 degrees during the day, and oppressive in the summer. It's an accomplishment just to have a cross country program.

### BOYS:

**Numbers:** 4. **The pack:** Luis Zuniga (11); Gilberto Barrios (11), Kyle Reis (11), Brin O'Brian (10). Barrios and Reis return from last year's team.

### GIRLS:

**Numbers:** 1. She's Kayla Bailey (9). Muravez still hopes to add some runners.

## Holtville

**Division:** Four. **Coach:** Glen Irvin. **Home course:** Barbara Worth Country Club, in Holtville.

**The program:** There's talent at this school. Just a few years back the boys team was second in the state meet, when the school was in Division V. Last year, the newly formed girls team won the Southern League title. Heat is an issue; the team still runs at 6 pm or at 5:30 am to avoid it.

### BOYS:

**Numbers:** 9. **The pack:** Michael Strong (11), Eddie Castaneda (11), Armando Ruiz (11), Steven Hardin (11), Preston George (11), Louie Anderholt (9), Andy Wells (11). Strong and Castaneda return, and are the best runners. Ruiz, also a returnee, will share time with football.

**Outlook:** Most likely the best team in the Southern, but they're in tough company in the CIF Division IV.

### GIRLS:

**Numbers:** 7. **Leader:** Elizabeth Robinson (10). She's the defending league champ, and is far out in front of the pack here. **The pack:** Martha Armenta (9), Liliana Medina (12), Nina Rivas (10), Karina Larios (12), Ashley Weidemann (11). Rivas and Medina return from last year. Medina battled injuries last year, but seems much better now. Armenta is a good-looking frosh who is probably second on the team.

**Outlook:** Won the league title last year and should repeat. Robinson has a chance to qualify for Fresno as an individual in Division IV.

## Julian

**Division:** Five. **Coach:** Bill Porter. **Home course:** Heise Park, which is the toughest course in the section.

**The program:** Like almost all of the schools in the Southern, Julian annually struggles with numbers. Often, the top talent will be pretty decent. When they built their girls team up to a full team of five late last year, they just missed making it to the state meet. In the last ten years, they have rarely missed sending an individual or two to Fresno.

### BOYS:

**Numbers:** 4 to 6. **The pack:** Ben Coil (12), Clayton Garner (10), Jesse Loftus (12), Adam Bakken (10), Salvador Alicatta (12). Maybe: Scott Neth (9). Coil and Garner both return from last year's team. Newcomer Alicatta might be the team's leader, based on early results.

**Outlook:** Team needs time to develop, but could be competitive in league.

### GIRLS:

**Numbers:** 3. **Leader:** Elizabeth Smith (11). She only trained for a few weeks last fall, joining the team very late, but she almost made it to Fresno, running 19:25 at CIF. Erin Calloway (10), last year's excellent frosh runner, may miss the season with an illness. **The pack:** Nicole Bastian (10), Kasey Nielsen (10). Both have shown promise; Bastian is making strides this season.

**Outlook:** Down to three healthy runners, they can't be a team factor. Smith has talent, and could make it to the state meet.

## Lutheran

**Coach unavailable at press time. The team preview may appear in a future edition.**

## Mountain Empire

**Division:** Five. **Coach:** Bill LeBlanc. **Home course:** Lake Morena.

**The program:** Cross country was reestablished here last season, and they got a bit of a late start at that time. But the program has gotten a foothold now, and is quickly building some numbers.

### BOYS:

**Numbers:** 9-10. **The leader:** Ed Schuh (12). He's the team captain. **The pack:** Rick Schuh (11), Francisco Venegas (11), Derek Boyd (11), Jacob Bliss (10), Travis Palovchik (10), Roy Hartt (9), Garrett Bernard (10), Max Torres (11) and Michael Wells (12). Schuh, Venegas, Wells, and Bliss return from last year's team.

**Outlook:** Last year was just about getting off the ground. Now, with numbers up and with some returning experience, the program can grow.

### GIRLS:

**Numbers:** 5 or 6. **The leader:** Lily Dowlatshahie (11). She was the catalyst in getting the program started last year, and she made it look good, qualifying for the state meet. **The pack:** Courtney Watkins (10), Sarah Butler (9), Valerie Turcotte (9), Melissa Miner (9), Andrea Notterman (10). Watkins returns from last year, and she was an excellent frosh runner. The others are all new, and LeBlanc will be hoping he finds another talent or two.

**Outlook:** Some of the pieces are in place. Dowlatshahie is quality, Watkins is good, and LeBlanc is doing a good job. If he can find some support for his top girls, the team could be a CIF contender. They could also challenge Holtville for the league title.

## Vincent Memorial (Calexico)

**Division:** Five. **Coach:** Terry Zavala.

**The program:** Cross country is in its second year at this small school, but Zavala, who also coached last year, has full teams in place. Last year's top runner, Darren Wisdom, who had great potential as a soph, has moved to northern California.

### BOYS:

**Numbers:** 5.

### GIRLS:

**Numbers:** 5.

# Top 40

From page 1.

### 31 to 40:

17:52 Desiree Leek, La Jolla, 11  
17:53 Bre Goetz, Ramona, 10  
17:54 Tiffany Lee, Vista, 11  
17:55 Dori McGuire, Mira Mesa, 11  
17:57 Audrey Harrer, Mt Carmel, 11  
17:57 Leslie Borenstein, La Jolla, 11  
17:58 Liz Edwards, La Jolla, 10  
17:59 Michelle Guerrero, La Jolla, 11  
18:01 Mikaelyn Austin, R'nch Bdo, 12  
18:02 Kristi Pinnell, Valhalla, 11