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# North Coast Section

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## Cross Country Rankings

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Volume 7, Number 1

August 19, 1996

**Welcome to another season of the greatest sport on earth!** The summer is rapidly drawing to a close, and the harrier squads up and down the North Coast are gathering to gird themselves for another assault on running excellence. We have a remarkable set of talent returning, and there are more runners every year emerging from just about everywhere to challenge themselves against the best there is out there. As the season stretches out to the far reaches of November and even December, we have a full 3 months and more of racing to look forward to. Good luck to all your runners, and may every one of them enjoy success.

**Yes, we have 5 divisions.** (see attached list from the NCS office) This has both good and not so good ramifications for our humble little section. The small schools appear to have gotten their way, with the enrollment divisions factoring them into one cluster, and traditional small school powers such as Ursuline, Cardinal Newman, Terra Linda, Campolindo and Arcata are all now in a higher division. The quick scan shows that Divisions III, IV and V all look balanced and competitive. The same scan shows that Divisions I and II are small and perhaps not so balanced. Aside from the competitive angle, the major fact here is that we do not have enough schools in Division I or II to qualify 2 teams to the State Meet. We need 10 teams minimum to send the full complement of 2 teams per division.

Last year we finally got enough teams to opt up to Division I to enable that Division to send 2 teams. 7 teams made the big jump up a division (or two) to help fill out the number of teams. Some of those teams last year opted up from division 2, which is now on the endangered species list itself.

**Division I & Division II need help:** For us to have full representation at the State Meet, we need at least 5 teams to opt up to Division I and at least 1 team to opt up to Division II. If some Division II team messes with the plan, and opts up, then we need more teams to go to Division II. Clearly there are mixed motives here. Yes, it would be a benefit to the Section to get teams to fill the larger Divisions. Also yes, there might be a better chance to move on to the State Meet out of another division. Now, maneuvering from one division to the other purely on the basis of just how well your squad might match up seems a bit mercenary and possibly even devious. However, that deviousness might just be construed as intelligent research for the maximum success for your squad. Others might just think, "Well, we're going to get crushed here in this division, and we might only get trampled in that other division." The whole point is that not sending a team when we could have, no matter whose team it is, is avoidable.

Part of deciding just what to do depends on information. I can provide some preliminary indications of relative team strength (purely speculative and daringly inaccurate at times), and I can also provide a forum for those who are leaning one way or the other. My number is, as always, available to any who call or fax, and I'll do my best to get back to you.

**Deadline for moving up in classification is Friday, September 13.** Your principal should have the petitions in his or her office even now. So, we have to get on this thing. We only have three weeks to decide and fill up the empty slots. For your information, I am seriously considering having Castro Valley repeat last year's move, sending the boys to Division I and leaving the girls in Division II.

**And there ain't no free lunch no more:** This brave little publication is no longer free of charge. Rising paper costs have made my excursions to the xerox room more obvious, and with an expanding mailing list, the school mailroom tends to notice. With just about 100 names on the mailing list, this gets costly over the course of a season. So, I'm going to have to charge. This is the last free issue. The 1996 edition of NCS --CC--> Cross Country Rankings, all 7 to possibly 11 issues of it, will cost you \$5.00. Please make out your check to **Peter Brewer**, and mail it to **257 Los Banos Avenue, Walnut Creek CA 94598.**

**Friends, runners, cross country men and women, lend me your ears and eyes and**

information and anything you know about the glorious sport of high school cross country. I try to get all the pertinent newspapers, but sometimes my intelligence on the far-flung outer reaches of the North Coast Section gets a little skimpy. I would appreciate some updates from the Humboldt-Del Norte League, and it's hard to get real data out of the Marin County League. The Mission Valley League has also been a dark mirror at times. Other than that, the 12 leagues of the North Coast Section have been remarkable in staying in contact and getting me the straight poop straightaway. We have so many teams so far apart we need to stay in contact. Please use my FAX 1-510-945-1510 as much as you need to. What I need first off is a copy of your league schedule, so I can anticipate the crucial matchups as they loom. Could you folks out there in crosscountryland do that for me?

And now for the prognostications that you have all been waiting for -- but a few notes first. It was very hard to get grade level information, so my data may be off and hopefully I won't list too many seniors who have already graduated. Because there is reasonable uncertainty about the Division placements so far, it is hard to rank the teams right now by division. Instead, I will itemize the teams by league and then list a tentative top 10 overall for now.

### **Alameda-Contra Costa League**

**Boys:** Bishop O'Dowd has moved to the HAAL, so Piedmont remains as the traditional power with a young St. Mary's squad looking to challenge. Piedmont returns Division IV --CC-> State Meet veterans juniors Carl Moren (16:50-19th) and Bryan Sampson (17:39-55th) from their 3rd place team last year. St. Mary's leads with junior Ben Maniatis (MOC --CC-> Div IV 17:19-14th).

**Girls:** Piedmont's Heather Gibson (Div IV State --CC-> 20:12-25th) is the defending ACCAL champ, and her fellow Highlanders should be the class of the league.

### **Bay Counties League**

**Boys:** University is the defending champion here, and it looks like they are poised to repeat. Junior Robert Reffkin returns to lead the Red Devils. Other quality returning runners are Jesse Skidmore of Head Royce, Mark Chaffey of Contra Costa Christian, and Trevor Tileston of Crystal Springs Upland.

**Girls:** University is about as certain a lock on the league title as one could imagine. Last year's #2 team in the State Div. IV race returns everyone except Amanda Tomei. Sophomore Linden Bader (State --CC-> Div IV 19:34-12th) is joined by the likes of Kira Morser (20:01-22nd and Hope Lewis (20:25-31st). Other fine runners include All-Leaguers Katie Skangos of Crystal Springs Upland and Julie Reynolds of Branson.

### **Bay Valley League**

**Boys:** Even with some shuffling of schools in and out of the league, there seems to be a certain inevitability to DLS continuing its apparently eternal string of league titles. Seniors Tom Prindiville (a Footlocker National finalist) and Alex Sanchez (--CC-> State Meet 16:41-61st Div II, 4:18.46 1600) lead a talented bunch. Northgate always has a solid squad, and Anton Klemens (--CC-> MOC 16:40-16th Div III) leads the Broncos this year. Clayton Valley graduated a talented bunch, but has a strong tradition. We'll see what 96 delivers from the Eagles. Another runner to watch for are Cameron Sarmiento of Ygnacio Valley (--CC-> MOC 16:59-21st Div III). College Park is rumored to have a hot set of frosh-soph tracksters eager to burst on the cross country scene.

**Girls:** NCS realignment has brought the two top girls powers into the same league. Clayton Valley has been on a roll with two years of national rankings and a stellar crew. They return 5 of their top 7 and look to be great once again. Carondelet has been exemplary also, and with a mind-boggling display of track talent this spring, look ready to nudge Clayton off the NCS top rung. With only Heather Wallace and Jenifer Osteen leaving, Clayton brings back 5 others who all finished in the top 27 at the 96 Div III State --CC-> Meet. Carondelet returns ALL of their top 7 from last year's #4 finish at the --CC-> State Meet Div III, plus they add such track numbers as Kristen Gordon (4:49.16-1600, 10:32.8 3200) and Kelly Piantanesi (2:11.89-800) and Kerry Bock-Williams (2:12.30-800) and Meghan Andrade (5:06.55-1600). And these are just the T&F State Meet participants! Who knows what other talents they have lurking in the shadows ready to pounce. The dual meet between these titans should be a classic. College Park had a stellar season last year, missing a --CC-> State Meet spot by just a single point to Mission. A host of underclasswomen is led by sophomore Monique Melara (--CC-> State Meet 19:44-43rd Div II). Northgate also returns a good group, with Brooke Wheeland (19:51-11th --CC-> NCS MOC) in the front.

### **Coastal Mountain Conference**

**Boys:** The crystal ball gets really murky for this league. I barely have names, much less grade levels. Willits continues to be the traditional contender for the throne, even though Clear Lake made a strong push to unseat them last year. Rincon Valley Christian had a pair of good runners, but I'm not sure if they return.

**Girls:** Likewise, this is a dim picture I have of this league early on. My guess is that Middletown will continue to be the presence. Ft. Bragg and Kelseyville with Melissa Madeson (20:50-42nd State --CC-> Div IV) are the only others to

reliably field complete teams.

### **East Bay Athletic League**

**Boys:** Realignment has touched this league too. Monte Vista and San Ramon return, but Foothill, Granada and Dublin move on. Berkeley makes an interesting addition. Nice bus rides. Livermore continues to the presence. Nathan Martin (16:29-22nd Div III) will lead the Cowboys this year. San Ramon brings back Brad Dietsch. Amador will have Brian Hermsdorf (16:29-46th State -CC-> Div II) returning. No team looks likely to head off the usual Livermore onslaught.

**Girls:** Amador has returning league champ Monica Van Wegen (19:22-28th State -CC-> Div II), with All-League Tina Peterson (20:24-16th NCS MOC Div II) to help out. Monte Vista is a resurging girls' program, and could contend. Livermore brings back All-Leaguer Hilary Probst (20:11-10th NCS MOC Div II). This year it looks like Amador again.

### **Hayward Area Athletic League**

**Boys:** San Leandro's Enrique Henriquez, with trips to both the -CC-> (16:29-47th Div II) and T&F (9:31.15 NCS MOC) State Meets, looks to easily defend his league title. Castro Valley, behind Peter Baria (17:03-76th State -CC-> Div I), will look to keep its team title with only one runner graduating from last year's squad. Bishop O'Dowd brings a strong challenge to the league with Jake Bouey (16:48-9th NCS MOC Div I) ahead of a strong team. San Lorenzo's Martin Privat and Moreau Catholic's Ryan Preston are other good runners to watch.

**Girls:** The last few years have been nip and tuck between Moreau Catholic and Castro Valley, with a series of 1-point decisions between them. Defending league champ Moreau's Lisa Gillis (19:11-21st -CC-> State Div II) is very strong, and has a career of tough races with Castro Valley's Jennie Ewing (18:57-10th -CC-> State Div II). Amber Cook of San Lorenzo is also a strong runner.

### **Humboldt Del-Norte**

**Boys:** Eureka graduated most of its fine crop of last year, but Greg Townsend (16:47-13th NCS MOC) remains. This might be Arcata's year to unseat the Loggers, with Chis West (16:57-6th NCS MOC Div IV) and Nick Gai (17:01-8th NCS MOC Div IV) leading the Tiger's hopes. Fortuna is due to shake off a two year slump. Look for them to pick it up this year.

**Girls:** Arcata has been the power recently, and this year looks no different. Defending league champion Alisa Reynolds (20:01-10th NCS MOC Div IV) continues to lead an experienced team. Eureka and Fortuna might make it a three-way race for league glory.

### **Marin County Athletic League**

**Boys:** Novato will be the clear power here. With an intact crew returning from their 3rd place MOC -CC-> squad, they will have to be reckoned with. Too Hunt (16:05-5th -CC-> NCS MOC) leads the Hornets. Terra Linda will be not be quite the force of yesteryear. Redwood may make an impact.

**Girls:** The best runner is Tiffany Hansen of Redwood, who added T&F State Meet laurels (5:04.9-1600) to her -CC-> State Meet credentials (19:30--5th NCS MOC Div III). The team will be a battle between Terra Linda and Novato. I'm fuzzy about the individual names because of lack of specific grade information.

### **Mission Valley Athletic League**

**Boys:** Mission San Jose looks to be the best team in the section right now. Jonathon Stevens returns after a great track season (4:15.16-1600 6th State Meet) to go with his -CC-> season (16:07-20th State Meet Div II). Teammate David Rodriguez (16:18-32nd State -CC-> Meet Div II) joins him near the front of races, and a cluster pack of Warriors follows close behind. Logan is no slouch either, with Chad Foster (16:34-28th State -CC-> Div I) leading a seemingly endless horde of Colts. Irvington has a history of quietly amassing a solid team.

**Girls:** Mission and Logan will go toe-to-toe again this year. The Warriors return Section Div II champ Katie Hotchkiss (19:12-22nd State -CC-> Div II) and Jennifer Knowlden. The Colts counter with Senhit Dirar (19:52-36th State -CC-> Div I) and much improved Jennifer Bridgeman (2:11.75-800), Danielle Price (2:14.55-800) and Sky Bambaugh (5:22.96-1600). Wahington will try to be the best of the rest.

### **North Bay League**

**Boys:** Montgomery has a great team in the making, with almost all of their top runners returning. The Viking's tandem of Jason DeSelle (16:57-12th NCS MOC Div I) and Kevin Funk (16:56-11th NCS MOC Div I) will do the front running honors. Ukiah has its own tandem of Ryan Mack (16:59-13th NCS MOC Div I) and Josh Otto (17:12-20th NCS MOC Div I) to lead a good group. Santa Rosa lost its fine top 3 to graduation, but its hard to count out the Panthers. Cardinal Newman will contend, but most likely will not threaten.

**Girls:** Santa Rosa brings back Julia Stamps, simply the best runner ever to come out of the North Coast Section. State Meet record holder, Mt. SAC course record holder, national champion at various times in cross country and the 3000. Superlatives fail. Teammate Trina Cox (19:43-31st State -CC-> Div I, 11:03.00-3200 8th State Meet) provides a great 1-2 punch. It remains to be seen if this upfront prowess is enough to unseat the depth of Ursuline, who returns All-Leaguer Sarah Hallas. Montgomery and Ukiah also will field respectable squads.

### **Sonoma County League**

**Boys:** Once again, specific information is sketchy, but history shows that Petaluma and Healdsburg traditionall duke it out for league supremacy.

**Girls:** Sally Cheda of Petaluma (19:28-23rd State -CC-> Div III) is the best in the league. Whether she can lead the Trojans past the El Molino this year remains to be seen. Casa Grande and Healdsburg will put competitive teams on the line also.

### **Tri-County League**

**Boys:** In the latest permutation of NCS lunacy in constant league re-aligning, this 12-team gerrymandered league snakes through the East Bay, bisecting at least two other leagues in the process. Go figure. Traditionally strong programs Miramonte and Campolindo figure to be near the top of the picture. Campolindo gets the nod, with a strong core returning from last year's 8th place Div IV State Meet squad. Ryan Mattonnen (17:09-34th State -CC-> Div IV) leads the Cougars. Granada returns fine runners Marty Kinsey and Heinar Urrutia. Alhambra will bring a competitive squad to races.

**Girls:** Miramonte and Campolindo will again go head-to-head. Lindsey Bergren (20:12-48th State -CC-> Div III) leads the Matadors, while Katy Berkes (20:19-27th State -CC-> Div IV) runs in front for the Cougars. Acalanes brings a very large squad, with Lisa Bostjanick (20:36-64th State -CC-> Div I) doing the lead honors for the Dons. Benecia's Kirsten Odegarrd (20:16-17th NCS MOC Div III) is another fine runner.

**And now for the first set of predictions--we'll see how long this set of prevarications lasts:**

#### **Boys:**

1. Mission San Jose
2. DeLaSalle
3. Livermore
4. Novato
5. Montgomery
6. Piedmont
7. Castro Valley
8. Ukiah
9. Bishop O'Dowd
10. Campolindo

#### **Girls:**

1. Carondelet
2. Clayton Valley
3. University
4. Logan
5. Mission San Jose
6. College Park
7. Castro Valley
8. Campolindo
9. Ursuline
10. Moreau Catholic

#### **Final Thoughts:**

1. Please send me your league schedules (or even your own team schedules) so I can keep abreast of the ongoing matchups. Thanks.
2. With the season going later, and subsequently only having one week in August to officially train, the thought occurs that perhaps cross country should ask for a conditioning week like football gets. After all, isn't conditioning a definite prerequisite to doing well in our sport? I could use another week at the beginning for my team. How about you?
3. Upcoming opinion pieces and tirades: *The Evil of Soccer* and *A Foolish Consistency: Uniform Uniformity*.
4. For future copies of this invaluable publication, please remit your \$5.00 to Peter Brewer. Thanks.

Questions? Queries? Indignations? Contact Peter Brewer c/o 19400 Santa Maria Avenue, Castro Valley High School 94546. Phone H: 1-510-945-8869 after 9:00 p.m. FAX 1-510-945-1510.

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## ENROLLMENT DIVISIONS:

### DIVISION I (1563 and more) (NCS ARCO am/pm MEET OF CHAMPIONS @ NEWHALL PARK)

ANTIOCH, 2407    BERKELEY, 1724    JAMES LOGAN, 2716    LIBERTY, 1748    SANTA ROSA, 1596

### DIVISION II (1250-1562) (NCS ARCO am/pm MEET OF CHAMPIONS @ NEWHALL PARK)

AMADOR VALLEY, 1290	MISSION SAN JOSE, 1368	PINOLE VALLEY, 1433
CASTRO VALLEY, 1280	MONTE VISTA, 1307	PITTSBURG, 1400
DE LA SALLE, 1298	PINER, 1291	SAN LEANDRO, 1349

### DIVISION III (969-1249) (NCS ARCO am/pm MEET OF CHAMPIONS @ NEWHALL PARK)

ALAMEDA, 1142	EL CERRITO, 1009	MT. EDEN, 1234
ARROYO, 976	EUREKA, 1245	NEWARK MEMORIAL, 1209
BENICIA, 972	HAYWARD, 1103	NORTHGATE, 1180
CALIFORNIA, 1184	HEALDSBURG, 1051	RANCHO COTATE, 1106
CARONDELET, 1128	IRVINGTON, 1083	SAN RAMON VALLEY, 1242
CLAYTON VALLEY, 1108	J.F.K. (F), 1022	UKIAH, 1187
COLLEGE PARK, 1201	LIVERMORE, 1170	WASHINGTON, 980
CONCORD, 1029	MONTGOMERY, 1217	YGNACIO VALLEY, 1060

### DIVISION IV (525-968) (NCS ARCO am/pm MEET OF CHAMPIONS @ NEWHALL PARK)

ACALANES, 840	DUBLIN, 640	NOVATO, 840
ALBANY, 627	EL MOLINO, 775	PETALUMA, 949
ALHAMBRA, 756	ELSIE ALLEN, 651	REDWOOD, 862
AMERICAN, 898	ENCINAL, 786	RICHMOND, 942
ANALY, 817	FOOTHILL, 833	SAN RAFAEL, 628
ARCATA, 692	FORTUNA, 734	SAN LORENZO, 862
BISHOP O'DOWD, 762	GRANADA, 939	SAN MARIN, 689
CAMPOLINDO, 665	LAS LOMAS, 915	SIR FRANCIS DRAKE, 551
CARDINAL NEWMAN, 734	MCKINLEYVILLE, 581	SONOMA VALLEY, 933
CASA GRANDE, 922	MIRAMONTE, 785	TAMALPAIS, 676
DE ANZA, 920	MOREAU CATHOLIC, 934	TENNYSON, 895
DEL NORTE, 869	MT. DIABLO, 746	TERRA LINDA, 627
		URSULINE, 626

### DIVISION V (524 and fewer) (NCS ARCO am/pm MEET OF CHAMPIONS @ NEWHALL PARK)

ANDERSON VALLEY, 104	FRENCH AMERICAN, 65	POINT ARENA, 126
ATHENIAN SCHOOL, 175	GEYSERVILLE, 86	POTTER VALLEY, 113
BEACON, 47	HANNA, 17	RINCON VALLEY CHR., 108
BEREAN CHRISTIAN, 214	HEAD-ROYCE, 212	ROUND VALLEY, 83
BRANSON SCHOOL, 238	HOLY NAMES, 422	SALESIAN, 345
BRIDGEMONT, 70	HOOPA VALLEY, 241	SAN DOMENICO, 210
CALIF. SCHOOL/DEAF, 164	J.F.K. (R), 516	S.F. UNIVERSITY, 297
CALISTOGA JR/SR, 143	KELSEYVILLE, 413	SANTA ROSA CHRISTIAN, 21
CLEAR LAKE, 349	LAYTONVILLE, 118	SOUTH FORK, 301
CLOVERDALE, 256	LICK-WILMERDING, 257	SOUTHERN TRINITY, 39
COLLEGE PREP, 240	LOWER LAKE, 444	ST. BERNARD, 154
CONTRA COSTA CHRISTIAN, 73	MARIA CARRILLO, 331	ST. ELIZABETH, 235
CONVENT, 280	MARIN ACADEMY, 244	ST. JOSEPH NOTRE DAME, 407
COVENANT CHRISTIAN, 3	MARIN CATHOLIC, 475	ST. MARY'S, 316
CRYSTAL SPGS/UPLANDS, 181	MATTOLE TRIPLE JUNCT., 27	ST. VINCENT, 248
DEEP VALLEY CHRISTIAN, 10	MENDOCINO, 168	SUMMERFIELD, 66
DEER VALLEY	MIDDLETOWN, 282	TOMALES, 168
DREW, 116	NORTH BAY ORINDA, 63	UPPER LAKE, 235
EMERY, 155	NORTH HILLS CHRISTIAN, 71	URBAN, 169
FERNDALE, 140	PESCADERO, 62	WILLITS, 485
FORT BRAGG, 480	PIEDMONT, 463	WINDSOR
FREEDOM, 397		

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# North Coast Section

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## Cross Country Rankings

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Volume 7, Number 2

Monday, September 23, 1996

**And we're off!** The 1996 campaign has started in earnest and young harriers are racking up serious early season miles. Preseason scrimmages are rampant, and squads are fumbling for team identity. This will be a season of tradition, surprises and glorious North Coast triumph.

**We've done it** -- there were enough teams willing to shift competitive zones to ensure that we have at least the 10 team minimum in each division to qualify the maximum amount of teams to the State Meet. As far as it stands, (and I don't have the truly final information yet) divisions I and II now look like this:

Division I -- Antioch, Berkeley, James Logan, Liberty, Santa Rosa

plus: Acalanes, Alameda, Alhambra, Arroyo (girls), Castro Valley (boys), Healdsburg, Montgomery (boys), San Ramon (girls)

Division II -- Amador Valley, Castro Valley (girls), DeLaSalle (boys), Mission San Jose, Monte Vista, Piner, Pinole Valley, Pittsburg, San Leandro

plus: Arroyo (boys), Livermore (girls), Montgomery (girls), Rancho Cotate

We can only hope that we continue a tradition of filling these upper divisions. If we have a fair degree of consistency in teams opting up, and these teams do so regularly, then we can begin to establish competitiveness with the other Division I and II teams in the state. We already have shown that the North Coast Section does very well indeed in the middle and lower divisions. Let us now also go after Division I as a section challenge.

**Big Competition at the DeLaSalle/Carondelet Invitational** on the Newhall Park course last Saturday. As well as giving teams a chance to check out the NCS championship course, it also put most of the NCS contenders on the line at once. This invite pretty much dominates this week's rankings for considerations.

**So how does it play out?** Here are the division rankings, and we'll see just who does what when this season. (School populations numbers are based on 1995 10-12 CBED figures.)

### **Division I (1563 & up):**

**Boys:** 1. Montgomery 2. James Logan 3. Castro Valley 4. Healdsburg 5. Acalanes

Montgomery was the winner in the senior boys division of the Viking opener a week ago, and has Kevin Funk and Jason DeSelle leading the way for them. Logan counters with veteran Chad Foster a close pack behind him who snagged 5th at the big (over 1100 runners total) DLS/Carondelet Invite. Castro Valley seems to have the edge on the rest of the field, even with middling performances at the Monte Vista Invite and the DLS Invite. Healdsburg boasts Jason Mendez up front. He was 5th at the Viking opener, but the team needs to solidify behind him. Acalanes has a monster squad, and pops into the picture here. Other possible contenders in Alameda, Santa Rosa and Alhambra. We shall see.

**Girls:** 1. Santa Rosa 2. San Ramon 3. Acalanes 4. James Logan 5. Montgomery

Even without Julia Stamps, the rest of the Santa Rosa squad snagged a good 5th place at DLS/Carondelet Invite. With a solid pack behind stars Stamps and Trina Cox, they are very legitimate this year. San Ramon has the upfront running of Ashley Nulty. The evil of recreational soccer robbed them of full representation at the DLS/Carondelet Invite (more on soccer and its hellish influence later), but the Wolves took a good 3rd at the Monte Vista Invite the week before, right behind MSJ and University. Acalanes uses the frontrunning of Lisa Bostjanick to complement an improving pack. The Dons brought themselves into the picture with an 8th place finish at the DLS/Carondelet Invite. Logan brought last year's #1 Senhit Dirar back into the fold today, and with track stars Jennifer Bridgeman and Sky Bambaugh the Colts are not to be discounted despite their lasckluster early team performances. Montgomery gets a mention here on the basis of tradition and program

consistency.

### **Division II (1250-1562):**

**Boys:** 1. DeLaSalle 2. Mission San Jose 3. Amador Valley 4. Monte Vista 5. Piner

The Spartan juggernaut continues to steam unimpeded through early season competition. With their JV going 1-5 on the field, there was really no surprise when they tucked all their scoring varsity in the first 16 places. Impressive. Tom Prindiville is looking stronger each week, given his history of running injury. The throng of Alex Sanchez, Jeff George, Sean Kenady, Ryan Stanton, et cetera is making a serious run to be one of the top 2 or 3 teams in the state this year and maybe even crack the national rankings. Mission is no slouch either. They left a boy or two behind last weekend and still grabbed second in the competition. Most prominent for them was the gutty win by David Rodriguez over Prindiville. Jon Stevens was 3rd in a fine effort by the Mission 1-2 punch. Amador seems to be the best of the rest, with Brian Henstorf running very well this year. He took a strong individual 5th at the DLS/Carondelet race. Monte Vista and Piner are two programs who have the potential to run well. San Leandro has the excellent Enrique Henriquez (4th at DLS/Caron) but the rest remains to be seen.

**Girls:** 1. Mission San Jose 2. Amador Valley 3. Livermore 4. Monte Vista 5. Castro Valley Also: Montgomery

Mission has loads of talent, and most of it very young as well. Defending section champion Katie Hotchkiss is being challenged by freshmen teammates every race. They took a good 4th at DLS/Caron. Amador has been running the young girls at the FS level the last two invites, with Marcie Silva winning both the Ed Sias and the DLS/Caron Invites at that level, and the team taking the title. Couple them with veterans Monica Van Wegen and Tina Peterson on the var and you have a good team yet to emerge. Normally known for boys' prowess, Livermore has come up with a competitive squad. Jenny Masamitsu and Hilary Probst lead the Cowboys. Monte Vista grabbed a 4th at their own Invite with Katy Beggs leading the way for the Mustangs. Castro Valley has Jennie Ewing (2nd MV Invite, 8th DLS/Caron) and a cast of recovering injuries. Montgomery, with Shweitt Hile and Diana Rancourt, could be a presence as the season develops.

### **Division III (969-1249):**

**Boys:** 1. Ukiah 2. College Park 3. Clayton Valley 4. San Ramon 5. Livermore

This promises to be one of the most competitive divisions overall. Ukiah stormed from the North Bay League to take an upset 3rd place at DLS/Caron. Their tandem of Ryan Mack and Josh Otto is very good. College Park behind Craig Lee and David Vigil followed up their win at Ed Sias with a fine 4th at DLS/Caron last Saturday. Justin Carter does the frontrunning chores for Clayton as the Eagles posted respectable finishes the last two weeks (2nd Ed Sias, 7th DLS/Caron). San Ramon follows the lead of Brad Dietsch. They snagged 9th at Monte Vista, and 11th at DLS/Caron. Livermore suddenly looks very mortal. Nathan Martin (7th DLS/Caron) maintains the individual Cowboy tradition, but the rest of the squad needs to coalesce.

**Girls:** 1. Clayton Valley 2. Carondelet 3. Eureka 4. Northgate 5. Irvington

With all of the recent movement to higher divisions, D-III has devolved into mostly a 2-team contest. Clayton has taken the measure of Carondelet twice now (Ed Sias and DLS/Caron) but they have a full schedule of seeing each other, not only at invitationals, but in league play as well. Deborah Osteen and Kelly Howisey lead the Eagles and their very nice pack. Kristin Gordon is simply scorching the earth this year, pulverizing course records at Ed Sias (by :46) and DLS/Caron (by :49). Teammate Kari Bock-Williams provides up-front support. Eureka seems to have the next best squad, based on the Viking Opener results. Crystal Johnson is the senior leader of mostly underclasswomen squad. Northgate traditionally has very competitive squads, but has been lying low early season. Irvington appears to have the edge on the rest of the D-III field.

### **Division IV (525-968):**

**Boys:** 1. Granada 2. Bishop O'Dowd 3. Cardinal Newman 4. Campolindo 5. Novato

Marty Kinnsey and Hienar Urrutia are now seniors, and now have a team behind them. The Matadors have blasted to the front of the D-IV rankings by virtue of top finishes two weeks running (5th {behind Bellarmine!} at Monte Vista, 6th at DLS/Caron). O'Dowd has Jake Bouey up front, and a good close team right behind him. They have taken 6th at Monte Vista and 8th at DLS/Caron. (Hey, Jake, what's with the DLS Invite nametag -- Muhammed JaBouey?) Cardinal Newman is also in the thick of the picture with Bront Shaw and Josh Nikol leading them. They finished 12th at DLS/Caron. Campolindo took the next spot after Cardinal Newman at DLS by 3 points, and was 7th at Ed Sias. Novato has Todd Hunt (3rd at the Viking Opener in the

Senior Boys race) but has yet to have the promising team of last year materialize. They were a few points back of Campolindo at DLS/Caron.

**Girls:** 1. Campolindo 2. Ursuline 3. Granada 4. Moreau Catholic 5. Bishop O'Dowd Also: Miramonte

Katy Berkes (7th Ed Sias, 17th DLS/Caron) leads the Cougars who took a surprising 8th at DLS/Caron. Sarah Hallas ran a great race to take 3rd at DLS/Caron, and the team 11th overall. Granada snuck into the picture with a 13th place DLS/Caron placing. Wendy Freeland leads the Matadors. Moreau's Lisa Gillis took 4th at DLS/Caron, even after mistaking a soccer line for the finish (again, the fiendish influence of soccer). Though the Mariners ran incomplete, they have a fine cluster behind Gillis. O'Dowd plugged away at DLS/Caron, finishing well into the pack, but they also took 3rd in the GJV race. The Dragons are led by Alycia Gaichallian. Miramonte has Lindsey Bergren in front, and a large squad. Their 7th at Ed Sias puts them in the picture.

#### **Division Y (1-524):**

**Boys:** 1. St. Mary's 2. Piedmont 3. University 4. College Prep School 5. St. Joseph's-Notre Dame

It is very clear that St. Mary's has all the horses to run away with this division. BEn Meniatias and Mike Arp are a fine 1-2 punch for the Panthers. Their 8th at DLS/Caron is very good for their enrollment. Piedmont counters with Norm Peterson (19th DLS/Caron) but still needs to put together the total team package. History indicates this will happen. University always has a strong team out of the BCL. This year should be no exception. College Prep was a power last year in the BCL. Rumor suggest that St. Joe's will make noise this year.

**Girls:** 1. University 2. Piedmont 3. Middletown 4. College Prep School 5. Branson

University has the team that most prominently displays the equalizing nature of our sport. If 5 girls (or so) run hard over a period of time they will improve, and if they run hard enough, they can run with any team. Linden Bader (13th DLS/Caron) leads the Red Devils, who grabbed 2nd at Monte Vista and 3rd behind the Clayton Valley/Carondelet dual meet being held at the front of the race. Piedmont puts Heather Gigson (5th DLS/Caron) in front of a developing team. Middletown had a strong showing at the Viking Opener, taking 3rd in the Junior/Senior Girls division behind Ursuline and Montgomery. Twins Tammy and Carrie Hunt finished 5th and 13th. Kat Saxon returns for College Prep of Oakland. They were runners-up to University in the BCL. Julia Reynolds returns to lead a young team that finished 3rd in the BCL last year.

#### **Overall:**

**Boys:** 1. DLS 2. Mission 3. Ukiah 4. College Park 5. Montgomery 6. James Logan 7. Granada 8. Clayton Valley 9. Bishop O'Dowd 10. St. Mary's

**Girls:** 1. Clayton Valley 2. Carondelet 3. University (SF) 4. Mission 5. Santa Rosa 6. Amador Valley 7. Livermore 8. San Ramon 9. Campolindo 10. Acalanes

**The promised diatribe on soccer** is still festering. I vow to bring this polemic to press soonest. I daily collect more material that makes me seethe about the inconsiderate intrusions of recreational soccer into our sport.

**Upcoming invitationals promise more action** (a partial list): 9/28 -- Ram Invite at Westmoor High, 10/5 Stanford and Artichoke and the Cowchip Classic in Marin County, 10/12 the world-famous Castro Valley Invitational at the fear-imposing course at Canyon Middle School in Castro Valley. See attached flyer.

**Keep those cards and letters** and faxes coming in. Information is life around here. No, I am not yet electronically attached to cyberspace, but the allure grows stronger. League play is just a week or two away, and some serious running gets underway. I would still like league schedules from all 12 of the member leagues of the NCS if possible.

**The subscription drive** is doing well, with about 1/5 of the readership responding. We lurch on for a few more issues. Remember, \$5.00 puts you in touch with the pulse of prep running.

**Questions, vexations, queries, antagonisms, soft whispers, clarifications, obfuscations, bags of mail** unmarked bills: Call or fax -- Peter Brewer H: 1-510-945-8869 after 9:00 p.m. Brewfax: 1-510-945-8869.



# CASTRO VALLEY --CC--> INVITATIONAL

**Date:** Saturday, October 12, 1996

**Location:** Canyon Middle School, Castro Valley

## **Schedule:**

<u>Time:</u>	<u>Race:</u>	<u>Distance:</u>	<u>Team Medals:</u>	<u>Individual Medals:</u>	<u>Entries:</u>
9:00	Coaches	2.1 miles	--	---	unlimited
9:25	Boys' Frosh	2.1 miles	top 1	top 10	unlimited
9:50	Girls' Frosh-Soph	2.1 miles	top 2	top 15	unlimited
10:15	Boys' Frosh-Soph	2.1 miles	top 2	top 15	unlimited
10:40	Girls' Junior Varsity	2.1 miles	top 1	top 10	unlimited
11:05	Boys' Junior Varsity	2.1 miles	top 1	top 10	unlimited
11:30	Girls' Varsity	3.0 miles	top 3	top 20	7 only
12:05	Boys' Varsity	3.0 miles	top 3	top 20	7 only
12:45	Awards Presentation in gymnasium				

## **Castro Valley Invitational Features:**

- challenging hilly course with good spectator visibility
- medals galore
- free T-shirts to all coaches who complete the coaches' race
- run JV teams even with SAT depleted varsity
- A race for all age and ability groups

**JV Entries:** Coaches, I know that cross country tends to take a pretty good hit on SAT weekends like this one. So, we are offering the following solution: You may run an incomplete Varsity and a complete JV team if any of your legitimate Varsity are test-taking. Just clear it with me prior to race time.

**Fees:** \$7.00 per individual, \$20.00 per team, \$90.00 maximum fee. Make checks out to **Castro Valley High School**.

**Facilities:** Bathrooms are in the gym. Please arrive dressed to run. A trainer will be on duty. There will be a snack bar. T-shirts will be on sale for \$10.00.

**Entry deadline:** Friday, October 4, 1996

Mail to: Peter Brewer c/o Castro Valley High School  
19400 Santa Maria Avenue  
Castro Valley, CA 94546  
Fax to: Peter Brewer School Fax: 510-582-3924 Home Fax: 510-945-1510

**Directions: Going West on 580** -- take Castro Valley Boulevard exit; turn left on Castro Valley Boulevard; turn right on Crow Canyon Road; turn left on Cull Canyon Road; turn right on Heyer; Canyon Middle School is on top of the hill.

**Going East on 580** -- take Center Street exit; turn left on Center and go over freeway; turn right on Castro Valley Boulevard; turn left on Crow Canyon Road; turn left on Cull Canyon Road; turn right on Heyer; Canyon Middle School is on top of the hill.

**Meet will be run rain or shine.**

## **Any Questions?**

Feel free to call Peter Brewer at school 510-537-5910 x470 or at home 510-945-8860.  
Feel free to fax Peter Brewer at school 510-582-3924 or at home 510-945-1510.

# CASTRO VALLEY --CC--> INVITATIONAL

# Entry Form

School \_\_\_\_\_ Coach \_\_\_\_\_ home phone \_\_\_\_\_

## BOYS:

### **VARSITY (7 only)**

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### **FROSH-SOPH (unlimited)**

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## GIRLS:

### **VARSITY (7 only)**

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### **COACHES (unlimited)**

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### **JUNIOR VARSITY (unlimited)**

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### **FROSH (unlimited)**

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### **JUNIOR VARSITY (unlimited)**

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7. \_\_\_\_\_

Please put any additional names on the back.

Entry deadline Friday, October 4, 1996 Please mail or fax to Peter Brewer: Castro Valley High School

19400 Santa Maria Ave

Castro Valley, CA 94546

FAX: (home)510-945-1510

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# North Coast Section

## --CC--> Rankings

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Volume 7, Number 3      Thursday, October 10, 1996

With an invitational-packed weekend behind us, most of the NCS was involved in one way or another. Stanford was the big one, with teams from other states (Bowling Green Kentucky!) coming to share in the excitement of the competition. NCS teams did outstanding well there. The Artichoke is a popular event, with the short fast course and the beach nearby. This year also saw the initial Cowchip Classic in Novato start up, with a fair degree of success. We need to have more invitationals in the northern part of the North Coast Section, so teams don't have to drive 2, 3, 4, 5 hours just to attend one. Hats off to George Bosquette of Novato and Mark Simi of San Marin for getting this event off and running. Most of the ranking movement will be as a result of those three races.

### The Evil of soccer, (Part 1):

There is no need among high school cross country coaches to identify one of the most offensive intrusions into our sport. As coaches of distance running, it evidently not enough that we have to battle common perceptions of our sport as a group of anorexic masochists, or athletic departments that find it easier to fund new weight rooms than new uniforms for runners, or local sports writers who complain about squeezing already microscopic print results into the newspaper. Evidently we have to also endure the indignity of being seen by many young athletes as an unnecessary aside to the true sport of sports, soccer.

All coaches have stories of young athletes who will willingly travel great distances to go to a soccer game they may not even get a chance to play in rather than compete in a cross country meet that they would definitely have more than a chance, but perhaps a great likelihood of doing very well.

Let me state for the record that I have no problems with the sport of soccer. Soccer players become tough, they endure pain well, the game quickens the feet and sharpens the elbows, it does all of these good and positive things. Where soccer becomes the true spawn of Satan is where it intrudes into the arena of high school cross country. Soccer's

pervasive evil takes many forms.

1. Soccer has no set season of play: therefore all seasons are soccer season. There are soccer leagues everywhere at any time. The players brag about how many teams they are on at any given time and how many leagues they play in during a year. The organizations foster a pride in this proliferation of participation. Cross country only has one season, from September to November. The soccer world does not recognize the boundaries of a season, as do all other sports, so they have a hard time understanding the sports that have these limitations. And, since there is no seasonal limit, there is no sense of closure on a season. Where are the recreational league championships? Where is the end result? Where does a team finally say, "We are the champions!" and that's the end? Nowhere in recreational soccer, because they can then move onto another team in another division and start over another season. This insanity even has the NCS office in its scaly grip. No other sport has play in three different seasons in NCS, but soccer does: Fall, winter and spring. So, not even in the NCS is there any sense of completion. Who is the NCS soccer champ? Which season? Nonsense and folderol, and the NCS perpetuates this year-round myth of soccer.

2. Recreational soccer does not recognize the primacy of high school sports. Soccer feels perfectly free to yank kids out of a high school sport workout or competition, but try to reason with a soccer coach that perhaps it is more important for a kid to run in the Saturday Invitational than to play a game or two of soccer, and you will not even get the courtesy of being listened to. Since when does recreational soccer put a varsity letter on a kid's jacket? Since when does recreational soccer give a kid All-League status? Since when does recreational soccer put a touch of pride in a kid's voice when they can talk about a winning league season in class? Since when does recreational soccer have a national championship?

3. Recreational soccer pampers athletes. Have you ever seen a soccer practice? Some jogging (from the car) some drills, some scrimmaging. All this is interspersed with lounging, chasing around, sitting down, water breaks, and coaching instructional breaks. Then the kids, all of them, trumpet soccer as a tough sport. (Which it is, if it is played with intensity). "We run an average of 7 miles during a game!" players have told me. Well, then, why can't that same athlete give me two miles nonstop without moaning about impending death? Or the fact that soccer practices are "fun", and cross country practices are not -- this is directly attributable to the above description of a soccer practice. "Fun" is

not factor in sports, in the sense of Sesame Street bells and whistles. Participation, diligence, and improvement are the keys which result in the success of an athlete, and that satisfaction of success is then "fun." The idea that all sports must be silly, giggly, easy is an idea that needs to be shed early on in adolescence. Soccer also shields athletes from a real perspective on themselves. It is easy to be on a soccer team and not have to learn or do much and still not be a real liability. Ask most soccer players or parents, and the universal assessment of the child's ability is "pretty good." That's nice, but is it realistic? Then when a child gets in a race, and the stopwatch tells the story ("you need more running") that inflexible assessment is a challenge. Even the superior soccer player, a legitimate stud or studette, comes into cross country and is not immediately the same sort of star. Well, then, something is wrong with cross country.

4. Soccer does little to instill dedication and perseverance as athletic virtues. When one is on two or three teams, what does one do with a conflict? Why is one on more than one team, anyway? Why is the concept of showing up to a regularly scheduled daily workout 6 days a week so anathematic? Why is it easy to schedule anything that comes along into running time, but you'd better leave that soccer time alone? Where is the sense of commitment? "I have joined this team, and therefore I will do what the team requires of me." I'd love to hear that from all my runners. The soccer players all bargain for time away.

But enough of this venom. I will have more for the next issue.

Now for the real stuff: How do we all match up at this moment?

#### **Division I (1563 +)**

**Boys:** 1. Montgomery 2. James Logan 3. Castro Valley 4. Healdsburg 5. Acalanes

We're still trying to sort out this newly realigned division. Montgomery seems to have the inside track so far, with Jason DeSelle leading the way for the Vikings. They took a close 2nd at the Cowchip classic behind Ukiah. Their league race should be a thriller. Logan is rapidly improving. Chad Foster is a real fast guy up front (7th individual at Artichoke) and the Colts finished 2nd behind defending Division I State Champ Del Campo. Castro Valley is rotating its lead runner, but the group has finished right behind Logan in two straight Invitationals. The Trojans were 4th at the Ram Invite, and snagged 3rd at Artichoke. Healdsburg was an unimpressive 6th at the Cowchip

classic, but they do have Jason Mendes tearing it up for them in front. Acalanes's swarm grabbed 6th in the small schools at Artichoke.

**Girls:** 1. Santa Rosa 2. James Logan 3. San Ramon 4. Acalanes 5. Montgomery.

Santa Rosa needs no introduction, but the fact that they now have a full five fast females perhaps needs to be made clearer. Julia Stamps and Trina Cox (1st and 3rd) led their young teammates to a 7th place finish at Stanford. James Logan faded a bit at Artichoke to finish 7th in the large school race. Sky Bambaugh is emerging as their fine #1 runner. Even though San Ramon took only 14th at Stanford D-11, the evils of soccer were at work in that scene. Ashly Nulty leads the Wolves. Acalanes with Lisa Bostjanick at the fore took a good 2nd at Artichoke in the small schools, behind University and ahead of Ursuline. It appears to be a tossup here between about three teams. I'll wait until I see more about Alameda, Alhambra or Healdsburg.

#### **Division II (1250-1562)**

**Boys:** 1. De La Salle 2. Mission San Jose 3. Amador Valley 4. Northgate 5. Monte Vista.

DeLaSalle, with Tommy Prindiville winning the race, took 1st in the tough D-1 race. This is a fine team. Mission took the great 2-4 finish of Dave Rodriguez and Jon Stevens and managed a 4th place spot in D-11 at Stanford. Amador has Brian Henstorf in front (10th D-11 at Stanford) but finished back in the pack. Northgate has looked good in BYAL action, most recently thrashing Pittsburg. Monte Vista appears to be the best of the rest.

**Girls:** 1. Mission San Jose 2. Amador Valley, 3. Ukiah 4. Livermore 5. Castro Valley

Even with the demon seed of soccer pilfering some good runners, MSJ still managed to place top runner Katie Hotchkiss in 6th at Stanford. Amador's freshman Jessica Felth did a great job running 4th in D-11 at Stanford, and her teammates also packed it in to grab a great 5th place. Ukiah girls held off traditional power St. Francis of Sacramento by a point to take the inaugural Cowchip Classic in Marin. Livermore is a steady, small group that looks to contend in the EBAL. Hilary Probst led the Cowgirls (Cowgirls?) to a 10th place finish in D-111 at Stanford. Castro Valley is trying to shore up its attack behind the fine running of Jennie Ewing, who chased Lowell's Jennifer Akana both at the Ram invite and at Artichoke. The Trojan girls snagged 4th at Artichoke.

#### **Division III (969-1249)**

**Boys:** 1. Ukiah 2. College Park 3. Clayton Valley 4.

San Ramon 5. Livermore Should be in the hunt:  
Eureka

Ukiah is still atop the heap here, especially after taking NBL rival Montgomery by a point at the Cowchip Classic. College Park laid low these past two weeks, but Vigil and Lee are real good runners up front for them. Clayton Valley took the 15th place finish of Justin Carter at Stanford to finish 11th at Stanford in D-III. Livermore saw the return of Tim Ricard (10th at Stanford) but couldn't get the top 5 to finish and settled for 12th D-III at Stanford. The HDNL is strangely quiet this time of the year, but I imagine that they are doing running up there. Eureka should figure into the mix as soon as I get some results from somebody.

**Girls:** 1. Clayton Valley 2. Carondelet 3. Eureka 4. Northgate 5. College Park

Deborah Osteen, Kelly Howisey and Co. continue to roll. They conquered D-I at Stanford with relative ease. Carondelet similarly took the overall honors D-III, with Kristen Gordon winning by over a minute. Eureka, pending new results, holds onto position in the rankings. Northgate has Brooke Wheeland to lead for them, and they demolished Pittsburg in their BYAL opener this week. College Park has Katie Vigil and Monique Melara, and they ran hard in a lopsided loss to Clayton in BYAL action.

Division IV (525-969)

**Boys:** 1. Granada 2. Novato 3. Bishop O'Dowd 4. Campolindo 5. Cardinal Newman

Granada continues to roll impressively in this division. They finished 4th at Stanford, and Marty Kinsey took an excellent 9th individually. Novato, even missing their #3, took a close 4th at their very own Cowchip Classic. Jake Bouey ran 13th, but the Dragons slumped to 13th overall in D-IV at Stanford. Campolindo has very impressive depth, and clobbered Acalanes in Tri-County competition. 5. Cardinal Newman used the top finishes of Brent Shaw (7th) and Josh Nicol (10th) to take a very good 2nd in the small schools division at Artichoke.

**Girls:** 1. Campolindo 2. Ursuline 3. Miramonte 4. Moreau Catholic 5. Terra Linda Perhaps: Fortuna? Petaluma?

The Cougars boast Katy Berkes up front, and they smothered Acalanes in Tri-County competition. Ursuline has Sarah Hallas in fine shape leading the pack. She won the small school division at Artichoke, and the Bears took 3rd in the team scoring. Miramonte finished 9th in D-IV at Stanford, led by Lindsey Bergren in 26th place. Moreau Catholic took 4th at Artichoke in the small schools division, with Lisa Gillis in 2nd leading the way for the Mariners. Terra Linda put together a team race good enough to garner

14th place for them at Stanford.

Division V (1-524)

**Boys:** 1. Piedmont 2. St. Mary's 3. University 4. College Prep 5. Kelseyville

A fine run by Carl Moren (6th) led the Highlanders to a good 6th team place in D-V at Stanford. St. Mary's was missing a runner, and still took 9th at Stanford. University is the bane of the BCL, and continues to overwhelm league opponents with depth. College Prep is the best of the rest so far in the Bay Counties League. Kelseyville was 10th at the Cowchip Classic.

**Girls:** 1. University 2. Piedmont 3. Middletown 4. Kelseyville 5. College Prep

University is a model team, made of young eager runners who are fast. The Red Devils easily took the team title at Artichoke in small schools, placing their top 5 in the top 17 of the race.

Piedmont grabbed a sterling 3rd in D-V at Stanford, with Heather Gibson taking 2nd individually. Middletown is perhaps the class of the Coastal Mountain Conference. Kelseyville grabbed 6th at the Cowchip Classic. College Prep boasts Kate Saxon, and is working on building up a team.

**And Overall:**

**Boys:** 1. De La Salle 2. Mission San Jose 3. Ukiah 4. College Park 5. Montgomery 6. James Logan 7. Granada 8. Clayton Valley 9. Livermore 10. Bishop O'Dowd

**Girls:** 1. Clayton Valley 2. Carondelet 3. University 4. Mission San Jose 5. Amador Valley 6. Santa Rosa 7. Campolindo 8. James Logan 9. Ursuline 10. Piedmont

Information, questions, complaints and concerns:  
Call Or fax Peter Brewer 1-510-945-8869  
BrewFAX: 1-510-945-1510.

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**North Coast Section**  
**--CC--> Rankings**

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Vol. 7, No. 4

Oct 24, 1996

**The middle of our season** is now fading into the late season, and the teams are all pretty much set. Squads are focussing on the end of their league play and how to use the next month on getting ready for the best possible showing at league finals and at the North Coast championships.

**My soccer tirade** was fairly well received. Most cross country coaches seemed to enjoy it. One reporter and an Athletic Director wanted to know what my problem was. Simply stated, I just want to know what it is about soccer players that they cannot commit to cross country as a season of sport. I want to know what there is about a sport that doesn't allow kids to respect the idea that a team means a single team in a single sport for a single season. I have many speculations, but I'm going to draw them out for another issue. *The Evils of Soccer -- Spawn of Satan Part II* is coming soon to a theatre or newsletter near you.

**However, my ire** is being draw to another topic of concern in our sport, and that is a growing trend in our sport to want easier courses for the championship meets at season's end. The Southern Section is getting some flak from a group of coaches who want to either do away with Mt. SAC as the site for their sections championship prelims and finals, or change the course to eliminate 2 of the 3 hills. There are a series of rationales offered for this unfortunate line of thinking (which I will attend to later) but the core issue is making the course easier. I have heard from some (not many, but a fair amount) coaches that challenging courses, especially at the end of seasons, are not desirable, and that the races should be decided by the runners, not the terrain. Ergo, according to this line of reasoning, the terrain should be eliminated as a function of the competition, and the course should be

some milder version. I wish to challenge that notion. Somehow it doesn't ring true that the challenges should be reduced at the end of the season. When the Section Championships come around, and the tension and anticipation is so thick you can cut the electric atmosphere with a knife, the last thing I would want to do is take away the toughness out of a course. If anything, I'd want to increase the difficulty of a course. Let's run all section championships for 3.1 miles all uphill.

The major points (as outlined on page 45 of the October 1996 issue of *California Track and Running News*) devolve into the following issues: 1) Liability 2) Fairness 3) Consistency

The rebuttals:

1) Liability -- running itself, done right, is a function of stressing the body to limits. One course over another is not a factor of liability, unless you have especially contentious parents who are litigiously addicted. This sounds like most of the retentive administrative paranoia that is being spouted to eliminate the pole vault and keep girls from running 3 miles. If liability is a factor, football as a sport should be sent packing as an exercise in 20th century barbarism. You want liability? Check the tote bag of any girl volleyball player and you'll find a knee brace, miles of ankle wrap, and a large Price Club cauldron of ibuprophen or motrin or advil or tylenol. Sounds like a major health hazard to me, diving headfirst onto a solid wood floor for three hours of practice daily. What next? Sue because the ground isn't soft enough? How can hills be a liability? Doesn't Mt. SAC (the course in question here) run 8000 athletes in an invitational in over 80 races over two days? What liability concerns do they have? Is the CIF Southern Section more paranoid than the college? If anything, sue San Gabriel Valley for having smog. There's a major health hazard.

2) Fairness -- the first component of this argument has to do with having a course that is equally unknown to all runners. (The real definition of "neutral.") Dickering with the Mt.

SAC course to change the direction of the race doesn't alter the fact that is still the same college, and all the runners that go to the invitational, or run in different competitions there prior to the section meets are still familiar with the rest of it. Do we have the Woodward Park course set aside a certain route just for the State Meet so the Fresno teams don't have an advantage? This didn't seem to bother the rest of the state that much.

The second part of this argument has to do with equality of terrain. The point being argued here is that not all schools have access to hills, therefore they cannot run well on hills and therefore are at a disadvantage when it comes to running a hilly course. The exact phrase that galls me the most is "the course [the one being suggested] will facilitate teams beating teams rather than teams being beat by the course." At what point do we then soften a course to accommodate those who have schools in locations that are altitude variety challenged? Do we shorten courses for those schools that are located in cities where there are too many stop lights to run uninterrupted distance? There are many ways to approximate the hill experience without having lots of hills in your neighborhood. One is to run lots of distance so the legs and lungs get stronger. The next is run shorter intervals with little rest really hard to further test the lungs and legs. Then run bleachers on the football field (or run to some place that has them) and run bleachers until the legs and lungs get really tired. Do this often. Run with resistance (ropes around the waist); run in the shallow end of the baby pool for half an hour; push stalled cars around parking lots; do quick bounding across the football field. Hills are an essential part of the cross country experience. Lack of imagination is the limiting factor here, not the lack of hills to train on.

The idea that course beats the athletes is laughable, because distance running itself beats athletes. The entire concept of distance competition is based on the endurance principle -- how much endurance has an athlete built up to handle the pain consistently

to get faster? In close races, is not the winner usually the one who can push the race to the point that the other athlete can no longer endure (read "take the pain") and backs off? If an athlete has endurance and stamina and is fit, then those become the factors and the course and its terrain become the proving ground. The fitness is being tested -- some courses test it more rigorously. And should not championship races be stronger tests of that fitness?

3) Consistency -- this notion is presented in a confused fashion. At one point the the argument is beginning-to-end -- the proposed course would be similar in difficulty to the courses run by most schools during the regular season. Then the argument shifts to end-to-beginning, and states that a championship course should approximate the State Meet course in difficulty. Another mixed message is that the course should model the State Meet "both physically and mentally." I'm sorry, but you can't have it both ways. No championship course can mirror the early season races and the State Meet races. And certainly, the mental aspect is not the same throughout the season. When half my athletes PR in the mile at the mile mark in the State Meet, this is not a psychological experience that they have in all their previous races. This consistency theme begs the question of the difference between cross country distance running and track distance running. Cross Country is supposed to offer a variety of terrain and a variety of different courses. Track is supposed to offer as equal a venue as possible for the purposes of comparison. There is a real and distinct difference between the two sports. To offer pabulum courses with no challenge is to deny the vitality of the cross country experience. The last portion of the consistency argument offers the idea that after two weeks of eliminations in the Southern Section, the survivors are too beat up to run their best at the State Meet. I wonder how little digging I would have to go through to find that the Southern Section continues to dominate the State Meet. Year after year SS teams that do not

make the State Meet are ranked high in the final poll because their comparisons with the teams that did make it show how strong they are. If anything, those two weeks of thrashing around on the Mt. SAC course make the Woodward Park course look easy, and then the Southern Section teams can tear it up.

This diatribe is brought to you courtesy of a mindset that cannot tolerate any incursions into the core experience of a sport that offers a complete purity of competition -- the athlete, the athlete's determination and preparation, and the testing ground of a portion of the countryside to run across in competition with other runners. No equipment, no timeouts, no situational substitutions, no specialized venue or court or field -- no nuthin' 'cept runnin'.

Now for the real stuff:

#### **Division I (1563 +)**

**Boys:** 1. Montgomery 2. James Logan 3. Castro Valley 4. Healdsburg 5. Antioch

Montgomery did well at both the Castro Valley Invitational (2nd behind DLS) and at the Mariner Invitational (2nd behind Mt. Carmel of San Diego) but they had a harder time in North Bay action. Ukiah took them to task, prevailing 25-30. The Vikings still look to have the edge in D-1 so far. James Logan has a tight pack behind lead man Chad Foster. With the proper amount of squeezing in the middle, they might be able to sneak up on Mission in MVAL competition. The Colts took a fourth at the Castro Valley Invitational. Castro Valley finished behind Logan for the umpteenth time this year, taking 5th at their own invitational. Shane Dulaney has emerged as the Trojans front runner. They took a tough HAAL loss to Bishop O'Dowd by 2 points.

Healdsburg, with Jason Mendez in front, polished off Anay last week in Sonoma County action. I'm a little blind about this corner of the world, but I think that their matchup with Petaluma will be the league highlight. Antioch has soph speedster Chris Hernandez to do front honors for them, but even with an improving

pack the Panthers were no match for Clayton Valley or College Park in a BVAL double-dual.

**Girls:** 1. Santa Rosa 2. James Logan 3. San Ramon 3. Alameda 5. Acalanes

Santa Rosa traveled to the Castro Valley Invitational and took a distant 2nd to Carondelet. Julia Stamps was not in evidence, but Trina Cox was and took a great 2nd behind the record-setting (again) pace of Carondelet's Kristen Gordon. Lindsey Johnson also ran well for Santa Rosa in 4th. James Logan features Sky Barnbaugh in the lead (11th at the CV Invite) and a veteran pack. They will be a definite challenge to Mission in the MVAL tussle for supremacy. San Ramon is gathering its group together behind frosh Ashley Nulty. The Wolves took a loss at the hands of Livermore last week in EBAL action. Alameda is quietly gathering a young group together, and nearly surprised prohibitive league favorite Piedmont in an ACCAL dual. Acalanes has Lisa Bostjanick in front, but it also has Miramonte and Campolindo in its league, and so has taken a couple of tough losses early in Tri-County play.

#### **Division II (1250-1562)**

**Boys:** 1. De La Salle 2. Mission San Jose 3. Amador Valley 4. San Leandro 5. Northgate

It is only obvious that DLS has one of the best overall teams in the state, if not the nation. Tom Prindiville and ensuing horde have continued to improve from their already impressive start this season. With a few SAT casualties, the Spartans took an easy 1st at the Castro Valley Invitational, with Prindiville running a close 2nd to Mission's Dave Rodriguez. Their matchups with Nevada Union this year are proving the stuff of legend, with the two Northern California powerhouses close in strength and intensity of rivalry. Mission as always has their three assets: Dave Rodrigues, Jon Steveson, and coach Jack Marden's uncanny ability to coax greatness out of his runners. Brina Henstorf is Amador's very fine front runner, who has been tearing up the EBAL, as well as having high individual placings in invitationals

(2nd in 16:01 in large schools at Clovis). San Leandro has best non DLS or MSJ runner in the the NCS. The Pirates are trying to contend for a top spot in the HAAL with O'Dowd, Castro Valley and Moreau Catholic. Northgate has Anton Klemons, and the unenviable position of trying to contend in a league with DLS, College Park and Clayton Valley.

**Girls:** 1. Amador Valley 2. Mission San Jose 3. Castro Valley 4. Ukiah 5. Montgomery

Amador has been doing a fine job so far this year. They are marching through the EBAL relentlessly, and have been increasingly impressive at invitationals. Most recently they snagged 3rd in the large school division at Clovis, even with a split squad on a SAT weekend. The Dons ran by Monte Vista in their only real league test of the season. Veteran Monica Van Wegen and rookie Jessica Felts are doing the front honors for them. Even with Katie Hotchkiss not at 100% right now, Mission San Jose is a real strong team with a tight pack. Castro Valley is the favorite in the HAAL, and most recently took 5th in their own invitational. Jennie Ewing continues to have a fine season for the Trojans. Ukiah took a nailbiter in the NBL over rival Montgomery on the tie breaker this week, and gets the nod in the rankings.

#### Division III (969-1249)

**Boys:** 1. Ukiah 2. College Park 3. Eureka 4. Clayton Valley 4. San Ramon

Ukiah got the better of Montgomery in what was most likely the big showdown in the North Bay League this year. Ryan Mack and Josh Otto went 1-2 for Ukiah in the win. College Park is gearing up for their BVAL showdown against DLS. With David Vigil and Craig Lee the Falcons might be able to get the score close. Eureka has the best grouping in the Del Norte League, and recently took a close one from Fortuna. Clayton Valley was crushed by DLS in BVAL action, but lead runner Justin Carter for the Eagles got into the DLS pack. San Ramon is probably sky-high after knocking off Livermore in a

dual by a point, but need to guard against looking past the Cowboys come league meet time. Brad Dietzsch and Dan Ambrose are the lead runners for the Wolves.

**Girls:** 1. Clayton Valley 2. Carondelet 3. Eureka 4. Northgate 5. College Park In consideration: Irvington, Rancho Cotate

The Clayton Valley girls are on another roll this year. After they dispatched Carondelet in league action, they pointed towards the Mt. SAC Invite with a warmup win over Antioch. Deborah Osteen and Kelly Howisey continue to lead the group. Carondelet's Kristen Gordon is sizzling this year. She leads a fine bunch that is continuing to point to yet another contest with Clayton in the league finals. Eureka is mopping up pretty well in the Humboldt-Del Norte league. Anni Kelley and Andrea Woodcock are new freshmen to help their front pack. Northgate got walloped by Carondelet, but features Brooke Wheeland up front. College Park seems the best of the rest. They are in tough league, and Katie Vigil and Monique Melara are top runners for them in BVAL action.

#### Division IV (525-968)

**Boys:** 1. Granada 2. Bishop O'Dowd 3. Novato 4. Fortuna 5. Campolindo Others on the horizon: Cardinal Newman, Moreau Catholic

Granada continues to cruise unimpeded through the Tri-county schedule, even though top runner Marty Kinsey has not been appearing in all the results. O'Dowd won the small schools race at the Mariner Invite, with Jake Bouey taking the individual win for the Dragons as well. Novato is plowing quickly though the Marin County League, most recently dismantling Redwood. Fortuna popped up at the Mariner Invite, taking 3rd. Billy Mas leads their pack. Campolindo, aside from Granada, is the power of the 12-team Tri-County league. The Cougars most recently stormed past Dublin in dual action, with Dave Carlson and Matt Wise leading the action.

**Girls:** Campolindo 2. Ursuline 3. Miramonte 4. Moreau Catholic 5. Terra Linda Contenders: Arcata, Fortuna

Campolindo still has yet to find a difficult meet in the Tri-County schedule. Katy Berkos is leading the charge for the Cougars. Sarah Hallas is an exceptional runner, and behind her the Ursuline Bears are a quality team. Their league showdown - matchup with Santa Rosa could prove interesting. Miramonte, aside from Campolindo, is cruising through the Tri-County easily. Moreau Catholic has an impressive 1-2-3 led by Lisa Gillis and hopes to bolster the rear of the pack for championship play. They are gearing up for their league title confrontation with Castro Valley. Terra Linda is the power in Marin County play.

#### Division V (524 or less):

**Boys:** 1. Piedmont 2. St. Mary's 3. University 4. Head Royce 5. St. Joseph-Notre Dame

Carl Moren and the troops continue to dominate the ACCAL. St. Mary's with Mike Arp and Ben Meniatias might disagree. When they meet the sparks will fly for league bragging rights. University, led by Max Hanlin, survived a squeaker with Head Royce to remain atop the BCL standings. Head Royce has Jesse Skidmore, and is probably looking forward to the league championship race for another try. St. Joe's ND has been quietly coming around in the ACCAL, with a young squad trying to grab 3rd behind Piedmont and St. Mary's.

**Girls:** 1. University 2. Piedmont 3. Middletown 4. College Prep 5. Ft. Bragg

University is top ranked in the state, and it is no secret why they are the power in this division. They simply crushed a very good College Prep team, and have superb depth. Kira Morser and Linden Bader lead the pack for them. Piedmont has the fine running of Heather Gibson to lead them, and a nice pack behind. Middletown has the Hunt twins and a complete team (a relative rarity in the Coastal Mountain Conference). College Prep follows the talent of Kat Saxon and are the power behind University in the BCL. Ft. Bragg appeared on the map with a very close loss to Middletown last week.



**Overall:**

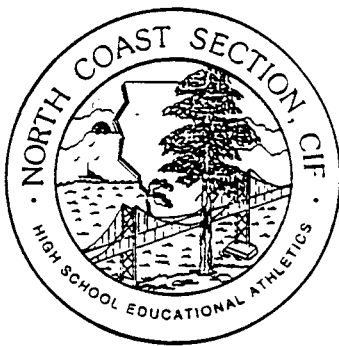
**Boys:** 1. DeLaSalle 2. Mission San Jose 3. Ukiah 4. College park 5. Montgomery 6. James Logan 7. Granada 8. Bishop O'Dowd 9. San Ramon 10. Clayton Valley

**Girls:** 1. Clayton Valley 2. Carondelet 3. University 4. Amador Valley 5. Mission San Jose 6. Santa Rosa 7. Campolindo 8. James Logan 9. Ursuline 10. Piedmont

Thank you to all the correspondents who have kept my fax machine alive and buzzing. I am especially thankful for the news from the previous dark spots on the NCS scene -- the HDN, the MVAL and the MCAL. Please continue to inundate me with information.

My apologies for not getting this edition out sooner, but the events have conspired against me and sucked up large amounts of time.

Call: Peter Brewer 510-945-8869  
Fax: BrewFAX: 510-945-1510



# NORTH COAST SECTION, CIF

Paul Gaddini, Commissioner of Athletics

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## 1996 NCS ARCO *am/pm* CROSS COUNTRY CHAMPIONSHIPS

TO: CROSS COUNTRY COACHES  
FROM: Gil Lemmon, Director of Operations  
DATE: November 1, 1996

### \*\*\* IMPORTANT CROSS COUNTRY INFORMATION \*\*\*

The NCS ARCO *am/pm* Cross Country Championships will be conducted in five (5) divisions. Schools will compete in the division determined by the 1995 CBED enrollment for grades 10, 11 and 12; unless a school incurs a gain/loss of enrollment of a minimum of fifteen (15) percent in the current year (1996 CBED), then the October 1996 CBED enrollment figures shall be used in place of the 1995 CBEDS enrollment figures to determine the school's division for 1996 (per CIF Bylaws).

Division I: Enrollment 1563 and up  
Division II: Enrollment 1250 - 1562  
Division III: Enrollment 969 - 1249  
Division IV: Enrollment 525 - 968  
Division V: Enrollment 524 and less

(See the attached sheet listing the 1996 Division Assignments for Boys and Girls Cross Country)

1. Team Qualifications: Only complete teams (a minimum of 5 and maximum of 7 eligible competitors) are eligible to compete for the NCS ARCO *am/pm* Cross Country Team Championships.
2. Individual Qualifications: The top five individual finishers (whether members of a qualifying team or not) in each division from each league meet will qualify for NCS post-season competition.
3. The North Coast Section ARCO *am/pm* Cross Country Championships Cross Country Team/Individual Roster Form must be completed (**please print legibly and include the full name and grade of the student**) and given to your league meet director who will FAX to Tim Bruder (510-229-1844 or 510-944-9582) and FAX to the NCS office (510-828-5700).
5. National Federation rules will be enforced at all NCS ARCO *am/pm* Cross Country Championship events. Uniforms must comply with the rules.
6. IMPORTANT CROSS COUNTRY DATES

FINAL DATE FOR LEAGUE COMPETITION: Saturday, November 16, 1996

NCS ARCO *am/pm* MEET OF CHAMPIONS (STATE QUALIFYING) MEET: Div. I, II, III, IV and V  
Sat. Nov. 23, 1996.

SITE: NEWHALL PARK, WALNUT CREEK  
DIRECTORS: TIM BRUDER, ALHAMBRA H.S., 510/313-0439  
DOYLE O'REGAN, PIEDMONT H.S., 510/420-3626

SCHEDULE: WALK THE COURSE 7:30 - 8:45 A.M.

Div. V	Boys 9:00 AM	Girls 9:30 AM
Div. IV	Boys 10:00 AM	Girls 10:30 AM
Div. III	Boys 11:00 AM	Girls 11:30 AM
Div. II	Boys 12:00 AM	Girls 12:30 PM
Div. I	Boys 1:00 PM	Girls 1:30 PM

#### Souvenirs

Cross Country Championship pins (\$3.00), T-Shirts (\$12.00; XXLg shirts are \$14.), NCS Championship Hats (\$10.00) and ARCO *am/pm* Sports Bottles (\$3.00) will be on sale.

#### CIF ARCO *am/pm* State Cross Country Championships

The top two teams, plus any individuals who finish in the top twelve (12) places will qualify for the boys' and girls' CIF ARCO *am/pm* State Cross Country Championships, provided there are, at least, ten (10) NCS schools in the respective division. (Note Divisions I and II listed on page 2) If there are less than ten (10) NCS schools in a respective division, only one team, plus any individuals who finish in the top eight (8) places will qualify for the CIF ARCO *am/pm* State Cross Country Championships.

# 1996 DIVISION ASSIGNMENTS FOR BOYS AND GIRLS CROSS COUNTRY

## ENROLLMENT DIVISIONS:

### DIVISION I (1563 and more) (NCS ARCO am/pm MEET OF CHAMPIONS @ NEWHALL PARK)

ACALANES, 840 (P-IV)	BERKELEY, 1724	LIBERTY, 1748
ALAMEDA, 1142 (P-III) B	CASTRO VALLEY, 1280 (P-II)	MONTGOMERY, 1217 (P-III) B
ALHAMBRA, 756 (P-IV)	HAYWARD, 1103 (P-III)	SAN RAMON, 1242 (P-III) G
ANTIOCH, 2407	HEALDSBURG, 1051 (P-III)	SANTA ROSA, 1596
ARROYO, 976 (P-III) G	JAMES LOGAN, 2716	

### DIVISION II (1250-1562) (NCS ARCO am/pm MEET OF CHAMPIONS @ NEWHALL PARK)

AMADOR VALLEY, 1290	LIVERMORE, 1170 (P-III G)	MONTGOMERY, 1217 (P-III) G
ARROYO, 976 (P-III) B	MISSION SAN JOSE, 1368	NORTHGATE, 1180 (P-III)
CASTRO VALLEY, 1280 G	MONTE VISTA, 1307	PINOLE VALLEY, 1433
DE LA SALLE, 1298	PINER, 1291	PITTSBURG, 1400
DEER VALLEY, 610 (P-V)		SAN LEANDRO, 1349
		UKIAH, 1187 (P-III) G

### DIVISION III (969-1249) (NCS ARCO am/pm MEET OF CHAMPIONS @ NEWHALL PARK)

<del>ALAMEDA, 1142</del>	EL CERRITO, 1009	MT. EDEN, 1234
<del>ARROYO, 976</del>	EUREKA, 1245	NEWARK MEMORIAL, 1209
BENICIA, 972	<del>HAYWARD, 1103</del>	<del>NORTHGATE, 1180</del>
CALIFORNIA, 1184	<del>HEALDSBURG, 1051</del>	RANCHO COTATE, 1106
CARONDELET, 1128	IRVINGTON, 1083	SAN RAMON VALLEY, 1242
CLAYTON VALLEY, 1108	J.F.K. (F), 1022	UKIAH, 1187 B
COLLEGE PARK, 1201	LIVERMORE, 1170 B	WASHINGTON, 980
CONCORD, 1029	<del>MONTGOMERY, 1217</del>	YGNACIO VALLEY, 1060

### DIVISION IV (525-968) (NCS ARCO am/pm MEET OF CHAMPIONS @ NEWHALL PARK)

<del>ACALANES, 840</del>	DUBLIN, 640	NOVATO, 840
ALBANY, 627	EL MOLINO, 775	PETALUMA, 949
<del>ALHAMBRA, 756</del>	ELSIE ALLEN, 651	REDWOOD, 862
AMERICAN, 898	ENCINAL, 786	RICHMOND, 942
ANALY, 817	FOOTHILL, 833	SAN RAFAEL, 628
ARCATA, 692	FORTUNA, 734	SAN LORENZO, 862
BISHOP O'DOWD, 762	GRANADA, 939	SAN MARIN, 689
CAMPOLINDO, 665	LAS LOMAS, 915	SIR FRANCIS DRAKE, 551
CARDINAL NEWMAN, 734	MCKINLEYVILLE, 581	SONOMA VALLEY, 933
CASA GRANDE, 922	MIRAMONTE, 785	TAMALPAIS, 676
DE ANZA, 920	MOREAU CATHOLIC, 934	TENNYSON, 895
DEL NORTE, 869	MT. DIABLO, 746	TERRA LINDA, 627
		URSULINE, 626

### DIVISION V (524 and fewer) (NCS ARCO am/pm MEET OF CHAMPIONS @ NEWHALL PARK)

ANDERSON VALLEY, 104	FRENCH AMERICAN, 65	POINT ARENA, 126
ATHENIAN SCHOOL, 175	GEYSERVILLE, 86	POTTER VALLEY, 113
BEACON, 47	HANNA, 17	RINCON VALLEY CHR., 108
BEREAN CHRISTIAN, 214	HEAD-ROYCE, 212	ROUND VALLEY, 83
BRANSON SCHOOL, 238	HOLY NAMES, 422	SALESIAN, 345
BRIDGEMONT, 70	HOOPA VALLEY, 241	SAN DOMENICO, 210
CALIF. SCHOOL/DEAF, 164	J.F.K. (R), 516	S.F. UNIVERSITY, 297
CALISTOGA JR/SR, 143	KELSEYVILLE, 413	SANTA ROSA CHRISTIAN, 21
CLEAR LAKE, 349	LAYTONVILLE, 118	SOUTH FORK, 291
CLOVERDALE, 256	LICK-WILMERDING, 257	SOUTHERN TRINITY, 39
COLLEGE PREP, 240	LOWER LAKE, 444	ST. BERNARD, 154
CONTRA COSTA CHRISTIAN, 73	MARIA CARRILLO, 331	ST. ELIZABETH, 235
CONVENT, 280	MARIN ACADEMY, 244	ST. JOSEPH NOTRE DAME, 407
COVENANT CHRISTIAN, 3	MARIN CATHOLIC, 475	ST. MARY'S, 316
CRYSTAL SPGS/UPLANDS, 181	MATTOLE TRIPLE JUNCT., 27	ST. VINCENT, 248
DEEP VALLEY CHRISTIAN, 10	MENDOCINO, 168	SUMMERFIELD, 66
<del>DEER VALLEY</del>	MIDDLETOWN, 282	TOMALES, 168
DREW, 116	NORTH BAY ORINDA, 63	UPPER LAKE, 235
EMERY, 155	NORTH HILLS CHRISTIAN, 71	URBAN, 169
FERNDALE, 140	PESCADERO, 62	WILLITS, 485
FORT BRAGG, 480	PIEDMONT, 463	WINDSOR
FREEDOM, 213		

P=Petition to a division of greater enrollment. The number after the P represents the original division of the participating school. Example: (P-III) indicates the school petitioned to a new division from Division III.

B = Boys team only  
G = Girls team only

The petitions were approved by the Alignment and Classification Committee at its September 23, 1996 meeting.

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## North Coast Section

### --CC-- Rankings

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Vol 7, No. 5 Sun Nov 10, 1996

**Our championship season** now has an interesting twist. With there being no subsectionals again this year, many leagues have elected to push their respective championship meets one week further into the season, and others have chosen to stay with the traditional scheduling format. The upshot is that league meets are scattered over a two week period, and some teams will have more or less time before their MOC appearances.

**For all of you** who wish to make an appearance at the MOC, be sure to get your rosters (name and grade level) to the meet directors soonest. We are trying out a computer system this year, and they need data now. Please oblige. NCS-MOC Meet Director Tim Bruder (Alhambra High School) School FAX: 510-229-1844 Home FAX: 510-944-9582

**For those of you** who are looking for the puling and whining and unabated vitriol that has graced these fair pages in recent issues, fear not. I have had to take a little time to recharge my venom batteries. I am still not finished with the Archangel of the Abyss that is soccer, and have recently added uniform uniformity as an issue to be lambasted. However, these tasty tidbits of untrammelled issue-trashing will have to wait until the next newsletter while we catch up on the real stuff before us: distance running.

## LEAGUE CHAMPIONSHIPS

### Bay Valley Athletic League:

3.0 miles, Point Pinole, Richmond (Saturday, November 9)

#### Boys: Team Scoring:

- |                   |     |
|-------------------|-----|
| 1. DeLaSalle      | 20  |
| 2. College Park   | 63  |
| 3. Clayton Valley | 67  |
| 4. Northgate      | 126 |
| 5. Liberty        | 142 |
| 6. Ygnacio Valley | 146 |
| 7. Antioch        | 156 |
| 8. Pittsburg      | 209 |
| 9. Deer Valley    | 258 |

#### Individuals:

- |                    |     |    |       |
|--------------------|-----|----|-------|
| 1. Tom Prindiville | DLS | 12 | 14:39 |
| 2. Ryan Stanton    | DLS | 12 | 15:42 |
| 3. David Vigil     | CP  | 11 | 15:45 |
| 4. Sean Kenady     | DLS | 11 | 15:51 |
| 5. Justin Carter   | CV  | 12 | 15:51 |
| 6. Tim Layden      | DLS | 12 | 15:56 |
| 7. Alex Sanchez    | DLS | 12 | 16:00 |

Obviously this is a tough league to do battle in. College Park, a very good team in their own right, had been blasted by DLS in the showdown dual meet last week. Even with the incentive of a rematch, DLS was simply too powerful for the Falcons (or anyone else in the BVAL) to come close. Prindiville and Co. have their sights set on much higher game: NCS and State titles (with a rematch against Jesuit being a highlight) and National rankings. The Spartans are giving the NCS a good name with their prowess.

The surprise here was how close Clayton Valley crept up to College Park in the battle for 2nd. This struggle will continue in the very tight Div III race that is shaping up at NCS.

#### Girls: Team Scoring:

- |                   |     |
|-------------------|-----|
| 1. Clayton Valley | 26  |
| 2. Carondelet     | 41  |
| 3. College Park   | 96  |
| 4. Northgate      | 101 |
| 5. Liberty        | 130 |
| 6. Antioch        | 157 |
| 7. Ygnacio Valley | 187 |

#### Individuals:

- |                        |     |    |       |
|------------------------|-----|----|-------|
| 1. Kristen Gordon      | Car | 12 | 16:36 |
| 2. Deborah Osteen      | CV  | 12 | 18:02 |
| 3. Kelly Howisey       | CV  | 11 | 18:05 |
| 4. Kerri Bock-Williams | Car | 11 | 18:26 |
| 5. Brooke Wheeland     | NG  | 12 | 18:33 |
| 6. Julie Leninger      | CV  | 10 | 18:41 |
| 7. Kristine Musante    | CV  | 9  | 18:43 |

Clayton once again took the measure of Carondelet in the showdown of the titans. These two squads are the class of the entire state in Div III (CV #1, Car #2), and Clayton has a national ranking (#17) to boast of also. In the battle of the mere mortals, College Park held off an improving Northgate to grab a BVAL 3rd. Kristin Gordon continues to simply scorch the earth in her

races, and seems to be the best non-stamps runner in California.

Clayton's strength is not just in having fast girls, but having them so close together near the top of the race. Simply amazing, when 5 girls can pack within :41, all under 19:00 on a 3 mile course (although a flat one).

### EAST BAY ATHLETIC LEAGUE:

3.0 miles, Oak Hill Park, Danville  
Thursday, November 7, 1996

#### Boys: Team scoring:

- |                  |     |
|------------------|-----|
| 1. San Ramon     | 37  |
| 2. Amador Valley | 43  |
| 3. Livermore     | 54  |
| 4. California    | 107 |
| 5. Monte Vista   | 135 |
| 6. Berkeley      | 164 |

#### Individuals:

- |                    |     |    |       |
|--------------------|-----|----|-------|
| 1. Brian Hernstorf | AV  | 12 | 16:41 |
| 2. Nathan Martin   | L   | 11 | 17:14 |
| 3. Tim Ricard      | L   | 12 | 17:16 |
| 4. Dan Ambrose     | SR  | 12 | 17:40 |
| 5. Jeff Stordahl   | SR  | 12 | 17:48 |
| 6. Troy Smith      | Cal | ?  | 17:55 |
| 7. Brad Dietsch    | SR  | 12 | 17:57 |

San Ramon proved that their dual wins over Livermore and Amador were no fluke, as they packed a good trio in the front of the race to break up the front-running firepower. The Wolves have quietly improved over the last year-and-a-half. Amador's Hernstorf has developed into a superior runner this year, and looks to seriously challenge in the Div II individual race which already is measuring up to be the fastest NCS race. Livermore is a sleeper here, not only because of their rich championship history, but also because they popped an excellent race at Mt. SAC, good enough to propel them into a #9 state ranking. Whether this group can rise to that level again remains to be seen.

#### Girls: Team Scores:

- |                  |      |
|------------------|------|
| 1. Amador Valley | 20   |
| 2. Monte Vista   | 55   |
| 3. Livermore     | 68   |
| 4. San Ramon     | 90   |
| 5. California    | 145  |
| 6. Berkeley      | inc. |

#### Individuals:

1. Monica Van Wegen	AV	12	20:07
2. Jessica Felts	AV	09	20:09
3. Marcie Silva	AV	09	20:19
4. Ashley Nulty	SR	09	20:56
5. Allison Erbert	MV	?	20:59
6. Kristen Bergson	AV	10	21:06
7. Jackie Galvin	MV	?	21:11

The Amador girls turned this into a dual meet, slamming the door on the rest of the league with a 1-2-3 finish. Van Wegen came through with her third straight league individual title against the tough efforts of her own teammates. These girls are the class of the section in Div II, and state ranked at 8th. Even though they had an apparently lackluster Mt. SAC performance, it was enough to attract state consideration. Monte Vista is not shabby either, with some good times on a hilly course. Livermore has a good-grouped pack as well. All these teams will butt heads again in the Div II race come MOC time.

#### **HAYWARD AREA ATHLETIC LEAGUE**

3.0 miles      Hayward High School  
Thursday, November 7, 1996

#### Boys: Team Scoring:

1. Castro Valley	32
2. Bishop O'Dowd	48
3. San Leandro	71
4. Moreau Catholic	99
5. Hayward	105
Arroyo	inc
San Lorenzo	inc

#### Individuals:

1. Enrique Henriquez	SL	12	15:48
2. Jake Bouey	BOD	12	16:10
3. Shane Dulaney	CV	12	16:18
4. Martin Privat	SLZ	12	16:20
5. Kevin Gardiner	BOD	12	16:22
6. Tom Cathey	CV	12	16:26
7. Peter Barla	CV	12	16:33

Castro Valley used a tight pack to turn the tables on O'Dowd who had beaten them in the league dual meet. Henriquez of San Leandro defended his individual title and continues to impress observers as one of the top runners in Div II. CV goes on to Div I and O'Dowd tests the waters in Div IV for the post-season.

#### Girls: Team Scoring:

1. Castro Valley	31
2. Moreau Catholic	44
3. Bishop O'Dowd	54
4. San Leandro	127
5. Hayward	129
Arroyo	inc
San Lorenzo	inc

#### Individuals:

1. Jennie Ewing	CV	12	18:24
2. Lisa Gillis	MC	11	19:14
3. Luana Espana	MC	12	19:51
4. Terri O'Brien	MC	11	20:07
5. Stephanie Weisman	CV	11	20:28
6. Ashli Tingle	CV	10	20:39
7. Alysia Gatchalian	BOD	11	20:44

Castro Valley used a cluster to move into the Moreau Catholic group to overcome the fine 1-2-3 trio of Mariner runners. Jennie Ewing took the individual title in reversing last year's league loss to Lisa Gillis. Ewing looks to be one of the favorites in the Div II race individually. Castro Valley takes to Div II and Moreau Catholic goes on to Div IV for NCS-MOC aspirations.

#### **HUMBOLDT DEL NORTE LEAGUE**

3.0 miles      Pt. Patrick, Trinidad  
Saturday, November 9, 1996

#### Boys: Team Scores:

1. Eureka	34
2. Fortuna	64
3. Arcata	69
4. South Trinity	114
5. McKinleyville	130
6. Del Norte	173

Incomplete: Hoopa, St. Bernard's, South Fork, Triple Junction

#### Individuals:

1. Adam Hall	E	12	16:41
2. Nick Gai	A	12	16:51
3. Billy Maas	F	11	16:54
4. Kyle Kiser	ST	11	16:56
5. Jeremy Trout	E	11	17:00
6. Ryan Dexter	E	11	17:05
7. Levi Mondes	F	10	17:10

Eureka ran away from a steady Fortuna team to claim the HDNL title. In a close-packed race, the Eureka bunch stepped up a notch from closer early dual meets to pull to a clear win. Favorite Billy Maas was beaten by veterans Hall and Gai in the big race. Arcata, with a young squad, held on for a close 3rd. Eureka looks

to be a spoiler in the Div III, adding yet another good team to an already crowded excellent field. Fortuna is a definite power in Div IV, where several teams will be scrambling around to decide who is the power behind Granada. Arcata's Gai is top candidate for individual qualifying honors.

#### Girls: Team Scores:

1. Arcata	30
2. Eureka	33
3. Fortuna	83

incomplete: Hoopa, McKinleyville, St. Bernard's, Triple Junction

#### Individuals:

1. Joey Mason	A	10	19:51
2. Anni Kelly-Day	E	10	20:07
3. Myra Kessler	A	9	20:19
4. Andre Wookcock	E	10	20:24
5. Sierra Mattoni	A	11	20:19
6. Terra Greys	F	11	20:44
7. Erin Carter	E	11	20:48

Arcata finally lived up to its potential, and caught Eureka napping. Eureka had taken Arcata in several previous matchups, but not today. In a very close individual race, the race was decided by the freshman Kessler in a surprise top 3 finish. Eureka still remains a Div III contender behind the Clayton & Carondelet juggernauts. Arcata will try and stir up the mix in Div IV, where a team supremacy is anything but certain at this point.

#### **TRI-COUNTY ATHLETIC LEAGUE**

3.0 miles      Newhall Park, Concord  
Friday, November 8, 1996

#### Boys: Team Scores:

1. Granada	27
2. Campolindo	52
3. Miramonte	113
4. Acalanes	114
5. Alhambra	129
6. Concord	170
7. Dublin	174
8. Las Lomas	192
9. Mt. Diablo	221
10. Foothill	293

#### Individuals:

1. Marty Kinsey	G	12	16:19
2. Adam Morrison	G	?	16:23
3. Heinar Urrutia	G	12	16:33
4. Rick Riley	Alh	12	16:46
5. Andrew Shogun	Aca	12	16:54
6. Grant Clams	Camp	12	17:02
7. Matt Wise	Camp	12	17:16

Granada seemed to wake up after last week's one point squeaker over Campolindo in the pivotal dual meet. Campo put all 7 scorers in front of Granada's 5th, but couldn't match the upfront strength. The Matadors flexed a little muscle in the league final, turning the 10 team TCAL into their own personal dual meet with a 1-2-3 finish that put the lid down on the competition. Campo held on for a strong 2nd, and the rest scrambled for the remaining spots.

#### **Girls: Team Scores:**

1. Campolindo	23
2. Miramonte	65
3. Acalanes	83
4. Granada	87
5. Las Lomas	109
6. Alhambra	120
7. Concord	130
8. Foothill	196
Dublin	inc

#### **Individuals:**

1. Katie Berkes	Camp 11	19:14
2. Kristin Odegaard	Ben 12	19:32
3. Michelle Martin	Camp 12	19:43
4. Edlyn Smith	Camp ?	19:50
5. Lindsey Bergren	Mir 12	20:05
6. Amy Lopez-Riley	Alh ?	20:14
7. Kirsti Miller	Mir 12	20:20

Campolindo turned this race into a personal dual meet also. The state's 5th ranked Div IV team put on quite a show, putting 5 girls in the top 10 within 90 seconds of each other. They had some pretty good times as well on the NCS-MOC course. Miramonte emerged as a contender for the 2nd NCS spot out of division IV with a solid effort of their own.

And now for those leagues who are going into finals this week:

### **ALAMEDA-CONTRA COSTA ATHLETIC LEAGUE**

**Boys:** The clear favorite here is St Mary's, with Piedmont the closest challenger. St. Mary's with Mike Arp, Jay Hite, Jono Tapp and Ben Meniatias simply smothered the Highlanders. Carl Moran of Piedmont still remains the top individual. St. Joesph's has moved into the 3rd spot

by virtue of beating Alameda in a close one.

**Girls:** Heather Gibson and the Piedmont crew are the class of the league, and their Stanford showing places them in the 6th in the state rankings. Alameda gave them a scare in dual action, falling by 5 points. The rematch at the league finals should prove dramatic. Albany and St. Mary's will duel for 3rd.

### **BAY COUNTIES LEAGUE**

**Boys:** University High seems to be holding all the cards in this one, but Head Royce and Lick Wilmerding are not going to give it away easily. University has the undefeated dual met record with Max Hanlin leading the pack. Lick-Wilmerding has the league's top runner so far, Raymi Dyskant, and a good pack behind him. Head Royce counters with Jesse Skidmore in front. California School for the Deaf is the other top team and they have Jose Gutierrez. Anything could happen with evenly matched individuals and teams.

**Girls:** University. End of conversation. These girls are fast, and deep and young and in first place and ranked #1 in the state. Kira Morser, Linden Bader, Diana Clock Mollie Allocik, Aliza Cohen et cetera. College Park with Kat Saxon in front is the closest team, with Head Royce also a factor in the race for second. Branson is the wild card here, with several girls competing on the soccer team (evil hate scorn). Once soccer is over (and the NCS Fall Season championship are underway even as I type) they could get an influx of girls and surprise lots of people.

### **COASTAL MOUNTAIN CONFERENCE**

**Boys:** Clear Lake is the top team so far, with wins over Willits, Middletown, and Kelseyville. The top runner in the conference appears to be Tim Simons of Kelseyville.

**Girls:** The girls' contest appears to be ceded to Middletown, who races behind the talents of the Hunt sisters, Tami and Carrie Hunt. Kelseyville counters with Melissa Madison who has emerged as the league's top individual.

### **MARIN COUNTRY LEAGUE**

**BOYS:** Novato is still the power. Even though my MCAL spyglass is a bit dim, at last look Hunt and Garcia from Novato were leading them to a league title. Terra Linda's Francisco Guevara looks to be the individual to beat. Redwood might figure in the team hunt as well.

**Girls:** Terra Linda might hold all the cards, but Drake could surprise too. Tiffany Hansen of Redwood is the top individual, with a fine 18:46 at Mt. SAC.

### **MISSION VALLEY ATHLETIC LEAGUE**

**BOYS:** With Mission beating Logan in the dual meet, the showdown is set for the league finals. Dave Rodriguez and Jon Stevens clearly outpaced Chad Foster of Logan in the front of the race, and then it was a matter of sorting out the bodies. In a larger race, perhaps Logan can get closer.

**Girls:** Again it is mostly a Mission vs. Logan affair in the girls race. Mission took care of Logan in the dual meet, and looks to repeat the win in the league finals. Katie Hotchkiss, Hagu Solomon and Lizzie Bailey are solid performers for the Warriors while Logan counters with Sky Bambaugh and Jennifer Bridgeman.

### **NORTH BAY LEAGUE**

**Boys:** Ukiah has been the power all season, and nailed down the dual title with a 5 point win over defending champ Montgomery. They, behind Ryan Mack and Josh Otto, are a real solid team and perhaps the section's best behind DeLaSalle and Mission. Montgomery has its own brand of firepower with Kevin Funk and Jason DeSelle. Cardinal Newman is a power in Division IV, but looks to only manage 3rd in its own league behind Brent Shaw. Santa Rosa has individual standout Ulysses Teutle to make the race interesting up front.

**Girls:** The story always starts with Santa Rosa's Julia Stamps, who is well into her 4th year of record-setting excellence. She has set a standard that will be hard to rival in any foreseeable future. This year

Miss Stamps has her best supporting cast ever. Trina Cox is a state track meet veteran, and newcomers Lindsey Johnson and Katie Stafford are excellent runners. Ursuline will have to run very hard to defend its crown. Sara Hallas is a fine runner, and has a nice pack behind her. Montgomery and Ukiah will wage a rematch of their tie-breaker dual meet. Heidi Cavender will lead Ukiah to try to repeat their win over Montgomery and their #1 Diana Rancourt.

## **SONOMA COUNTY LEAGUE**

**BOYS:** Even with Jason Mendes tearing up the league in dual meets, the defending champions will be severely tested by Casa Grande in the finals. Casa has a great pack which is always trouble in bigger meets. Casa is led by frosh Nate Kabanuck. Analý appears to lead the rest/

**GIRLS:** Analý has a greatly improved group behind frosh studette Dirkje Dunham, and is in the driver's seat heading into the SCL finals. Casa Grande, El Molino and Sonoma figure to battle for the #2 spot. Lisa Hernandez of Healdsburg and Sally Cheda of Petaluma are other top runners.

## **THE RANKINGS:**

### **Division I** (1563 and up):

**Boys:** 1. Montgomery 2. Logan 3. Castro Valley 4. Healdsburg 5. Santa Rosa

**Girls:** 1. Santa Rosa 2. Logan 3. Alameda 4. Acalanes 5. San Ramon

### **Division II** (1250-1562)

**Boys:** 1. DeLaSalle 2. Mission 3. Amador Valley 4. San Leandro 5. Northgate

**Girls:** 1. Amador Valley 2. Mission 3. Castro Valley 4. Monte Vista 5. Northgate

### **Division III** (969-1249)

**Boys:** 1. Ukiah 2. College Park 3. Eureka 4. San Ramon 5. Clayton Valley

**Girls:** 1. Clayton Valley 2. Carondelet 3. Eureka 4. College Park 5. Livermore

### **Division IV** (525-968):

**Boys:** 1. Granada 2. Campolindo 3. Bishop O'Dowd 4. Novato 5. Fortuna

**Girls:** 1. Campolindo 2. Ursuline 3. Miramonte 4. Arcata 5. Terra Linda

### **Division V** (524 and down):

**Boys:** 1. St. Mary's 2. University 3. Piedmont 4. Head Royce 5. St.

Joe's - Notre Dame

**Girls:** 1. University 2. Piedmont 3. Middletown 4. College Prep 5. Kelseyville

### **OVERALL:**

**Boys:** 1. DeLaSalle 2. Mission San Jose 3. Ukiah 4. Granada 5. Montgomery 6. College Park 7. Logan 8. Clayton Valley 9. San Ramon 10. Campolindo

**Girls:** 1. Clayton Valley 2. Carondelet 3. Amador Valley 4. University 5. Mission 6. Santa Rosa 7. Campolindo 8. Ursuline 9. Logan 10. Castro Valley

Please direct all gripes and groans to Peter Brewer H: 510-945-8869 after 9 p.m. or FAX: 510-945-1510.

You may also address correspondence c/o Castro Valley High School  
19400 Santa Maria Avenue  
Castro Valley, CA 94546

# North Coast Section --CC-- Rankings

Vol 7, No. 6 Monday, Nov 18, 1996

Well, here is the raw data issue. These are the results of the league championships of all the 12 member leagues of NCS. Look over the route your opposition has taken to get to the MOC. I hope that you can make good use of all this. Good luck this Saturday.

## LEAGUE CHAMPIONSHIPS

### Alameda-Contra Costa Athletic League

3.0 miles Joaquin Miller Park, Oak  
Friday, November 15, 1996

#### Boys: Team Scores:

1. St. Mary's	30
2. St. Joseph's	52
3. Piedmont	53
4. Alameda	120
5. Salesian	149
6. Albany	171

#### Individuals:

1. Carl Moren	Pied	12	18:16
2. Mike Arp	StM	11	19:08
3. Justin Hite	StM	10	19:29
4. Ben Meniatias	StM	11	19:31
5. Travis Johnson	StJ	12	19:49
6. Chris Dunnick	StJ	12	19:53
7. Jed Johnson	Pied	12	19:56

The big surprise here was that with their #2 runner lost for the season, Piedmont fell to 3rd at the league meet. St. Mary's was the team today, packing in their top runners well to the front. Carl Moren was the top individual by far. St. Mary's assumes the favorites role for MOC.

#### Girls: Team Scores:

1. Piedmont	30
2. Alameda	37
3. St. Joseph's	71
4. St. Mary's	108
5. Albany	113

#### Individuals:

1. Heather Gibson	Pied	11	20:56
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2. Amada Roberts	Ala	?	22:57
3. Ingrid Elias	Pied	?	23:23
4. Janet Morrison	Ala	?	24:27
5. Sofia VanLeeuwen	Ala	?	24:30
6. Melissa Mao	Pied	?	25:05
7. Katie McCulloch	StJ	?	25:10

Heather Gibson ran excellently on a tough hilly course with narrow tight turns to lead the Highlanders over a surprisingly tough Alameda squad. Piedmont moves to be a contender in Div V, while Alameda test the waters in Div I.

## BAY COUNTIES LEAGUE

3.1 miles Lindley Meadow, Golden  
Gate Park Friday, Nov. 15, 1996

#### Boys: Team Scoring:

1. University	63
2. Lick-Wilmerding	69
3. Head Royce	90
4. College Prep	113
5. Cal School for Deaf	123
6. Branson	129
7. Urban	132
8. Crystal Springs Upland	191
9. Marin Academy	220
10. Athenian	245
11. Contra Costa Christian	310

#### Individuals:

1. Max Hanlin	Uni	11	17:00
2. Jose Gutierrez	CSD	12	17:08
3. Raymi Dyskant	LW	11	17:51
4. Jesse Skidmore	HR	12	17:51
5. Trevor Tileston	CSU	10	17:52
6. Peter Munoz	HR	11	17:54
7. Kyle Corcoran	Bran	10	18:02

Hanlin of University and Gutierrez of CSD duked it out way in front of the pack, with Hanlin pulling out the victory. University prevailed barely over Lick Wilmerding for the team win. These two teams hope to be in the mix behind St. Mary's in the Div V race on Saturday.

#### Girls: Team Scores:

1. University	19
2. College Prep	76
3. Convent	115
4. Branson	124
5. Head Royce	125
6. Crystal Springs Upland	183
7. Urban	191
8. San Domenico	203

9. Lick Wilmerding	206
10. Marin Academy	230
11. Athenian	232

#### Individuals:

1. Linden Bader	Uni	10	19:07
2. Kat Saxon	CP	11	19:14
3. Kira Morser	Uni	10	19:47
4. Diana Clock	Uni	9	19:55
5. Mollie Allick	Uni	10	19:55
6. Aliza Cohen	Uni	9	20:12
7. Kristen Ferrel	Uni	11	20:35

University obviously cleaned up in the BCL, which is to be expected from the top ranked Div V school in the state. The girls are rounding well into championship form. Bader had to handle Saxon of College Prep, but accomplished that assignment.

### Bay Valley Athletic League:

3.0 miles, Point Pinole, Richmond  
(Saturday, November 9)

#### Boys: Team Scoring:

1. DeLaSalle	20
2. College Park	63
3. Clayton Valley	67
4. Northgate	126
5. Liberty	142
6. Ygnacio Valley	146
7. Antioch	156
8. Pittsburg	209
9. Deer Valley	258

#### Individuals:

1. Tom Prindiville	DLS	12	14:59
2. Ryan Stanton	DLS	12	15:42
3. David Vigil	CP	11	15:45
4. Sean Kenady	DLS	11	15:51
5. Justin Carter	CV	12	15:51
6. Tim Layden	DLS	12	15:56
7. Alex Sanchez	DLS	12	16:00

Obviously this is a tough league to do battle in. College Park, a very good team in their own right, had been blasted by DLS in the showdown dual meet last week. Even with the incentive of a rematch, DLS was simply too powerful for the Falcons (or anyone else in the BYAL) to come close. Prindiville and Co. have their sights set on much higher game: NCS and State titles (with a rematch against Jesuit being a highlight) and National rankings. The Spartans are giving the NCS a good name with their prowess.

The surprise here was how close Clayton Valley crept up to College



Park in the battle for 2nd. This struggle will continue in the very tight Div III race that is shaping up at NCS.

#### Girls: Team Scoring:

1. Clayton Valley	26
2. Carondelet	41
3. College Park	96
4. Northgate	101
5. Liberty	130
6. Antioch	157
7. Ygnacio Valley	187

#### Individuals:

1. Kristen Gordon	Car	12	16:36
2. Deborah Osteen	CV	12	18:02
3. Kelly Howisey	CV	11	18:05
4. Kerri Bock-Williams	Car	11	18:26
5. Brooke Wheeland	NG	12	18:33
6. Julie Leninger	CV	10	18:41
7. Kristine Musante	CV	9	18:43

Clayton once again took the measure of Carondelet in the showdown of the titans. These two squads are the class of the entire state in Div III (CV #1, Car #2), and Clayton has a national ranking (#17) to boast of also. In the battle of the mere mortals, College Park held off an improving Northgate to grab a BVAL 3rd. Kristin Gordon continues to simply scorch the earth in her races, and seems to be the best non-Stamps runner in California. Clayton's strength is not just in having fast girls, but having them so close together near the top of the race. Simply amazing, when 5 girls can pack within :41, all under 19:00 on a 3 mile course (although a flat one).

### **COASTAL MOUNTAIN CONFERENCE**

3.5 miles Anderson Marsh State Park  
Saturday, November 16, 1996

#### Boys: Team Scores:

1. Willits	54
2. Clear Lake	55
3. Kelseyville	70
4. Middletown	79
5. St. Vincent's	127
6. Ft. Bragg	150

Rincon Valley Christian inc.

#### Individuals:

1. Tom Simons	Kel	12	20:29
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2. Chris Gayer	RVC	11	20:38
3. Jesse Rogers	Mid	11	20:49
4. Alex Aldridge	Wil	12	21:00
5. Wes Sirkin	Wil	10	21:02
6. Williw Luezing	Mid	10	21:04
7. Matt Paiva	Kel	12	21:32

Willits reversed an earlier loss to Clear Lake to grab a share of the CMC title. Simons established himself as the top runner with a win on a loooooong course. These two teams will have to hustle to establish themselves in the Div V race on Saturday.

#### Girls: Team Scores:

1. Middletown	21
2. Ft. Bragg	53
3. Kelseyville	81
4. Willits	102
Clear Lake	inc
Rincon Valley Christian	inc

#### Individuals:

1. Tammy Hunt	Mid	11	23:05
2. Melissa Madeson	Kel	11	24:10
3. Carrie Hunt	Mid	11	24:24
4. Alison Zarnoch	RVC	9	24:59
5. Laura Mitchell	Mid	10	25:17
6. Kristine Lemke	Ft.B	?	25:37
7. Megan Minudri	Mid	10	25:38

Middletown put its stamp on teh 96 CMC race with a great showing by Tami Hunt, who put away nemesis Melissa Madeson by almost a minute. Ft. Bragg slipped in ahead of Kelseyville. Middletown has a great chance with this type of performance to put themselves in good position to challenge for that 2nd spot in Div V and earn a trip to the State Meet.

\*3.0 miles, Oak Hill Park, Danville  
Thursday, November 7, 1996

#### Boys: Team scoring:

1. San Ramon	37
2. Amador Valley	43
3. Livermore	54
4. California	107
5. Monte Vista	135
6. Berkeley	164

#### Individuals:

1. Brian Hernstorf	AV	12	16:41
2. Nathan Martin	L	11	17:14
3. Tim Ricard	L	12	17:16
4. Dan Ambrose	SR	12	17:40

5. Jeff Stordahl	SR	12	17:48
6. Troy Smith	Cal	?	17:55
7. Brad Dietsch	SR	12	17:57

San Ramon proved that their dual wins over Livermore and Amador were no fluke, as they packed a good trio in the front of the race to break up the front-running firepower. The Wolves have quietly improved over the last year-and-a-half. Amador's Hernstorf has developed into a superior runner this year, and looks to seriously challenge in the Div II individual race which already is measuring up to be the fastest NCS race. Livermore is a sleeper here, not only because of their rich championship history, but also because they popped an excellent race at Mt. SAC, good enough to propel them into a #9 state ranking. Whether this group can rise to that level again remains to be seen.

#### Girls: Team Scores:

1. Amador Valley	20
2. Monte Vista	55
3. Livermore	68
4. San Ramon	90
5. California	145
6. Berkeley	inc.

#### Individuals:

1. Monica Van Wegen	AV	12	20:07
2. Jessica Felts	AV	09	20:09
3. Marcie Silva	AV	09	20:19
4. Ashley Nulty	SR	09	20:56
5. Allison Erbert	MV	?	20:59
6. Kristen Bergson	AV	10	21:06
7. Jackie Galvin	MV	?	21:11

The Amador girls turned this into a dual meet, slamming the door on the rest of the league with a 1-2-3 finish. Van Wegen came through with her third straight league individual title against the tough efforts of her own teammates. These girls are the class of the section in Div II, and state ranked at 8th. Even though they had an apparently lackluster Mt. SAC performance, it was enough to attract state consideration. Monte Vista is not shabby either, with some good times on a hilly course. Livermore has a good-grouped pack as well. All these teams will butt heads again in the Div II race come MOC time.

### **HAYWARD AREA ATHLETIC**

**LEAGUE**

3.0 miles Hayward High School  
Thursday, November 7, 1996

**Boys: Team Scoring:**

1. Castro Valley	32
2. Bishop O'Dowd	48
3. San Leandro	71
4. Moreau Catholic	99
5. Hayward	105
Arroyo	inc
San Lorenzo	inc

**Individuals:**

1. Enrique Henriquez	SL	12	15:48
2. Jake Bouey	BOD	12	16:10
3. Shane Dulaney	CV	12	16:18
4. Martin Privat	SLZ	12	16:20
5. Kevin Gardiner	BOD	12	16:22
6. Tom Cathey	CV	12	16:26
7. Peter Baria	CV	12	16:33

Castro Valley used a tight pack to turn the tables on O'Dowd who had beaten them in the league dual meet. Henriquez of San Leandro defended his individual title and continues to impress observers as one of the top runners in Div II. CV goes on to Div I and O'Dowd tests the waters in Div IV for the post-season.

**Girls: Team Scoring:**

1. Castro Valley	31
2. Moreau Catholic	44
3. Bishop O'Dowd	54
4. San Leandro	127
5. Hayward	129
Arroyo	inc
San Lorenzo	inc

**Individuals:**

1. Jennie Ewing	CV	12	18:24
2. Lisa Gillis	MC	11	19:14
3. Luana Espana	MC	12	19:51
4. Terri O'Brien	MC	11	20:07
5. Stephanie Weisman	CV	11	20:28
6. Ashli Tingle	CV	10	20:39
7. Alysia Gatchalian	BOD	11	20:44

Castro Valley used a cluster to move into the Moreau Catholic group to overcome the fine 1-2-3 trio of Mariner runners. Jennie Ewing took the individual title in reversing last year's league loss to Lisa Gillis. Ewing looks to be one of the favorites in the Div II race individually. Castro Valley takes to Div II and Moreau

Catholic goes on to Div IV for NCS-MOC aspirations.

**HUMBOLDT DEL NORTE LEAGUE**

3.0 miles Pt. Patrick, Trinidad  
Saturday, November 9, 1996

**Boys: Team Scores:**

1. Eureka	34
2. Fortuna	64
3. Arcata	69
4. South Trinity	114
5. McKinleyville	130
6. Del Norte	173

Incomplete: Hoopa, St. Bernard's,  
South Fork, Triple Junction

**Individuals:**

1. Adam Hall	E	12	16:41
2. Nick Gai	A	12	16:51
3. Billy Maas	F	11	16:54
4. Kyle Kiser	ST	11	16:56
5. Jeremy Trout	E	11	17:00
6. Ryan Dexter	E	11	17:05
7. Levi Mendes	F	10	17:10

Eureka ran away from a steady Fortuna team to claim the HDNL title. In a close-packed race, the Eureka bunch stepped up a notch from closer early dual meets to pull to a clear win. Favorite Billy Maas was beaten by veterans Hall and Gai in the big race. Arcata, with a young squad, held on for a close 3rd. Eureka looks to be a spoiler in the Div III, adding yet another good team to an already crowded excellent field. Fortuna is a definite power in Div IV, where several teams will be scrambling around to decide who is the power behind Granada. Arcata's Gai is top candidate for individual qualifying honors.

**Girls: Team Scores:**

1. Arcata	30
2. Eureka	33
3. Fortuna	83

incomplete: Hoopa, McKinleyville, St. Bernard's, Triple Junction

**Individuals:**

1. Joey Mason	A	10	19:51
2. Anni Kelly-Day	E	10	20:07
3. Myra Kessler	A	9	20:19
4. Andre Wookcock	E	10	20:24
5. Sierra Mattoni	A	11	20:19
6. Terra Greys	F	11	20:44
7. Erin Carter	E	11	20:48

Arcata finally lived up to its potential, and caught Eureka napping. Eureka had taken Arcata in several

previous matchups, but not today. In a very close individual race, the race was decided by the freshman Kessler in a surprise top 3 finish. Eureka still remains a Div III contender behind the Clayton & Carondelet juggernauts. Arcata will try and stir up the mix in Div IV, where a team supremacy is anything but certain at this point.

**MARIN COUNTY ATHLETIC LEAGUE**

3.0 miles Stafford Lake, Novato  
Friday, November 15, 1996

**Boys: Team Scores:**

1. Novato	32
2. Redwood	46
3. Terra Linda	83
4. San Rafael	114
5. San Marin	124
6. Drake	153
7. Marin Catholic	173
Tamalpais	inc

**Individuals:**

1. Todd Hunt	Nov	12	15:47
2. James Nielsen	SM	12	16:05
3. Francisco Guevara	TL	12	16:17
4. Geoff Garcia	Nov	12	16:36
5. Todd Bancroft	Nov	11	16:42
6. Adam Bessie	Red	11	16:57
7. Mike Tribolet	Red	12	17:11

To no one's real surprise, Novato took the crown with a superior show of pack running over Redwood's own fine grouping. Todd Hunt proved himself the top runner with a very good win. Novato and Redwood move on to challenge the wide open race to see who is next best in Div IV behind Granada.

**Girls: Team Scores:**

1. Novato	48
2. Drake	61
3. San Marin	72
4. Terra Linda	79
5. Redwood	119
6. San Rafael	156
7. Marin Catholic	194
Tamalpais	inc.

**Individuals:**

1. Tiffany Hansen	Red	12	19:21
2. Melissa Green	TL	11	19:40
3. Ann Green	D	10	20:25
4. Bonnie Hanks	Nov	10	20:38

5. Laura Kellner	SM	9	20:43
6. Maxine Bandner	SM	9	20:43
7. Katie Bernading	D	12	20:56

When favored Terra Linda slumped, Novato inspirationally took command of the race for the win. Tiffany Hansesen of REDwood was the prohibitive favorite, but she had to shake a determined race by unheralded Green of Terra Linda to snare the individual victory.

### MISSION VALLEY ATHLETIC LEAGUE

3.1 miles Coyote Hills, Fremont  
Thursday, November 14, 1996

#### Boys: Team Scores:

1. Mission San Jose	25
2. James Logan	32
3. Irvington	85
4. Washington	101
5. Newark Memorial	129
American	inc
JFK	inc

#### Individuals:

1. Jon Stevens	Mis	11	16:16
2. Dave Rodriguez	Mis	12	16:20
3. Chad Foster	JL	12	17:09
4. Scott MacDonald	JL	11	17:53
5. Ashere Firar	JL	10	17:56
6. Jerry Stepan	Mis	12	18:08
7. Micah Strom	Mis	9	18:17

Mission repelled the Logasn advance for the 2nd week in a row. Jon Stevens beat his teammate Rodriguez for his 3rd straight individual title. The Warriors take their power to do mighty battle in Div II against DeLaSalle. Logan was game, but not close enough. Chad Foster gave it his best shot in chasing the top two.

#### Girls: Team Scores:

1. Mission San Jose	23
2. James Logan	61
3. Irvington	79
4. Washington	86
5. Newark Memorial	108
American	inc
JFK	inc

#### Individuals:

1. Katie Hotchkiss	Mis	10	20:12
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2. Katie Martin	Irv	?	20:17
3. Lizzie Bailey	Mis	?	20:45
4. Sue Pickens	New	?	20:52
5. Jennifer Bridgeman	JL	?	21:45
6. Chantel Shaw	I	?	21:57
7. Stephanie Rasmusen	W	?	22:04

Hotchkiss came off the injured reserve list with a bang, winning her 2nd league title and leading the Warriors to a thorough win over Logan. Mission goes off to Div II to battle Amador for the 2nd spot behind Clayton, while Logan zooms up to Div I where they are favored to take 2nd behind Santa Rosa.

#### North Bay League

2.97 miles Spring Lake, Santa Rosa  
Friday, November 15, 1996

#### Boys: Team Scores:

1. Ukiah	37
2. Montgomery	42
3. Cardinal Newman	95
4. Elsie Allen	113
5. Santa Rosa	131
6. Rancho Cotate	146
7. Maria Carrillo	172
Piner	inc

#### Individuals:

1. Ryan Mack	Uk	10	15:35
2. Kevin Funk	Mont	12	15:36
3. Josh Otto	Uk	11	16:04
4. Brett Shaw	CN	10	16:10
5. Celedonio Rodriguez	EA	10	16:12
6. John Por	Uk	11	16:21
7. Alex Barrios	SR	10	16:30

Ukiah once again had to convince a very pesky Montgomery team who was the better team. The margin was close. Ryan Mack ran away with the race in a strong performance. Cardinal Newman behind Brett Shaw grabbed the 3rd. Ukiah goes off to Div III where they are the strong favorite. Montgomery will race in Div I, where they are favored over Logan and Castro Valley.

#### Girls: Team Scores:

1. Santa Rosa	26
2. Ursuline	48
3. Ukiah	77
4. Montgomery	99
5. Piner	133
6. Rancho Cotate	139
7. Marian Carrillo	inc

#### Individuals:

1. Julia Stamps	SR	12	16:19
2. Trina Cox	SR	10	17:40
3. Sarah Hallas	Urs	11	18:23
4. Linsy Johnson	SR	9	18:51
5. Katie Stafford	SR	10	19:07
6. Dena Witthaus	Piner	9	19:17
7. Diana Rancourt	Mont	11	19:20

Santa Rosa is perhaps the best Div I team the NCS has yet fielded. Stamps now has a strong supporting cast in their quest for State Glory. They are currently top ranked in Div I in NCS. Ursuline, defending champs, did not go down easily.

#### TRI-COUNTY ATHLETIC LEAGUE

3.0 miles Newhall Park, Concord  
Friday, November 8, 1996

#### Boys: Team Scores:

1. Granada	27
2. Campolindo	52
3. Miramonte	113
4. Acalanes	114
5. Alhambra	129
6. Concord	170
7. Dublin	174
8. Las Lomas	192
9. Mt. Diablo	231
10. Foothill	293

#### Individuals:

1. Marty Kinsey	G	12	16:19
2. Adam Morrison	G	?	16:23
3. Heinar Urrutia	G	12	16:33
4. Rick Riley	Alh	12	16:46
5. Andrew Shogun	Aca	12	16:54
6. Grant Clams	Camp	12	17:02
7. Matt Wise	Camp	12	17:16

Granada seemed to wake up after last week's one point squeaker over Campolindo in the pivotal dual meet. Campo put all 7 scorers in front of Granada's 5th, but couldn't match the upfront strength. The Matadors flexed a little muscle in the league final, turning the 10 team TCAL into their own personal dual meet with a 1-2-3 finish that put the lid down on the competition. Campo held on for a strong 2nd, and the rest scrambled for the remaining spots.

#### Girls: Team Scores:

1. Campolindo	23
2. Miramonte	65
3. Acalanes	83
4. Granada	87
5. Las Lomas	109
6. Alhambra	120

7. Concord	130
8. Foothill	196
Dublin	inc

#### Individuals:

1. Katie Berkes	Camp	11	19:14
2. Kristin Odegaard	Ben	12	19:32
3. Michelle Martin	Camp	12	19:43
4. Edlyn Smith	Camp	?	19:50
5. Lindsey Bergren	Mir	12	20:05
6. Amy Lopez-Riley	Alh	?	20:14
7. Kirsti Miller	Mir	12	20:20

Campolindo turned this race into a personal dual meet also. The state's 5th ranked Div IV team put on quite a show, placing 5 girls in the to 10 within 90 seconds of each other. They had some pretty good times as well on the NCS-MOC course. Miramonte emerged as a contender for the 2nd NCS spot out of division IV with a solid effort of their own.

#### **SONOMA COUNTY LEAGUE**

2.97 miles Spring Lake, Santa Rosa  
Thursday, November 14, 1996

#### **Boys: Team Scores:**

1. Casa Grande	32
2. Healdsburg	49
3. Analý	96
4. Sonoma Valley	107
5. El Molino	120
6. Petaluma	136

#### Individuals:

1. Jason Mendes	H	12	16:17
2. Ivan Raya	A	12	16:21
3. Mike Wilson	H	11	16:32
4. Nathan Kabanuk	CG	9	16:53
5. Brent Petersen	CG	11	16:57
6. Josh Baughman	CG	12	17:03
7. Robin Barker	EM	12	17:23

Healdsburg tried hard, but could not repel Casa's successful bid to take away the league title. Healdsburg went 1-3 on the league, but couldn't back that up. Jason Mendes had his hands full with Analý's Raya, who pushed him the entire race.

#### **Girls: Team Score:**

1. Analý	53
2. Sonoma	60
3. Casa Grande	60
4. El Molino	94
5. Petaluma	108
6. Healdsburg	113

#### Individuals:

1. Dirkje Dunham	A	9	19:53
2. Sarah Hernandez	H	11	19:58
3. Elizabeth Pool	S	?	20:01
4. Sally Cheda	Pet	12	20:11
5. Kristen VonFleet	Son	?	20:18
6. Franschine	A	"	20:43
7. Entricken	EM	?	21:04

Analý completed a fine turnaround in one year, going from the SCL basement to the throne. A lot had to do with fast frosh Dunham, who narrowly held off veterans Hernandez of Healdsburg and Cheda of Petaluma. The SCL sends its teams to Div III, with the exception of Healdsburg who testing the waters of Div I.

#### **THE RANKINGS:**

##### **Division I** (1563 and up):

**Boys:** 1. Montgomery 2. Logan 3. Castro Valley 4. Healdsburg 5. Santa Rosa

**Girls:** 1. Santa Rosa 2. Logan 3. Alameda 4. Acalanes 5. San Ramon

##### **Division II** (1250-1562)

**Boys:** 1. DeLaSalle 2. Mission 3. Amador Valley 4. Clayton Valley 5. San Leandro

**Girls:** 1. Clayton Valley 2. Amador Valley 3. Mission 4. Castro Valley 5. Monte Vista

##### **Division III** (969-1249)

**Boys:** 1. Ukiah 2. College Park 3. Eureka 4. San Ramon 5. Livermore

**Girls:** 1. Carondelet 2. Eureka 3. College Park 4. Livermore 5. Washington

##### **Division IV:** (525-968):

**Boys:** 1. Granada 2. Campolindo 3. Bishop O'Dowd 4. Novato 5. Fortuna

**Girls:** 1. Campolindo 2. Ursuline 3. Miramonte 4. Arcata 5. Terra Linda

##### **Division V:** (524 and down):

**Boys:** 1. St. Mary's 2. University 3. Lick-Wilmerding 4. St. Joe's-Notre Dame 5. Head Royce

**Girls:** 1. University 2. Piedmont 3. Middletown 4. College Prep 5. Kelseyville

#### **OVERALL:**

**Boys:** 1. DeLaSalle 2. Mission San Jose 3. Ukiah 4. Granada 5. Montgomery 6. College Park 7. Logan 8. Clayton Valley 9. San Ramon 10. Campolindo

**Girls:** 1. Clayton Valley 2. Carondelet 3. Amador Valley 4. University 5. Mission 6. Santa Rosa 7. Campolindo 8. Ursuline 9. Logan 10. Castro Valley

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**North Coast Section**  
**--CC--> Rankings**  
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Volume 7, number 7

December 20, 1996

Despite the threat of rain, and the soggy condition of the course, the North Coast Section conducted a great series of races to determine champions, contenders, participants and State Meet qualifiers. The races were competitive, the individuals fleet, and the teams combative. We had 75 girls teams represented, with 418 finishers, and 82 boys teams represented with 494 runners crossing the finish line. This is an very large number of runners to deal with on a championship level, and we should be proud as a section that this was administered with relative ease.

This humble publication came close in calling the shots in some races, and was completely off the mark in others. It is hard to predict emotional ups and downs. The results, regardless of team, showed strong running by all. Congratulations to all competitors for quality racing.

**Division I:**

**Boys:** Montgomery was clearly the presence here, running extremely well after taking yet another setback to Ukiah in the North Bay finals the week before. Kevin Funk (2nd 16:25) pulled out in the lead group early on to pace the Vikings to the crown. Logan, with Chad Foster (16:01) racing to a strong individual win, showcased their new anonymous uniforms and grabbed second place here. Scott MacDonald (3rd 16:37) was a large reason for the Colts success. Castro Valley took the third but was not close to the top two teams. The Trojans snatched Topm Cathey (11th 16:51) on as an individual. Mike Wilson of Healdsburg (4th 16:39), Chris Hernandez of Antioch (5th 16:39), John DuBois of Alameda (6th 16:42) and Ulysses Teutle of Santa Rosa (9th 16:51) were the rest of the individual qualifiers.

**Girls:** There was little doubt about the team or individual winner. The Santa Rosa girls dusted the field with a 1-2-3 finish, and Julia Stamps demolished her own course record. Teammate Trina Cox recorded the 3rd best time on the day, and newcomer Lindsey Johnson put the big whammy on the field. The drama that unfolded was Acalanes upsetting the favored Logan Colts in the battle for 2nd and the other State Meet bid. Katie Powers led a balanced Acalanes attack that clustered together well enough to nip Logan's squad. Jennifer Bridgeman (7th 19:57) was Logan's top runner and advanced as an individual to the State Meet. Other individual qualifiers were Linsey Henthorn of Liberty (4th 19:25), Amy Loper-Riley of Alhambra (5th 19:29), Ashlee Nulty of San Ramon (8th 20:02) and Amanda Roberts of Alameda (9th 20:22).

**Division II**

**Boys:** This was one quick race. Dave Rodriguez of Mission, the sections most consistent top performer this season, ran away with the race in the day's fastest time (15:30), but only after a challenge from the surprising Enrique Henriquez of San Leandro (15:35). Anticipated contenders Jon Stevens of Mission and Tom Prindiville of DeLaSalle were a few steps back. The team race clearly belonged to DLS, which put on a clinic of frontrunning packrunning, placing all 7 runners in the top 12 of the race. A remarkable performance from a top state-ranked team. The tension here was how Clayton Valley used its home course advantage to almost nip Mission for the second spot to the State Meet. Justin Carter (7th 16:12) led the Clayton cause. Amador Valley, with state qualifier Brian Hernstorf (5th 15:48), was also close in the scoring.

**Girls:** This was the deepest team race of the day, with the top 6 teams producing the top 12 team times on the day. The focus was on the recent shift of Clayton Valley to this division from Div III based on 1996 CBED enrollment figures, and how that impacted the teams that had now to compete with this national power. Even with the homecourt advantage, the Clayton group ran a flat race, and were almost picked off by a truly inspired Amador group who up short on a 39-45 score. Jennie Ewing of Castro Valley took over the race midway from a faltering Deborah Osteen of Clayton, who then faded to 10th. Ewing then held off a subsequent charge by Clayton's Kelly Howisey (2nd 18:53) to record a strong individual win (18:30). Monica Van Wegen of Amador (3rd 18:56) along with freshmen teammates Jessica Felts (5th 18:59) and Marcie Silva (6th 19:00) were not enough to overtake the Clayton pack of Howisey, Julie Leninger (4th 18:58), Marcella Villalobos (9th 19:22, Osteen (10th 19:28) and Kristine Musante (15th 20:02). Additional state qualifiers were Brooke Wheeland Of Northgate (7th 19:19), and teammates Diana Rancourt (8th 19:20) and Shewit Haile (12th 19:36) of Montgomery, and Leti ARroyo of Pittsburg (11th 19:34).

**Division III**

**Boys:** And how do they do it? Livermore was no better than 3rd in its league meet just two weeks ago, and now erupts for its 7th consecutive Div III title. It was perhaps not completely unexpected, as Livermore was always a threat, and had run a good Mt. SAC race a month ago. But the timing was impeccable, and the Cowboys carry home the trophy yet another year. Tim Ricard (3rd 15:57) and Nathan Martin (2nd 15:50) keyed the victory with some great front running, but it was the pack running of the other scoring runners that clinched the win. San Ramon chased their familiar league rival to a State Meet spot, with Brad Dietsch (4th 16:02) and Dan Ambrose (7th 16:32) leading the Wolves. Favored Ukiah, considered a lock for at least one of the two spots, fell to 3rd. Ryan Mack won the race individually for them (15:44) in fine time. The other state qualifiers were Adam Hall of Eureka (5th 16:15), Tim Hess of

Irvington (6th 16:27), Cameron Sarmiento of Ygnacio Valley (8th 16:35), and Dave Vigil of College Park (9th 16:35).

**Girls:** There was little mystery here. When Clayton had to move up a division, the cupboard looked a little bare. After all, many teams had opted up a division or two to escape what was considered the territory of the the titans from Clayton and Carondelet. With Clayton gone, Carondelet was the extremely great heavy favorite, and the other state spot looked wide open. Eureka was the team to rush into the void. I'm not even sure they knew they were contenders at the starting line, but they ran the race and beat the rest of the field behind teh lead of Anne Kelly-Day (12th 20:19). As expected CARondelet dominated with a 1-2-3 finish and the others not far behind. Kristin Gordon blazed to a great time (17:14) by herself, with teammates Kerri Bock-Williams (2nd 19:24) and Cristyn Enea (3rd 19:25) ahead of the rest of the pack. Other qualifers were Katie Martin of Irvington (4th 19:25), Kirstin Odegard of Benecia (5th 19:37), Sue Pickens of Newark Memorial (6th 19:46), Monique Melara of College Park (7th 19:55) and Chantel Shaw of Irvington (8th 20:01).

#### Division IV

**Boys:** Granada literally ran away with the team title, with the 3-4-5 finish of Marty Kinsey (16:18), Heinar Urrutia (16:20) and Adam Morrison (16:23) cementing a fine win. Novato, led by Todd Hunt's individual win (15:47), placed a State Meet berth on the tail end of a fine season. Big surprise by Moreau Catholic, as they pulled up some some bodies off their frosh team and grabbed a narrow 3rd. Individual State Qualifiers included James Nielsen of San Marin (2nd 16:17), Francisco Guevara of Terra Linda (3rd 16:17), Celedonio Rodriguez of Elsie Allen (7th 16:26), Ryan Preston of Moreau Catholic (8th 16:28) and Billy Maas of Fortuna (10th 16:32).

**Girls:** Campolindo was primed for the race, and put it awa y early with the 3-5-8 finishes of Katy Berkes (19:14), Edlyn Smith (19:29) and Michelle Martin (19:36). Ursuline, with Sarah Hallas (2nd 19:04), took a close 2nd over Miramonte. Miramonte was led by the duo of Kersti Miller (7th 19:36) and Lindsey Bergren (9th 19:38), both individual State meet qualifiers. Other state qualifiers were the individual winner, Tiffany Hansen of Redwood (18:49), Melissa Green of Terra Linda (4th 19:26), and Dirkje Dunham of Analy (7th 19:34).

#### Division V

**Boys:** As expected, Carl Mren of Piedmont (16:36) won the race easily, and as expected, the St. Mary's boys prevailed in the team win with Mike Arp (4th 16:53), Justin Kite (5th 17:11) and Ben Meniatis (6th 17:16) providing the core of the victory. What was unexpected was St. Joeseeph's of Alameda and Piedmont, both of the ACCAL, combatting for 2nd team ahead of the combined p[owers] of the BCL. St. Joe's prevailed, with Travis Johnsnosn (7th 17:23) and Chris Dunnick (8th 17:27) leading the way. The rest of the State Qualifiers were Max Hanlin of University (2nd 16:44), Jose Guiterrez of California School for the Deaf (3rd 16:44), Jed Johnson of Piedmont (8th 17:28) and Raymi Dyskant of Lick Wilmerding (10th 17:29).

**Girls:** University was no surprise as team champion, and neither was their margin of victory (54 points). The Red Devils placed their top in the top 8. The pack of Linden Bader (2nd 19:03), Diana Clock (4th 19:16), Kira Morser (5th 19:26), Mollie Alick (6th 19:26), and Aliza Cohen (11th 20:28) provided the big punch. Piedmont's Heather Gibson provided the race's eye-opener, winning the race in easily in a quality time. The Piedmont team edged the challenge of a strong Middletown team for the other State Meet spot. The state meet qualifers were Kat Saxon of College Prep (3rd 19:13), Tammy Hunt of Middletown (7th 20:00), Melissa Madeson of Kelseyville (9th 20:17) and Katie Scangos of Crystal Springs Upland (12th 20:46).

#### And now for the overall comparisons:

Traditionally, the comparisons done between schools running on the same course but in different races has been done on the basis of team times. This has provided fairly reliable results, since rarely does a team time conflict significantly with a team score in a large enough race. Team times are skewed when there is an outstanding individual on the team, and his or her time lowers the team time out of proportion to the team strength. (I call this the phenomenon the Julia Stamps factor – I used to call it the Becky Spies factor). What Bob Rush has some up with, and others have checked into, is the comparison of teams on the basis of individual team member times, and scoring all the races held on that day as one big race and placing all the individual times into a large large comparison pool. (Imagine 500 runners lined up for a single Meet of Champions cross country meet... then we'd really find out!) These results produce different conclusions, but still are not perfect indicators. The factors of prepping for a small group of contending opponents, race leaders dictating different paces, emotional surges and downswings, the physical size of the race, time of day, temperature, et cetera, are all factors still not put into the formula. As well, team times provide a forum for comparison from year to year, which cannot be done on the "one big race" method because obviously different years raced on different days. For all these reasons, I will continue with team times as the basis for comparison, with adjustments made as to the more obvious disjoints.

**Team Time rankings:** the exception is where a team beat another team head-to-head in the same race.

\* = State Meet qualifier

#### GIRLS:

1	95:22	Santa Rosa*	I-1	39	114:27	Hayward	I-8
2	96:12	Carondelet*	III-1	40	115:37	Antioch	I-9
3	96:43	Clayton Valley*	II-1	41	116:02	Ft. Bragg	V-5
4	96:55	Amador Valley*	II-2	42	117:01	Head Royce	V-6
5	97:10	University*	V-1	43	117:07	Branson	V-7
6	99:32	Campolindo*	IV-1	44	117:35	Kelseyville	V-8

7	101:39	Mission	II-3	45	118:08	Piner	II-10
8	102:25	Ursuline*	IV-2	46	118:45	Concord	III-6
9	102:36	Miramonte	IV-3	47	117:50	Rancho Cotate	III-7
10	103:00	Monte Vista	II-4	48	119:30	Crystal Springs	V-9
11	104:34	Livermore	II-5	49	120::56	San Rafael	IV-14
12	104:10	Castro Valley	II-6	50	118:39	Casa Grande	IV-15
13	105:02	Terra Linda	IV-4	51	121:56	California	III-8
14	105:26	Granada	IV-5	52	122:46	Lick Wilmerding	V-10
15	105:27	Eureka*	III-2	53	124:11	Marin Academy	I-11
16	105:57	Acalanes*	I-2	54	124:30	Healdsburg	V-10
17	106:00	Piedmont*	V-2	55	125:54	St. Mary's	V-12
18	106:23	James Logan	I-3	56	145:39	Willits	V-13
19	106:28	Moreau Catholic	IV-6			<b>Incomplete:</b>	
20	107:12	Novato	IV-7			American	
21	107:22	Montgomery	II-7			Benicia	
22	107:34	Las Lomas	IV-8			Berkeley	
23	107:28	Bishop O'Dowd	IV-9			Clear Lake	
24	107:45	Middletown	V-3			Dublin	
25	107:58	San Ramon	I-4			El Cerrito	
26	108:03	Drake	IV-10			El Molino	
27	108:37	Ukiah	II-8			Holy Names	
28	108:39	Arcata	IV-11			Hoopa	
29	108:53	Northgate	II-9			Maria Carrillo	
30	110:02	College Park	III-3			Marin Catholic	
31	110:28	Alameda	I-5			Mt. Diablo	
32	110:37	College Prep	V-4			Newark Memorial	
33	111:15	Irvington	III-4			Petaluma	
34	111:35	Liberty	I-6			Pittsburg	
35	111:57	Analy	IV-12			Rincon Valley Christian	
36	111:28	Redwood	IV-13			St. Joseph's-Notre Dame	
37	112:18	Alhambra	I-7			Triple Junction	
38	113:50	Washington	III-8			Ygnacio Valley	

#### BOYS:

1	80:38	DeLaSalle*	II-1	44	92:58	Salesian	V-7
2	82:48	Mission San Jose*	II-2	45	93:39	Cal School Deaf	V-8
3	83:07	Livermore*	III-1	46	93:08	College Prep	V-9
4	83:25	Granada*	IV-1	47	93:38	Clear Lake	V-10
5	83:45	Montgomery*	I-1	48	94:04	Hayward	I-11
6	83:48	San Ramon*	III-2	49	94:14	Washington	III-9
7	84:06	Clayton Valley	II-3	50	95:47	Branson	V-11
8	84:09	Amadro Valley	II-4	51	96:24	California	III-10
9	84:45	Novato*	IV-2	52	96:25	Concord	III-11
10	84:37	Ukiah	III-3	53	96:40	Pittsburg	II-7
11	84:45	James Logan*	I-2	54	96:22	Monte Vista	II-8
12	85:14	Eureka	III-4	55	96:52	McKinleyville	IV-15
13	85:52	College Park	III-5	56	96:18	Analy	IV-16
14	86:02	Castro Valley	I-3	57	94:51	Dublin	IV-16
15	86:32	St. Mary's*	V-1	58	94:49	Las Lomas	IV-17
16	86:44	Moreau Catholic	IV-3	59	97:43	Maria Carrillo	V-12
17	87:02	Campolindo	IV-4	60	97:45	Middletown	V-13
18	86:59	Fortuna	IV-5	61	98:32	Foothill	IV-19
19	87:35	San Leandro	II-5	62	97:08	Albany	IV-20
20	87:38	Redwood	IV-6	63	98:37	Petaluma	IV-21
21	88:25	Bishop O'Dowd	IV-7	64	99:26	Willits	V-14
22	88:34	St. Joe's *	V-2	65	99:52	Kelseyville	V-15
23	88:14	Piedmont	V-2	66	100:28	Marin Catholic	V-16
24	88:59	Irvington	III-6	67	101:34	Benicia	III-12
25	89:05	Cardinal Newman	IV-8	68	107:20	Ft. Bragg	V-17
26	88:51	Terra Linda	IV-9			<b>Incomplete:</b>	
27	89:10	Santa Rosa	I-4			American	
28	89:19	Antioch	I-5			Berkeley	
29	89:46	Casa Grande	IV-10			Crystal Springs Upland	

30	90:19	Miramonte	IV-11	Deer Valley
31	90:09	Arcata	IV-12	El Cerrito
32	90:24	Northgate	II-6	El Molino
32	90:24	Liberty	I-7	Hoopa
34	90:27	University	V-4	Marin Academy
35	90:56	Healdsburg	I-8	Mt. Diablo
36	91:02	Ygnacio Valley	III-7	Piner
37	91:25	Elsie Allen	IV-13	Rincon Valley Christian
38	90:46	San Rafael	IV-14	San Lorenzo
39	91:36	Rancho Cotate	III-8	San Marin
39	91:36	Head Royce	V-5	Sonoma Valley
41	91:15	Lick Wilmerding	V-6	Triple Junction
42	91:39	Alameda	1-9	
43	91:32	Alhambra	1-10	

And there is more: Now for the All-North Coast Teams. These are based strictly on times achieved during the Meet of Champions races.

#### Girls:

1st Team:			2nd Team:			3rd Team:		
1. Julia Stamps	12 (S Rosa)	16:46	8. Monica VanWegen	12 (Amador)	18:56	15. Katy Berkes	11 (Campo)	19:14
2. Kristen Gordon	12 (Caron)	17:14	9. Julie Leininger	11 (Clayton)	18:58	16. Diana Clock	9 (Univ)	19:16
3. Trina Cox	10 (S Rosa)	18:05	10. Jessica Felts	9 (Amador)	18:59	17. Brooke Wheeland	11 (Northg.)	19:19
4. Jennie Ewing	12 (Castro)	18:30	11. Marcie Silva	9 (Amador)	19:00	18. Diana Rancourt	11 (Mont)	19:20
5. Heather Gibson	11 (Pied)	18:34	12. Linden Bader	10 (Univ)	19:03	18. Lindsey Johnson	9 (S.Rosa)	19:20
6. Tiffany Hansen	12 (Redw)	18:49	13. Sarah Hallas	12 (Ursuline)	19:04	20. Marcelle Villalobos	11 (Clayton)	19:22
7. Kelly Howisey	12 (Clayton)	18:53	14. Kat Saxon	11 (Coll Prep)	19:13	21. Kerri Bock-Williams	12 (Caron)	19:24

#### Boys:

1st Team:			2nd Team:			3rd Team:		
1. Dave Rodriguez	12 (Mission)	15:30	8. Nathan Martin	11 (Livermore)	15:50	15. Sean Kenady	12 (DLS)	16:14
2. Enrique Henriquez	12 (SLean)	15:35	9. Tim Ricard	12 (Livermore)	15:57	16. Ryan Stanton	11 (DLS)	16:15
3. Jon Stevens	11 (Mission)	15:38	10. Chad Foster	12 (Logan)	16:01	16. Adam Hall	12 (Eureka)	16:15
4. Tom Prindiville	12 (DLS)	15:40	11. Brad Dietsch	12 (SanRamon)	16:02	18. Francisco Guevara	12 (Terra L)	16:17
5. Ryan Mack	10 (Ukiah)	15:44	12. James Nielsen	12 (San Marin)	16:08	19. Marty Kinsey	12 (Granada)	16:18
6. Todd Hunt	12 (Novato)	15:47	13. Jeff George	12 (DeLaSalle)	16:10	20. Tim Layden	11 (DLS)	16:19
7. Brian Hemstorf	12 (Amador)	15:48	14. Justin Carter	12 (Clayton)	16:12	21. Alex Sanchez	12 (DLS)	16:20
						21. Heinar Urrutia	12 (Granada)	16:20

Congratulations to these fine runners, and all the competitors that pushed them to this level.

And now for some more tomfoolery: This is the annual league strength matchup to see which leagues can boast of CC-> prowess and which can't. The entire day is scored as a meet between leagues, with team time places being the individual places. 3 teams participating constitutes a full league entry, and leagues represented by fewer than three teams will be considered incomplete. Leagues will be allowed 5 entries to displace. Here we are:

#### Girls:

1. East Bay Athletic League	AV 4, MV 10, Liv 11 (SRam 25, Cal 51)	26
2. Tri-County League	Campo 6, Mira 9, Gran 14 (Aca 16, LL 22, Alh 37, Con 46)	29
3. North Bay League	SRosa 1, Urs 8, Mont 21 (Uk 27, Piner 45, Rancho 47)	29
4. Bay Valley Athletic League	Caron 2, ClayV 3, NG 29 (ColPk 30, Lib 34, Ant 40)	32
5. Hayward Area Athletic League	CastroV 12, MorC 19, BOD 23 (Hay 39)	42
6. Mission Valley Athletic League	MSJ 7, JL 18, Irv 33 (Wash 38)	45
7. Marin Country Athletic League	TL 13, Nov 20, Drake 26 (Red 36, SRaf 49)	57
8. Bay Counties League	Uni 5, ColPrep 32, HR 42 (Bran 43, CPU 48, LickW 52, MA 53)	74
9. Alameda-Contra Costa Athletic League	Pied 17, Ala 31, St. Mary's 55	81
10. Coastal Mountain Conference	Mid 24, Ft.B 41, Kelsey 44 (Willits 56)	100
11. Sonoma County League	Analy 35, Casa 50, Heald 54	121
12. Humboldt Del Norte League	Eureka 15, Arcata 28	inc.

#### Boys:

1. East Bay Athletic League	Liv 3, SRam 6, AV 8 (Cal 51, MV 54)	17
2. Bay Valley Athletic League	DLS 1, ClayV 7, ColPk 13 (Ant 28, NG 32, Lib 33, YV 36, Pitt 53)	21
3. Mission Valley Athletic League	MSJ 2, JL 11, Irv 24 (Wash 49)	37
4. North Bay League	Mont 5, Uk 10, CN 25 (SRosa 38, Elsie 37, Rancho 39, Maria 59)	40
5. Hayward Area Athletic League	CastroV 14, MorC 16, SLean 19 (BOD 21, Hay 48)	49
6. Tri-County League	Gran 4, Campo 17, Mira 30 (Alh 43, Con 52, Dub 57, LL 58, Foot 61, Ben 67)	51
7. Marin County Athletic League	Nov 9, Red 20, TL 26 (SRaf 38, MA 66)	55



8. Alameda-Contra Costa Athletic League	St.M 15, St.J 22, Pied 23 (Ala 42, Sales 44)	60
9. Humboldt Del Norte League	Eur 12, Fort 18, Arc 31 (MacKin 55)	61
10. Bay Counties League	Uni 34, HR 39, LickW 41 (CSD 45, ColPrep 46)	108
11. Sonoma County League	Casa 29, Heald 35, Ana 56 (Peta 63)	114
12. Coastal Mountain Conference	Clear 47, Mid 60, Will 64 (Kel 65, Ft.B 68)	151

It is encouraging to see so many teams showing up to the MOC, and putting in their full effort. We are gaining considerable momentum as a section, and this race is a key ingredient to keeping our running talents focused and energized. The league comparisons show that we are a balanced section as well, with certainly some areas of talent, but generally we have excellence sprouting up all over. This overall growth of participation and the rising level of competition can only lead to better North Coast teams.

Congratulations to all --CC--> runners and teams on your season.

Direct all pertinent (Or impertinent) responses or addenda to Peter Brewer H: 510-945-8869 FAX: 510-945-1510  
or c/o Castro Valley High School, 19400 Santa Maria Ave, Castro Valley 94546.

# NORTH COAST CROSS --CC--> COUNTRY RANKINGS

Volume 7, Number 8

December 30, 1996

**And so another season comes to an end.** It was a remarkable season, with a real breakthrough for the NCS on a Statewide level. The end of the season saw additional triumphs, as Carondelet's Kristen Gordon capped an improbable finish with the National Championship. The collapse of Julia Stamps was a regrettable footnote to all this, as the finest career of any female high school distance runner ended on a sour note. *Harrier* magazine implied that it was a year-round training and competitive regimen over 4 or 5 years that contributed to Julia's big-meet woes: what ever it is, this corner of the running world hopes that she, her family, and her coaches figure it out and get her running. Gordon's college stock surely has risen, and she and a number of other NCS runners can profitably pursue college educations and running careers. Dave Rodriguez of Mission San Jose made the National finals, and finished 20th, closing out a remarkable career. Check out his improvement at the state meet over three years on the State Meet individuals chart.

## **notes and nattering:**

**Has anyone else noticed that the girls' times have suddenly gotten very good?** We have now not just one or two top runners, the NCS has a surge of quality and depth across the spectrum of girls' races. The team times have improved, the winning times have improved, and the competition is fierce all the way down the line. Is it just that the athletes are better? Are the coaches doing a better job with the girls? I like to think that we are now seeing the emergence of girl athletes who have been in competitive sports all their lives, and have develop a sense of competitive intensity that translates very well to cross country. Does anybody else have any ideas? Let me know.

**Division V works** -- by the measure that I use for cross country success (participation and competitiveness) Division V works very well for us. The NCS has always been a giant of tiny schools (we are 3rd of the 10 state sections in number of schools, but only 5th in terms of student population), and with the opening of D-V, lots of small school saw fit to make the trek to the Meet of Champions and join in. Triple Junction, Hoopa, Rincon Valley Christian, and others joined the fray this year. And as for competitiveness, the State Meet girls race was a NCS love fest up front. University and Piedmont held up the NCS banner very well for the girls, as did St. Mary's and St. Joe's on the boys' side. It adds two more races to the day, but I'd stay to watch a JV coaches "B" race, so I'm perhaps not the one to make any comment on that regard.

**Low-tech, high tech, tech-tech:** Even though I am a proponent of low- or no-tech on results at cross country meets (due to the high incidence of foulup and resulting information backlog) I cannot help but be impressed with Peter Guerrini's system as implemented at the Meet of Champions. Just so long as each runner kept his or her tag intact, the system worked like a breeze. Results (except for the lost stack of D-III boys) were available fairly soon for sale cheap (50¢). Also, I am in possession of about 50 copies of the complete results of the MOC races, and will gladly provide them to anyone who wants them. Just send a Self Addressed Stamped Manila Envelope (better put two stamps on it -- it's a fairly thick stack of documents) to me and I will return stuffed with info. The only requirement for this type of system to work is the entry of names and schools, and the required equipment needed to run it (Chronomix, bar code reader, high-end MacIntosh, copy machine). For smaller meets, this is not entirely feasible, but it seems to work with a larger meet and a fair amount of lead time.

**NCS communications, et cetera:** I think we are doing an excellent job in keeping our section connected and informed about our sport. As spread out as we are, from Crescent City (Del Norte HS) to Fremont (Mission San Jose) to San Francisco (University, Urban, Lick-Wilmerding et al) to the Peninsula (Crystal Springs Upland) and further south (Pescadero), coaches are willing and quick to get in touch, stay informed, and pass along results. I think a good example of this was the scrambling we had to do to get a full complement of teams to opt up to the appropriate division to get at least 10 teams in Division I and II to qualify two to State. The bulk of the decision making was handled in about 3 days of phone calls to and from all over the section.

**Thank you thank you thank you:** This year this little publication got a full measure of information from all over all the time (well, the MCAL still tends to be a little insular). There are many names to be credited, but in particular I want to mention John Hotchkiss, parent extraordinaire, who made the MVAL an open book with his regular faxes; Heb Colt of Kelseyville who was faithful for 7 years with his clippings and notes and is now retiring (after resuscitating a long-dormant running program in Lake County); Doug Cortemarche of Santa Rosa; Larry Meredith of Montgomery; and all the regulars who put up with my late night phone calls and overly-chatty phone manner.

**A lust for anger: the soccer hate brigade:** I have to say that my tirade (and the yet-to-be-delivered sequel) brought forth 100% positive feedback from cross country coaches. There were a few diplomatic mumurings that perhaps a less strident tone was in order, but mostly I found that other coaches were delighted at the aggressive tone of the piece, and some even suggested that I be more caustic and deprecating in further attacks. I surmise from the unanimity of animosity that every cross country coach has had periodic or ongoing encounters with recreational soccer (or even school soccer) and has been on the short end of the recruiting/commitment/schedule conflicts.

**The envelope, please:** It is my own tradition to honor those that have been deemed to help promote the sport or have shown true excellence. The choices were very hard this year, and so I have instituted some honorable mentions. I hope I haven't overlooked too many worthy candidates.

**Runner of the year, Girls:** **Kristen Gordon, Carondelet** It is very hard to argue against the National Champion. Kristen has done the extremely hard thing for a girl, which is to stay focused and improve every year. This means giving up things, running when less than inspired, and keeping the commitment level consistently high. And the tremendous level of improvement she achieved this year can only reflect a tremendous amount of effort and hard work. Congratulations, Kristen.

**Runner of the year, Boys:** **David Rodriguez, Mission San Jose** NCS Champion, State Champion, Footlocker finalist-- David carried out well the fine tradition of Mission runners, all the way to the national level. And to think he wasn't even league champion this year.

**Coach of the year, Girls:** **Helen Lehman-Winters, Carondelet** It is a clean sweep this year for the Cougars. Helen took the team to a state-level caliber almost as soon as she arrived at Carondelet, and culminated with a state title and a national individual champion. She has succeeded both on the team level and with the individual star. (Look for the outstanding 4x800 and Distance Medley teams come track.)

**Honorable Mention:** Doug Cortemarche, Santa Rosa: he pulled a team together behind Julia Stamps

Mike McManus, University: keeping a young bunch of talented girls focused for a 2nd year

**Coach of the Year, Boys:** **Cliff Hatch, San Ramon**: only three years ago he was a wrestling coach with no distance running experience who stepped into a vacancy. Now he has taken a solid team of veteran runners to the state meet. Not bad for having to learn on the job.

**Honorable Mention:** Rico Balatti, DeLaSalle: he does it again--and again--and again  
Ed Salazar, Livermore: how did they pull off a 7th straight NCS D-III title, when they couldn't even win their league? Simply amazing.

**Continue to stay in touch:** This is the last issue of this year's erratic and sporadic publication. We will be back in the fire again starting sometime in August. Time now for our transition workouts, and then the full assault on track. Thank you again, all you faithful subscribers, without whose support this year's version would have been whittled down to 4 point single sheets pirated through covert school accounts. Any information, corrections, additions, buckets of money, corporate sponsorships, shoe endorsements, whimsical speculations, et cetera, please let me know: Peter Brewer, c/o Castro Valley High School, 19400 Santa Maria Avenue, Castro Valley, Ca 94546 H: 510-945-8869 FAX: 510-945-1510

**Enough of the idle chatter, and on to the straight stuff:** State Meet NCS summaries, NCS proliferation on the Final State Rankings, All-Time lists for both Individuals and teams. Enjoy.

By all accounts, the 1997 State Meets was an unqualified success for the North Coast Section. (Well, there are always qualifications but not as many as the successes. We had 3 team champions as well as a 1 point 2nd place) and 4 individual champions. The NCS also had 13 All-State (top 10 in a race) girls' runners and 7 All-State boys. There was wholesale reshuffling in the team time lists, and the individual top NCS State Meet performers lists. The most obvious success was the dramatic improvement, top-to-bottom of the girls' times. The end of the season rankings included 27 NCS teams in the 200 best teams ranked, so we were a factor as a section.

This brings up the major qualification, which is that we still need to work on our representation in Division I. We have now had two straight years of full participation, that is, sending our full complement of teams to the Division I races. Now we need to continue to work on having those teams make an impact once they get there. It was nice to see Santa Rosa crack the top ten with their girls' team. And with their returning talent, they look to be a force there for a couple of years at least. However, we still need to bolster our boys. The first steps look to be in place already, as we have (or at least I hope we have) a consistent core of teams that are dedicated to continually opting up to Division I and then continuing to strive for excellence at that level. Let's keep sending those teams folks, and let's work on making those teams more competitive each year.

**Division I: Boys:** Chad Foster of Logan was our top finisher (31 16:23). Logan nearly caught a slumping Montgomery team on a 331-331 tie for 14th, but Montgomery won the tie-breaker. Neither team was a major force today, perhaps still recovering from the thrill of the section race. Other top NCS finishers were Kevin Funk of Montgomery (47th 16:32) and Scott MacDonald of Logan (49th 16:33).

**Girls:** Julia Stamps rounded out a great State Meet career with the 3

fastest State Meet times, and broke her own record with an unforced, runaway victory (1st 16:43). A real surprise here was the continuing excellence of Santa Rosa's #2 runner, sophomore Trina Cox who recorded a very fast time with a great individual run (3rd 18:04). As a team, Santa Rosa finished 10th, and would have placed higher had normal #3 runner Lindsay Johnson run her regular race. This race featured what I believe was the first ever NCS alternate individual runner. Oralia Coon of Hayward, 10th at section, replaced Linsey Hawthorne of Liberty who was injured and could not complete. However, Oralia did not find out until the day before, and was not officially in the race until just before race time. To her credit, she ran with the rest of the NCS individuals in a representative race.

**Division II: Boys** — This was the fastest boys race for the NCS, much like it was at the section championships. Once again, Dave Rodriguez proved that he is the dominant runner of our section with a strong win (1st 15:21). He had to pull away from a determined Roseville runner at the tape, but had the fortitude for the victory. Again, he had the company of teammate Jon Stevens (5th 15:43) and DLS's Tom Prindiville (7th 15:44) all the way to the finish. The team race clearly belonged to DLS, who had the fastest team time on the day as well as in the race. After Prindiville, the collective order of Sean Kenady (29th 16:12), Tim Layden (32nd 16:16), Ryan Stanton (33rd 16:19), and Alex Sanchez (41st 16:32) wrapped up the team win, the second overall state title for the Spartans. Other top NCS finishers included Enrique Henriquez of San Leandro (21st 16:01), Brian Hernstorf of Amador Valley (27th 16:10), and Justin Carter of Clayton Valley (40th 16:31).

**Girls:** After having to move up to Division II, Clayton had to face nemesis Yucaipa head on, instead of by indirect comparison from the more comfortable environs of Division III. The Eagles did their job, but were really no match for the Yucaipa bunch who are

truly a very fine team. Kelly Howisey led the Clayton team for the second straight race, grabbing All-State honors with a top 10 finish (10th 18:38). She was joined by teammates Debra Osteen (19th 19:01), Julie Leininger (23rd 19:07), Marcela Villalobos (38th 19:41) and Kristine Musante (39th 19:41) to nail down their 2nd place finish. Amador Valley showed that they belong on the State scene with a very good 6th place finish. Top Don runners Jessica Felts (20th 19:01), Marcie Silva (37th 19:37) and Monica VanWegen (41st 19:43) paced their top placing. Jennie Ewing of Castro Valley was the top NCS runner, grabbing a top 10 spot in the fastest individual race of the day (8th 18:27). Brooke Wheeland of Northgate (42nd 19:43) was another top NCS finisher.

**Division III: Boys** — This has traditionally been Livermore territory, and today was no exception. The resurgent Cowboy team took 7th, another top 10 finish to cap off what started out in September as a very rocky season. Tim Ricard (9th 16:01) and Nathan Martin (18th 16:24) led the Livermore squad. San Ramon had their own measure of success confirmed today with an 8th place finish, keeping close to the Livermore squad they had to battle all season long in the EBAL. Brad Dietsch (16th 16:16) was the top runner for the Wolves. The top NCS finisher was sophomore Ryan Mack of Ukiah who zipped to a very good All-State finish (5th 15:55).

**Girls:** With Clayton Valley out of the way, having been called up to Division II, Carondelet figured to have its way with Division III, and that turned out to be the case. Kristen Gordon turned in a spectacular race, running the 4th fastest time ever on the course unchallenged (1st 17:17). She was joined by teammates Kerri Bock-Williams (18th 19:24), Kelly Piantenesi (21st 19:29), Cristyn Enea (29th 19:37) and Megan Andrade (47th 20:05) in notching the Cougar's best finish ever. Eureka, a surprise State Meet participant, was not quite up to the

intensity of the racing today, and was a competitor in the back of the pack finishing 14th. Top finishes by other NCS runners included Kirstin Odegaard of Benicia (16th 19:22), Monique Melara of College Park (28th 19:36) and Katie Martin of Irvington (30th 19:39).

**Division IV: Boys** — Granada has had a strong team all year, but no one really knew that they were this strong. They came out blazing today, and missed out on a state title by the slimmest of margins, the one-point differential. Marty Kinsey (24th 16:28) and Heinar Urrutia (27th 16:31) led the way for the Matadors. Novato turned in a solid effort, behind Todd Hunt's quality placing (20th 16:24), to grab 11th in the team standings. James Nielsen of San Marin surprised many folks by being the section's top finisher today and earning an All-State spot (5th 15:55). Francisco of Terra Linda finished well (26th 16:30).

**Girls:** Campolindo put on a great show for the NCS, and finished with a quality third place and a team plaque. Katy Berkes (11th 18:59), Edlyn Smith (16th 19:17), and Michelle Martin (25th 19:45) ran very well for the Cougars. Ursuline also had a top finish, grabbing 7th behind the frontrunning of Sarah Hallas (10th 18:51). Tiffany Hansen of Redwood was the top NCS finisher (7th 18:47). Miramonte's duo of Kersti Miller (18th 19:25) and Lindsey Bergren (26th 19:45) also posted good performances.

**Division V: Boys** — In the inaugural running of the long awaited D-V, St. Mary's placed well by taking 6th. Mike Arp was the Panther's top finisher (18th 16:51). St. Joseph's also cracked the top 10 in the team standings with a 9th place finish. Chirs Dunnick led the Pilots (46th 17:37). Carl Moren of Piedmont was again the section's top representative with a fine race (9th 16:23). University's Max Hanlin also ran well (27th 17:05). It appears, without slighting our NCS teams running, that the new division runs much slower than the other divisions. This is perhaps the natural result of pulling out the

larger schools. Still, this is not necessary inevitable, given the example of McFarland of running 5 boys in an average of 16:20.

**Girls:** University had more trouble winning the section meet than they did in winning the State Meet. The Red Devils were so predominant that they placed all 5 of their scoring runners in the top 11 places. The NCS did very very well overall, with Kat Saxon of College Preparatory winning the race (1st 19:06) in a falling-down lean at the tape, and NCVS champ Heather Gibson of Piedmont (6th 19:36) also garnering All-State honors. The University squad of Kira Morser (3rd 19:11), Linden Bader (4th 19:20), Mollie Allick (5th 19:26), Diana Clock (7th 19:41) and Aliza Cohen (11th 19:50) won with a 60 point margin. Tremendous. Other top NCS finishers included Kristin Ferrel of University (14th 20:06), Melissa Madeson of Kelseyville (15th 20:10), Katie Scangos of Crystal Springs Upland (16th 20:16), and Tammy Hunt of Middletown (20th 20:23). This is a pretty impressive cluster of NCS talent, with 11 out of the top 20 places belong to girls from our section. The Piedmont girls grabbed 6th overall. Gibson lead their effort, with good assistance from Ingrid Elian (24th 20:29).

**Final Rankings:** It is a testimony to the quality of running going on in the NCS that we have so many teams in the final rankings. Check it out. The rankings are courtesy of Doug Speck:

#### BOYS:

##### Division I

Peninsula  
Poway  
Nevada Union  
Long Beach Poly  
Mt. Carmel  
Del Campo  
Hoover # Glendale  
Rancho Bernardo  
Belmont  
Madera  
Bellarmine

Santa Ana Valley  
Chino  
Ayala  
San Diego  
Hanford  
Fresno  
Clovis  
El Toro  
Temecula Valley

##### Division II

De La Salle  
Santa Margarita  
Santa Ana  
Jesuit  
Hemet  
Huntington Beach  
Mission San Jose  
Clayton Valley  
Rubidoux  
Sultana  
West Hills  
Anaheim  
Amador Valley  
Righetti  
Serra  
Burbank  
Orange  
Yucaipa  
Reedley  
Arroyo (El Monte)

##### Division III

St. Ignatius  
Tustin  
Katella  
St. Francis (Mtn. View)  
Bosco Tech  
Barstow  
Livermore  
Newport Harbor  
Newbury Park  
El Modena  
San Ramon  
Ramona  
Sonora (San Joaquin)  
Brea Linda  
Pleasant Valley  
Ukiah  
Sonora (La Habra)  
Eureka  
Mar Vista  
Paso Robles

# ALL-TIME TOP NCS INDIVIDUALS AT THE STATE MEET:

## BOYS

1	15:11	Jeremy Seven	Sr.	DeLaSalle	1989	I-3
2	15:31	Kevin Berkowitz	Sr.	Hayward	1988	I-12
3	15:33	Dave Rodriguez	Sr.	Mission	1988	I-11
4	15:25	Michelle Jones	Jr.	Livermore	1988	I-11
5	15:29	Testavey Beyene	Sr.	Newark	1987	I-18
6	15:31	Steve Brown	Sr.	Piedmont	1986	I-1
7	15:48	Steve Immel	Sr.	Livermore	1985	I-11
8	15:35	Mike Khatri	Sr.	Fortuna	1984	I-19
9	15:37	Joe Smith	Sr.	Livermore	1983	I-19
10	15:39	Mike Wojciechowski	Sr.	Clayton	1982	I-20
11	15:42	Matt Creason	Sr.	Eureka	1981	I-1
12	15:40	Chris Maier	Sr.	Amador	1980	I-38
13	15:43	Jeff Aschbrenner	Sr.	California	1979	I-102
14	16:07	Jon Stevens	Jr.	Mission	1978	I-2
15	16:43	Brian White	Sr.	Antioch	1977	I-5
16	16:13	Tom Prindiville	Sr.	DeLaSalle	1976	I-6
17	16:08	Rob Scott	Sr.	San Ramon	1975	I-7
18	15:45	Alex Tekell	Sr.	O'Dowd	1974	I-71
19	15:46	Ell Ricca	Sr.	Arcata	1973	I-19
20	15:46	Richie Boulet	Sr.	Drake	1972	I-5
21	15:48	Jim Zachary	Jr.	DeLaSalle	1971	I-8
22	15:50	Jason Alwood	Sr.	Castro Val	1970	I-13
23	16:18	Dan Stoll	Sr.	College Pk	1969	I-60
24	15:51	Mike Prindiville	Sr.	DeLaSalle	1968	I-29
25	15:52	Steve Guerrini	Sr.	Santa Rosa	1967	I-7
26	15:53	Brian Rivers	Sr.	Moreau	1966	I-29
27	15:54	Keith Kennedy	Jr.	San Lean	1965	I-63
28	15:55	Ahnik Jones	Jr.	Livermore	1964	I-17
29	16:28	Ty Walker	Sr.	DeLaSalle	1963	I-16
30	16:09				1962	I-29

28	15:00	James Nielsen	Sr.	San Marin	1990	I-78
29	15:55	Ryan Mack	So.	Ukiah	1989	I-5
30	15:56	Mark Douglas	Sr.	Moreau	1988	I-6
31	15:58	Randy Maestroti	Jr.	DeLaSalle	1987	I-13
32	16:27	Mike Contos	Jr.	Mont	1986	I-44
33	16:00	Matt Meltzer	Jr.	University	1985	I-52
34	16:08	Rick Esporda	Sr.	Casa Gran	1984	I-29
35	17:33				1983	I-4
36	16:00				1982	I-73
37	16:18				1981	I-7
38	16:29				1980	I-16
39	16:43	Julia Stamp	Sr.	Santa Rosa	1979	I-30
40	16:45	Kristen Gordon	Sr.	Carondelet	1978	I-1
41	17:17	Niamh Zwagemann	Jr.	Mt. Tam	1977	I-1
42	18:12	Elisea Reidy	Sr.	Mission	1976	I-15
43	18:38	Becky Spies	Jr.	Livermore	1975	I-1
44	18:46	Sarah Riley	Jr.	Campolindo	1974	I-1
45	17:33	Miesha Marzell	Sr.	O'Dowd	1973	I-1
46	18:04	Trina Cox	So.	Santa Rosa	1972	I-1
47	18:02	Allison Lambert	Sr.	Northgate	1971	I-31
48	18:22	Heather Wallace	Jr.	Clayton	1970	I-3
49	18:34	Jennie Ewing	Sr.	Castro Va	1969	I-2
50	18:36	Nika Horn	Sr.	Santa Rosa	1968	I-23
51	18:42	Anjelica Randall	Sr.	O'Dowd	1967	I-2
52	18:57	Lori Reddy	Sr.	Mission	1966	I-4
53	19:03				1965	I-30
54	19:41				1964	I-3
55	18:34				1963	I-10
56	18:36				1962	I-16
57	18:42				1961	I-33
58	18:52				1960	I-15
59	19:06				1959	I-28
60	19:12				1958	I-4
61	19:18				1957	I-20
62	19:36				1956	I-7
63	19:41				1955	I-28
64	20:25				1954	I-43
65	18:44				1953	I-75
66	19:40				1952	I-35
67	21:11				1951	I-10
68	18:45				1950	I-13
69	19:35				1949	I-17
70	18:47				1948	I-28
71	18:49				1947	I-43
72	18:47				1946	I-7
73	18:47				1945	I-28
74	18:47				1944	I-43
75	18:47				1943	I-28
76	18:47				1942	I-43
77	18:47				1941	I-28
78	18:47				1940	I-43
79	18:47				1939	I-28
80	18:47				1938	I-43
81	18:47				1937	I-28
82	18:47				1936	I-43
83	18:47				1935	I-28
84	18:47				1934	I-43
85	18:47				1933	I-28
86	18:47				1932	I-43
87	18:47				1931	I-28
88	18:47				1930	I-43
89	18:47				1929	I-28
90	18:47				1928	I-43
91	18:47				1927	I-28
92	18:47				1926	I-43
93	18:47				1925	I-28
94	18:47				1924	I-43
95	18:47				1923	I-28
96	18:47				1922	I-43
97	18:47				1921	I-28
98	18:47				1920	I-43
99	18:47				1919	I-28
100	18:47				1918	I-43

21	18:48	Becky Kopchik	Jr.	Northgate	1988	I-4
22	18:52	Sarah Hallas	Sr.	Ursuline	1987	I-17
23	18:55	Deborah Cateen	So.	Clayton	1986	I-10
24	18:57	Tina Bowen	Jr.	San Ramon	1985	I-19
25	19:01	Elizabeth Larmore	Sr.	Monte Vista	1984	I-91
26	19:07	Angela Dalke	Jr.	O'Dowd	1983	I-11
27	19:07	Katy Barker	Jr.	Campolindo	1982	I-11
28	19:08	Elise Patterson	Sr.	Castro Valley	1981	I-30
29	19:23	Jennie Dempsey	Jr.	Analay	1980	I-27
30	19:01	Jessica Felle	Fr.	Amador	1979	I-23
31	19:02	Michelle Muehling	Sr.	Amador	1978	I-7
32	19:11	Megan Reeder	Jr.	Santa Rosa	1977	I-20
33	19:33	Marisa Daniel	Jr.	Granada	1976	I-17
34	19:34	Vicky Fieschner	Sr.	Fortuna	1975	I-42
35	19:04	Kristen Schriber	Jr.	Milramonte	1974	I-24
36	19:11	Kel Saxon	Jr.	College Pr	1973	I-13
37	19:16	Julie Lehniger	So.	Clayton	1972	I-24
38	19:29	Gretchen Vanderlip	Fr.	Clayton	1971	I-24
39	19:34	Amber Robinson	Sr.	Las Lomas	1970	I-19
40	19:10	Kim Wilkes	Sr.	Logan	1969	I-15
41	19:11	Sarah Jakes	Sr.	Sonoma	1968	I-20
42	19:30	Rhonda Mazza	Sr.	Santa Rosa	1967	I-60
43	19:34	Melody Haas	Sr.	Clear Lake	1966	I-16
44	19:34	Lisa Gillis	So.	Moreau	1965	I-23
45	19:34	Kira Morser	So.	University	1964	I-36
46	19:34	Katie Holchik	Fr.	Mission	1963	I-17
47	19:34	Theresa Newman	Fr.	Marin Cath	1962	I-27
48	19:34	Joy Harris	Sr.	Mission	1961	I-15
49	19:34	Nicki Saleta	So.	O'Dowd	1960	I-15
50	19:34	Tina Venzor	Sr.	Mission	1959	I-35
51	19:34	Edlyn Smith	Jr.	Campolindo	1958	I-16
52	19:34	Melissa Pardini	Sr.	Northgate	1957	I-34
53	19:34	Linden Bader	So.	University	1956	I-28
54	19:34				1955	I-16
55	19:34				1954	I-33
56	19:34				1953	I-4
57	19:34				1952	I-65
58	19:34				1951	I-67
59	19:34				1950	I-8
60	19:34				1949	I-9
61	19:34				1948	I-28
62	19:34				1947	I-91
63	19:34				1946	I-11
64	19:34				1945	I-11
65	19:34				1944	I-11
66	19:34				1943	I-11
67	19:34				1942	I-11
68	19:34				1941	I-11
69	19:34				1940	I-11
70	19:34				1939	I-11
71	19:34				1938	I-11
72	19:34				1937	I-11
73	19:34				1936	I-11
74	19:34				1935	I-11
75	19:34				1934	I-11
76	19:34				1933	I-11
77	19:34				1932	I-11
78	19:34				1931	I-11
79	19:34				1930	I-11
80	19:34				1929	I-11
81	19:34				1928	I-11
82	19:34				1927	I-11
83	19:34				1926	I-11
84	19:34				1925	I-11
85	19:34				1924	I-11
86	19:34				1923	I-11
87	19:34				1922	I-11
88	19:34				1921	I-11
89	19:34				1920	I-11
90	19:34				1919	I-11
91	19:34				1918	I-11
92	19:34				1917	I-11
93	19:34				1916	I-11
94	19:34				1915	I-11
95	19:34				1914	I-11
96	19:34				1913	I-11
97	19:34				1912	I-11
98	19:34				1911	I-11
99	19:34				1910	I-11
100	19:34				1909	I-11

These are top times, with an arbitrary cutoff of 16:00 for the boys, and 19:20 for the girls. The times are taken just from the State Meet, on the Woodward Park course in Fresno.

**North Coast Section Cross  
Country All-Time State Meet Times**

**Division I ("3A" prior to 1990)**

**BOYS**

80:05	DeLaSalle	1989	2nd
81:18	DeLaSalle	1988	5th
81:41	DeLaSalle	1992	4th
82:27	San Ramon	1987	11th
83:44	Antioch	1987	13th
83:54	Amador Valley	1989	12th
84:03	Santa Rosa	1988	14th
84:17	Santa Rosa	1994	8th
84:39	Montgomery	1993	11th
85:35	Montgomery	1996	13th
86:00	James Logan	1996	14th
86:14	James Logan	1991	13th
86:52	Montgomery	1990	13th
86:58	Castro Valley	1995	15th
86:57	Bishop O'Dowd	1995	16th

**GIRLS:**

97:56	Santa Rosa	1996	10th
98:23	Santa Rosa	1991	6th
100:24	Carondelet	1994	7th
102:25	Santa Rosa	1990	8th
103:14	James Logan	1995	8th
103:20	California	1987	12th
104:05	California	1988	14th
104:42	California	1989	11th
105:23	San Ramon	1989	12th
105:37	James Logan	1992	11th
106:21	Granada	1988	16th
106:32	El Cerrito	1987	14th
107:29	James Logan	1994	14th
107:39	Acalanes	1996	18th
108:08	Acalanes	1995	18th
111:04	James Logan	1993	18th

**Division II ("2A" prior to 1990)**

**BOYS:**

80:39	DeLaSalle	1991	1st
81:03	DeLaSalle	1996	1st
82:35	Mission San Jose	1996	7th
82:38	Montgomery	1992	8th
82:55	DeLaSalle	1995	6th
83:14	DeLaSalle	1993	7th
83:25	DeLaSalle	1990	7th
83:41	DeLaSalle	1994	9th
84:11	Piedmont	1988	5th
84:18	Castro Valley	1987	7th
84:28	Castro Valley	1988	7th
84:48	Mission San Jose	1995	11th
84:43	Mission San Jose	1994	11th
84:53	Mission San Jose	1993	14th
85:00	Acalanes	1987	11th
85:04	Castro Valley	1991	12th
85:27	Amador Valley	1990	12th
85:33	Northgate	1989	7th
85:37	San Ramon	1992	13th
86:27	Arcata	1989	12th

**GIRLS:**

96:08	Clayton Valley	1996	2nd
98:30	Amador Valley	1996	6th
98:56	Mission San Jose	1993	3rd

101:11	Mission San Jose	1994	8th
102:13	Amador Valley	1995	11th
102:40	Castro Valley	1989	8th
102:46	Mission San Jose	1995	12th
103:25	Redwood	1988	9th
103:39	Miramonte	1987	6th
103:39	Mission San Jose	1992	9th
103:45	Campolindo	1987	8th
104:20	Castro Valley	1993	13th
104:27	Monte Vista	1990	8th
104:44	Castro Valley	1991	10th
105:05	Monte Vista	1991	11th
105:13	Castro Valley	1990	10th
105:53	San Ramon	1992	14th
106:59	Northgate	1988	13th
107:32	Piedmont	1989	14th
108:37	Castro Valley	1994	13th

**Division III**

**BOYS:**

81:51	Livermore	1994	3rd
82:24	Livermore	1995	2nd
83:24	Clayton Valley	1995	6th
83:26	Livermore	1992	5th
83:29	Livermore	1993	8th
83:52	Clayton Valley	1994	5th
84:14	Livermore	1991	9th
84:49	Livermore	1990	10th
85:15	Livermore	1996	7th
85:28	Bishop O'Dowd	1993	12th
85:33	Moreau Catholic	1990	11th
86:45	Casa Grande	1992	12th
87:52	Bishop O'Dowd	1991	14th
88:29	San Ramon	1996	8th

**GIRLS:**

95:20	Clayton Valley	1995	2nd
95:52	Carondelet	1996	1st
96:42	Clayton Valley	1994	1st
97:17	Clayton Valley	1993	2nd
97:44	Bishop O'Dowd	1992	3rd
98:14	Bishop O'Dowd	1993	4th
98:23	Carondelet	1995	4th
100:43	Bishop O'Dowd	1991	5th
102:11	Northgate	1994	7th
102:19	Carondelet	1992	8th
103:43	Moreau Catholic	1991	10th
105:10	Livermore	1990	9th
106:30	Carondelet	1990	11th
109:29	Eureka	1996	14th

**Division IV ("A" prior to 1990)**

**BOYS:**

84:09	Granada	1996	2nd
84:19	Piedmont	1993	4th
86:07	Fortuna	1991	8th
86:16	Piedmont	1994	4th
86:33	St. Mary's	1990	8th
86:45	Fortuna	1992	8th
86:50	Novato	1996	11th
86:51	Arcata	1993	7th
86:52	Piedmont	1995	3rd
87:32	Arcata	1992	9th
87:38	University	1988	6th
87:51	Arcata	1991	11th

88:43	Campolindo	1994	9th
88:53	University	1987	13th
88:57	Campolindo	1995	8th
89:49	Piedmont	1990	14th
90:13	Lick-Wilmerding	1989	12th
92:01	Head Royce	1987	15th
92:27	University	1989	14th
93:59	McKinleyville	1988	12th

**GIRLS:**

98:40	Campolindo	1996	3rd
100:52	University	1995	2nd
101:35	Miramonte	1994	2nd
102:22	Miramonte	1993	4th
102:52	Piedmont	1990	4th
102:54	Ursuline	1996	7th
103:39	University	1987	2nd
103:53	Ursuline	1993	5th
104:09	Arcata	1991	5th
104:28	Ursuline	1991	6th
104:51	Branson	1994	4th
105:15	Arcata	1992	4th
105:26	University	1988	4th
105:29	Ursuline	1992	7th
105:31	Campolindo	1995	4th
108:12	Ft. Bragg	1988	7th
110:51	Lick-Wilmerding	1989	10th
111:59	Alhambra	1990	14th
112:38	University	1989	14th
114:13	Head Royce	1987	14th

**Division V**

**BOYS:**

87:27	St. Mary's	1996	6th
90:32	St. Joe's	1996	9th

**GIRLS:**

97:28	University	1996	1st
106:34	Piedmont	1996	6th

**Top 10 All Divisions:**

**BOYS:**

80:05	DeLaSalle	1989	I-2
80:39	DeLaSalle	1991	II-1
81:03	DeLaSalle	1996	II-1
81:18	DeLaSalle	1988	I-5
81:41	DeLaSalle	1992	I-4
81:51	Livermore	1994	III-3
82:24	Livermore	1996	III-2
82:27	San Ramon	1987	I-11
82:35	Mission San Jose	1996	II-7
82:38	Montgomery	1992	II-8

**GIRLS:**

95:20	Clayton Valley	1995	III-2
95:52	Carondelet	1996	III-1
96:08	Clayton Valley	1996	II-2
96:42	Clayton Valley	1994	III-1
97:17	Clayton Valley	1993	III-2
97:28	University	1996	V-1
97:44	Bishop O'Dowd	1992	III-3
97:56	Santa Rosa	1996	I-10
98:14	Bishop O'Dowd	1993	III-3
98:23	Santa Rosa	1991	I-6

Division IV

Corona Del Mar  
Granada  
Nordhoff  
Half Moon Bay  
Costa Mesa  
West Valley  
Yucca Valley  
Central Valley  
St. Augustine  
San Marino  
Shafter  
Yreka  
Notre Dame (Sherman Oaks)  
Novato  
Dixon  
Beaumont  
Pioneer  
Estancia  
Morro Bay  
San Mateo

Division V

McFarland  
Holtville  
St. Bonaventure  
Oak Park  
Maranatha  
St. Maryis  
Orange Lutheran  
Mendota  
Salesian (LA)  
LA Baptist  
St. Josephis-Notre Dame  
York School  
Flintridge Prep  
Piedmont  
Paraclete  
Calvin Christian  
St. Joseph (Santa Maria)  
Pasadena Poly  
Summerville  
Crossroads

GIRLS:

Division I

Clovis  
Ayala  
Clovis West  
Fallbrook  
Esperanza  
Irvine

Lowell  
Orange Glen  
El Toro  
Santa Rosa  
Vista  
Buena  
Redlands  
Lincoln (Stockton)  
Rialto  
Los Alamitos  
Thousand Oaks  
Nevada Union  
Oakmont  
Rancho Bernardo

Division II

Yucaipa  
Clayton Valley  
Dana Hills  
Ventura  
Valhalla  
Amador Valley  
Scripps Ranch  
Mission Viejo  
St. Ignatius  
University (Irvine)  
West Hills  
Canyon  
Santa Margarita  
Davis  
Woodbridge  
Del Campo  
Sultana  
Grossmont  
Highlands  
Mission San Jose

Division III

Carondelet  
El Modena  
Placer  
Santana  
St. Lucyis  
San Geronio  
Dos Pueblos  
Del Oro  
Newport Harbor  
Los Gatos  
Pleasant Valley  
Rio Americano  
Katella  
Westlake  
Pacifica

Laguna Hills  
Ramona  
San Luis  
Norco  
Aptos

Division IV

Nordhoff  
La Canada  
Campolindo  
Central Valley  
Cathedral City  
Corona Del Mar  
Ursuline  
University (San Diego)  
Miramonte  
Louisville  
Gunn  
Wasco  
Flintridge Sacred Heart  
Archbishop Mitty  
Terra Linda  
Palo Alto  
Bret Harte  
Granada  
South Hills  
Estancia

Division V

University  
Orange Lutheran  
McFarland  
St. Joseph (Santa Maria)  
La Salle  
Piedmont  
Middletown  
St. Bonaventure  
Pasadena Poly  
Stevenson  
College Preparatory  
Maranatha  
Chadwick  
Paraclete  
Westridge  
Templeton  
Vivian Webb  
Justin Sienna  
Summerville  
Butte Valley



North Coast Section All-State

Team:

These are the top 10 times this year by  
NCS athletes at the State Meet.

Boys:

15:21	Dave Rodriguez (MSJ)	12	II-1
15:43	Jon Stevens (MSJ)	11	II-5
15:44	Tom Prindiville (DLS)	12	II-7
15:55	Ryan Mack (Ukiah)	10	III-6
15:55	James Nielssen (S Marin)	12	IV-5
16:01	Tim Ricard (Livermore)	12	III-9
16:02	Enrique Henriquez (SLn)	12	II-21
16:10	Brian Herntorf (AV)	12	II-27
16:12	Sean Keandy (DLS)	12	II-29
16:16	Brad Dietsch (San Ram)	12	III-16

Girls:

16:43	Julia Stamps (SRosa)	12	I-1
17:17	Kristen Gordon (Caron)	12	III-1
18:04	Trina Cox (SRosa)	10	I-2
18:27	Jennie Ewing (Castro Val)	12	II-8
18:38	Kelly Howisey (Cly Val)	12	II-10
18:47	Tiffany Hansen (Redw)	12	IV-7
18:52	Sarah Hallas (Ursuline)	12	IV-10
18:59	Katy Berkes (Campo)	11	IV-11
19:01	Deborah Osteen (ClyV)	12	II-19
19:01	Jessica Felts (Amador)	9	II-20

Congratulations to these finer runners.

ALL-TIME TOP NCS INDIVIDUALS AT THE STATE  
MEET:

BOYS

1	15:11	Jeremy Seven	Sr. DeLaSalle	1989 I-3
	15:31			1988 I-12
2	15:19	Kevin Berkowitz	Sr. Hayward	1989 II-1
	15:53			1988 II-11
	16:05			1987 II-18
3	15:21	Dave Rodriguez	Sr Mission	1996 II-1
	16:18			1995 II-32
	17:01			1994 II-80
4	15:25	Micheil Jones	Jr Livermore	1994 III-1
	16:00			1993 III-19
	16:34			1992 III-34
	n.t.			1995 III-dnf
5	15:29	Tesfaye Beyene	Sr Newark	1990 II-2
	16:31			1991 II-66
6	15:31	Steve Brown	Sr Piedmont	1993 IV-2
	15:48			1992 IV-1
	16:12			1991 IV-10
	17:44			1990 IV-87
7	15:33	Steve Immel	Sr Livermore	1994 III-3
	15:53			1993 III-10
	16:22			1992 III-20
8	15:35	Mike Khatri	Sr Fortuna	1991 IV-1
9	15:37	Joe Smith	Sr. Livermore	1995 III-1
	16:39			1994 III-38
	17:34			1993 III-102
9	15:37	Mike Wojciechowski	Sr Clayton	1995 III-2
	15:58			1994 III-8
11	15:39	Matt Creason	Sr Eureka	1992 II-5
	15:42			1991 II-9
	16:12			1990 II-22
	16:30			1989 II-44
12	15:40	Chris Maier	Sr Amador	1993 II-8
13	15:43	Jeff Aschbrenner	Sr California	1989 I-13
13	15:43	Jon Stevens	Jr Mission	1996 II-5
	16:07			1995 II-20
	16:43			1994 II-62
15	15:44	Brian White	Sr Antioch	1990 I-6
	16:13			1989 I-44
15	15:44	Tom Prindiville	Sr DeLaSalle	1996 II-7
	15:50			1995 II-9
	15:53			1994 II-7
	16:50			1993 II-71
17	15:45	Rob Scott	Sr San Ramon	1988 I-19
	16:08			1987 I-44
17	15:45	Alex Tekell	Sr O'Dowd	1994 III-5
	15:50			1993 III-6
19	15:46	Eli Ricca	Sr Arcata	1988 II-9
	16:23			1987 II-33
19	15:46	Richie Boulet	Sr Drake	1990 IV-3
	16:28			1989 II-29
21	15:48	Jim Zachary	Jr DeLaSalle	1990 II-8
	15:54			1991 II-13
	16:26			1989 I-60
22	15:50	Jason Atwood	Sr Castro Val	1989 II-7
	16:18			1988 II-29
	16:56			1987 II-63

22	15:50	Dan Stoll	Sr College Pk	1990 III-3
	16:12			1989 II-18
24	15:51	Mike Prindiville	Sr DeLaSalle	1992 I-17
	15:54			1991 II-12
	16:56			1990 II-71
25	15:52	Steve Guerrini	Sr Santa Rosa	1990 I-17
	16:13			1988 I-52
26	15:53	Brian Rivers	Sr Moreau	1987 I-16
27	15:54	Keith Kennedy	Jr San Lean	1993 I-16
	16:26			1994 III-29
	16:50			1992 II-75
28	15:55	Ahmik Jones	Jr Livermore	1990 III-6
	16:10			1991 III-14
	16:28			1989 I-62
28	15:55	Ty Walker	Sr DeLaSalle	1992 I-19
	16:09			1991 II-21
	17:00			1990 II-78
28	15:55	James Nielsen	Sr San Marin	1996 IV-5
28	15:55	Ryan Mack	So. Ukiah	1996 IV-6
32	15:56	Mark Douglas	Sr Moreau	1990 III-8
	16:26			1988 I-67
33	15:59	Randy Maestretti Jr	DeLaSalle	1994 II-13
	16:26			1995 II-44
	16:27			1993 II-52
34	16:00	Mike Contos	Jr Mont	1987 I-29
34	16:00	Matt Metzger	Jr University	1988 III-1
	16:08			1989 III-4
	17:33			1987 III-73
34	16:00	Rick Esponda	Sr Casa Gran	1992 III-7
	16:18			1991 III-16
	16:29			1990 III-30

GIRLS:

1	16:43	Julia Stamps	Sr Santa Rosa	1996 I-1
	16:45			1995 I-1
	17:06			1994 I-1
2	17:17	Kristen Gordon	Sr Carondelet	1996 III-1
	18:12			1995 III-2
	18:38			1993 III-6
	18:46			1994 I-8
3	17:33	Becky Spies	Jr Livermore	1989 I-2
	18:10			1987 I-7
	18:21			1990 III-2
4	18:01	Sarah Riley	Jr Campolindo	1989 II-1
	18:48			1990 III-5
	19:19			1987 II-15
5	18:02	Miesha Marzell	Sr O'Dowd	1992 III-1
6	18:04	Trina Cox	So Santa Rosa	1996 I-3
	19:43			1995 I-31
7	18:15	Niamh Zwagermann Jr	Mt. Tam	1989 II-2
	18:43			1990 IV-3
	19:42			1988 II-23
8	18:19	Elissa Reidy	Sr Mission	1994 II-2
	18:30			1993 II-5
	19:07			1992 II-10
9	18:22	Alison Lambert	Sr Northgate	1994 III-4
	18:34			1993 III-2
10	18:23	Heather Wallace Jr	Clayton	1994 III-5
	18:30			1995 III-4

18:36			1993 III-3	19:37			1992 I-30
19:42			1992 III-30	19:42			1990 I-40
11 18:27	Jennie Ewing	Sr	Castro Va	1996 II-8	31 19:03	Marisa Daniel	Jr Granada 1993 III-13
18:57			1995 II-10	19:33			1994 III-24
19:03			1993 II-13	33 19:04	Vicky Fleschner	Sr Fortuna	1992 IV-5
19:41			1994 II-22	19:31			1991 IV-7
12 18:34	Nika Horn	Sr	Santa Rosa	1991 I-7	33 19:04	Kristen Schrieber	Jr Miramonte 1993 IV-1
18:47			1989 I-16	19:11			1994 IV-1
19:32			1990 I-33	35 19:06	Kat Saxon	Jr College Pr	1996 V-1
13 18:38	Anjelica Randall	Sr	O'Dowd	1993 III-5	19:29		1995 IV-8
19:31			1991 III-15	36 19:07	Julie Leininger	So Clayton	1996 II-23
19:41			1992 III-29	19:16			1995 III-19
13 18:38	Lori Reidy	Sr	Mission	1994 II-4	37 19:09	Gretchen Vanderlip	Fr Clayton 1993 III-15
19:16			1993 II-20	37 19:09	Amber Robinson	Sr Las Lomas	1994 III-15
19:52			1992 II-35	19:38			1993 III-36
13 18:38	Kelly Howisey	Sr	Clayton V	1996 II-10	39 19:10	Kim Wilkes	Sr Logan 1992 I-20
19:06			1995 III-13	20:12			1990 I-60
19:12			1993 III-17	39 19:10	Sarah Jakel	Sr Sonoma	1993 III-16
19:18			1994 III-19	41 19:11	Rhonda Mazza	Sr Santa Rosa	1991 I-23
16 18:44	Melissa Frieberg	Jr	California	1989 II-7	19:34		1990 I-36
19:36			1990 II-28	20:19			1989 I-80
19:41			1988 I-43	41 19:11	Meloday Haas	Sr Clear Lake	1993 V-2
20:25			1987 I-75	41 19:11	Lisa Gillis	So Moreau	1995 II-21
17 18:44	Melissa Ackermann	Fr	Castro V	1989 II-6	19:30		1994 II-17
19:40			1991 II-35	41 19:11	Kira Morser	So University	1996 V-3
21:11			1990 II-79	20:01			1995 IV-27
18 18:45	Rachel Mosher	Sr	San Lean	1994 III-8	45 19:12	Katie Hotchkiss	Fr Mission 1995 II-22
19:35			1993 II-33	46 19:13	Theresa Newman	Fr Marin Cath	1994 IV-2
19 18:47	Laura Hamady	Fr	Urban	1989 III-1	47 19:14	Joy Harris	Sr Mission 1990 II-15
18:49			1992 IV-4	19:53			1988 I-55
19 18:47	Tiffany Hansen	Sr	Redwood	1996 IV-7	20:19		1989 I-63
20:24			1995 III-60	48 19:17	Nicki Saleta	So O'Dowd	1992 III-16
21 18:48	Becky Kopchik	Jr	Northgate	1988 II-4	19:37		1993 III-34
19:17			1989 II-17	48 19:17	Tina Venzor	Sr Mission	1990 II-28
22 18:52	Sarah Hallas	Sr	Ursuline	1996 IV-10	48 19:17	Edlyn Smith	Jr Campolindo 1996 IV-16
19:57			1995 IV-19	50 19:19	Melissa Pardini	Sr Northgate	1987 I-33
20:37			1994 IV-29	51 19:20	Linden Bader	So University	1996 V-4
23 18:55	Deborah Osteen	So	Clayton	1994 III-11	19:34		1995 IV-12
18:59			1995 III-11				
19:01			1996 II-19				
20:41			1993 III-91				
24 18:57	Tina Bowen	Jr	San Ramon	1994 II-8			
19:20			1995 II-26				
20:28			1993 II-65				
20:35			1992 II-67				
24 18:57	Elizabeth Larmore	Sr	Monte Vista	1995 II-9			
26 18:58	Angela Dalke	Jr	O'Dowd	1990 III-6			
19:07			1991 III-9				
19:48			1989 II-30				
27 18:59	Katy Berkes	Jr	Campolindo	1996 IV-11			
20:19			1995 IV-27				
28 19:00	Elice Patterson	Sr	Castro Val	1990 II-11			
19:23			1989 II-23				
28 19:00	Jennie Dempsey	Jr	Analy	1988 II-7			
29 19:01	Jessica Felts	Fr	Amador	1996 II-20			
30 19:02	Michelle Muething	Sr	Amador	1992 II-7			
19:11			1991 II-17				
20:11			1990 II-42				
31 19:03	Megan Reeder	Jr	Santa Rosa	1991 I-19			

CAMPOLINDO CROSS COUNTRY  
1996

To: Pete "The Man" Brewer, my esteemed colleague  
From: Chris Walsh, Head Coach  
Date: October 1, 1996  
Re: The "S" word  
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Enclosed is my long over due subscription fee to the Brewer NCS XC Newsletter. This has become Campolindo XC's (and areas) Harrier, Runners World, XC Tabloid. I do truly enjoy, appreciate look forward to reading, posting and sharing with our team the "Who's Who" in NCS XC. I would like to take a moment and spend few minutes with you regarding the dreaded "S" word and it's increasing (i.e. lame) impact on our sport. I would like to estimate that there is a sister "S" word also haunting our hills and dale "B" word (more girls than boys) year 'round open gym basketball. And in track & field (our sister sport) the "S", "B" and (the sp version) the "V" word...volleyball.

Four score and seven years ago...opps, wrong one...

As an old athlete, this entire concept is very foreign to me had an exceptional high school coach (Wayne Nakoneczny-Southington HS, Connecticut) and it appeared in those days the coaches let us "play them in season". We never had outside coaches (and /or parents) having us "choose" one or the other (sport). A parent, it is also foreign to me. Is it not better to teach our children excellence one step at a time? There is a parable in the Bible about serving two masters. I do not think the Lord had XC/soccer in mind, yet the concept is the same. What are we teaching our children about commitment and loyalty by putting them in a position to choose between two separate coaches, two separate teams and two separate sports for a competition? Is it that difficult to demand and expect our children to dedicate themselves to cross country for 12 weeks?

I heard Olympic coach Joe Vigil speak on several occasions as he spoke of loyalty and commitment. "If I'm going to be here every day and give you 100%, ", he said "I expect you to be here every day and give 100%!"

As a high school coach who would like to win and be as successful as the other guy, I have tried both sides of the fence have had to protect a few of my athletes from overbearing, blind one sided coaches. In one instance several years ago I had to personally call our girls basketball coach (the week of the NCS championships!) and tell him that one of our top seven girls was not to do any basketball until XC was over. He didn't like it but didn't play those few days, we had a good year in XC and they had a good year in basketball anyway.

**Reality check #1: Hello! If you are good, you ARE going to play!**

A few years ago we had a boy who would eventually run 4:28 in the 1600 meters as a junior. As a sophomore he played fall soccer (made second team All League) and ran one day a week of cross country practice and ran the meets. Several lessons evolved from this "experiment". My gut feeling was that this was not good for the team "esprit de corps" yet I sold out for hopes of a more successful season (i.e. ego-I would look like a better coach). I always felt the other runners were not necessarily envious nor jealous of this boy, but resentful that he was enjoying some success in XC yet wasn't there for the day to day grind. At the end of the year he earned a varsity letter and an award at our banquet. That was the only and last time. I will not do that again. Interestingly enough, we ran an early season dual meet at Newhall Park in Concord (site of the current NCS XC Championship course) At the end of the year we ran the league meet at the same course. The improvement for almost every varsity boy was 50-70 seconds for three miles. Our soccer guy improved about 21 seconds. Therefore as a coach, it is obvious that I did a better job coaching one's that were there daily than our one day a week man.

**Reality check #3: Hello! Law of Specificity: as ye train so shall ye race!**

Coach Vigil also speaks about philosophy. I can hear him bellowing pounding the podium with enthusiasm "Ya gotta have a philosophy of coaching! What's important? What is it you want to accomplish?" I believe in my heart this whole issue comes down to your philosophy. And here's the issue:

**Are we cross country coaches who want to teach the greatness of our sport to the ones who are willing? The ones who are there every day?**

or...

Are we personal trainers who train soccer players AT  
THEIR (OR THEIR PARENTS/SOCCER COACHES)  
CONVENIENCE?

or...

Are we care takers of a few prima donna's?

I could now no more bump that 7th boy or girl who's been th  
the whole time, eye's wide, excited, "what do I do next coach (t  
better)"? than go to the moon.

Could you?

What about that young man or woman we're supposed to be  
teaching? Bill Bowerman always said "The root of all good coachi  
is good teaching?"

If our sport is "in trouble" what are we doing to the fiber  
our sport by bowing to these people?

**Reality check #4: Hello! If we had "Club Premier cross  
country or open track & field in the winter, what would  
YOUR soccer or basketball coach say if you came to him  
and said, "Coach, I really want to be on the team but I  
have Club cross country (or open track & field) two days a  
week and on a few Saturdays?"**

I love cross country, always have, always will. I am a cro  
country coach and I'm proud of it and I am proud of the thousand  
you that promote this great sport. What other sport can claim t  
more than 1,000 young men and women competed in 4 hours (i.e. th  
adidas meet last month) with no bench warmers? Or how many  
1,000's will run at Mt Sac in a three day span?

I don't have "the head" anymore for the soccer/basketball kis  
butte frame of mind. And because of this has our program  
suffered? Maybe. We lost two of our top five girls last year w  
ran 2:25 for the 800 m as **freshmen** to year round open gym  
basketball. They both gave up (1) a trip to the CIF XC state  
championship and (2) the Penn Relays!...and as of now neither ar  
the varsity basketball team...go figure. Sure XC is not for eve  
and regardless of the talent pool we have all had these nightmar  
However I believe we do our athletes and our sport a greater lon  
term justice by standing firm in our teaching that if you're goi  
run cross country, run cross country, and let's get on with it.  
In the long run it's confirmed that those who have worked hard a

paid the price will reap what they have sewn.

Sincerely,

A handwritten signature in cursive script, appearing to read 'CW' or 'Walsh'.

Chris Walsh

Campo XC

Good luck this  
year Coach!

Dear Peter,  
1997

January 28,

First of all I just wanted to thank you for the great newsletters that you put out throughout the season! I really looked forward to them. I will be happy to send you the \$20 dollars or whatever it was that the subscription was for the season.

Now for some pertinent or impertinent comments about your final publication which glimpsed at the state meet, accomplishments, etc.

I was very disappointed to see that you neglected to give my girl's team credit for their very accomplished season. They went undefeated until the state meet, where you know as well as I do they lost to the best girls team in the state of California and even the nation. My girls defeated Carondelet in all competition whether it be head to head or invitational, yet Carondelet gets all the glory because they were div.III state champs. Let me remind you and guarantee you that they would not have won the state championship if we, CVHS, had not been moved out of that division mysteriously three days before NCS Championships. Also, just for the record, CVHS was over in numbers by 9 students. We were by far the smallest school competing in the state meet in division II. I am in no way trying to discredit Carondelet and their accomplishments, I am just pointing out ours. It would be nice to hear about us for once. Our local paper seems to favor carondelet accomplishments over ours. Cry me a river, right! Wah, wah, wah.

I have some very outstanding seniors on my girl's team who are not only great athletes, but also very academically inclined. Did you know that we won the scholastic award for the NCS over all divisions for cross country?????

My athletes really enjoyed your publication, for I shared much of your information with them, but I must add that they were very saddened that their accomplishments were not credited to them, especially those who just completed their final high school cross country season.

Kelly Howisey hasn't decided on where she will go to school, though, on her agenda is Stanford, Yale, Harvard, Davis, Vanderbilt, U of Indiana, Texas A&M at all of which she has a full ride **academic** scholarship.

Deb Osteen is also still undecided, but is choosing from a much more conservative group of schools and also has the option of academinc scholoarships.

Peter, thank you for your time and good luck with your up coming track season!  
Hope to see you at some meets.

sincerely,

Shelly Loveall

Clayton Valley Cross Country/Track Coach