

N.C.S. --CC-> RANKINGS

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THE STATE MEET was another unqualified success for the North Coast Section. Since the inception of the State Meet, our section has slowly gained in visibility in state-wide competition. The Southern Section, with its 511 member high schools, still dominates any sports consideration. (On reflection, with almost half of the state's schools, perhaps they had better dominate.) The North Coast has over the last few years been more successful than ever. This year has seen an increase in our presence, even over last year's good outing. From Julia Stamps scorching all courses to Clayton Valley's girls winning despite a crucial injury, from Micheil Jones romping to an individual win to Piedmont's boys repeating as third in Division IV despite losing all top five runners from last year, we showed well at the best time to do so--the State Meet.

SOME MINOR EDITORIALIZING -- We are, as a section, becoming more than just a one or two team phenomenon. As we have known all along, we can coach and train and compete as teams with the best of them (and sometimes better.) As coaches and athletes and, those vitally interested in cross country, you all are to be commended. It would do well at this point to remember just what is it that brings the type of success we now enjoy as a section and improve and continue to do those things. I suggest we focus on three points in particular:

1. **Rigor and Professionalism** -- The best coach is one who demands the most from his or her athletes, from a knowledgeable and informed standpoint. Particular styles vary as to particular personalities, but high expectations yield high results. And just as importantly, the field of knowledge and information about cross country continues to expand and the coach needs to stay educated about the sport.

2. **Competition** -- the best teams run against the best competition they can find to hone the runners' experience and competitive zeal. If a team wants to be running against the best at the end of the season, that team had better had some sort of big meet experience against top teams in order to be fully prepared.

3. **Communication** -- The more coaches and teams see each other, run against each other, read about each other, the more the entire sport benefits. Cross country gets off the back pages small print if there is sufficient interest. The more athletes see large meets and other teams, the more allure the sport has and the more athletes will tend to try the sport.

I feel that we have been doing all of these quite well. I think that North Coast cross country has many bright days ahead of it, and we can keep it that way.

BUT NOW FOR SOME RESULTS AND ANALYSIS: This is how the State Meet looked:

Division I -- Girls: Carondelet pretty much proved its point. The Cougars finished 7th in a tough field and dispelled and thought that they didn't really belong in Division I. Kristen Gordon (18:46-8th) led the way for them, with Katie Owen (19:30-26th) also put in a quality performance for the Cougars. Logan was simply outmatched by most of the field, finishing 14th, but Senhit Dirar (19:51-41st) put in a quality performance for the Colts. Julia Stamps (Santa Rosa) was the individual story of the meet, striding comfortably to a course record over a minute ahead of the closest competition. Montgomery's Pamela Richardson ran very well also (19:26-23rd).

Boys: Santa Rosa came through in a fine way, recording the best non-DeLaSalle finish in Division I for us. Their 8th place finish was keyed by the fine running of Zach Barrett (16:15-26th) and Peter Egerton (16:20-32nd).

Division II -- Girls: Mission San Jose (8th) had some excellent running by the Reidy twins with Elissa (18:19 -2nd) and Lori (18:38-4th) dueling with the leaders for over two miles before the pack thinned out a bit at the end. Castro Valley (13th) sagged after their North Coast performance, and had only Jennifer Ewing (19:41-22nd) as a bright spot. Tina Bowen of San Ramon (18:57-8th) had an excellent individual race, as did Lisa Gillis (19:30-17th) of Moreau Catholic.

Boys: As expected, DeLaSalle's Tommy Prindiville (15:53-7th) and Randy Maestretti (15:59-13th) ran near the front of the pack all the way, but the rest of their pack fell off the pace and the Spartans settled for 9th. Mission San Jose grabbed 11th, with Pat O'Leary (16:29-42nd) leading the way for the Warriors. Monte Vista's Martin Beggs (16:20-36th) was a top individual for us.

Division III -- Girls: This was the hot spot of excellence for the North Coast today. Clayton Valley held to form and easily won the meet, but not without suffering the loss of Marcella Villalobos, their #3 girl, who fractured a tibia in the last 1/4 mile and went down. And they still had the best team time on the day of any division! Heather Wallace (18:23-5th), Deborah Osteen (18:55-11th), Kelly Howisey (19:18-19th), Louise Indrisie (19:41-28th) and Jennifer Osteen (20:25-49th) comprise the core of this fine team. Northgate did well too, grabbing a 7th place. Alison Lambert (18:22-4th) did a fine job for the Broncos. We had a swarm of top individuals as well, with San Leandro's Rachel Mosher (18:45-8th) making the top ten. Amber Robinson (19:09-15th) of Las Lomas and Granada's Marisa Daniel (19:33-24th) did very well, as did Jessica Rhodes (19:38-27) of Acalanes and Healdsburg's Lisa Hernandez (19:41-29th).

Boys: The top end of this race was all North Coast. Livermore's Micheil Jones (15:25-1st) and Steve Immel (15:33-3rd) put on a great display of talent. Their finish helped propel the Cowboys to 3rd place despite some lackluster running by the back pack. Alex Teekell (15:46-5th) of Bishop O'Dowd and Clayton Valley's Mike Wojciechowski (15:58-8th) also had top 10 finishes. Clayton Valley finished 5th to cap off a great season. Geoff Brigham (16:19-21st) was their excellent #2 guy today. Individually Danny Brecht (16:25-26th) of Petaluma and San Leandro's Keith Kennedy (16:26-29th) had fine races.

Division IV -- Girls: Once again, the North Coast presence was where it should be, at the front of the race. Kristen Schreiber (19:11-1st) of Miramonte almost was not able to defend her State title, as Theresa Newman (19:13-2nd) of Marin Catholic led pretty much the whole last half of the race. Apparently grimly determined to reverse the previous week's race results from the NCS section meet, Newman ran up to and past her limit of endurance, and when she bound up on the grass right before the finish, Schreiber turned on the jets to just nab her. Lindsey Bergren (19:34-5th) ran very well for Miramonte as well, as the Matadors finished 2nd in the team scoring. Branson, behind Kim Reynolds (20:12-15th), turned in a quality team performance with a 4th place finish. Other individuals doing well were Terra Linda's Jennifer Ponig (19:36-7th), College Prep's Gina Rafanelli (20:16-16th), Miramonte's Kristi Miller (20:18-17th), San Rafael's Tegan Zimmerman (20:33-27th) and Ursuline's Sarah Hallas (20:37-29th).

Boys: Another success story saw Piedmont reprise its 4th place finish of last year, even down to the tie and tie-breaker, with Dave Rhodes (16:39-19th) the first Highlander. Campolindo finished 9th, with a very strong performance from Ryan Gallagher (16:00-5th). Top-placing individuals were St. Mary's JonEvan Hornsby

(16:31-13th), Arcata's Cody Clark-Thompson (16:36-16th), Mt. Diablo's Adrian Gutierrez (16:49-22nd) and California School for the Deaf's Jason Hardy (16:59-29th).

1994 N.C.S. STATE MEET TEAM TIMES:

Boys:

1	81:51	Livermore	III-3
2	83:41	DeLaSalle	II-9
3	83:52	Clayton Valley	III-5
4	84:17	Santa Rosa	I-7
5	84:43	Mission San Jose	II-11
6	86:16	Piedmont	IV-4
7	88:43	Campolindo	IV-9

Girls:

1	96:42	Clayton Valley	III-1
2	100:24	Carondelet	I-7
3	101:11	Mission San Jose	II-8
4	101:35	Miramonte	IV-2
5	102:11	Northgate	III-7
6	104:51	Branson	IV-4
7	107:29	James Logan	I-14
8	108:37	Castro Valley	II-13

1994 N.C.S. ALL-STATE TEAMS:

Boys:

1	15:25	Michelle Jones	Livermore	11	III-1
2	15:33	Steve Immel	Livermore	12	III-3
3	15:45	Alex Teekell	Bishop O'Dowd	12	III-5
4	15:53	Tom Prindiville	DeLaSalle	10	II-7
5	15:58	Mike Wojciechowski	Clayton Valley	11	III-8
6	15:59	Randy Maestretti	DeLaSalle	11	II-13
7	16:00	Ryan Gallagher	Campolindo	12	IV-5
8	16:15	Zach Barrett	Santa Rosa	12	I-26
9	16:19	Geoff Brigham	Clayton Valley	12	III-21
10	16:20	Peter Egerton	Santa Rosa	12	I-32

Girls:

1	17:06	Julia Stamps	Santa Rosa	10	I-1
2	18:19	Elissa Reidy	Mission San Jose	12	II-2
3	18:22	Alison Lambert	Northgate	12	III-4
4	18:23	Heather Wallace	Clayton Valley	11	III-5
5	18:39	Lori Reddy	Mission San Jose	12	II-4
6	18:45	Rachel Mosher	San Leandro	12	III-8
7	18:46	Kristen Gordon	Carondelet	10	I-8
8	18:55	Deborah Osteen	Clayton Valley	10	III-11
9	18:57	Tina Bowen	San Ramon Valley	11	II-8
10	19:09	Amber Robinson	Las Lomas	12	III-15

HISTORICAL REFERENCING: And now for a little comparison through the years. It seems that there was quite a bit of movement on the charts, as expected. Peruse and enjoy.

All-Time N.C.S. Team Performances at the State Meet:

Boys:

Division I ("3A" prior to 1990)

1	80:05	DeLaSalle	1989	2nd
2	81:18	DeLaSalle	1988	5th
3	81:41	DeLaSalle	1992	4th
4	82:27	San Ramon	1987	11th
5	83:44	Antioch	1987	13th
6	83:54	Amador Valley	1989	12th
7	84:03	Santa Rosa	1988	14th
8	84:17	Santa Rosa	1994	8th
9	84:39	Montgomery	1993	11th
10	86:14	James Logan	1991	13th
11	86:52	Montgomery	1990	13th

86:58 CV 15th
86:57 BOD 16th

Girls:

1	98:23	Santa Rosa	1991	6th
2	100:24	Carondelet	1994	7th
3	102:25	Santa Rosa	1990	8th
4	103:20	California	1987	12th
5	104:05	California	1988	14th
6	104:42	California	1989	11th
7	105:23	San Ramon	1989	12th
8	105:37	James Logan	1992	11th
9	106:21	Granada	1988	16th
10	106:32	El Cerrito	1987	14th
11	107:29	James Logan	1994	14th
12	111:04	James Logan	1993	18th

103:14 JL 8th

108:08 ACA 18th

Division II ("2A" prior to 1990)

1	80:39	DeLaSalle	1991	1st
2	82:38	Montgomery	1992	8th
3	83:14	DeLaSalle	1993	7th
4	83:25	DeLaSalle	1990	7th
5	83:41	DeLaSalle	1994	9th
6	84:11	Piedmont	1988	5th
7	84:18	Castro Valley	1987	7th
8	84:28	Castro Valley	1988	7th
9	84:43	Mission San Jose	1994	11th
10	84:53	Mission San Jose	1993	14th
11	85:00	Acalanes	1987	11th
12	85:04	Castro Valley	1991	7th
13	85:27	Amador Valley	1990	12th
14	85:33	Northgate	1989	7th
15	85:37	San Ramon	1992	13th
16	86:27	Arcata	1989	12th

82:55 DLS 6th

84:48 MSJ 11th

1	98:56	Mission San Jose	1993	3rd
2	101:11	Mission San Jose	1994	8th
3	102:40	Castro Valley	1989	8th
4	103:25	Redwood	1988	9th
5	103:39	Miramonte	1987	6th
6	103:39	Mission San Jose	1992	9th
7	103:45	Campolindo	1987	8th
8	104:20	Castro Valley	1993	13th
9	104:27	Monte Vista	1990	8th
10	104:44	Castro Valley	1991	10th
11	105:05	Monte Vista	1991	11th
12	105:13	Castro Valley	1990	10th
13	105:53	San Ramon	1992	14th
14	106:59	Northgate	1988	13th
15	107:32	Piedmont	1989	14th
16	108:37	Castro Valley	1994	13th

102:13 AV 11th

102:46 MSJ 12th

Division III

1	81:51	Livermore	1994	3rd
2	83:26	Livermore	1992	5th
3	83:29	Livermore	1993	8th
4	83:52	Clayton Valley	1994	5th
5	84:14	Livermore	1991	9th
6	84:49	Livermore	1990	10th
7	85:28	Bishop O'Dowd	1993	12th
8	85:33	Moreau Catholic	1990	11th
9	86:45	Casa Grande	1992	12th
10	87:52	Bishop O'Dowd	1991	14th

82:24 LV 2nd
83:24 LV 6th

1	96:42	Clayton Valley	1994	1st
2	97:17	Clayton Valley	1993	2nd
3	97:44	Bishop O'Dowd	1992	3rd
4	98:14	Bishop O'Dowd	1993	4th
5	100:43	Bishop O'Dowd	1991	5th
6	102:11	Northgate	1994	7th
7	102:19	Carondelet	1992	8th
8	103:43	Moreau Catholic	1991	10th
9	105:10	Livermore	1990	9th
10	106:30	Carondelet	1990	11th

95:20 CLV 2nd

98:23 CAR 4th

Division IV ("A" prior to 1990)

1	84:19	Piedmont	1993	4th
2	86:07	Fortuna	1991	8th
3	86:16	Piedmont	1994	4th
4	86:33	St. Mary's	1990	8th
5	86:45	Fortuna	1992	8th
6	86:51	Arcata	1993	7th
7	87:32	Arcata	1992	9th
8	87:38	University	1988	6th
9	87:51	Arcata	1991	11th
10	88:43	Campolindo	1994	9th
11	88:53	University	1987	13th
12	89:49	Piedmont	1990	14th
13	90:13	Lick-Wilmerding	1989	12th
14	92:01	Head-Royce	1987	15th
15	92:27	University	1989	14th
16	93:59	McKinleyville	1988	12th

86:52 PIED
3rd

88:57 CAMPO
8th

1	101:35	Miramonte	1994	2nd
2	102:22	Miramonte	1993	4th
3	102:52	Piedmont	1990	4th
4	103:39	University	1987	2nd
5	103:53	Ursuline	1993	5th
6	104:09	Arcata	1991	5th
7	104:28	Ursuline	1991	6th
8	104:51	Branson	1994	4th
9	105:15	Arcata	1992	4th
10	105:26	University	1988	4th
11	105:29	Ursuline	1992	7th
12	108:12	Ft. Bragg	1988	7th
13	110:51	Lick-Wilmerding	1989	10th
14	111:59	Alhambra	1990	14th
15	112:38	University	1989	14th
16	114:13	Head-Royce	1987	14th

100:52 UN1 2nd

105:31 CAMPO 5th

Top 10 All Divisions:

1	80:05	DeLaSalle	1989	I-2
2	80:39	DeLaSalle	1991	II-1
3	81:18	DeLaSalle	1988	I-5
4	81:41	DeLaSalle	1992	I-4
5	81:51	Livermore	1994	III-3
6	82:27	San Ramon	1987	I-11
7	82:38	Montgomery	1992	II-8
8	83:14	DeLaSalle	1993	II-7
9	83:25	DeLaSalle	1990	II-7
10	83:26	Livermore	1992	III-5

80:24 LIV III-2

82:55 DLS II-6

1	96:42	Clayton Valley	1994	III-1
2	97:17	Clayton Valley	1993	III-2
3	97:44	Bishop O'Dowd	1992	III-3
4	98:14	Bishop O'Dowd	1993	III-3
5	98:23	Santa Rosa	1991	I-6
6	98:56	Mission San Jose	1993	II-3
7	100:24	Carondelet	1994	I-7
8	100:43	Bishop O'Dowd	1991	III-5
9	101:11	Mission San Jose	1994	II-6
10	101:35	Miramonte	1994	IV-2

95:20 CLV III-2

98:23 CAR III-4

Individual State Meet Times are a compilation of the best times at the State Meet. These athletes may have other better times from other races, but this list is strictly based on the State Meet race. For the boys, the cutoff time is 16:00, and for the girls the cutoff time is 19:20. This is a top 50 list, but we do not yet have enough times to fill out the list completely.

ALL-TIME TOP M.C.S. INDIVIDUALS AT THE STATE MEET:

BOYS:

1	15:11	Jeremy Seven	Senior	DeLaSalle	1989 I-3
	15:31				1988 I-12
2	15:19	Kevin Berkowitz	Senior	Hayward	1989 II-1
	15:53				1988 II-11
	16:05				1987 II-18
3	15:25	Micheil Jones	Junior	Livermore	1994 III-1
	16:00				1993 III-19
	16:34				1992 III-34
4	15:29	Tesfaye Beyene	Senior	Newark-Memoria	1990 II-2
	16:31				1991 II-66
5	15:31	Steve Brown	Senior	Piedmont	1993 IV-2
	15:48				1992 IV-1
	16:12				1991 IV-10
	17:44				1990 IV-87
6	15:33	Steve Immel	Senior	Livermore	1994 III-3
	15:53				1993 III-10
	16:22				1992 III-20
7	15:35	Mike Khatri	Senior	Fortuna	1991 IV-1
10-8	15:39	Matt Creason	Senior	Eureka	1992 II-5
	15:42				1991 II-9
	16:12				1990 II-22
	16:30				1989 II-44
11-9	15:40	Chris Maier	Senior	Amador Valley	1993 II-8
12-10	15:43	Jeff Aschbrenner	Senior	California	1989 I-13
13-11	15:44	Brian White	Senior	Antioch	1990 I-6
	16:13				1989 I-44
14-12	15:45	Rob Scott	Senior	San Ramon	1988 I-19
	16:08				1987 I-44
15-12	15:45	Alex Teekell	Senior	Bishop O'Dowd	1994 III-5
	15:50				1993 III-6
16-14	15:46	Eli Ricca	Senior	Arcata	1988 II-9
	16:23				1987 II-33
17-14	15:46	Rickie Boulet	Senior	Drake	1990 IV-3
	16:28				1989 II-29
18-16	15:48	Jim Zachary	Junior	DeLaSalle	1990 II-8
	15:54				1991 II-13
	16:26				1989 I-60
19-17	15:50	Jason Atwood	Senior	Castro Valley	1989 II-7
	16:18				1988 II-29
	16:56				1987 II-63
20-17	15:50	Dan Stell	Senior	College Park	1990 III-3
	16:12				1989 II-18

IS37 SMITH III-1 (16:39 III-33 94)
 IS37 WOOD III-2 (17:14 III-102 93)

19	15:51	Mike Prindiville	Senior	DeLaSalle	1992 I-17
	15:54				1991 II-12
	16:56				1990 II-71
20	15:52	Steve Guerrini	Senior	Santa Rosa	1990 I-10
	16:13				1988 I-52
21	15:53	Brian Rivers	Senior	Moreau Catholic	1987 I-16
21	15:53	Tom Prindiville	Sophomore	DeLaSalle	1994 II-7
	16:50				1993 II-71
23	15:54	Keith Kennedy	Junior	San Leandro	1993 II-16
	16:26				1994 III-29
	16:50				1992 II-75
24	15:55	Ahmik Jones	Junior	Livermore	1990 III-6
	16:10				1991 III-14
	16:28				1989 I-62
24	15:55	Ty Walker	Senior	DeLaSalle	1992 I-19
	16:09				1991 II-21
	17:00				1990 II-78
26	15:56	Mark Douglas	Senior	Moreau Catholic	1990 III-8
	16:26				1988 I-67
27	15:58	Mike Wojciechowski	Junior	Clayton Valley	1994 III-8
28	15:59	Randy Maestretti	Junior	DeLaSalle	1994 II-13
	16:27				1993 II-52
29	16:00	Mike Contos	Junior	Montgomery	1987 I-29
29	16:00	Matt Metzger	Junior	University	1988 III-1
	16:08				1989 III-4
	17:33				1987 III-73
29	16:00	Rick Esponda	Senior	Casa Grande	1992 III-7
	16:18				1991 III-16
	16:29				1990 III-30

15:50 II-9

15:37 III-2

16:26 II-44

Girls:

1	17:06	Julia Stamps	Sophomore	Santa Rosa	1994 I-1
2	17:33	Becky Spies	Junior	Livermore	1989 I-2
	18:10				1987 I-7
	18:21				1990 III-2
3	18:01	Sarah Riley	Junior	Campelindo	1989 II-1
	18:48				1990 III-5
	19:19				1987 II-15
4	18:02	Miesha Marzell	Senior	Bishop O'Dowd	1992 III-1
5	18:15	Niamh Zwagerman	Junior	Mt. Tamalpais	1989 II-2
	18:43				1990 IV-3
	19:42				1988 II-23
6	18:19	Elissa Reidy	Senior	Mission San Jose	1994 II-2
	18:30				1993 II-5

16:45 I-1

18:12 GORDON III-2

	19:07				1992	II-10
8	18:22	Alison Lambert	Senior	Northgate	1994	III-4
	18:34				1993	III-2
9	18:23	Heather Wallace	Junior	Clayton Valley	1994	III-5
	18:36				1993	III-3
	19:42				1992	III-30
10	18:34	Nika Horn	Senior	Santa Rosa	1991	I-7
	18:47				1989	I-16
	19:32				1990	I-33
11	18:38	Anjelica Randall	Senior	Bishop O'Dowd	1993	III-5
	19:31				1991	III-15
	19:41				1992	III-29
10	18:38	Kristen Gordon	Freshman	Carondelet	1993	III-6
	18:46				1994	III-8
11	18:38	Lori Reidy	Senior	Mission San Jose	1994	II-4
	19:16				1993	II-20
	19:52				1992	II-35
13	18:44	Melissa Frieberg	Junior	California	1989	II-7
	19:36				1990	II-28
	19:41				1988	I-43
	20:25				1987	I-75
13	18:44	Melissa Ackermann	Freshman	Castro Valley	1989	II-6
	19:40				1991	II-35
	21:11				1990	II-79
15	18:45	Rachel Mosher	Senior	San Leandro	1994	III-8
	19:35				1993	II-33
16	18:47	Laura Hamady	Freshman	Urban	1989	III-1
	18:49				1992	IV-4
17	18:48	Becky Kopchik	Junior	Northgate	1988	II-4
	19:12				1989	II-17
18	18:55	Deborah Osteen	Sophomore	Clayton Valley	1994	III-11
	20:41				1993	III-91
19	18:57	Tina Bowen	Junior	San Ramon	1994	II-8
	20:28				1993	II-65
	20:35				1992	II-67
20	18:58	Angela Dalke	Junior	Bishop O'Dowd	1990	III-6
	19:07				1991	III-9

18:30 III-4

18:59 III-11

19:20 II-26 (20)

18:57 LORMORE (MIV) II-9 19
(20) EWING II-10 19

	19:07				1991	III-9
	19:48				1989	II-30
21	19:00	Elice Patterson	Senior	Castro Valley	1990	II-11
	19:23				1989	II-23
21	19:00	Jennie Dempsey	Junior	Analy	1988	II-7
23	19:02	Michelle Muething	Senior	Amador Valley	1992	II-7
	19:12				1991	II-17
	20:11				1990	II-42
24	19:03	Megan Reeder	Junior	Santa Rosa	1991	I-19

		19:37			1992	I-30	
		19:42			1990	I-40	
280	24	19:03	Marisa Daniel	Junior	Granada	1993	III-13
		19:33			1994	III-24	
	24	19:03	Jennie Ewing	Freshman	Castro Valley	1993	II-13
		19:41			1994	II-22	
28	25	19:04	Vicky Fleschner	Senior	Fortuna	1992	IV-5
		19:31			1991	IV-7	
28	25	19:04	Kristen Schreiber	Junior	Miramonte	1993	IV-1
		19:11			1994	IV-1	
280	27	19:09	Gretchen Vanderlip	Freshman	Clayton Valley	1993	III-15
300	27	19:09	Amber Robinson	Senior	Las Lomas	1994	III-15
		19:38			1993	III-36	
32	29	19:10	Kim Wilkes	Senior	James Logan	1992	I-20
		20:12			1990	I-60	
32	29	19:10	Sarah Jakel	Senior	Sonoma Valley	1993	III-16
38	31	19:11	Rhonda Mazza	Senior	Santa Rosa	1991	I-23
		19:34			1990	I-36	
		20:19			1989	I-80	
38	31	19:11	Meloday Haas	Senior	Clear Lake	1993	IV-2
	33	19:12	Kelly Howisey	Freshman	Clayton Valley	1993	III-17
		19:18			1994	III-19	
38	34	19:13	Theresa Newman	Freshman	Marin Catholic	1994	IV-2
39	35	19:14	Joy Harris	Senior	Mission San Jose	1990	II-15
		19:53			1988	I-55	
		20:19			1989	I-63	
41	36	19:17	Nicki Saleta	Sophomore	Bishop O'Dowd	1992	III-16
		19:37			1993	III-34	
42	37	19:19	Tina Venzor	Senior	Mission San Jose	1990	II-28
42	37	19:19	Melissa Pardini	Senior	Northgate	1987	I-33

AND NOW FOR SOME MORE PONTIFICATING: I'd like to thank all of you out there who follow our sport and help make it increasingly more successful each year. I'd also like to thank all of you who have contributed to this little publication, as erratic and irregular as it is. This year has been a banner year as far as getting information and results, as well as the weekly chats about who is who and who to watch and who done what. Still, at times it gets sketchy, so if you are a bit distant from my Contra Costa / Alameda County base area, feel free to send me all the clippings and xeroxes and faxes you can. Even if it is duplicate information, it is valuable. Redundancy is not a lost virtue in the paper puddle that is my office alcove.

EVEN THOUGH YOU WEREN'T ASKING FOR IT, you're going to get my opinion anyway. Coaches of the year -- a grand-sounding accolade, eh? But what it signifies from this corner is a display of the type of effort that kids benefit most from, as well as the success that naturally accompanies a complete program. So here are my selections:

Girls Coach of the Year: Ron Silveira, Clayton Valley. All Ron did was take a remarkably successful team, keep it focused and have it be even more successful.

They lost their #2 girl from last year, and didn't skip a beat. Their #3/#4 girl went down with a broken leg during the State Meet, and they won easily anyway with the best team time on the day. They are all underclasswomen, and Ron has another chance to prove again he can keep the focus clear, and the intensity up. This is not to mention that he did not have a lop-sided program, and that his boys team was the most improved squad in their division, grabbing a notable 5th at the State Meet.

Boys Coach of the Year: Doyle O'Reagan, Piedmont. The Piedmont coaching staff had graduated all their top 5 boys from the 1993 State Meet Division IV 4th place team. They were looking at 3rd, maybe 2nd in their own league. Their top returner was not even a point-getter last year. Somewhere in the last month of the season, it all came together and they roared through the subregionals, MOC and finally the State Meet to merely repeat as 4th place.

BE SURE TO BOTHER ME if you have any cross country news or gossip or questions. If I have made any errors or omissions here, please call to complain. PETER BREWER
c/o Castro Valley High School, 19400 Santa Maria Avenue, Castro Valley 94546
W: 510-537-5910 H: 510-945-8869 Fax: 510-582-3924