

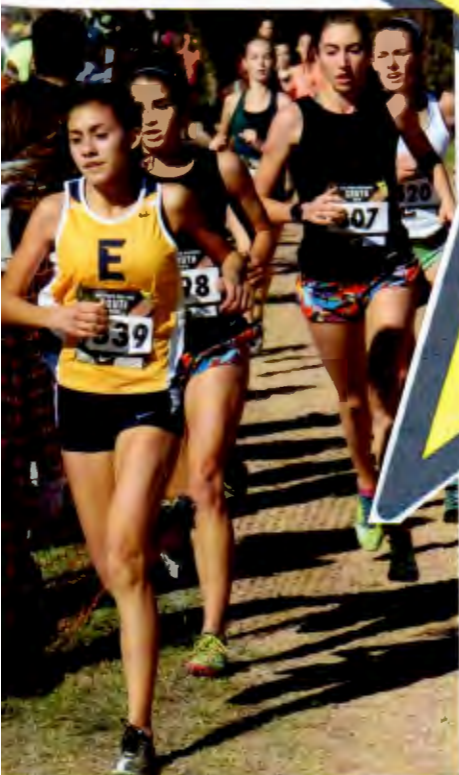
Eastwood Running Club



The Dream Team!!!

Thank you for sharing your dream with us!!!! I hope you will remember the lesson you have all taught us "**Dream**, and **Dream BIG** in all parts of your life!!!! Surround yourself with people who also **Dream**, and surround yourself with people who also believe you can achieve your **Dream**. Don't listen to the negative people who tell you that you cannot achieve your **Dream** as they are only trying to hold you down because they are to afraid to **Dream** themselves.

2016 Yearbook



ANNA MORA 2015

JAMES MCLAIN 2015

DANIEL BERNAL 2016

JAMES MCLAIN 2016

ANISA BURGIAGA 2017



The **TROOPER 365 AWARD** is the highest award anyone can get. To get this award a runner has to go 365 in a row without missing a day of running.

2016 Girls Cross Country MVP



Nazanin Zariaei

(#11 All Time District Course)
(#7 All Time Regional Course) #14
(#5 All Time Nike South Course)

2016 Boys Cross Country MVP



Daniel Bernal

(#1 All Time District Course)
(#1 All Time Regional Course)
(#1 All Time State Course)
(#1 All Time Nike South Course)
(#1 All Time NXN Nike Nationals Course)

EASTWOOD CROSS COUNTRY

MVP's From 1961 to Present

2016 Daniel Bernal	2016 Nazanin Zaraei
2015 Daniel Bernal	2015 Alexis Ordaz/Lili Fernandez
2014 Daniel Bernal/Jose Silva	2014 Anna Mora
2013 Brian Casillas	2013 Anna Mora
2012 Brian Casillas/Ryan Saenz	2012 Anna Mora
2011 Brian Casillas/Ryan Saenz	2011 Anna Mora
2010 Juan Blanco	2010 Melanie Stires/Aimme Apodaca
2009 Juan Blanco	2009 Melanie Stires/Elyssa Garcia
2008 Connor Buntyn	2008 Elyssa Garcia
2007 marco cassani	2007 Maegen Stires/Jessica Payne
2006 Oscar Solis/Tommy Daniel	2006 Maegen Stires/Jessica Payne
2005 Mike Pivarnick	2005 Yadira Salazar/Maegen Stires
2004 Mike Pivarnick	2004 Yadira Salazar
2003 Mike Pivarnick	2003 Yadira Salazar
2002 jesse abrams	2002 Yadira Salazar
2001 Chris Trevizo	2001 Trisha Calderon
2000 Ryan Omohundro	2000 Tara McCune
1999 Fernie Garcia	1999 Desiree Araujo
1998 Fernie Garcia	1998 kelly martinez
1997 Ben Munoz/Joel Padilla	1997 kelly martinez
1996 Mark Garner	1996 kelly martinez
1995 Mark Garner	1995 Blanca Reyes
1994 Mark Garner	1994 Blanca Reyes
1993 Mark Garner	1993 Blanca Reyes
1992 Gabe Ordaz	1992 Blanca Reyes
1991 Eric Flores/Tony Simonetti	1991 Debbie Contreras
1990 Eric Flores/Tony Simonetti	1990 Debbie Contreras
1989 Eric Flores	1989 Eric Flores
1988 Rick Oropeza	1988
1987 Rick Oropeza	1987 Bridgette O'Toole
1986 Henry Garcia/Rick Oropeza	1986 Monica Sanchez/Diane Gutierrez
1985 Joe Messer	1985 Laura Rodriguez
1984 Mike Montes	1984
1983 Mike Montes	1983 Julie Stone
1982 Mike Montes	1982 Sheryl Grochocki
1981 Ed Ochoa	1981 Sheryl Grochocki
1980 Ed Thomas/Ed Ochoa	1980 Sheryl Grochocki
1979 Leo Wallace	1979 Gina Baca
1978 David Knott	1978 Gina Baca
1977 Rick Beaty/John Ellis	1977 Corina Bonilla
1976 Jeff Gallegos	1976 Corina Bonilla



2016 Girls Cross Country Captian's



Emily Cruncleton

(#22 All Time District Course)
(#31 All Time Regional Course)
(#13 All Time Nike South Course)



Daniella Ruiz

(#20 All Time District Course)
(#26 All Time Regional Course)
(#2 All Time Nike South Course)



Samantha Martinez

(#19 All Time District Course)
(#24 All Time Regional Course)
(#6 All Time Nike South Course)

2016 Boys Cross Country Captian's



Gabe Armijo

(#14 All Time District Course)
(#22 All Time Regional Course)
(#4 All State Course)
(#5 All Time Nike South Course)



James McLain

(#20 All Time District Course)
(#17 All Time Regional Course)
(#8 All State Course)
(#3 All Time Nike South Course)
(#3 All Time NXN Course)



Noah Ward

(#31 All Time District Course)
(#26 All Time State Course)
(#26 All Time Nike South Course)



2015 Newcomers of the Year



Kayn Quinones



Eileen McLain

2015 Most Improved Runners



Derek Gamboa



Maria Uribe

2015 Athlete/Team Awards

Daniel Bernal-All-District,All-City,All-Region,All-State,All-Nike South,NXN All-American,City MVP

James McLain-All-District,All-City,All-Nike South Honorable Mention

Gabe Armijo-All-District,All-City,All-Nike South Honorable Mention

Anthony Molina-All-City

Nazanin Zariaei-All-District,All-City

Varsity Boys-6th year in a row undefeated,6th District Championship in a row,2nd at Region,6th at State,4th at Nike South, *#28 in Nation highest Ranking ever by any El Paso Team.*

Open Boys-Undefeated District Champions,8th at Nike South

Open Girls-Undefeated District Champions

Freshman Girls-Undefeated District Champions

Varsity Girls-District Runner Ups

Freshman Boys-District Runner Ups





VARSITY GIRLS DISTRICT RUNNER UPS

**OPEN BOYS DISTRICT CHAMPIONS UNDEFEATED!!
8TH AT NIKE SOUTH!!!**

OPEN GIRLS DISTRICT CHAMPIONS UNDEFEATED!!!



FRESHMAN BOYS DISTRICT RUNNER UPS



**VARSITY BOYS DISTRICT CHAMPIONS 6TH YEAR IN A ROW UNDEFEATED!!!
RANKED 28TH IN THE NATION !!!!!!!!**



FRESHMAN GIRLS DISTRICT CHAMPIONS UNDEFEATED!!!





THE KENYAN SUMMER

By Jonathan Beverly

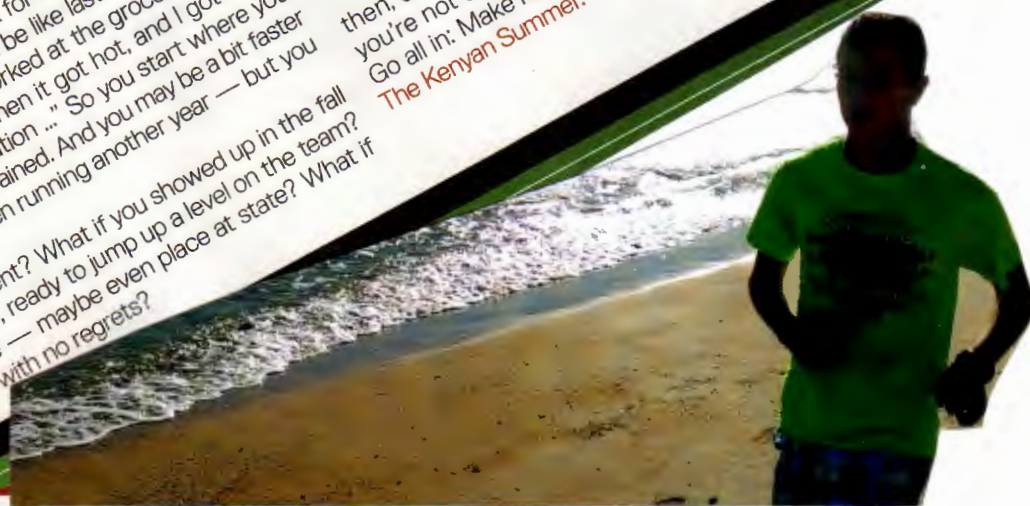
HOW TO SHOW UP FOR FALL PRACTICE FITTER AND FASTER THAN EVER

School will be out soon, and your coach will give you instructions to put in summer miles before coming back for cross country. Come fall, what will you be able to say? Will it be like last year? "I played some video games, hung out at the lake, worked at the grocery store — and I got in a few runs when I could, but then it got hot, and I got more work hours, then my family went on vacation ..." So you start where you did last fall: reasonably fit, but not really trained. And you may be a bit faster just because you're older and have been running another year — but you know you could do better.

What if this summer were different? What if you showed up in the fall fitter, stronger, faster than before, ready to jump up a level on the team? Make varsity or make it to state — maybe even place at state? What if you showed up at fall practice with no regrets?

We're not going to promise that one summer will change you from the back of the pack to state champion, but a solid base of training will raise you a level on the running pyramid and make times you thought out of reach accessible. And you have to start now — no matter how hard you work in the fall, your foundation will determine the heights to which you can build your season.

This summer, don't just try to fit a few runs in now and then; don't just do the minimum necessary to make sure you're not embarrassed when practices start in the fall. Go all in: Make running who you are; make this summer **The Kenyan Summer.**



What makes a summer a Kenyan Summer?

RUN MORE

Don't figure out how little you can run and stay fit — go for how much you can run and not overdo it. It's more than you think. Forget moderation! You're young and strong. Don't put limits on how far or how often you can run.

RUN EVERY DAY

Make the question, "When can I run?" not "Will I run?" When that's normal, try running twice a day. Doubling is an easy way to get in more miles, and particularly effective in summer to avoid the heat of the day.

RUN WHEREVER YOU ARE

Run when you go to camp. Run when you're on vacation. Run on the days you're staying in a cheap hotel at your little sister's swim championship. Don't let anything stop you from running.

RUN EVERYWHERE

Kenyans use running or walking as transportation, adding thousands of miles to their legs that Americans usually don't get. Run (or walk) to the store, run to work, run to the pool, run to your girlfriend's or boyfriend's house. If your family is going to the lake for the weekend, throw a bag in the car, tell them you'll meet them there and make it a long run.

COMMUNITY ROAD RACE

5K RUN & 1.5M WALK





2016 Eastwood Community Nighttime 5k at Album (Eastwood Park)

1	63	Daniel Bernal ×	M El Paso TX US	16:15.654	16:15.654	5:14	17	80.5
2	103	Gabriel Armijo ×	M El Paso TX US	16:39.06	16:39.06	5:22	16	79.6
3	65	Anthony Molina ×	M El Paso TX US	16:56.264	16:56.264	5:27	16	78.2
4	99	James McInain ×	M El Paso TX US	16:59.077	16:59.077	5:28	17	77.0
6	77	Stephen Wallace ×	M El Paso TX US	17:21.25	17:21.25	5:35	21	74.8
7	72	Kayn Quinones ×	M El Paso TX US	17:21.69	17:21.69	5:35	15	77.4
8	33	Noah Ward ×	M El Paso TX US	17:28.5	17:28.5	5:37	17	74.9
9	19	Dylan Godfrey ×	M El Paso TX US	17:43.077	17:43.077	5:42	17	73.8
10	70	Peter Loxoya ×	M El Paso TX US	17:53.077	17:53.077	5:45	17	73.2
11	59	Derek Gamboa ×	M El Paso TX US	18:15.657	18:15.657	5:53	16	72.6
12	38	Chris Porras ×	M El Paso TX US	18:21.704	18:21.704	5:55	17	71.3
13	25	Pedro Guerra ×	M El Paso TX US	18:33.454	18:33.454	5:58	16	71.4
15	44	Eduardo Gallegos III ×	M El Paso TX US	18:35.024	18:35.024	5:59	15	72.3
17	69	ANDRES MARQUEZ ×	M El Paso TX US	18:43.5	18:43.5	6:02	15	71.7
19	79	Carlos Rodriguez ×	M El Paso TX US	19:03.647	19:03.647	6:08	17	68.6
20	140	Issaih Arteaga ×	M El Paso TX US	19:11.704	19:11.704	6:11	17	68.2
21	39	Steven Porras ×	M El Paso TX US	19:15.284	19:15.284	6:12	15	69.8
22	21	Jaime Herrera ×	M El Paso TX US	19:16.644	19:16.644	6:12	17	67.9
23	4	Noah Jimenez ×	M El Paso TX US	19:17.784	19:17.784	6:13	16	68.7
24	97	Jesus Ruiz ×	M El Paso TX US	19:21.94	19:21.94	6:14	17	67.6
28	75	Adam Wallace ×	M El Paso TX US	19:37.064	19:37.064	6:19	15	68.5
32	136	Anisa E. Burciaga ×	F El Paso TX US	20:29.02	20:29.02	6:36	17	73.2
33	86	Elias Perez ×	M El Paso TX US	20:41.127	20:41.127	6:39	14	66.2
34	6	Alexus Ordaz ×	F El Paso TX US	20:42.734	20:42.734	6:40	16	73.6
35	98	Nazanin Zarei ×	F El Paso TX US	20:47.254	20:47.254	6:41	17	72.2
36	37	Damian Pastran ×	M El Paso TX US	21:02.14	21:02.14	6:46	15	63.9
37	23	Fabricio Uribe ×	M El Paso TX US	21:03.044	21:03.044	6:47	17	62.2
39	62	Miranda Vega ×	F El Paso TX US	21:20.707	21:20.707	6:52	16	71.4
40	74	Allison Fajardo ×	F El Paso TX US	21:38.474	21:38.474	6:58	17	69.3
41	3	Emily Cruncleton ×	F El Paso TX US	21:40.144	21:40.144	6:58	16	70.4
42	122	Arturo Garcia ×	M El Paso TX US	21:41.727	21:41.727	6:59	15	61.9
44	2	Liliana Fernandez ×	F El Paso TX US	21:46.037	21:46.037	7:00	16	70.1
46	57	Samantha Martinez ×	F El Paso TX US	21:59.004	21:59.004	7:05	17	68.2
47	92	Cheyenne Escarcega ×	F El Paso TX US	22:11.537	22:11.537	7:09	17	67.6
48	9	Daniella Ruiz ×	F El Paso TX US	22:26.787	22:26.787	7:13	17	66.8
49	45	Victor Parra ×	M El Paso TX US	22:26.834	22:26.834	7:14	13	62.4
53	64	Marcela Fernandez ×	F El Paso TX US	22:40.864	22:40.864	7:18	14	69.6
54	54	Sabrina King ×	F El Paso TX US	22:50.537	22:50.537	7:21	16	66.8
56	17	Francis Hernandez ×	F El Paso TX US	22:57.427	22:57.427	7:23	17	64.8
57	101	Eileen McInain ×	F El Paso TX US	23:02.27	23:02.27	7:25	14	68.5

2016 Eastwood Community Nighttime 5k at Album (Eastwood Park)

61	80	Kathleen Aguilera ×	F	El Paso TX US	23:16.757	23:16.757	7:30	17	64.4
62	24	Ricardo Parra ×	M	El Paso TX US	23:22.804	23:22.804	7:32	29	55.6
63	46	Nicholas Parra ×	M	El Paso TX US	23:28.114	23:28.114	7:33	11	63.6
68	5	Isabella Almodovar ×	F	El Paso TX US	24:24.927	24:24.927	7:52	13	66.0
69	29	Meadow Ortiz ×	F	El Paso TX US	24:57.087	24:57.087	8:02	14	63.3
71	34	Deborah Martinez ×	F	El Paso AR US	25:09.224	25:09.224	8:06	14	62.7
75	100	Skylar Sandoval ×	F	El Paso TX US	25:27.414	25:27.414	8:12	16	59.9
77	49	Victoria Castillo ×	F	El Paso TX US	25:33.95	25:33.95	8:14	15	60.7
78	43	Diana Juarez ×	F	El Paso TX US	25:36.227	25:36.227	8:14	16	59.6
80	58	Destiney Martinez ×	F	El Paso TX US	26:12.51	26:12.51	8:26	14	60.2
84	55	Megan King ×	F	El Paso TX US	26:42.307	26:42.307	8:36	13	60.4
85	89	Michael Gamez ×	M	El Paso TX US	26:48.744	26:48.744	8:38	13	52.3
86	93	Maria Uribe ×	F	El Paso TX US	26:48.934	26:48.934	8:38	17	55.9
91	18	Alexis Renovato ×	F	El Paso TX US	27:26.32	27:26.32	8:50	15	56.6
92	118	Sarah Granado ×	F	El Paso TX US	27:35.154	27:35.154	8:53	13	58.4
94	12	Andrea Miramontes ×	F	El Paso TX US	28:30.31	28:30.31			



XC Champions Built on Summer Miles

Cross Country championships are won with hard work in the summer. Coaches have known this truism for as long as we have had the sport but it is a challenge to get this through to high school athletes that have so many things competing for their attention.

When discussing what made him a successful runner, former multiple world record holder Arturo Barrios talked about the "will to train." The interviewer corrected him that he must be referring to the will to win. Barrios told him he was not mistaken. Many athletes had the will to win but that is not enough, you must be willing to do the work necessary to be successful. It must be something you are committed to on a daily basis and that you will not let your attention be diverted from the ultimate goal.

SUMMER HEAT CHALLENGE

The Texas heat makes training in summer particularly difficult, but also vitally necessary in order to have a chance for success. One component of summer runs is the ability to acclimatize oneself to the conditions. If a runner waits until school gets started it will take most of the regular season just to get the body properly adjusted to handle the conditions. In our increasingly sedentary lifestyle that takes place more and more indoors it also increases an athlete's susceptibility to heat issues when they do start running.

In surveying a number of the top coaches around the state there are several constants

to how they approach this time of year. All have a summer program for their athletes to follow. They rely on their team to hold fellow teammates accountable for the work and to not miss workouts. This time of year is crucial to team building and goal setting. The athletes have to rely more on each other with their training, even in getting together to run. It is that closeness and sense of common purpose that can grow into the necessary commitment to win.

Training programs at this time are most easy distance runs with some tempo type work mixed in. It is a time to build training volume at a lower intensity level. While no coach was mandating competitive racing during this time period, a number of them acknowledged that all or some of their athletes would run in a fun run or road race during the summer as a change of pace and to help use as a gauge to how their training was going.

GOING CAMPING

Training camps are also becoming more and more prevalent. For some teams it is a brief getaway to cooler weather and perhaps some altitude, although no one is spending a long enough period to consider their work true altitude training. New Mexico is a popular destination for several programs. More teams are also looking at utilizing facilities closer to home.

One such place gaining notoriety is Robert Ondrasek's running camp near Caldwell. Top Tier Training was started

THE TIME IS NOW

In a recent lecture I attended featuring the Godfather of Sport Training, Vern Gambetta, he had a slide with a date, June 12, 2012. He asked what is significant about that date. After several moments of silence he answered, "this date will occur only once in history. You will never get a second chance at it." In a room full of coaches my age, the significance of that statement was not lost on us.

Young athletes need reminding that while the future may seem limitless to them right now, it will not always be so. The athletes that are truly successful seem to realize this point and are making the most of their training this summer. If the point needs further emphasis consider this, by the start of your junior year your high school career will consist of more yesterdays than tomorrows. Don't wait to make a difference in your future.

I wish all the athletes and teams great success in the coming season and hope that this summer will be a productive one for all.





☰ Welcome to Eastwood Sabre On-line 🔍

🏠 Home (<http://eastwoodsabre.com/>) > Sports (<http://eastwoodsabre.com/category/sports/>) > Cross country dominates at first meet



CROSS COUNTRY DOMINATES AT FIRST MEET

SPORTS (<http://eastwoodsabre.com/category/sports/>) / SEPTEMBER 14, 2016 / BY [VENICE REDMAN](http://eastwoodsabre.com/author/vredman/) (<http://eastwoodsabre.com/author/vredman/>)

Through raging heat and thunderstorms, the cross country team continuously practices to ensure success. The constant practice paid off for the runners, as they kicked off the season with first place overall at Del Valle High School.

Captain Daniel Bernal started the race with a major lead, and finished first overall in the varsity boys individual. Overall, Bernal said that he was pleased with the course.

"It felt relatively smooth," Bernal said. "Toward the end is when I really started picking it up. It felt great; I felt like it had a really fast tempo."

Captain Nazanin Zarei-Chalshortory, who finished second overall in the varsity girl's meet, elaborates on how the team uses different strategies in order to give them a higher ranking.

"When we are running we try to group together to block out together teams from passing us," Zarei-Chalshortory said. "While the other teams were running alone, we would push each other to sandwich the person and pass them."

Assistant Coach Yadira Salazar gave insight on the team and their qualities. Salazar said that the team shows dedication, a quality that separates them from other teams in the district.

"We have taught them that if they put in hard work, they will always get a positive outcome," Salazar said.

Head Coach Michael McClain said that talent isn't what sets the team apart from the rest; its an incredible work ethic.

"We don't have the most talented athletes, but our athletes know how to work," McClain said.

The team has high expectations for this upcoming season. They hope to win the district title for every level, and qualify for the state meet for both varsity teams. McClain said that while expectations are high, all he wants from them is hard work and determination.

"I want us to be as good as we possibly can be, and work as hard as we can possibly work," McClain said. "I would like our boys team to at least place fourth at Nike South, which qualifies us for nationals."

The boys placed first at the subsequent meet at Southlake Carroll Invitational on Saturday, September 10. The next meet they will attend is the Clint ISD meet at the Horizon Golf and Conference Center on Friday, September 16.

Venice Redman



↑

**4th Annual Rodolfo "Rudy" Alvarez Invit. - 9/3/2016
Del Valle High School**

times.com Sunday, September 4, 2016 30

Boys 3.24 Mile Run CC Elite

1 Bernal, Daniel Eastwood Hig 15:38.00 1
4 McLain, James Eastwood Hig 16:32.00 4
7 Armijo, Gabe Eastwood Hig 16:34.00 6
11 Molina, Anthony Eastwood Hig 16:59.00 10
12 Ward, Noah Eastwood Hig 17:04.00 11
23 Quinones, Kayn Eastwood Hig 17:36.00 22
27 Godfrey, Dylan Eastwood Hig 17:38.00 26
32 Gamboa, Derek Eastwood Hig 17:45.00
42 Porras, Chris Eastwood Hig 18:04.00
48 Lozoya, Peter Eastwood Hig 18:11.00
1st Eastwood High School 32 1 4 6 10 11 22 26
Total Time: 1:22:47.00
Average: 16:33.40

Girls 5k Run CC Elite Open 3.24 miles

4 Zarei, Nazanin Eastwood Hig 20:20.00 3
5 Ordaz, Alexis Eastwood Hig 20:39.00 4
8 Ruiz, Daniella Eastwood Hig 21:18.00 6
10 Vega, Miranda Eastwood Hig 21:20.00 8
14 Escarcega, Cheyenne Eastwood Hig 21:30.00 1
15 Cruncleton, Emily Eastwood Hig 21:34.00 13
18 Martinez, Samantha Eastwood Hig 21:42.00 16
25 Hernandez, Francis Eastwood Hig 22:09.00
40 Fernandez, Marcela Eastwood Hig 23:14.00
59 Aguilera, Kathleen Eastwood Hig 24:00.00
1st Eastwood High School 33 3 4 6 8 12 13 16
Total Time: 1:45:07.00
Average: 21:01.40

Boys 5k Run CC Open 3.24

5 Guerra, Pedro Eastwood Hig 18:01.00 4
6 Gallegos, Eddie Eastwood Hig 18:11.00 5
8 Ruiz, Jesus Eastwood Hig 18:16.00 7
9 Marquez, Andres Eastwood Hig 18:21.00 8
11 Rodriguez, Carlos Eastwood Hig 18:51.00 10
21 Arteaga, Issaih Eastwood Hig 19:35.00 20
22 Herrera, Jaime Eastwood Hig 19:36.00 21
26 Wallace, Adam Eastwood Hig 19:53.00
28 Jimenez, Noah Eastwood Hig 20:01.00
33 Uribe, Fabricio Eastwood Hig 20:09.00
35 Tinajero, Isaiah Eastwood Hig 20:23.00
39 Gonzales, Cory Eastwood Hig 20:38.00
42 Pastran, Damian Eastwood Hig 20:42.00
65 Gamez, Michael Eastwood Hig 21:38.00
120 Garcia, Arturo Eastwood Hig 23:30.00
136 Caro, Ethan Eastwood Hig 24:14.00

Bernal, Gomez win 1st meet of the season

**Eastwood High School
snags team title at race**

FELIX F. CHÁVEZ
EL PASO TIMES

Eastwood's Daniel Bernal has been El Paso's best boys cross country runner the past couple of years.

The two-time El Paso Times' Runner of the Year began his senior year in fine fashion on Saturday morning, winning the Rodolfo "Rudy" Alvarez Invitational at Del Valle High School. It was the first meet of the season.

"I had a good summer, I prepared well and I'm just eager to help our team do well, help our team do even better than last season," said Bernal, who won Saturday's 3.2 mile race in a time of 15:38.00. "It was a good start to the season for the team and for myself. Each week presents a new challenge. We have lots of goals this season that we want to accomplish."

Bernal is receiving attention from several Division I programs including Michigan, Notre Dame, Furman and Syracuse. He is slated to visit Furman later this month.

Bernal's first-place finish helped Eastwood win the team title with 32 points. San Elizario was second with 119 points, while Coronado was third with 122 points. Hanks' Michael Abeyta was second behind Bernal with a time of 16:15.00, while Adam Cortez of Franklin was third with a time of 16:26.

Gomez won the 3.2 mile race in a time of 19:31.00, while Dominguez was second with a time of 19:50.00. Skyler Goodman of Chapin was third with a time of 20:00.00. Eastwood won the team event with 33 points, Socorro was second with 70 points and El Dorado was third with 77 points.

Felix F. Chávez may be reached at



144 Torres-Martinez, Eduardo Eastwood Hig 25:08.00
1st Eastwood High School 34 4 5 7 8 10 20 21
Total Time: 1:31:40.00
Average: 18:20.00

Girls 5k Run CC Open 3.24 miles

1 King, Sabrina Eastwood Hig 21:57.00 1
 2 Castillo, Victoria Eastwood Hig 23:52.00 2
 3 Sandoval, Skylar Eastwood Hig 23:54.00 3
 6 Renovato, Alexis Eastwood Hig 24:09.00 6
 16 Juarez, Diana Eastwood Hig 24:35.00 16
 19 Mercado, Ashley Eastwood Hig 24:48.00 19
 23 Uribe, Maria Eastwood Hig 25:03.00 23
 37 Serrano, Alana Eastwood Hig 25:52.00
 60 Britton, Eliana Eastwood Hig 26:42.00
 73 Lorenzana, Karen Eastwood Hig 27:13.00
 117 Ortrga, Jaloany Eastwood Hig 30:45.00
1st Eastwood High School 28 1 2 3 6 16 19 23
Total Time: 1:58:27.00
Average: 23:41.40

Boys 3200 Meter Run CC Freshman

6 Olmos, Juan Eastwood Hig 11:15.00 5
 7 Porras, Steven Eastwood Hig 11:20.00 6
 8 Perez, Elias Eastwood Hig 11:23.00 7
 20 Navor, Jorge Eastwood Hig 12:04.00 17
 25 Chavez, Carlos Eastwood Hig 12:24.00 21
 32 Cruz, Abraham Eastwood Hig 12:58.00 27
 73 Campa, Mateo Eastwood Hig 16:16.00 44
2nd Eastwood High School 56 5 6 7 17 21 27 44
Total Time: 58:26.00
Average: 11:41.20

Girls 3200 Meter Run CC Freshman

2 McLain, Eileen Eastwood Hig 2
 3 Ortiz, Meadow Eastwood Hig 3
 4 Martinez, Destiny Eastwood Hig 4
 5 Martinez, Debbie Eastwood Hig 5
 8 Miramontes, Andrea Eastwood Hig 8
1 Eastwood High School 20 2 3 4 5 6 8
Timing error, no times reported



Southlake Carrol Inv.

6A VARSITY BOYS 5K

Team - El Paso Eastwood Finish Position - 1

Team Score (places): 83 Team Score (times): 1:21:06.95 Ave Time: 16:13.39

Pos	Name	Year	O'All Place	Cum Place	Time	Cum Time	Time Back
1	Daniel Bernal	12	1	1	15:08.66	15:08.66	0:00.00
2	Anthony Molina	11	12	13	16:16.46	31:25.12	1:07.80
3	Gabrial Armijo	11	14	27	16:18.11	47:43.23	1:09.45
4	James McLain	12	25	52	16:38.91	1:04:22	1:30.25
5	Kayn Quinones	10	31	83	16:44.81	1:21:07	1:36.15
6	Dylan Godfrey	11	-33	-116	16:46.43	1:37:53	1:37.77
7	Noah Ward	12	-42	-158	17:00.85	1:54:54	1:52.19
8	Deric Gamboa	11	More Than 7		17:23.37	2:12:18	2:14.71
9	Eduardo Gallegos	10	More Than 7		17:40.61	2:29:58	2:31.95
10	Peter Lozoya	12	More Than 7		17:43.67	2:47:42	2:35.01
11	Pedro Guerra	11	More Than 7		17:48.38	3:05:30	2:39.72
12	Chris Porras	12	More Than 7		18:16.39	3:23:47	3:07.73



Team - El Paso Eastwood Finish Position - 8 6A Varsity Girls

Team Score (places): 224 Team Score (times): 1:43:13.52 Ave Time: 20:38.70

Pos	Name	Year	O'All Place	Cum Place	Time	Cum Time	Time Back
1	Alexus Ordaz	12	31	31	20:16.10	20:16.10	0:00.00
2	Nazanin Zarei	12	39	70	20:31.61	40:47.71	0:15.51
3	Daniella Ruiz	12	46	116	20:41.97	1:01:30	0:25.87
4	Emily Cruncleton	11	53	169	20:50.86	1:22:21	0:34.76
5	Samantha Martinez	12	55	224	20:52.98	1:43:14	0:36.88
6	Sabrina King	11	-62	-286	21:02.52	2:04:16	0:46.42
7	Miranda Vega	11	-74	-360	21:17.68	2:25:34	1:01.58
8	Francis Hernandez	11	More Than 7		21:18.39	2:46:52	1:02.29
9	Cheyenne Escarcega	12	More Than 7		22:22.15	3:09:14	2:06.05
10	Marcela Fernandez	10	More Than 7		22:26.72	3:31:41	2:10.62
11	Kathleen Aguilera	12	More Than 7		23:52.04	3:55:33	3:35.94



Team - El Paso Eastwood Finish Position - 8 6A Open Girls

Team Score (places): 223 Team Score (times): 1:55:11.81 Ave Time: 23:02.36

Pos	Bib No	Name	Year	O'All Place	Cum Place	Time	Cum Time	Time Back
1	1425	Eileen McLain	9	37	37	22:38.72	22:38.72	0:00.00
2	1423	Destiney Martinez	9	42	79	22:55.84	45:34.56	0:17.12
3	1430	Meadow Ortiz	9	43	122	22:56.00	1:08:31	0:17.28
4	1431	Alexis Renovato	10	49	171	23:16.15	1:31:47	0:37.43
5	1433	Skylar Sandoval	11	52	223	23:25.10	1:55:12	0:46.38
6	1415	Victoria Castillo	10	-54	-277	23:25.62	2:18:37	0:46.90
7	1420	Diana Juarez	11	-57	-334	23:35.67	2:42:13	0:56.95
8	1426	Ashley Mercado	11	More Than 7		23:57.79	3:06:11	1:19.07
9	1434	María Uribe	12	More Than 7		24:24.56	3:30:35	1:45.84
10	1427	Andrea Miramontes	9	More Than 7		25:02.56	3:55:38	2:23.84

Team - El Paso Eastwood Finish Position - 2 6A Open Boys

Team Score (places): 39 Team Score (times): 1:30:45.57 Ave Time: 18:09.11

Pos	Bib No	Name	Year	O'All Place	Cum Place	Time	Cum Time	Time Back
1	2437	Juan Olmos	9	4	4	17:59.84	17:59.84	0:00.00

2	2434	Andres Marquez	10	5	9	18:03.10	36:02.94	0:03.26
3	2443	Carlos Rodriguez	12	6	15	18:04.80	54:07.74	0:04.96
4	2439	Elias Perez	9	7	22	18:05.93	1:12:14	0:06.09
5	2444	Jesus Ruiz	12	17	39	18:31.90	1:30:46	0:32.06
6	2441	Steven Porras	9	-24	-63	18:41.77	1:49:27	0:41.93
7	2445	Isaiah Tinajero	11	-25	-88	18:41.95	2:08:09	0:42.11
8	2431	Jaime Herrera	12	More Than 7		19:38.00	2:27:47	1:38.16
9	2432	Noah Jimenez	11	More Than 7		19:45.49	2:47:33	1:45.65
10	2447	Adam Wallace	11	More Than 7		20:03.08	3:07:36	2:03.24
11	2446	Fabricio Uribe	12	More Than 7		20:06.15	3:27:42	2:06.31



**Coaching Legends - 9/16/2016
Horizon Golf Course**

Boys 3.2 Mile Run CC Elite

22 Gamboa, Derek Eastwood Hig 17:44.05 21
 30 Guerra, Pedro Eastwood Hig 17:53.87 28
 39 Porras, Chris Eastwood Hig 17:59.42 36
 46 Lozoya, Peter Eastwood Hig 18:04.22 43
 57 Marquez, Andres Eastwood Hig 18:09.98 54
 64 Ruiz, Jesus Eastwood Hig 18:24.36 61
 80 Gallegos, Eddie Eastwood Hig 18:34.86 77
 93 Rodriguez, Carlos Eastwood Hig 18:43.68
 105 Olmos, Juan Eastwood Hig 18:51.00
 124 Perez, Elias Eastwood Hig 19:07.09
7th Eastwood High School 182 21 28 36 43 54 61 77
Total Time: 1:29:51.54
Average: 17:58.31

Girls 3.2 Mile Run CC Elite

30 Hernandez, Francis Eastwood Hig 22:29.40 29
 35 McLain, Eileen Eastwood Hig 22:43.01 31
 48 Ortiz, Meadow Eastwood Hig 23:04.45 43
 64 Fernandez, Marcela Eastwood Hig 23:36.92 59
 67 Escarcega, Cheyenne Eastwood Hig 23:39.42 62
 90 Castillo, Victoria Eastwood Hig 24:06.70 84
 91 Martinez, Destiny Eastwood Hig 24:08.05 85
 94 Renovato, Alexis Eastwood Hig 24:16.29
 101 Martinez, Debbra Eastwood Hig 24:25.37
 129 Aguilera, Kathleen Eastwood Hig 24:57.06
7th Eastwood High School 224 29 31 43 59 62 84 85
Total Time: 1:55:33.20
Average: 23:06.64



Canutillo CC Inv

Varsity Girls

Place	1 st	Eastwood	Avg Time: 20:21.81	Team Score 36
3		Alexus Ordaz	19:47.42	
5		Nazanin Zarei	20:14.28	
6		Miranda Vega	20:20.26	
10		Daniella Ruiz	20:29.01	
12		Samantha Martinez	20:58.09	
13		Francis Hernandez	20:59.41	
19		Sabrina King	21:36.85	
21		Eileen McLain	21:42.56	
26		Emily Cruncleton	22:03.46	
27		Marcela Fernandez	22:07.45	

Varsity Boys

Place	1 st	Eastwood	Avg Time: 15:55.49	Team Score 26
1		Daniel Bernal	15:08.72	
4		Anthony Molina	15:59.68	
6		Gabe Armijo	16:07.07	
7		Noah Ward	16:10.83	
8		James McLain	16:11.18	
13		Dylan Godfrey	16:47.13	
17		Derek Gamboa	16:52.74	
18		Kayn Quinones	16:53.94	
23		Pedro Guerra	17:09.66	
28		Chris Porras	17:18.87	

Open Girls

Place	1 st	Eastwood	Avg Time: 22:18.31	Team Score 25
1		Cheyenne Escarcega	21:15.41	
3		Meadow Ortiz	21:31.00	
4		Victoria Castillo	22:23.47	
8		Ashley Mercado	23:09.82	
9		Skylar Sandoval	23:11.85	
10		Kathleen Aguilera	23:12.40	
14		Alexis Renovato	23:30.35	
19		Maria Uribe	23:41.28	
22		Diana Juarez	23:52.16	
29		Karen Lorenzana	24:20.10	
39		Eli Britton	24:45.25	
114		Jaloany Ortega	29:26.35	

Open Boys

Place	1 st	Eastwood	Avg Time: 17:34.18	Team Score 22
3		Eddie Gallegos	17:15.83	
4		Peter Lozoya	17:23.43	
5		Andres Marquez	17:37.00	
6		Juan Olmos	17:43.28	
9		Jesus Ruiz	17:51.36	
12		Carlos Rodriguez	18:03.50	



14	Issaih Arteaga	18:13.90
21	Freddy Macias	18:32.03
25	?????	18:43.06
34	Isaiah Tinajero	19:00.26
37	Cory Gonzales	19:04.95
41	Noah Jimenez	19:10.74
43	Jaime Herrera	19:13.18
47	Fabricio Uribe	19:26.30
63	Damian Pastran	20:13.66
66	Michael Gamez	20:14.48
128	Eddie Martinez	22:21.31
134	Ethan Cara	22:38.63

9th Girls

1	Destiny Martinez	22:14.49
2	Debra Martinez	23:53.54
6	Andrea Miramontes	24:38.82

9th Boys

Place	1 st	Eastwood	Avg Time:	19:34.46	Team Score	42
1	Elias Perez	18:16.02				
2	Steven Porras	18:38.17				
12	Carlos Chavez	19:53.10				
14	Jorge Navor	20:17.56				
18	Abraham Cruz	20:47.47				



High school scoreboard

High School Volleyball Results

LPI def. Monterrey Tech 25-20, 25-16, 12-25, 25-20

LPI - Mariana Sandoval 16 kills, 12 digs, 4 aces; Mariana Delgado 9 kills 7 digs, 2 aces, 3 blocks; Irlinda Castaneda 7 blocks, 6 kills, 2 aces

HS Cross Country Canutillo Invite

3.1 miles

Girls Individual

1. Anisa Burciaga, Canutillo, 19:08.19; 2. Andrea Abeyta, Hanks, 19:30.03; 3. Alexus Ordaz Ordaz, Eastwood, 19:47.42; 4. Brooke Woodson, Jefferson, 20:10.20; 5. Nazanin Zarei, Eastwood, 20:14.28; 6. Miranda Vega, Eastwood, 20:20.26; 7. Breona Pinkney, Jefferson, 20:25.06; 8. Ashley Pargas, San Elizario, 20:27.03; 9. Karen Garcia, Jefferson, 20:28.45; 10. Daniella Ruiz, Eastwood, 20:29.01

Girls Team

1. Eastwood, 36; 2. Jefferson, 57; 3. Canutillo, 82; 4. Eastlake, 99; 5. Hanks, 102

Boys Individual

1. Daniel Bernal, Eastwood, 15:08.72; 2. Michael Abeyta, Hanks, 15:41.05; 3. Erick Arambula, San Elizario, 15:55.85; 4. Anthony Molina, Eastwood, 15:59.68; 5. Brandon Seagraves, Cathedral, 15:59.93; 6. Gabe Armijo, Eastwood, 16:07.07; 7. Noah Ward, Eastwood, 16:10.83; 8. James McLain, Eastwood, 16:11.18; 9. David Ceballos, San Elizario, 16:28.47; 10. Ulises Cardoza, San Elizario, 16:39.99

Boys Team

1. Eastwood, 26; 2. San Elizario, 54; 3. Hanks, 105; 4. Cathedral, 115; 5. Eastlake, 143

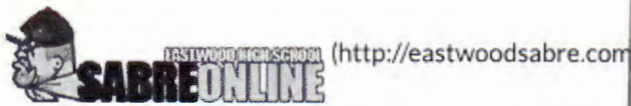












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Dominates Arizona Meet



CROSS COUNTRY DOMINATES ARIZONA MEET

SPORTS (<http://eastwoodsabre.com/category/sports/>) / OCTOBER 17, 2016 / BY [VENICE REDMAN](http://eastwoodsabre.com/author/vredman/) (<http://eastwoodsabre.com/author/vredman/>)

On their third trip to Arizona for the Desert Twilight Meet, the varsity boys cross country placed first overall in the meet, and the girls placed 17th.

Daniel Bernal placed first individually, with a time of 14:45.6 for a ^{5K} race. Bernal said that the meet had

a calming quality that put the runners at ease.

"Desert Twilight always puts up a great atmosphere to relax all runners from any division to relieve pressure or stress." Bernal said. "It is very spectator-friendly, which elevates our adrenaline because countless of people cheer us on."

They won against not only teams in Arizona and Texas, but well-known teams from Utah and Colorado. Senior Dylan Godfrey said that he was proud that the team was able to overcome such formidable opponents.

"The competition was crazy," Godfrey said. "There was one team we faced that is in the top 25 in the nation, and it was crazy for us that we beat them. That was kind of an eye-opener for us, since we beat them. It shows we are up there with the big teams."

This meet showed Eastwood's team what exactly they are up against in their hopes of making nationals. The district meet for varsity will be on October 22.

Update: Eastwood recently competed at the Tornillo Invitational at Del Valle on October 8. Both girls and boys placed first overall. Senior Alexis Ordaz placed first individually for the girls with a time of 19:59.36. Daniel Bernal for the boys placed first individually with a time of 15:34.37.

Venice Redman



CONFIDENTIAL

Desert Twilight (Nike Southwest)

Sweepstakes Boys

1	<u>Daniel Bernal</u>	12 El Paso Eastwood	14:45.60	Course Record
17	<u>Anthony Molina</u>	11 El Paso Eastwood	15:38.00	15
32	<u>Noah Ward</u>	12 El Paso Eastwood	15:59.20	29
34	<u>James McLain</u>	12 El Paso Eastwood	16:00.00	31
37	<u>Gabriel Armijo</u>	11 El Paso Eastwood	16:04.20	33
67	<u>Kayn Quinones</u>	10 El Paso Eastwood	16:32.10	62
100	<u>Dylan Godfrey</u>	12 El Paso Eastwood	16:48.30	94
1	El Paso Eastwood 109	1+15+29+31+33 (62+94) 1:18 1-5 Split 15:41 Avg		

Sweepstakes Girls

70	<u>Alexus Ordaz</u>	12 Eastwood	19:52.00	62
89	<u>Miranda Vega</u>	11 Eastwood	20:31.50	81
91	<u>Daniella Ruiz</u>	12 El Paso Eastwood	20:33.90	83
95	<u>Samantha Martinez</u>	12 El Paso Eastwood	20:44.10	87
105	<u>Nazanin Zaraei</u>	12 El Paso Eastwood	20:58.80	97
115	Francis Hernandez	10 El Paso Eastwood	21:20.00	106
132	<u>Sabrina King</u>	11 El Paso Eastwood	21:48.00	123
17	El Paso Eastwood 410	62+81+83+87+97 (106+123) 1:06 1-5 Split 20:32 Avg		

Open Girls

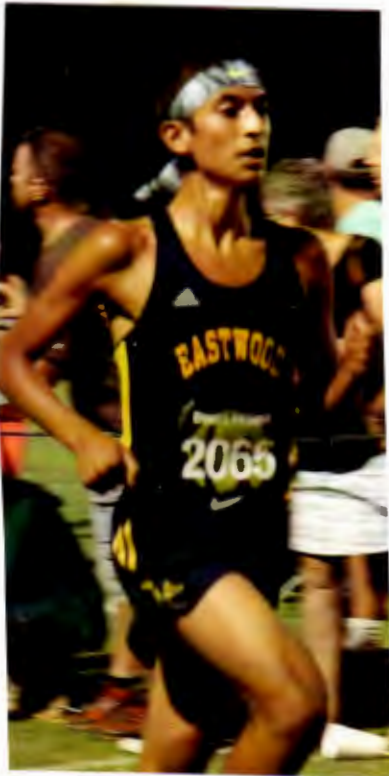
6.	12	<u>Cheyenne Escarcega</u>	20:36.3 PR	El Paso Eastwood
12.	11	Francis Hernandez	20:58.8 PR	El Paso Eastwood
21.	9	<u>Meadow Ortiz</u>	21:18.1 PR	El Paso Eastwood
33.	9	<u>Destiney Martinez</u>	21:43.8 PR	El Paso Eastwood
37.	9	<u>Eileen McLain</u>	21:52.2	El Paso Eastwood
46.	10	<u>Victoria Castillo</u>	22:15.3 PR	El Paso Eastwood
47.	11	<u>Diana Juarez</u>	22:16.9 PR	El Paso Eastwood
48.	10	<u>Alexis Renovato</u>	22:20.1 PR	El Paso Eastwood
53.	9	<u>Deborah Martinez</u>	22:32.1 PR	El Paso Eastwood
57.	10	<u>Marcela Fernandez</u>	22:36.8	El Paso Eastwood
69.	11	<u>Ashley Mercado</u>	22:52.5 PR	El Paso Eastwood
83.	12	<u>Kathleen Aguilera</u>	23:19.7 PR	El Paso Eastwood
84.	12	<u>Maria Uribe</u>	23:20.6 PR	El Paso Eastwood
107.	11	<u>Skylar Sandoval</u>	24:00.3	El Paso Eastwood



186. 9 Andrea Miramontes 25:33.5 El Paso Eastwood
4. Eastwood 97 pts 21:17

<u>Deric GAMBOA</u>	EASTWOOD	5	5:19	5:35	17:05.2
<u>Juan OLMOS</u>	2055 EASTWOOD	6	00:05:22	00:05:38	00:17:06.9
<u>Pedro GUERRA</u>	2049 EASTWOOD	7	00:05:21	00:05:34	00:17:07.0
<u>Chris PORRAS</u>	2058 EASTWOOD	10	00:05:20	00:05:35	00:17:09.5
<u>Peter LOZOYA</u>	2052 EASTWOOD	11	00:05:20	00:05:36	00:17:10.5
<u>Carlos RODRIGUEZ</u>	2060 EASTWOOD	13	00:05:23	00:05:42	00:17:24.0
<u>Eduardo GALLEGOS</u>	2044 EASTWOOD	18	00:05:35	00:05:44	00:17:29.4
<u>Jesus RUIZ</u>	2061 EASTWOOD	19	00:05:21	00:05:42	00:17:30.5
<u>Andres MARQUEZ</u>	EASTWOOD	28	00:05:36	00:05:45	00:17:39.5
<u>Elias PEREZ</u>	EASTWOOD	41	00:5:22	00:05:56	00:17:52.4
<u>Issaih ARTEGA</u>	EASTWOOD	66	00:05:50	00:06:03	00:18:16.0
<u>Isaiah TINAJERO</u>	EASTWOOD	114	00:05:50	00:06:18	00:18:48.2
<u>Jaime HERRERA</u>	EASTWOOD	124	00:05:52	00:06:15	00:18:52.9
EASTWOOD 142			00:05:55	00:06:18	00:18:59.7
2056 <u>Damian PASTRAN</u>	EASTWOOD	144	00:05:57		00:06:22 00:19:01.9
<u>Fabricio URIBE</u>	EL PASO EASTWOOD	146	00:05:56	00:06:19	00:19:02.4
2041 EL PASO EASTWOOD	189	00:05:51	00:06:27	00:19:26.9	
2054 <u>Jorge NAVOR</u>	EL PASO EASTWOOD	281	00:06:10	00:06:54	00:20:05.8
2042 <u>Abraham CRUZ</u>	EL PASO EASTWOOD	529	00:06:23	00:07:20	00:22:03.5
2047 <u>Arturo GARCIA</u>	EL PASO EASTWOOD	536	00:06:40	00:07:26	00:22:07.0

TEAM AVG 17:07.82



016 Desert Twilight: Love Aside for El Paso Eastwood



DESERT TWILIGHT XC FESTIVAL

Alan Versaw

Oct 1, 2016

Prev

Page 3 of 7

Next

Top Moments of the Meet (2)



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Account

The El Paso Eastwood boys do a little celebrating with the meet hardware.

The pre-meet speculation around these parts was that local favorites Desert Vista and Brophy College Prep would be tough to beat. Desert Vista had twice proven their mettle on the season at highly competitive meets in California. Brophy had made their case with convincing performances close to home.

The heavy hitters from Colorado, Utah, and New Mexico were staying home for the weekend, so the path seemed paved for a big triumph by a local team.

Only El Paso Eastwood never got that message.

Only El Paso Eastwood never got that message.

Daniel Bernal's reputation extends a bit beyond his isolated west Texas hometown of El Paso but, until last night, Eastwood's reputation had not followed him around. Call this one a debut party for Troopers, who were all their mascot entails, and more, on the Desert Twilight course.

Bernal dropped a meet record of 14:45.6 on the event.

After making a break just past the mile, the only contested places involved integers greater than one. Bernal made it look easy.

But, the magic followed Bernal.

After Brophy picked up a pair of top-ten finishes and seemed on their way to a win, Eastwood responded with Anthony Molina in 17th and then, in quick succession, Noah Ward, James McLain, and Gabriel Armjio in 32, 34, and 37.

Brophy had no answers. They were still waiting for their 4 and 5. Desert Vista never really engaged in the

Prev

Page 6 of 7

Next

They Said It

I tried to stay with Bernal, but after the mile he was just gone.

- Tanner Norman, second-place finisher in 14:59.7





Tornillo 3.18 miles @ DVHS

Varsity Girls

1	ORDAZ, ALEXUS	00:19:59.36	6:17/m	9.6mph
2	VEGA, MIRANDA	00:20:06.19	6:19/m	9.5mph
3	ZAREI, NAZANIN	00:20:21.89	6:24/m	9.4mph
4	RUIZ, DANIELLA	00:20:33.92	6:28/m	9.3mph
8	CRUNCLETON, EMILY	00:20:45.34	6:31/m	9.2mph
9	HERNANDEZ, FRANCIS	00:20:45.78	6:31/m	9.2mph
11	MCLAIN, EILEEN	00:21:04.63	6:37/m	9.1mph
13	MARTINEZ, DESTINY	00:21:08.74	6:39/m	9.0mph
14	ORTIZ, MEADOW	00:21:35.53	6:47/m	8.8mph
16	KING, SABRINA	00:21:55.77	6:53/m	8.7mph
18	MARTINEZ, DEBRA	00:22:05.06	6:57/m	8.6mph
20	JUAREZ, DIANA	00:22:07.86	6:57/m	8.6mph
22	FERNANDEZ, MARCELA	00:22:11.60	6:58/m	8.6mph
24	CASTILLO, VICTORIA	00:22:21.56	7:02/m	8.5mph
25	MERCADO, ASHLEY	00:22:32.03	7:05/m	8.5mph
28	RENOVATO, ALEXIS	00:22:38.13	7:07/m	8.4mph
36	URIBE, MARIA	00:23:01.41	7:14/m	8.3mph
37	AGUILERA, KATHLEEN	00:23:07.16	7:16/m	8.3mph
40	SANDOVAL, SKYLAR	00:23:15.71	7:19/m	8.2mph



Cross Country Tornillo Invite DVHS

3.18 miles

Girls Individual

1. Alexis Oraz, Eastwood, 19:59.36; 2. Miranda Vega, 20:06.19; 3. Nazanin Zarei, Eastwood 20:21.89; 4. Daniella Ruiz, Eastwood, 20:33.92; 5. Luciana Borrego, Loretto, 20:36.29; 7. Jazmine Blazquez, Clint, 20:44.25; 8. Emily Cruncleton, Eastwood, 20:45.34; 9. Francis Hernandez, Eastwood, 20:45.78; 10. Samantha Martinez, Eastwood, 20:53.61

Girls Team

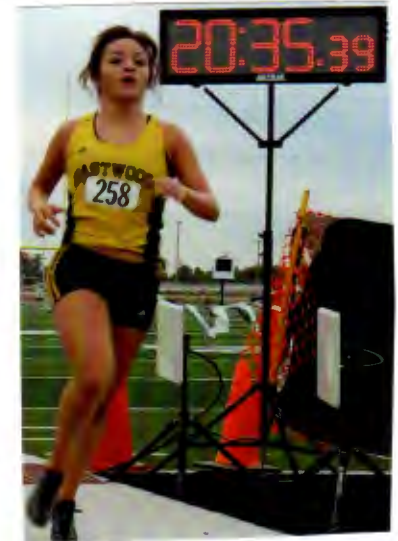
1. Eastwood 18; 2. Clint, 73; 3. Bel Air; 83; 4. Del Valle, 90; 5. Loretto Academy 105

Boys Individual

1. Daniel Bernal, Eastwood, 15:34.37; 2. Gabe Armijo, Eastwood, 16:02.01; 3. Anthony Molina, Eastwood, 16:02.10; 4. Brandon Seagraves, Cathedral, 16:03.79; 5. Noah Ward, Eastwood, 16:14.87; 6. James McLain, Eastwood, 16:15.77; 7. Daniel Amaya, Tornillo, 16:34.32; 8. Kayn Quinones, Eastwood, 16:42.78; 9. Dylan Godfrey, Eastwood, 16:44.78; 10. Juan Rivera, Tornillo, Tornillo, 16:46.14

Boys Team

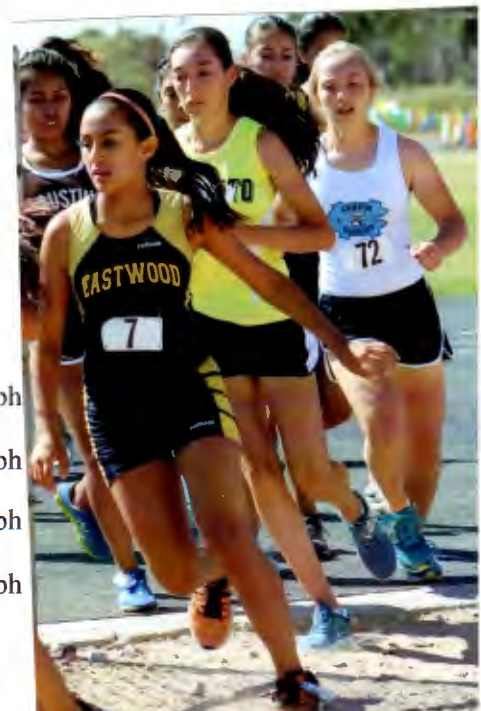
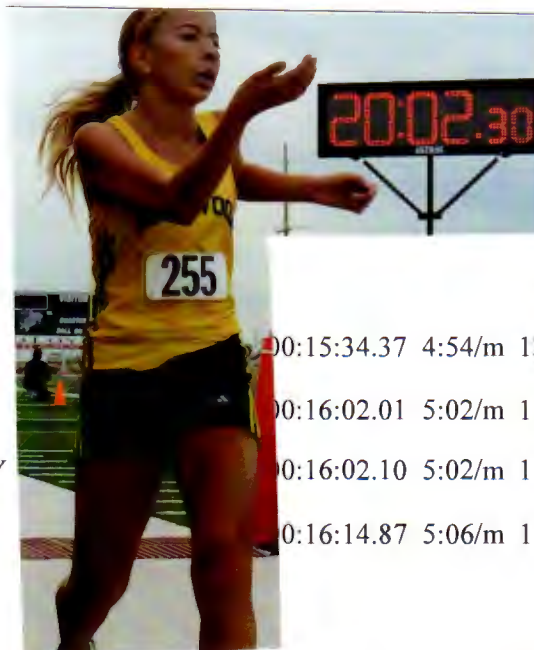
1. Eastwood, 15; 2. Tornillo, 48; 3. Bel Air, 89; 4. Del Valle, 116; 5. Clint, 119; 6. Jefferson, 166



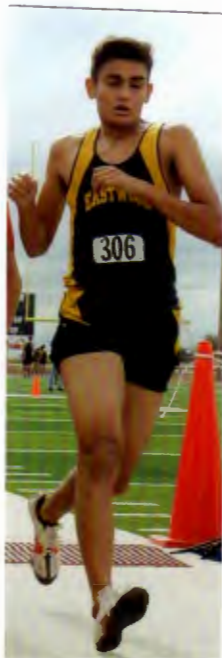
1 Eastwood High School 20:21.34 18

Varsity Boys

1	BERNAL, DANIEL	00:15:34.37	4:54/m	12.3mph
2	ARMIGO, GABE	00:16:02.01	5:02/m	11.9mph
3	MOLINA, ANTHONY	00:16:02.10	5:02/m	11.9mph
5	WARD, NOAH	00:16:14.87	5:06/m	11.8mph



6	MCLAIN, JAMES	00:16:15.77	5:07/m	11.7mph
8	QUINONES, KAYN	00:16:42.78	5:15/m	11.4mph
9	GODFREY, DYLAN	00:16:44.76	5:16/m	11.4mph
18	GAMBOA, DEREK	00:17:07.81	5:23/m	11.2mph
19	LOZOYA, PETER	00:17:08.42	5:23/m	11.1mph
20	GALLEGOS, EDDIE	00:17:10.20	5:24/m	11.1mph
23	RUIZ, JESUS	00:17:18.42	5:26/m	11.0mph
25	MARQUEZ, ANDRES	00:17:28.33	5:29/m	10.9mph
26	PORRAS, CHRIS	00:17:29.25	5:30/m	10.9mph
27	PEREZ, ELIAS	00:17:30.79	5:30/m	10.9mph
28	GUERRA, PEDRO	00:17:32.04	5:31/m	10.9mph
30	OLMOS, JUAN	00:17:46.47	5:35/m	10.7mph



1 Eastwood High School 16:01.82 15

Open Girls 2 miles

3	Eastwood High School	14:19.31	7	88
Team	Overall	Name	Time	Score
Position	Position			
1	4	Eliana Britton	00:13:31.39	4
2	6	Alana Serrano	00:13:44.77	6
3	19	Andrea Miramontes	00:14:26.23	19
4	23	Karen Lorenzana	00:14:33.44	23
5	38	Sarah Granado	00:15:20.75	36
6	53	Jaloany Ortega	00:15:55.80	0
7	58	Lexi Vera	00:16:08.85	0



Open Boys 3.18 miles

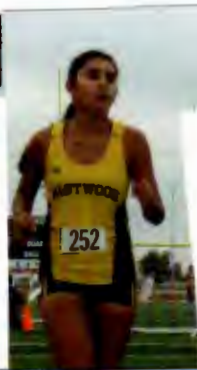
1	Eastwood High School	18:37.53	15	28
Team	Overall	Name	Time	Score
Position	Position			
1	3	Issaih Arteaga	00:17:59.68	2
2	4	Freddy Macias	00:18:31.07	3
3	7	Noah Jimenez	00:18:49.50	6
4	9	Fabricio Uribe	00:18:53.31	8

5	10	Isaiah Tinajero
6	11	Damian Pastran
7	13	Jaime Herrera
8	14	Carlos Chavez
9	18	Adam Wallace
10	30	Jorge Navor
11	42	Abraham Cruz
12	46	Arturo Garcia
13	56	Eddie Martinez
14	60	Ethan Caro

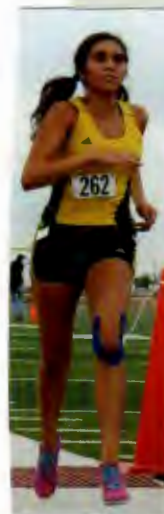
00:18:54.09
00:18:57.39
00:19:13.70
19:26.11
19:47.97
20:13.53
20:53.76
21:11.98
21:50.66
22:17.58



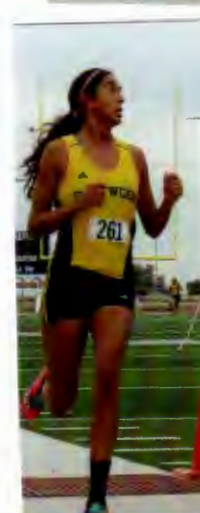
20:47.98



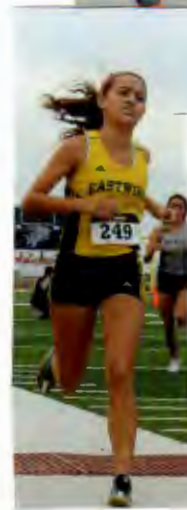
20:55.12



20:23.18



20:07.88



21:57.98



21:38.19



22:06.38



22:09.29



23:09.08



13:33.78



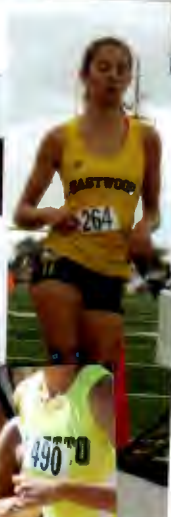
13:46.28



14:29.68



14:35.88

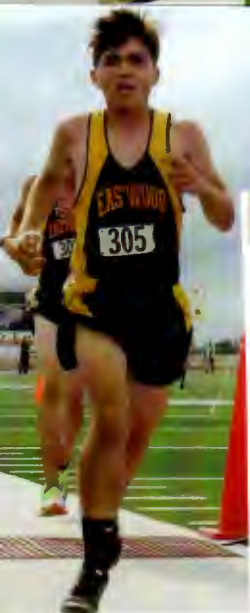


15:22.95



15:57.69





Ysleta CC Inv.

Varsity Boys

7	Pedro Guerra	17:19.79
9	Peter Lozoya	17:24.37
10	Eddie Gallegos	17:26.29
16	Chris Porras	17:36.69
22	Andres Marquez	17:42.84
23	Jesus Ruiz	17:43.07
2 nd 54pts 17:30.00 Team Avg		



Varsity Girls

5	Cheyenne Escarcega	21:23.29
7	Eileen McLain	21:24.33
10	Meadow Ortiz	21:33.93
16	Destiny Martinez	21:54.79
17	Sabrina King	21:56.51
22	Diana Juarez	23:24.47
1 st 49pts Team Avg 21:38.57		



JV Boys

2	Elias Perez	17:53.64
4	Juan Olmos	18:05.94
6	Carlos Rodriguez	18:29.17
10	Freddy Macias	19:14.58
14	Jaime Herrera	19:36.63
15	Noah Jimenez	19:37.71
16	Fabricio Uribe	19:38.60
18	Isaiah Tinajero	19:46.37
19	Damian Pastran	19:48.66
38	Michael Gamez	20:40.44
44	Adam Wallace	21:10.66
50	Arturo Garcia	21:36.63
69	Eddie Martinez	22:28.07
73	Ethan Caro	22:45.29
1 st 36pts Team Avg 18:40		



JV Girls

2	Marcela Fernandez	22:48.63
3	Alexis Renovato	23:18.38
4	Ashley Mercado	23:18.75
5	Victoria Castillo	23:27.51
6	Kathleen Aguilera	24:09.33
7	Alana Serrano	24:29.39
9	Maria Uribe	24:30.96
12	Eli Britton	25:10.58

20 Karen Lorenzana 25:45.08
 46 Jaloany Ortega 28:34.95
 51 Destiny Juardo 28:55.63
 1st 20pts 23:24.52 Team Avg

9th Boys

7 Carlos Chavez 19:54.71
 13 Jorge Navor 21:09.72
 18 Abraham Cruz 21:44.93
 30 Santi Ruiz 21:18.44

9th Girls

2 Andrea Miramontes 27:12.04
 3 Sarah Granado 27:26.28







Eastwood wins 6th straight boy's crown

VICTOR R. MARTINEZ
EL PASO TIMES

The boys high school district meets went pretty much as expected with teams from all four districts defending their titles and advancing to next Saturday's regionals in Lubbock.

Eastwood senior Daniel Bernal and San Elizario's Erick Arambula also defended district individual championships on a hot and sunny Saturday at Chamizal National Memorial Park.

The Troopers easily won their sixth straight district title, placing their top five runners in the top 20 for a score of 44 points, well ahead of Coronado (71) and Franklin (83). All three teams will advance to the Region 1 Cross Country Meet on Oct. 29 at Mae Simmons Park in Lubbock.

Bernal won his third straight district championship winning in 15:21.70, well ahead of a pair of Franklin seniors — Adam Cortez (15:45.29) and Anthony Cordero (16:00.79).

"I wanted to push the first mile just to make a little gap in the beginning and try to pull from the other great runners like Brian (Lujan, Americas) and Tony (Cordero, Franklin) and Adam," Bernal said.

The two other Eastwood top 10 finishers were junior Gabe Armijo, who placed fourth (16:11.66) and senior James McLain, who was tenth in 16:26.26.

Bernal said the team was a bit tired on Saturday.

"We've been doing some good quality workouts in preparation for regionals and state but we also had nine weeks testing so we'll all exhausted," he said. "But for how exhausted we were, I think we performed really well."

The top three teams and the top 10 individuals in each district qualify for the Region 1 cross country meet.

"We had to overcome some adversity today," said Mike McLain, Eastwood's longtime coach. "Our two guy has a really bad lung infection and so our six guy Kayn Quinones really stepped up for thirteenth and allowed them to win the district title even through Anthony (Molina) was sick."

Eastwood came into the meet ranked No. 4 in the state in Class 6A by TxRunning.com.

"What a lot of people don't realize is it's not a very talented team," he said. "There are not a lot of people on this team that coming out of middle school or summer track that you had to have. They are basically a bunch of nobodys who have bonded together and who have worked really hard and have made themselves a pretty darn good team."

Coronado and Franklin will also advance to the regional meet.

Sports



PHOTOS BY MARK LAMBIE/EL PASO TIMES

Eastwood's Daniel Bernal, center, led the pack in the District 1-6A Boys District Cross Country Championships and would hold on to win the race in a time of 15:21.70 Saturday at the Chamizal National Memorial. Eastwood also won first place as a team.



District 1-6A Chamizal

Varsity Boys

1.	12	<u>Daniel Bernal</u>	<u>15:21.7</u>	<u>El Paso Eastwood</u>
4.	11	<u>Gabriel Armijo</u>	<u>16:11.7</u>	<u>El Paso Eastwood</u>
10.	12	<u>James McLain</u>	<u>16:26.3</u>	<u>El Paso Eastwood</u>
13.	10	<u>Kayn Quinones</u>	<u>16:36.2</u>	<u>El Paso Eastwood</u>
16.	12	<u>Noah Ward</u>	<u>16:57.2</u>	<u>El Paso Eastwood</u>
17.	11	<u>Dylan Godfrey</u>	<u>16:59.0</u>	<u>El Paso Eastwood</u>
21.	11	<u>Anthony Molina</u>	<u>17:10.3</u>	<u>El Paso Eastwood</u>

1 st El Paso Eastwood 16:18.61 44pts

Varsity Girls

8.	12	<u>Nazanin Zariaei</u>	<u>20:20.4</u>	<u>El Paso Eastwood</u>
11.	12	<u>Alexus Ordaz</u>	<u>20:46.4</u>	<u>El Paso Eastwood</u>
12.	12	<u>Daniella Ruiz</u>	<u>20:48.0</u>	<u>El Paso Eastwood</u>
19.	12	<u>Samantha Martinez</u>	<u>21:31.0</u>	<u>El Paso Eastwood</u>
20.	11	<u>Miranda Vega</u>	<u>21:33.2</u>	<u>El Paso Eastwood</u>
21.	11	<u>Emily Cruncleton</u>	<u>21:36.5</u>	<u>El Paso Eastwood</u>
26.	11	<u>Francis Hernandez</u>	<u>21:55.5</u>	<u>El Paso Eastwood</u>

2nd Eastwood 20:59 70pts

Sub Varsity District at Skyline Park

Open Boys

2.	11	<u>Pedro Guerra</u>	<u>16:02.12</u>	<u>El Paso Eastwood</u>
3.	12	<u>Chris Porras</u>	<u>16:02.12</u>	<u>El Paso Eastwood</u>
4.	12	<u>Peter Lozoya</u>	<u>16:06.50</u>	<u>El Paso Eastwood</u>
5.	10	<u>Andres Marquez</u>	<u>16:07.15</u>	<u>El Paso Eastwood</u>
7.	12	<u>Jesus Ruiz</u>	<u>16:25.59</u>	<u>El Paso Eastwood</u>
8.	10	<u>Eddie Gallegos</u>	<u>16:25.81</u>	<u>El Paso Eastwood</u>
9.	12	<u>Carlos Rodriguez</u>	<u>16:30.89</u>	<u>El Paso Eastwood</u>
12.	11	<u>Derek Gamboa</u>	<u>16:59.97</u>	<u>El Paso Eastwood</u>
15.-		<u>Issaih Arteaga</u>	<u>17:08.56</u>	<u>El Paso Eastwood</u>
17.-		<u>Freddy Macias</u>	<u>17:11.84</u>	<u>El Paso Eastwood</u>
20.	11	<u>Noah Jimenez</u>	<u>17:25.12</u>	<u>El Paso Eastwood</u>
21.	12	<u>Jaime Herrera</u>	<u>17:29.12</u>	<u>El Paso Eastwood</u>
27.	12	<u>Fabricio Uribe</u>	<u>17:55.06</u>	<u>El Paso Eastwood</u>
29.	11	<u>Isaiah Tinajero</u>	<u>18:07.50</u>	<u>El Paso Eastwood</u>
37.	11	<u>Michael Gamez</u>	<u>18:32.03</u>	<u>El Paso Eastwood</u>
48.-		<u>Ethan Caro</u>	<u>19:11.03</u>	<u>El Paso Eastwood</u>
64.-		<u>Arturo Garcia</u>	<u>20:23.18</u>	<u>El Paso Eastwood</u>
71.-		<u>Eduardo Torres-Mar...</u>	<u>20:39.28</u>	<u>El Paso Eastwood</u>



1st Eastwood 16:08 21pts

Open Girls

1.	11	<u>Sabrina King</u>	<u>20:05.72</u>	<u>El Paso Eastwood</u>
2.	12	<u>Cheyenne Escarcega</u>	<u>20:16.18</u>	<u>El Paso Eastwood</u>
3.	11	<u>Ashley Mercado</u>	<u>20:21.18</u>	<u>El Paso Eastwood</u>
5.	10	<u>Marcela Fernandez</u>	<u>20:40.94</u>	<u>El Paso Eastwood</u>
7.	10	<u>Alexis Renovato</u>	<u>20:57.15</u>	<u>El Paso Eastwood</u>
8.	10	<u>Victoria Castillo</u>	<u>20:58.78</u>	<u>El Paso Eastwood</u>
9.	-	<u>Alana Serrano</u>	<u>21:17.41</u>	<u>El Paso Eastwood</u>
10.	12	<u>Kathleen Aguilera</u>	<u>21:21.03</u>	<u>El Paso Eastwood</u>
13.	11	<u>Skylar Sandoval</u>	<u>21:39.97</u>	<u>El Paso Eastwood</u>
18.	12	<u>Maria Uribe</u>	<u>22:02.59</u>	<u>El Paso Eastwood</u>
28.	10	<u>Eliana Britton</u>	<u>23:32.38</u>	<u>El Paso Eastwood</u>
50.	10	<u>Jaloany Ortega Silva</u>	<u>24:58.25</u>	<u>El Paso Eastwood</u>
51.	-	<u>Alexis Vera</u>	<u>25:01.62</u>	<u>El Paso Eastwood</u>
53.	-	<u>Karen Lorenzana</u>	<u>25:47.56</u>	<u>El Paso Eastwood</u>
59.	-	<u>Destiny Juardo</u>	<u>26:13.47</u>	<u>El Paso Eastwood</u>
1st		<u>Eastwood 20:28</u>		18pts



9th Boys

1.	9	<u>Juan Olmos</u>	<u>16:19.28</u>	<u>El Paso Eastwood</u>
2.	9	<u>Elias Perez</u>	<u>16:24.44</u>	<u>El Paso Eastwood</u>
5.	-	<u>Carlos Chavez</u>	<u>17:33.72</u>	<u>El Paso Eastwood</u>
11.	-	<u>Jorge Navor</u>	<u>17:53.41</u>	<u>El Paso Eastwood</u>
17.	-	<u>Abraham Cruz</u>	<u>19:23.50</u>	<u>El Paso Eastwood</u>
2nd		<u>Eastwood 17:30</u>		33pts

9th Girls

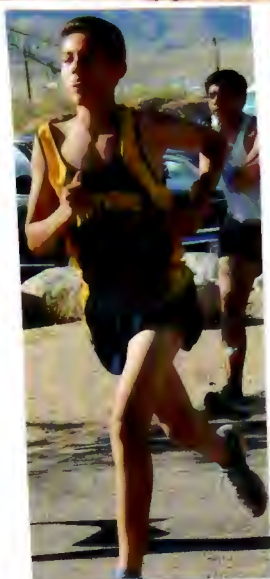
1.	9	<u>Eileen McLain</u>	<u>19:56.77</u>	<u>El Paso Eastwood</u>
2.	9	<u>Meadow Ortiz</u>	<u>20:39.07</u>	<u>El Paso Eastwood</u>
3.	9	<u>Destiney Martinez</u>	<u>20:52.92</u>	<u>El Paso Eastwood</u>
4.	9	<u>Deborah Martinez</u>	<u>21:45.53</u>	<u>El Paso Eastwood</u>
11.	9	<u>Andrea Miramontes</u>	<u>25:15.38</u>	<u>El Paso Eastwood</u>
17.	9	<u>Sarah Granado</u>	<u>27:17.38</u>	<u>El Paso Eastwood</u>
1st		<u>Eastwood 21:41</u>		19pts















National Team Rankings - 10/27 Boys - I

Published by  DyeStat.com

Oct 27th, 5:19pm

DYESTAT RANKINGS

2016 XC Rankings

National Team

Preseason - Sep 29 - Oct 13 - Oct 27

Nov 10 - Nov 24 - Dec 8

The Top 30, 10/27

1. American Fork UT
2. Neuqua Valley IL
3. Great Oak CA
4. Chrisian Brothers Academy NJ
5. The Woodlands TX
6. Wayzata MN
7. Bozeman MT
8. St. Xavier KY
9. Brentwood High TN
10. Olympus UT
11. Solon OH
12. North Central WA
13. Palmer Ridge CO
14. Timpanogos UT
15. Colts Neck NJ
16. Downers Grove North IL
17. Lyons Township IL
18. Corning NY
19. Lone Peak UT
20. Dana Hills CA
21. Lake Zurich IL
22. Claremont CA
23. Springville UT
24. Mountain Vista CO
25. Southlake Carroll TX
26. Loudon Valley VA
27. West Ranch CA
28. El Paso Eastwood TX
29. Wellesley MA
30. Crater OR
- (tie) New Town ND



Thats us
baby!!!!



Regional cross country meet last hurdle before state

VICTOR R. MARTINEZ
EL PASO TIMES

The hopes and dreams for a trip to the UIL Cross Country State Championship will come down to 3.1 miles at Mae Simmons Park in Lubbock Saturday morning.

For 27 local teams and close to 200 distance runners, five grueling kilometers is all that stands between them and an opportunity to race for a state championship at Old Settlers Park in Round Rock on Nov. 12.

For San Elizario, the Region 1 meet is one final step before the Eagles can race for a third consecutive Class 4A state championship.

"A big part of it is staying healthy, especially at this stage of the season," said Cesar Morales, San Elizario's head coach. "Another thing we need to do is psychologically, stay focused. We're ranked No. 1 in the state right now and some of the kids might be a little too confident. We just have to run our race."

Erick Arambula, who is the Class 4A individual state champion, placed third at last year's regional.

"I'm really nervous because it's our last year and there's a lot of pressure on us to win a state championship for a third time," he said. "We'll just have to see how it goes."

The top four teams and the top 10 individuals not on one of the advancing teams qualify for the state championship.

Tornillo is looking for a its third straight Region 1-3A crown.

"We had a perfect score on the same course earlier in the season and almost everybody in the region was there," said Jesse Garcia, Tornillo's head coach. "We had a really good showing as a pack and we had a one of the fastest averages overall. We were the second fastest teams in all divisions on that day."

Garcia said the team's familiarity with Mae Simmons Park gives them an advantage.

"As far as the course goes, Lubbock has always been very good to us," he said. "It has always been one of the courses we love to run on. Every course has its own personality and it's one of those personalities that we love. The kids really understand it well."

If Tornillo advances, it will be the seventh state appearance in eight years.

Also seeking a return visit to the state meet is Eastwood.



MARK LAMBIE / EL PASO TIMES

The Eastwood cross country team celebrates their District 1-6A District Cross Country Championship Saturday at the Chamizal National Memorial.

meet by bringing our sixth guy (Dylan Godfrey) much closer to the five guy (Noah Ward)," said Mike McLain, Eastwood's head coach. "We just have to get Anthony (Molina) healthy. To tell you the truth, we have a chance to do something special."

If the Troopers are in the top four in the Region 1-6A race, they will advance to its third consecutive state meet, its fifth in six years.

Eastwood senior Daniel Bernal, last year's Class 6A regional champ, is out to defend his title.

"The course is going to be 30 to 40 meters longer than last year but I'm feeling really good and positive about our team, not just myself," he said. "(Southlake Carroll) Reed Brown is such an incredible runner, most likely the top, if not the second top recruit in the nation. I'm looking forward to racing with him and go head to head with him and see what the finish is."

Out of Class 5A, the Austin Panthers, which finished one spot out of qualifying to state last year, hopes its experience is enough for another state trip.

"We have four of the five guys back"

said Manny Rodriguez, Austin's head coach. "Our guys run very well as a pack. Our 1 to 5 gap is about 35 seconds to a minute and we've run like that pretty much the whole season."

Also competing in the Class 5A race are the Hanks Knights and the District 2-5A champion freshman Michael Abeyta.

"It means a lot to have the team advance to regionals," he said. "To know that we made it this year, it's an awesome feeling. It's a little tough being a freshman. There are some days when I know I've got this and there are days when I get a little nervous. Right now I'm just looking forward to regionals."

Irvin junior Aaron Gilliam, the two-time District 1-5A champ, said he is seeking redemption.

"I choked last year at regionals," he said. "I was so excited that I took off way too fast because of my inexperience and I died out. Now I know that I have to start out in control and try to get my PR (personal record)."

No El Paso area girl's team advanced to the state meet last year.

On to regionals

» **What:** Region 1 Cross Country Meet.

» **Where:** Mae Simmons Park, 2004 Oak in Lubbock.

» **Girl's schedule:** 8 a.m. Class 4A; 9 a.m. Class 5A; 10 a.m. Class 6A; 1 p.m. Class 3A.

» **Boy's schedule:** 8:30 a.m. Class 4A; 9:30 a.m. Class 5A; 10:30 a.m. Class 6A; 1:30 p.m. Class 3A.

» **At stake:** The top four teams and the top 10 individuals not on one of the advancing teams qualify for the state championship.

There were several individuals including Canutillo senior Anisa Burciaga, Chapin sophomore Skyler Goodman and El Paso High sophomore Miyah Ray-Morales in Class 5A and Mountain View senior Michelle Estrada out of Class 4A.

"Regionals is going to be hard," said Burciaga, who owns the city's fastest girl's 5K time (18:36.20). "There are a couple of new runners who moved down from 6A so it's going to be tough. I've never cracked top 10 at regionals so I'm hoping this will be the year."

She said her summer work gave her confidence that she will finish earning her a third trip to state.

"I feel that I've improved. I've gained a little bit of confidence that," she said. "I have to remember just like that it could really, really want to go back and hope that desire is enough to get there."

Estrada, who won the state meet, said she is also looking forward to regionals and getting back to state.

"I can still improve on what I have and I have another chance to perform at a high level," she said. "I want to improve on what I can do."

The District 1-6A champion sophomore Jennelle Jaeger, winning district was great focus on regionals.

"I'm looking forward to competing at regionals," she said. "I just want to improve and I'll run the best I can."

Victor R. Martinez may be reached at 546-6128; vmartinez@elpasotimes.com or @vrmart on Twitter.



UIL 6A - Region 1

Oct 29, 2016 Mae Simmons Park Lubbock, TX

Boys Results

Boys 5,000 Meter Run

Place	Athlete	Team	Result	Points
3	<u>Daniel Bernal</u>	12 El Paso Eastwood	14:59.29	3
28	<u>Anthony Molina</u>	11 El Paso Eastwood	16:17.81	23
31	<u>James Mclain</u>	12 El Paso Eastwood	16:18.52	26
42	<u>Dylan Godfrey</u>	12 El Paso Eastwood	16:29.47	35
47	<u>Gabriel Armijo</u>	11 El Paso Eastwood	16:34.25	40
67	<u>Kayn Quinones</u>	10 El Paso Eastwood	16:45.19	58
	Noah Ward	12 El Paso Eastwood	17:34.20	

2 El Paso Eastwood 127 3+23+26+35+40 (58+102) 1:34 1-5 Split | 16:07 Avg

Varsity Girls

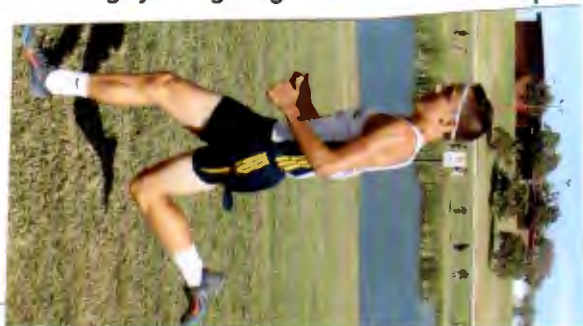
Girls 5,000 Meter Run

Place	Athlete	Team	Result	Points
58	<u>Nazanin Zaraei</u>	12 El Paso Eastwood	20:00.02	49
68	<u>Alexus Ordaz</u>	12 El Paso Eastwood	20:10.00	59
84	<u>Samantha Martinez</u>	12 El Paso Eastwood	20:29.31	75
90	<u>Daniella Ruiz</u>	12 El Paso Eastwood	20:38.54	79
106	<u>Emily Cruncleton</u>	11 El Paso Eastwood	21:01.38	95
114	<u>Miranda Vega</u>	11 El Paso Eastwood	21:09.23	103
	Francis Hernandez	10 El Paso Eastwood	21:36.95	
12th	Eastwood 357	49+59+75+79+95 (103+115)	1:01 1-5 Split 20:27 Avg	





This race could arguably be one of the best individual battles of the entire weekend. The battle between Reed Brown, Daniel Bernal, and Alex Maire is a one we've been waiting to see all season. Maire who is only a sophomore has raced both Bernal and Brown this season finishing only a few seconds behind each of them. As we know Brown and Bernal are two of the top runners in the state and Maire has proven he can stick with both of them. Bernal took the win in last year's race over Brown by ten seconds, but I feel like both runners have made huge strides this year and we've yet to see either pushed to their full potential. This trio of guys is going to make for one epic battle!



Junior College Cross Country NJCAA Region V Championships Harry McAdams Park in Hobbs Women's Results

Individual

1. Shalet Mitei, EPCC, 18:14.41; 2. Rose Jebet, EPCC, 18:36.54; 3. Sandra zpott, NMMI, 18:54.78; 4. Sesela Dala, South Plains, 19:02.41; 5. Leslie Romero, South Plains, 19:15.82; 6. Kelli Kirkpatrick, EPCC, 19:33.32; 7. Poro Gahekave, South Plains, 19:36.96; 8. Teresha Jacobs, South Plains, 19:28.42; 9. Ocean Stevens, EPCC, 19:44.82; 10. Sholly Jeunotto, EPCC, 20:01.01.

Team Results

1. EPCC 25; 2. South Plains 50

Men's Individual Results

1. Felix Kosgi, South Plains, 24:18.80; 2. Omero Rodriguez, South Plains, 24:29.29; 3. Jose Silva, South Plains, 25:30.97; 4. Deric Martinez, South Plains, 25:35.27; 5. Connor Hughes, South Plains, 26:25.71; 6. Sydney Leverett, Ranger JC, 26:32.61; 7. Juan Vasquez, EPCC, 26:35.93; 8. Nicholas Rotich, South Plains, 26:36.37; 9. Elias Villegas-Ponce, 26:36.72; 10. Michale Flores, EPCC, 26:53.58.

Team Results

1. South Plains 16; EPCC 52

Class 5A Girls

Individual

1. Lauren Edwards, Grapevine, 17:59.54; 2. Binta Ka, N. Richland Hills Richland, 18:13.57; 3. Anisa Burciaga, Canutillo, 18:18.81; 4. Gracie Morris, Aledo, 18:20.15; 5. Maddie Vondra, FW Arlington Heights, 18:29.96; 6. Ayse Allison, Canyon, 18:36.55; 7. Sabbath Taylor, Hereford, 18:37.12; 8. Gretchen Pfeiffer, Colleyville Heritage, 18:42.19; 9. Kayss Betzen, Canyon Randall, 18:46.57; 10. Andrea Abeyta, Hanks, 18:47.14

Team Results

1. Canyon Randall, 58; 2. Canyon, 77; 3. Grapevine, 123; 4. Lubbock Cooper, 175

Class 5A Boys

Individual

1. Graydon Morris, 15:11.12; 2. Butare Rugenwa, Amarillo, 15:33.85; 3. Michael Abeyta, Hanks, 15:36.35; 4. Grayson Barber, Colleyville Heritage, 15:50.45; 5. Dylan Knight, Canyon, 15:55.75; 6. Aaron Gilliam, Irvin, 15:57.46; 7. Harrison Tillman, Aledo, 16:07.35; 8. Josh Terrazas, Dumas, 16:07.84; 9. Sergio Lara, Plainview, 16:14.81; 10. Tomas Briones, SA Lake View, 16:15.94

Team Results

1. Austin, 93; 2. Grapevine, 94; 3. Justin Northwest, 134; 4. Dumas, 164

Class 6A Girls

El Paso runners top results

18. Jessica Dominguez, Socorro, 18:40.30; 19. Natalie Gomez, Socorro, 18:44.74; 23. Janelle Jaeger-Darakjy (18.51.97)

Team Results

1. Southlake Carroll, 41; 2. Keller, 52; 3. Lewisville Hebron, 120; 4. Lewisville Marcus, 128; 6. Americas, 223

Class 6A Boys

Individual

1. Reed Brown, Southlake Carroll, 14:47.43; 2. Alexander Maier, Lewisville Flower Mound, 14:47.79; 3. Daniel Bernal, Eastwood, 14:59.29; 4. Wes McPhail, Amarillo Tascosa, 15:06.90; 5. Briggs Whittlake, Amarillo Tascosa, 15:30.79; 6. Adam Cortez, Franklin, 15:30.84; 7. Jake Johnson, Allen, 15:32.04; 8. Sebastian Moreno, El Dorado, 15:35.66; 9. Eric Casarez, Keller Central, 15:36.44; 10. Antwain George, Crowley North Crowley, 15:37.19



On the boys side in Class 6A, Eastwood's Daniel Bernal ran a solid third in a time of 14:59.29, Franklin's Adam Cortez was sixth in a time of 15:30.84 and El Dorado's Sebastian Moreno placed eighth with a time of 15:35.66.

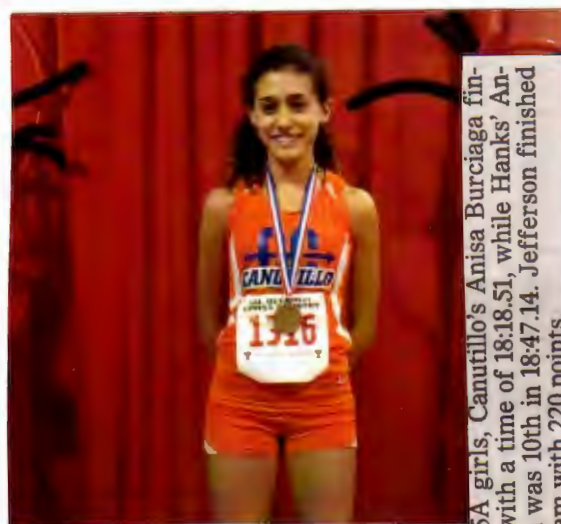
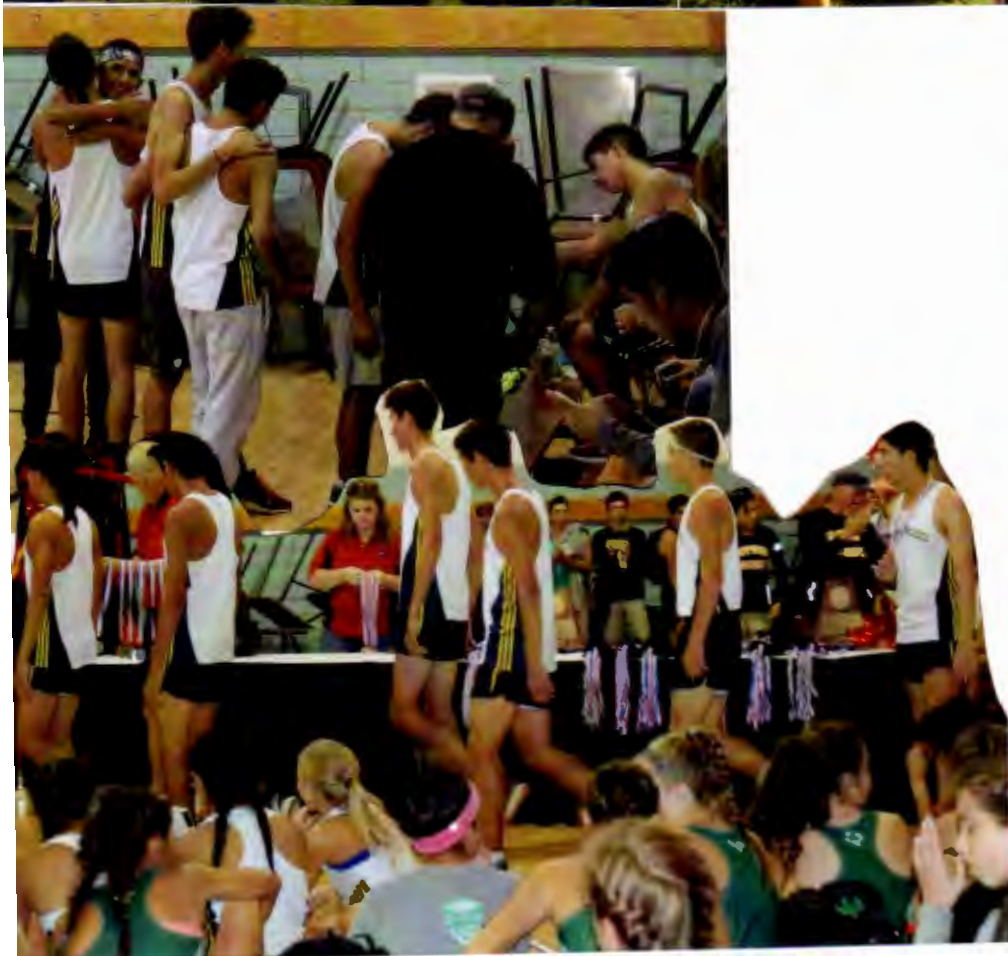
Eastwood will head to state as a team after running second with 127 points, four points ahead of third-place Northwest Nelson. Southlake Carroll won the team title with 82 points.

In addition to Bernal's third-place showing, Anthony Molina ran 23rd, James McLain was 26th, Dylan Godfrey was 35th and Gabe Armijo was 40th for the Troopers.

Felix F. Chávez may be reached at 546-6167;



Daniel Bernal



In Class 5A girls, Canutillo's Anisa Burciaga finished third with a time of 18:18.51, while Hanks' Andrea Abeyta was 10th in 18:47.14. Jefferson finished sixth as a team with 220 points.

CROSS COUNTRY



STATE CHAMPION



MARK LAMBIE/EL PASO TIMES

The Eastwood cross country team celebrates their District 1-6A District Cross Country Championship last month at the Chamizal National Memorial.



Eastwood Troopers have sights set on state meet

FELIX F. CHÁVEZ
EL PASO TIMES

As a freshman runner in the Eastwood High School cross country program, Noah Ward finished dead last in the freshman district race.

Now as a senior, after years of hard work and dedication, the senior is preparing to help the team run in the Class 6A state cross country meet on Saturday in Round Rock.

"My teammates are like brothers to me. They always pushed me and they never gave up on me," Ward said. "(Coach) Mike McLain never gave up on me. He always had faith in me and always kept encouraging me. I couldn't have gotten where I am today without the support from the program"

Ward, who describes himself as tall and lanky, helped the team to a District 1-6A title and a second-placed showing at the Region 1-6A meet earlier this season.

"As a junior, I started to take it more serious and began to pay attention more to everything to help myself get better," Ward said. "I'm grateful I can help and grateful I can be a part of what we are doing."

Ward's accomplishments have made him want to give running a college try.

"I love the sport so much and I just want to keep working at it and keep getting better," he said.

The Troopers will be competing at the state meet for the third straight year and the fifth in the past six years.

"Noah has come a long way and that's

State bound

Who: Eastwood's boys cross country team senior Daniel Bernal, junior Anthony Molina, senior James McLain, senior Dylan Godfrey, junior Gabe Armijo, sophomore Kayn Quinones and senior Noah Ward will compete in the Conference 6A UIL Cross Country State Championship.

When: 10:40 a.m. Saturday in Round Rock, Texas.

Up coming preview: Friday, 13 individual qualifiers

a tribute to his hard word," McLain said. "He just kept fighting hard, just kept battling to get better and he's become such an important part of our team."

McLain calls this group of Eastwood runners a special one. It's a group that has been consistent all season long and has run well against very good competition.

Leading the charge for Eastwood all season long has been senior Daniel Bernal. He has been consistent all season long, won the District 1-5A title and was the team's top runner at regionals.

"The Class 6A division is a monster," McLain said. "Daniel has had a wonderful year and he's been so consistent. He's in a group of talented individual runners, but he's had a great year and he'll be fine. This whole team has just come so far and it has worked really hard. I'm excited to see how the team performs on Saturday."

Felix F. Chávez may be reached at 546-6167; fchavez@elpasotimes.com; @Fchavezptimes on Twitter.



🏠 Home (http://eastwoodsabre.com/) > Sports (http://eastwoodsabre.com/category/sports/) > Varsity Cross Country Qualifies for State



VARSITY CROSS COUNTRY QUALIFIES FOR STATE

SPORTS (HTTP://EASTWOODSABRE.COM/CATEGORY/SPORTS/) /

This year's regional cross country meet was held at Mae Simmons Park in Lubbock, Texas. The course was completely different than last year's regional course, but that didn't stop the team from qualifying for state.

In the last six years, the varsity cross country team has qualified for state five times. This is the third consecutive year that the cross country boys have attended a state meet.

The team will be working these next two weeks for a state title. Senior Daniel Bernal said that the only thing left to do in preparation is work on how they treat themselves to improve how they'll feel at state.

"[The workouts] are not going to be any harder because we have been doing them since the summer and prior to the meet," Bernal said. "However, we will have to be smarter with our choices. There is not a lot we can do now that is going to change the outcome of the meet, except in regard to how fresh we will feel at the race."

The team's regional placement has given them the push to strive for a high state title. Assistant coach Yadira Salazar said that the team and the coaches are proud to have made state and improved their placement among the other schools.

"We are super excited; the kids have been working so hard," said Salazar. "I think the biggest accomplishment was the fact we were so close to Southlake Carroll this year compared to last year."

The team's state meet will be on November 12th at Old Settlers Park in Round Rock, Texas. The meet will start at 11:40 a.m. CST.

By Venice Redman

UIL STATE - 6A BOYS

6A

O'All Place	Adj Place	Bib No	Name	Team	Time	Pace	Year
3	3	2707	Daniel Bernal	El Paso Eastwood	14:49.72	4:45/M12	
40	25	2706	Gabe Armijo	El Paso Eastwood	15:54.93	5:06/M11	
61	36	2709	James McLain	El Paso Eastwood	16:10.35	5:11/M12	
68	41	2708	Dylan Godfrey	El Paso Eastwood	16:14.99	5:12/M12	
73	44	2711	Kayn Quinones	El Paso Eastwood	16:18.49	5:13/M10	
99	63	2710	Anthony Molina	El Paso Eastwood	16:32.97	5:18/M11	
135			Noah Ward	El Paso Eastwood	17:26.77		12

Team - El Paso Eastwood

Finish Position - 6

Team Score (places): 149 Team Score (times): 1:19:28.48 Ave Time: 15:53.70

Pos	Bib No	Name	Year	O'All Place	Cum Place	Time	Cum Time	Time Back
1	2707	Daniel Bernal	12	3	3	14:49.72	14:49.72	0:00.00
2	2706	Gabe Armijo	11	25	28	15:54.93	30:44.65	1:05.21
3	2709	James McLain	12	36	64	16:10.35	46:55.00	1:20.63
4	2708	Dylan Godfrey	12	41	105	16:14.99	1:03:09.99	1:25.27
5	2711	Kayn Quinones	10	44	149	16:18.49	1:19:28.48	1:28.77

Canutillo senior Anisa Burciaga fin-

ished ninth in Class 5A crossing the finish line in 18:16.13 to earn All State honors.

"The course was a little different this year so it did take some time getting used to it," she said. "I was able to run it on Friday so I kind of had a feel for it. When I found out there would be more inclines throughout the course, I wasn't worried but I was little more cautious on how I was going to run the race."

This was Burciaga's second All State finish.

"There is obviously room for improvement but overall, for my last race, I think I gave it my all," she said. "I felt more calm and at ease because I knew this would be my last state meet. I'm proud of what I was able to do at Canutillo and how I was able to advance throughout these four years."

Eastwood's Daniel Bernal ended his UIL cross country career with a bronze medal in a stacked Class 6A race. Bernal lost the lead in the final 400 meters to eventual state champ, Sam Worley from Cornal Canyon and Alex Maier from Lewisville Flower Mound.

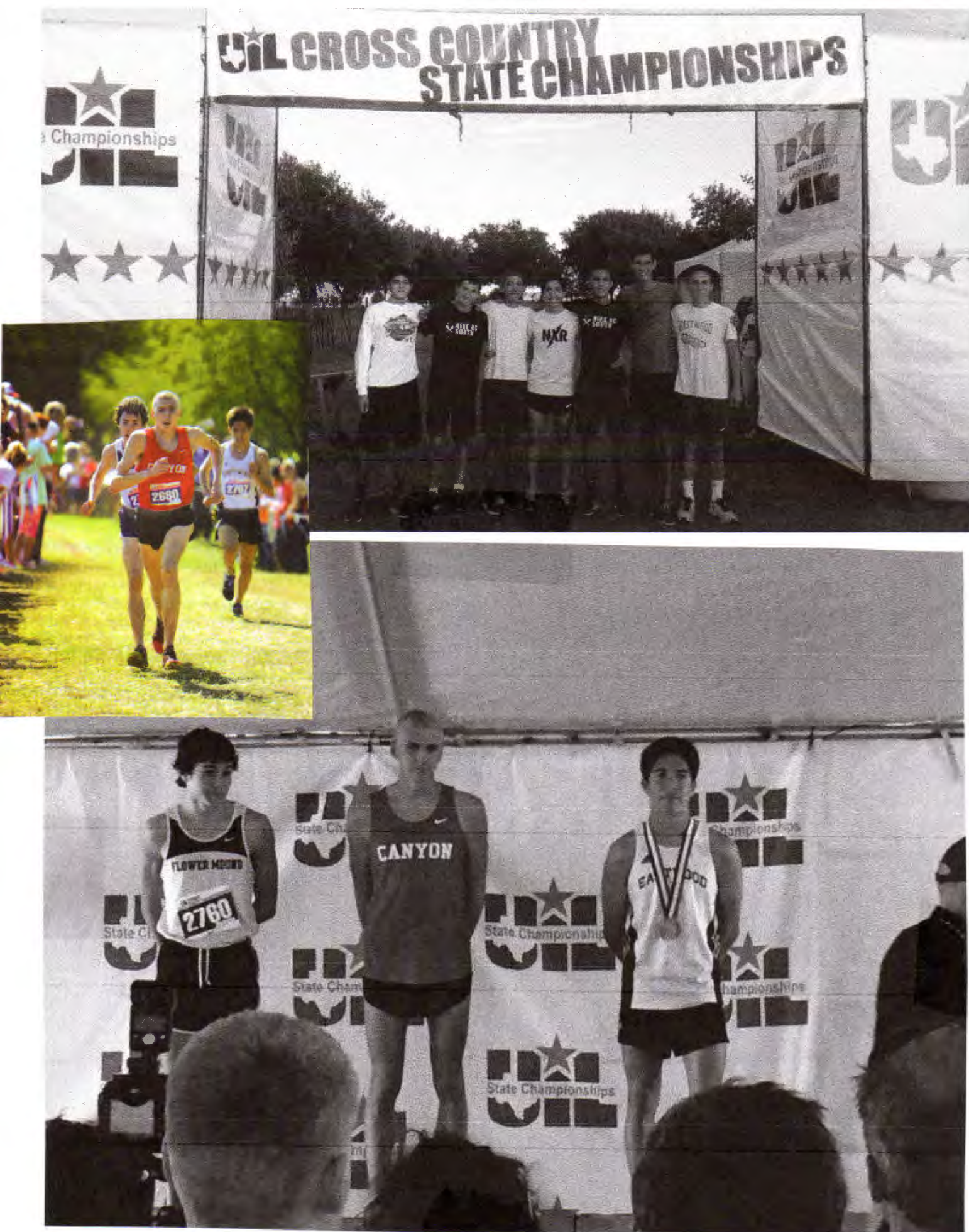
"I knew I had to be in that top group immediately," Bernal said. "I felt really relaxed in the first and second mile but I was getting a little too anxious going into the third mile so I made a move going down the downhill but the problem with that was immediately there was an uphill."

The final mile was full of hills and curves.

"I was trying to create a gap because I was thinking about how good of a kick Reed Brown (Southlake Carroll) has but it was Sam Worley and Alex who caught up to me right before the 400 meter mark and passed me," Bernal said. "They just had more fuel in them. I felt the lactic acid immediately flushing into my legs. It was a bit disappointing but I'm happy that I closed out this UIL season fairly well."

Worley won in 14:40.82, Maier was second in 14:43.33 and Bernal was third in 14:49.72.

Eastwood's team finished in sixth place with 149 points. The Woodlands won the race with 51 points.





EASTWOOD RUNNING CLUB COMPETES AT NIKE SOUTH

SPORTS (HTTP://EASTWOODSABRE.COM/CATEGORY/SPORTS/) /

The Running Club traveled to The Woodlands, TX on Nov. 19, 2016 to participate in one of the most anticipated cross country meets of the year.

Nike South Regional is a Nike endorsed cross country race that consists of not only Texas runners, but runners from Oklahoma, Arkansas, Mississippi, and Louisiana.

The race was held at Bear Branch Park, and the course consisted of three laps around the park and surrounding forest. The path was narrow, making it difficult for racers to overlap other runners.

Senior Daniel Bernal finished 3rd overall and placed a spot for Nike Nationals. His time was 15:11.18 and he had a 4:52 mile pace. Senior James McLain finished 34th out of 216 runners with a time of 16:08.70 and a 5:10 mile pace. Junior Gabriel Armijo finished 38th with a time of 16:11.36 and a 5:11 mile pace. Junior Anthony Molina finished 49th with a time of 16:23.77 with a 5:15 mile pace. Sophomore Kayn Quiñones finished 103rd with a time of 16:53.96 and a 5:25 mile pace. Competing against 24 teams, the boys won 4th overall, placing them as 28th nationally.

Senior Dylan Godfrey said that the team was disappointed because he feels that the team fell short of the goals they had set for themselves.

"We were all a little sad about the outcome," Godfrey said. "We raced well as a team, but we barely missed our goal."

Emotions ran high during the race as it marked the last race for runners in class of 2017. The team said that it was memorable, as many of the seniors looked back on their past years in cross country. Godfrey said that Coach Michael McLain gave a speech post-race and that the boys felt very sentimental.

"We were brought to tears when talking about the varsity guys and the passion we had to work hard this season," Godfrey said. "Once the end of season hit us, the varsity guys turned into a bunch of crybabies. It was pretty bad but we hugged it out and it ended fine."

Many of the underclassman said that they will remember the seniors this year, and the legacy they left behind. Molina said that the drive to make nationals next year is present among the runners, and that one of their goals is to complete what the seniors have started.

"We just want to keep the momentum we have," Molina said. "We know that a lot of the seniors wanted to go to nationals, so it's our job next year to make them proud."

Nike Nationals is held in Portland, Oregon on Dec. 3, 2016

UPDATE: At Nike Nationals, Daniel Bernal placed 10th in the Boys Championship, and James McLain placed 6th in the Community Race.



(<http://eastwoodsabre.com/author/vredman/>)

Venice Redman

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NIKE SOUTH The Woodlands TX

Team - Eastwood Running Club Finish Position - 4

Team Score (places): 136

Team Score (times): 1:20:48.97 Ave Time:16:09.79

Pos	Bib No	Name	O'All Place	Cum Place	Time	Cum Time	Time Back
1	753	Daniel Bernal	3	3	15:11.18	15:11.18	0:00.00
2	759	James McLain	18	21	16:08.70	31:19.88	0:57.52
3	752	Gabe Armijo	20	41	16:11.36	47:31.24	1:00.18
4	760	Anthony Molina	28	69	16:23.77	1:03:55.01	1:12.59
5	764	Kayn Quinones	67	136	16:53.96	1:20:48.97	1:42.78
6	755	Dylan Godfrey	(73)	(209)	16:57.03	1:37:46.00	1:45.85
7	765	Noah Ward	(117)	(326)	17:24.21	1:55:10.21	2:13.03

Girls Championship

15(< 5)1339Anisa BurciagaUNATTACHED-Eastwood Running Club18:15.015:51/M

BOYS OPEN COMBINED - Boys

Team - Eastwood Running Club

Finish Position - 8 (adjusted place after Carlos scored)

Team Score (places): 352

Team Score (times):
1:26:40.68

Ave Time:17:20.14

Pos	Bib No	Name	O'All Place	Cum Place	Time	Cum Time	Time Back
1	754	Eddie Gallegos	60	60	17:15.65	17:15.65	0:00.00
2	762	Elias Perez	62	122	17:15.82	34:31.47	0:00.17
3	761	Juan Olmos	65	187	17:16.77	51:48.24	0:01.12
4		Carlos Rodriguez	77	(117)	17:19.60		

5	756	Pedro Guerra	89	276	17:22.76	1:09:11.00	0:07.11
6		Jesus Ruiz			17:23.70		
7	757	Peter Lozoya	113	389	17:29.68	1:26:40.68	0:14.03
8	758	Andres Marquez	(158)	(547)	17:46.48	1:44:27.16	0:30.83
9	763	Chris Porras	(159)	(706)	17:46.79	2:02:13.95	0:31.14

**Team - Eastwood
Running Club**

**Finish Position – 7 would have placed 18th in championship big
improvement over last years 28th place finish in championship**

Team Score (places): 243

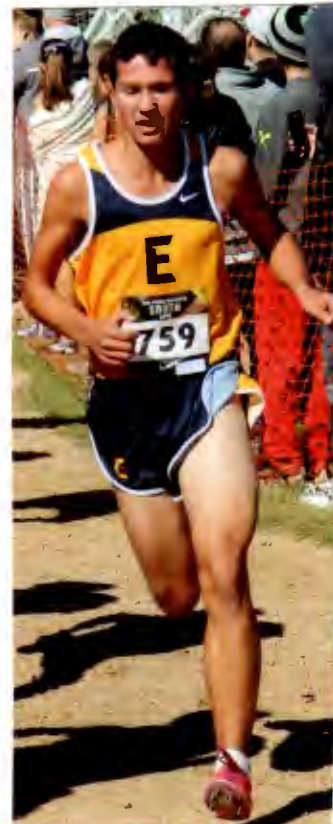
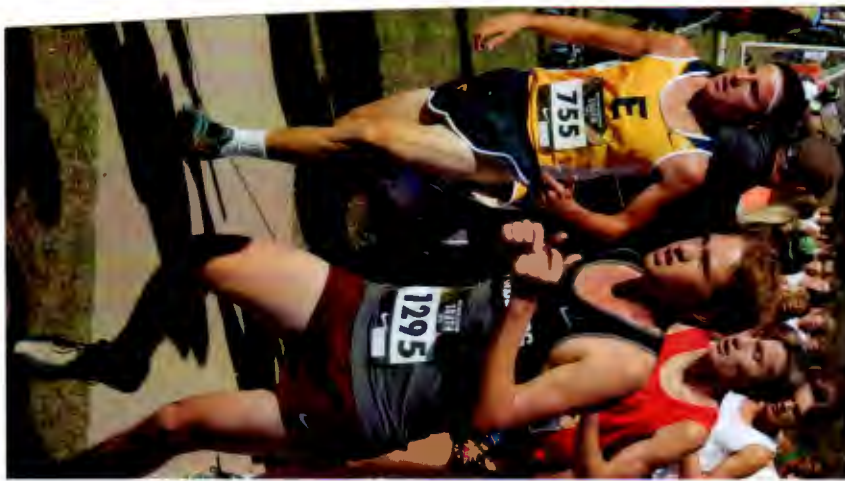
Team Score (times): 1:42:54.45

Ave Time:20:34.89

Pos	Bib No	Name	O'All Place	Cum Place	Time	Cum Time	Time Back
1	180	Daniella Ruiz	20	20	20:07.29	20:07.29	0:00.00
2	182	Nazanin Zarei	46	66	20:33.36	40:40.65	0:26.07
3	177	Samantha Martinez	49	115	20:35.39	1:01:16.04	0:28.10
4	170	Cheyenne Escarega	50	165	20:39.11	1:21:55.15	0:31.82
5	172	Francis Hernandez	78	243	20:59.30	1:42:54.45	0:52.01
6	169	Emily Cruncleton	(84)	(327)	21:05.89	2:04:00.34	0:58.60
7	174	Sabrina King	(86)	(413)	21:06.59	2:25:06.93	0:59.30
8	179	Ashley Mercado	More Than 7		21:11.11	2:46:18.04	1:03.82
9	178	Eileen McLain	More Than 7		21:38.73	3:07:56.77	1:31.44
10	176	Destiny Martinez	More Than 7		21:38.83	3:29:35.60	1:31.54
11	175	Victoria Castillo	More Than 7		21:50.92	3:51:26.52	1:43.63
12	171	Marcela Fernandez	More Than 7		22:10.05	4:13:36.57	2:02.76
13	173	Alexus Renovato	More Than 7		22:57.15	4:36:33.72	2:49.86









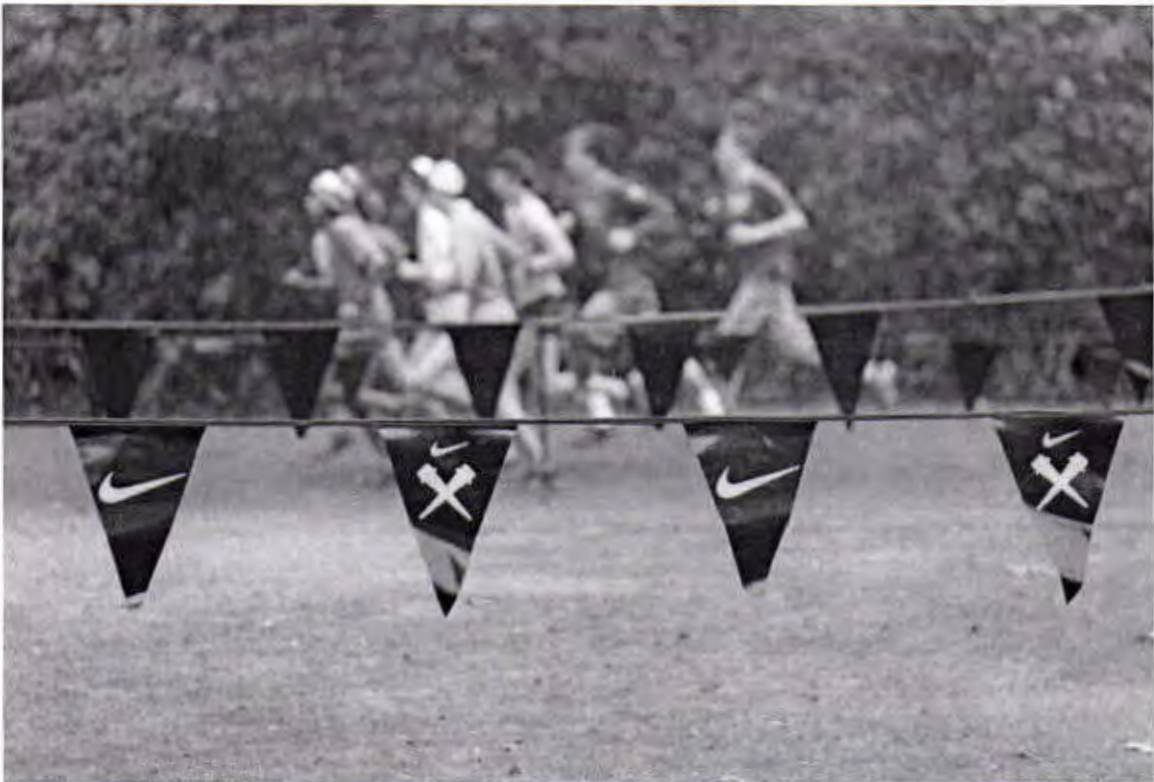






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🏠 Home (<http://eastwoodsabre.com/>) > Sports (<http://eastwoodsabre.com/category/sports/>) > Eastwood Running Club Competes at Nike Nationals



EASTWOOD RUNNING CLUB COMPETES AT NIKE NATIONALS

SPORTS ([HTTP://EASTWOODSABRE.COM/CATEGORY/SPORTS/](http://eastwoodsabre.com/category/sports/)) /

Seniors Daniel Bernal and James McLain, who were both on the varsity team this year, battled the rain, mud, hills--not to mention other runners--to secure their spots in the top 10 for the Boys Championship

and Community Race at Nike Nationals, held at the Glendover Golf Course in Portland, OR.

Bernal placed 4th in the Nike Regional Race, which qualified him for the Boys Championship Nike National Race. There, he placed 10th out of 195 racers. His time was 15:47.3 with a mile pace of 5:04.6. Meanwhile, McLain placed 6th out of 267 runners with a time of 17:23.3 and a mile pace of 5:16.1 in the Community Race.

They've been preparing for the race since the summer. Throughout the season, Bernal and McLain competed with the cross country team in out of town races to familiarize themselves with different runners and what it would take to win national titles. Coach Michael McLain said the bigger races are all about having fun, but making sure the runners stay focused on their goals.

"We try to go to big meets as much as we can, so they can get used to the distractions," Coach McLain said. "It makes the meet more fun, but they don't get distracted by having fun and still compete well. So, when we go out of town the kids are naturally prepared for it."

James McLain said that it's a surreal experience running alongside such talented competitors.

"It is every distance runner's dream," McLain said. "You can look at any runner or team and know they are really good."

During their downtime, the runners got to enjoy meeting professional cross country runners and Olympic Medalists, such as Mo Farah and Galen Rupp, at a convention. Meanwhile, the coaches attended a convention of their own, and they met with the coaches of the professional runners and Olympic Medalists, such as Alberto Salazar.

As it was both Bernal and McLain's last race, they're left with a sense of accomplishment, but a want for further success. Bernal said that, as a runner, the big meets only make him want more from himself.

"It only makes me hungrier and unsatisfied," Bernal said. "I know I should never feel satisfied and continue to improve upon what I've accomplished."

With cross country season coming to a close, Coach McLain said that this year's boys team is one of the most memorable he's ever coached.

"When I retire, this is the team I'm going to think about," Coach McLain said. "People don't realize what this year's team has is a real talent for hard work."

Venice Redman

Venice Redman



NXN 2016
Portland, OR
Glendoveer Golf Course
12/3/2016

Championship Race

10 BERNAL, DANIEL SR 245 SOUTH-2 -- 15:47.3 0:19.4 5:04.6 3:09.5

Community Race

6 MCLAIN, James 496 Una96 -- 17:23.3 0:33.3 5:35.4 3:28.6

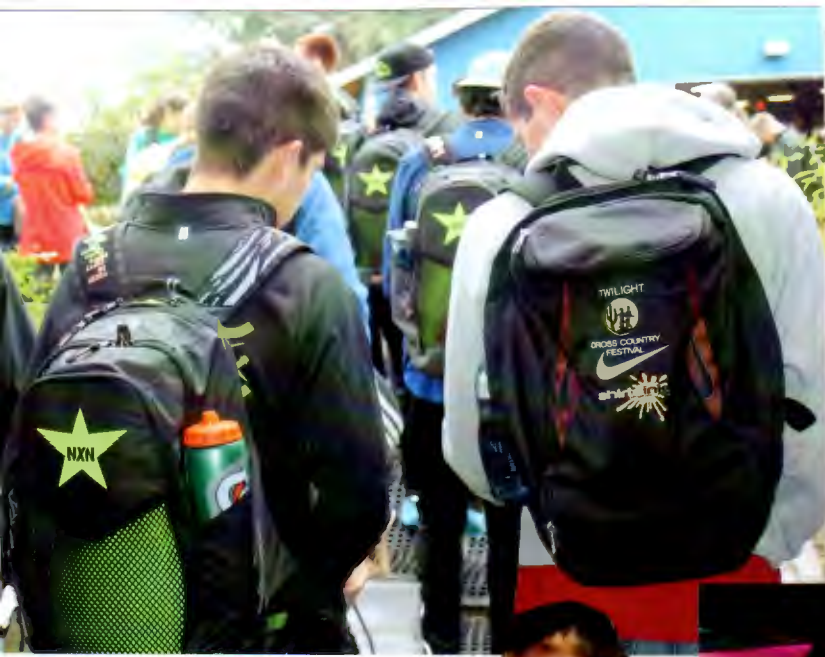


Because mud was so bad girls championship times were 20 sec slower than last year, boys championships was 30 sec slower because of mud and course being chewed up after 1st race, community race was 40 sec slower after 2 races chewing up course.











The day before pretending to hold the trophy



The day after with his own trophy.





To a Young Runner

A letter to myself, age 13, and all the young girls like her starting to run. BY AMANDA PARRISH

I can tell you're worried. We've only finished the warm-up and you're not sure if you can run another step. The two loops around the soccer field, sprints (we call them strides, but I know that for you, today, they were a sprint), crunches and form drills are more exercise than you've ever done, and now you're wondering what might be in store for you and the rest of Group Six.

Group One is doing 7 miles and surging the hills, which will take longer, so that's why they're getting their workout first. If you like this, and you stay around, you might well be in Group One or Two someday. If you really love it, not just the running, but the delicate balance between solitude and camaraderie, and have the patience and the humility to keep at it, you'll be in Group One by next fall.

Don't worry about what the senior girls are wearing. That's just stuff you can buy, and it won't be cool for long anyway. But you should get some running shoes. The indoor soccer shoes you're wearing today will make it even more likely that you're not just going to ache, but hurt, after practice.

You chose the sport because you didn't make the volleyball team and heard we don't make cuts. It's true; we don't. We don't have to. By the end of the season, some of the freshmen will have quit, some will have invented injuries, some will be relieved at the league meet to cheer rather than endure more painful minutes, and one will be in the top seven.

Between now and then, though, you'll change. Maybe you'll lose the weight that left you terrified of flag football in middle school PE, or maybe you'll run, with that weight, farther than most of your classmates ever will. You'll experience intense pre-race nausea on the way to each dual meet, and you'll laugh until your face hurts on the bus ride home. When the team wins the league meet, the thrilled first-year coach, fresh out of college, will insist on carrying all of the team's bags. When you try to carry your own, because you didn't even run, he'll refuse to let you. And you'll feel like part of a team.

You'll get nervous for the banquet. Although you know you won't win any awards, deep down, you'll hope against hope that maybe, somewhere for improvement or even just suffering-through-it-ness, there's an award for you. You'll try to keep a calm, disinterested face and you'll almost succeed in keeping your bottom lip from quivering when the freshman award goes to someone else.

Later, you'll have exhilarating races and you'll have heart-crushing disappointments. Some of this disappointment will be genuine, and some, you'll know, even at the time, is adolescent showmanship. You'll score points at the state meet and, later, a year will go by when you don't PR once. Your cross country team will win the state meet by one point, and then, a year later, without having graduated a single person in the top eight, will finish a distant second.

In this time, though, the warm-up will have become just that. The daunting run assigned to Group Six will have become the pre-meet trot, a route so easy it feels like you haven't even run. You'll probably always hate strides, or at least, doing them in front of the football team, finishing well behind runners you know you could trounce in a race, your shoulders high, and arms pumping, but never quite getting the hang of turnover.

At graduation, your teammates will be among the few people you're truly sad to leave, and for years, when some of you run in college, and even more of you return to your parents' homes each summer, they'll also be the only people with whom you keep in touch. And, at 29, when you've been coaching a team of your own for years and are beginning to wonder how many more Saturday mornings you want to spend hearing a gun go off, it'll be these people, the teammates you missed homecoming with, ate pasta with, whose parents watched you run mile after mile around the disintegrating track, whose bags your young, stunned, thrilled coach also carried, these young runners, that you want to write. **RT**

.....
Sixteen years ago, after getting cut from the freshman volleyball team, Amanda Parrish dragged herself over to cross country practice. After 24 seasons as a long-distance runner she's currently a high school English teacher and boys and girls track coach in Connecticut.

Chasing vs. Racing

Some runners chase fast times during the college season, others learn how to race. BY MATT MCCUE



There's something magical about racing in California in the spring. The wind dies down at sunset, the barometer drops and spectators slip on jackets. As the bright track lights pierce the darkness, an endless stream of distance runners sets PRs.

"When we go to California, it doesn't matter if I get last in my heat as long as I run a PR," says Northern Arizona senior Diego Estrada, summing up a popular viewpoint that puts a premium on fast times. Fast times are necessary to qualify for big meets, but can a runner benefit from focusing on the podium and not the clock? After all, championship races rarely turn into time trials.

Dartmouth sophomore Abbey D'Agostino didn't make it to California in 2011. Her best regular-season 5K, 16:23:50, came at the Raleigh Relays in late March. That put her 65th on the regular-season leader board.

Yet at season end, D'Agostino kicked to win the Ivy League outdoor 5,000m, navigated her way into the top three in her East Preliminary Round 5K heat and broke through at nationals in Des Moines, finishing fourth in 15:40.69, smashing her PR.

"There were so many different types of races I encountered, and I gained confidence from knowing that whatever happens I'm going to be able to adapt and react," she says. In Des Moines, where pace didn't matter as much as

place, D'Agostino stayed with the leaders until they began changing gears over the last three laps. At that point, D'Agostino had only one obvious strategy: Go with them. "Splits were pretty irrelevant," she says.

The 2008 men's 5,000m followed a similar script. Colorado standout Brent Vaughn blitzed a midseason 13:18 at Stanford and was the 5,000m favorite. Villanova's Bobby Curtis didn't have impressive marks on paper — his season best 5K was 14:02 from a meet in Princeton, N.J., as he ran in tactical races in unpredictable conditions in the East. (He did, however, post a 3:40.25 1500m that season.) At nationals, Curtis dropped a 60-second last lap to win in 13:33.93, while Vaughn wound up third in 13:39.44.

"If you look at who went 1-2-3 at outdoor nationals in the 5K last spring, it was three East Coast kids," says D'Agostino's coach, 1996 Olympic marathoner Mark Coogan. "There must be something to racing on the East Coast. The weather is never perfect, so to be good you need to be really tough and have the ability to approach racing as a competition and not as a time trial."

Coogan admits it's hard to sit in New Hampshire and read about times of athletes he believes some of his runners can beat. But, after weighing the tradeoff of a week's worth of missed Ivy League classes and the three-hour time difference, he chooses to work with nearby coaches to set up a fast race in the area.

Estrada's case is the opposite of D'Agostino's. In 2011, he set his 5K PR of 13:26.94 at the Payton Jordan Cardinal Invitational, the third-fastest time in the NCAA last year. But at nationals, he finished fifth against a tough field in 13:38.36.

"When you go to California you don't even think at all. You just latch on to the pack," he says, comparing the time trial in Stanford to the championship in Des Moines. "The stress and anxiety kick in during championship season, and you're second-guessing yourself because you know it's going to be tactical."

In previous seasons, Estrada has peaked for only two meets. He'd built a big base after indoor nationals and used Mt. SAC as a tune-up for Stanford's Payton Jordan meet in early May. After that he'd return to heavy training and run through conference and regionals before NCAAs.

This season he plans to experiment with all sorts of strategies and distances to prepare for races this spring, with the notion that he'll be peaking for NCAAs and the Olympic trials in late June. He no longer gets too caught up in

"It's more satisfying to go into a race to race it versus racing against the clock."

— ABBEY D'AGOSTINO



whatever times he can run on the West Coast.

"I time-trialed a 13:26 in ideal conditions and thought I could win nationals," he says. "But a guy from the East had been running 13:50 in tactical races, and he goes out there and wins NCAAs. It's very deceiving."

Sometimes, though, there are no substitutions for the kind of pace runners can hit in California. This year the Mt. SAC Relays are on D'Agostino's radar. The goal, however, will remain the same. "It's more satisfying to go into a race to race it versus racing against the clock," D'Agostino says. "It's more the intent of the sport." **MT**

From Top: Spencer Allen / Sport

Boys District Course All Time Top Ten List



Boys District Course All Time Top Ten List

Name	Time	Date
1. Daniel Bernal	15:21.7	2016
2. Brian Casillas	15:34.55	2013 Horizon Golf Course
3. Mike Pivarnick	15:38	2005
4. Paul Garcia	15:41	2005
5. Ryan Saenz	15:44.68	2012
6. Richard Mora	15:47.93	2012
7. Ruben Campos	15:54.18	2013 Horizon Golf Course
8. Jose Silva	15:57.23	2013 Horizon Golf Course
9. Matt Munoz	16:02.72	2015
10. Elias Leija-Garza	16:03.55	2011
11. Paul Truax	16:05.51	2013 Horizon Golf Course
12. Fernie Garcia	16:07	1999
13. Steven Rios	16:08.43	2012
14. Gabe Armijo	16:11.7	2016
15. Mike Orszulak	16:12	2005



Girls District Course All Time Top Ten List



District Course Top Ten

Name	Time	Date Accomplished
1. Anna Mora	18:07.03	2013 Horizon Golf Course
2. Carissa Pinion	19:17.98	2013 Horizon Golf Course
3. Eden Buntyn	19:43.29	2013 Horizon Golf Course
4. Lili Fernandez	19:45.78	2015
5. Vanessa Parra	19:57.76	2013
6. Alexis Ordaz	20:00.81	2015
7. Hannah Herrera	20:05.97	2015
8. Miranda Vega	20:09.00	2015
9. Rhiannon Cleveland	20:12.90	2012
10. Elise McLain	20:15.30	2013 Horizon Golf Course
11. Nazanin Zariaei	20:20.4	2016
12. Dominiqe Blancas	20:21.74	2012
13. Maegen Stires	20:29.3	2005 converted
14. Yadira Salazar	20:34.0	2005 converted
15. Sabrina King	20:34.59	2015
14. Samantha Martinez	20:46.18	2015
15. Melanie Stires	20:43	2009 converted

Boys Regional All-Time Top Ten List



Regional Top Ten

Name	Time	Date Accomplished
1. Daniel Bernal	14:41.40	2016
2. Jose Silva	15:15.12	2014
3. Brian Casillas	15:19.30	2013
4. Deric Martinez	15:19.54	2014
5. Matt Munoz	15:20.63	2015
6. Richard Mora	15:37.73	2012
7. Eric Flores	15:41.76	1989
8. Mike Pivarnick	15:42	2003
9. Mike Montes	15:43	1984
10. Juan Blanco	15:45	2010
11. Ruben Campos	15:46.80	2013
12. Chris Wallace	15:47.06	2014
13. Ryan Saenz	15:47.56	2011
14. Paul Truax	15:51.58	2014
15. Joe Messer	15:55	1984
16. Anthony Molina	15:57.89	2016
17. James McLain	15:58.80	2016
18. Steven Rios	15:58.89	2012
19. Tony Simonetti	16:00.54	1989
20. Marco Cassani	16:01	2007

Girls Regional All-Time Top Ten List



Regional Top Ten

Name	Time	Date Accomplished
1. Anna Mora #1 AT El Paso	17:10.85	2014
2. Bridgette O'Toole	18:16.9	1987 converted
3. Vanessa Parra	18:22.21	2014
4. Melanie Stires	18:30.6	2010 converted
5. Blanca Reyes	19:03.4	1995 converted
6. Eden Buntyn	19:11.60	2014
7. Lilly Fernandez	19:15.51	2014
8. Diana Gutierrez	19:19.0	1987 converted
9. Jessica Payne	19:23.7	2006 converted
10. Alexis Ordaz	19:23.76	2015
11. Aimme Apodaca	19:31.5	2010 converted
12. Elise McLain	19:34.67	2014
13. Jennifer Sarabia	19:34.68	1987 converted
14. Nazanin Zaraei	19:36.50	2016
15. Carissa Pinion	19:38.30	2012
16. Hannah Herrera	19:39.79	2015
17. Dara Mylius	19:44.0	2006 converted
18. Dominique Blancas	19:44.78	2014
19. Maegen Stires	19:45.3	2006 converted
20. Elyssa Garcia	19:56.91	2009 converted
21. Miranda Vega	19:56.94	2015
22. Rhiannon Cleveland	19:57.35	2012

Boys State Course All-Time Top Ten List



Name	State Top Ten	
	Time	Date Accomplished
1. Daniel Bernal	14:49.72	2016 Round Rock
2. Ryan Saenz	15:53.05	2012 Round Rock
3. Jose Silva	15:54.02	2014 Round Rock
4. Gabe Armijo	15:54.93	2016 Round Rock
5. Brian Casillas	15:55.39	2012 Round Rock
6. Richard Mora	16:08.50	2012 Round Rock
7. Mike Montes	16:09	1984 Georgetown
8. James McLain	16:10.35	2016 Round Rock
9. Ruben Campos	16:14.82	2013 Round Rock
10. Dylan Godfrey	16:14.99	2016 Round Rock
11. Joe Messer	16:18	1984 Georgetown
12. Kayn Quinones	16:18.49	2016 Round Rock
13. Paul Truax	16:23.97	2013 Round Rock
14. Anthony Molina	16:32.97	2016 Round Rock
15. Steven Rios	16:34.40	2012 Round Rock
16. Chris Wallace	16:37.98	2014 Round Rock
17. Elias Leija-Garza	16:40.12	2011 Round Rock
18. Henry Garcia	16:42	1984 Georgetown
19. Caleb Buntyn	16:44.10	2012 Round Rock
20. Stephen Wallace	16:44.15	2012 Round Rock

Girls State Course All-Time Top Ten List



State Top Ten		
Name	Time	Date Accomplished
1. Anna Mora	18:09.59	2014 Round Rock
2. Bridget O'Toole	19:37.8	1987 Georgetown converted
3 Vanessa Parra	19:52.08	2014 Round Rock
4. Eden Buntyn	20:08.15	2013 Round Rock
5. Monica Sanchez	20:10.6	1987 Georgetown converted
6. Carissa Pinion	20:16.08	2013 Round Rock
7. Jennifer Sarabia	20:23.1	1987 Georgetown converted
8. Dominique Blancas	20:47.51	2013 Round Rock
9. Alexis Ordaz	21:05.27	2013 Round Rock
10. Rhiannon Cleveland	21:09.03	2012 Round Rock
11. Elise McLain	21:12.54	2013 Round Rock
12. Cassandra Serrano	21:31.29	2013 Round Rock
13. Christina Delgado	21:53.63	2012 Round Rock

Boys Nike South Course All-Time Top Ten List

The Woodlands Course



Nike South Top Ten

Name	Time	Date Accomplished
1. Daniel Bernal	15:11.18	2016
2. Brian Casillas	16:02.87	2012
3. James McLain	16:08.70	2016
4. Ryan Saenz	16:09.81	2012
5. Gabe Armijo	16:11.36	2016
6. Richard Mora	16:14.19	2012
7. Jose Silva	16:14.53	2013
8. Anthony Molina	16:23.77	2016
9. Steven Rios	16:26.94	2012
10. Ruben Campos	16:39.87	2013
11. Deric Martinez	16:47.24	2014
12. Stephen Wallace	16:52.91	2012
13. Matthew Munoz	16:52.96	2013
14. Kayn Quinones	16:53.96	2016
15. Dylan Godfrey	16:57.03	2016
16. Caleb Buntyn	17:03.88	2012
17. Paul Truax	17:04.18	2013
14. Elias Leija-Garza	17:18.47	2011
15. Noah Ward	17:24.21	2016



Girls Nike South Course All-Time Top Ten List

The Woodlands Course

Nike South Top Ten

Name	Time	Date Accomplished
1. Anisa Burciaga	18:15.01	2016
1. Anna Mora	18:22.58	2014 Muddy slow course
2.Daniella Ruiz	20:07.29	2016
3. Carissa Pinion	20:11.43	2013
4. Vanessa Parra	20:26.32	2012
5. Nazanin Zaraei	20:33.36	2016
6. Samantha Martinez	20:35.39	2016
7. Eden Buntyn	20:36.95	2013
8. Cheyenne Escarega	20:39.11	2016
9. Dominique Blancas	20:41.70	2013
10. Rhiannon Cleveland	20:51.24	2012
11. Francis Hernandez	20:59.30	2016
12. Lilly Fernandez	21:03.39	2014
13.Emily Cruncleton	21:05.89	2016
14. Elise McLain	21:06.96	2012
15. Sabrina King	21:06.99	2016
16. Alexis Ordaz	21:10.50	2013

Boys Extended List Regionals

Daniel Bernal	14:41.40	2016	Mae Simmons
Jose Silva	15:15.12	2014	Mae Simmons
Brian Casillas	15:19.30	2013	Mae Simmons
Deric Martinez	15:19.54	2014	Mae Simmons
Matt Munoz	15:20.63	2015	Mae Simmons
Richard Mora	15:37.73	2012	Mae Simmons
Eric Flores	15:41.76	1989	Mae Simmons
Mike Pivarnick	15:42	2003	Mae Simmons
Mike Montes	15:45	1984	Mae Simmons
Juan Blanco	15:45	2010	Mae Simmons
Ruben Campos	15:46.80	2013	Mae Simmons
Chris Wallace	15:47.06	2014	Mae Simmons
Ryan Saenz	15:47.56	2011	Mae Simmons
Paul Truax	15:51.58	2014	Mae Simmons
Joe Messer	15:55	1984	Mae Simmons
Anthony Molina	15:57.89	2016	Mae Simmons
James McLain	15:58.80	2016	Mae Simmons
Steven Rios	15:58.89	2012	Mae Simmons

Tony Simonetti	16:00.54	1989	Mae Simmons
Marco Cassani	16:01.06	2007	Mae Simmons
Tommy Daniel	16:03.41	2007	Mae Simmons
Gabe Armijo	16:05.88	2015	Mae Simmons
Henry Garcia	16:09	1986	Mae Simmons
Dylan Godfrey	16:09.69	2016	Mae Simmons
Rick Oropeza	16:12	1986	Mae Simmons
Elias Leija-Garza	16:13.36	2011	Mae Simmons
Tony Urrutia	16:14	1984	Mae Simmons
Steven Wallace	16:14.83	2012	Mae Simmons
Frank Agness	16:15	1986	Mae Simmons
Tony Urrutia	16:18.0	1986	Mae Simmons
Paul Garcia	16:20	2005	Mae Simmons
Caleb Buntyn	16:24.69	2012	Mae Simmons
Kayn Quinones	16:25.39	2016	Mae Simmons
Fernie Garcia	16:27	1998	Mae Simmons
Oscar Solis	16:29.11	2007	Mae Simmons
Hector Aranda	16:29	1984	Mae Simmons
Connor Buntyn	16:31.70	2007	Mae Simmons
Johnny Frias	16:33	1984	Mae Simmons
Chris Sotelo	16:33	1986	Mae Simmons
Ryan Omonudro	16:35.50	1998	Mae Simmons
Ed Cordova	16:41.0	1986	Mae Simmons
Henry Medvil	16:42.0	1984	Mae Simmons
Bem Muniz	16:48.80	1998	Mae Simmons
Rick Flores	16:53.0	1986	Mae Simmons
Gerald Perez	16:53.02	2009	Mae Simmons

Girls Extended List Regionals <http://www.runworks.com/calculator.html>

Anna Mora	17:10.85	2014	Mae Simmons
Bridgette O'Toole	18:16.9	1987	Mae Simmons
Vanessa Parra	18:22.21	2014	Mae Simmons
Melanie Stires	18:30.6	2010	Mae Simmons
Blanca Reyes	19:03.4	1995	Mae Simmons
Eden Buntyn	19:11.60	2014	Mae Simmons
Lilly Fernandez	19:15.51	2014	Mae Simmons
Diana Gutierrez	19:19.0	1987	Mae Simmons
Jessica Payne	19:23.7	2006	Mae Simmons
Alexus Ordaz	19:23.76	2015	Mae Simmons
Aimme Apodaca	19:31.5	2010	Mae Simmons
Elise McLain	19:34.67	2014	Mae Simmons
Jennifer Sarabia	19:34.68	1987	Mae Simmons
Nazinin Zaraei	19:36.59	2016	Mae Simmons
Carissa Pinion	19:38.30	2012	Mae Simmons



Converted 11:23

Converted 11:33

Converted 11:54

Converted 12:04

Converted 12:07

Converted 12:12

Converted 12:14

Niys Extended List Nike

South

Daniel Bernal	15:11.18	2016	The Woodlands
Brian Casillas	16:02.87	2012	The Woodlands
James McLain	16:08.70	2016	The Woodlands
Ryan Saenz	16:09.81	2012	The Woodlands
Gabe Armijo	16:11.36	2016	The Woodlands
Richard Mora	16:14.19	2012	The Woodlands
Jose Silva	16:14.53	2013	The Woodlands
Anthony Molina	16:23.77	2016	The Woodlands
Steven Rios	16:26.94	2012	The Woodlands
Ruben Campos	16:39.87	2013	The Woodlands
Deric Martinez	16:47.24	2014	The Woodlands
Stephen Wallace	16:52.91	2012	The Woodlands
Matt Munoz	16:52.96	2013	The Woodlands
Kayn Quinones	16:53.96	2016	The Woodlands
Dylan Godfrey	16:57.03	2016	The Woodlands
Chris Wallace	17:03.26	2014	The Woodlands
Caleb Buntyn	17:03.88	2012	The Woodlands
Paul Truax	17:04.18	2013	The Woodlands
Eddie Gallegos	17:15.65	2016	The Woodlands
Elias Perez	17:15.82	2016	The Woodlands



Juan Olmos	17:16.77	2016	The Woodlands
Elias Leija-Garza	17:18.47	2011	The Woodlands
Carlos Rodriguez	17:19.60	2016	The Woodlands
Pedro Guerra	17:22.76	2016	The Woodlands
Jesus Ruiz	17:23.70	2016	The Woodlands
Noah Ward	17:24.21	2016	The Woodlands
Peter Lozoya	17:29.68	2016	The Woodlands

Girls Extended List Nike

South

Anisa Burciaga	18:15.01	2016	The Woodlands
Anna Mora	18:22.58	2014	The Woodlands Muddy
Daniella Ruiz	20:07.29	2016	The Woodlands
Carissa Pinion	20:11.43	2013	The Woodlands
Vanessa Parra	20:26.32	2012	The Woodlands
Nazanin Zaraei	20:33.36	2016	The Woodlands
Samantha Martinez	20:35.39	2016	The Woodlands
Eden Buntyn	20:36.95	2013	The Woodlands
Cheyenne Escarega	20:39.11	2016	The Woodlands
Dominique Blancas	20:41.70	2013	The Woodlands
Rhiannon Cleveland	20:51.24	2012	The Woodlands
Francis Hernandez	20:59.30	2016	The Woodlands
Lilly Fernandez	21:03.39	2014	The Woodlands Muddy/Slow
Emily Cruncleton	21:05.89	2016	The Woodlands
Elise McLain	21:06.96	2012	The Woodlands
Sabrina King	21:06.99	2016	The Woodlands
Alexus Ordaz	21:10.50	2013	The Woodlands
Ashley Mercado	21:11.11	2016	The Woodlands
Eileen McLain	21:38.73	2016	The Woodlands
Destiny Martinez	21:38.83	2016	The Woodlands



Boys Extended List NXN Portland

Daniel Bernal	15:42.30	2015	Portland	36th	
Daniel Bernal	15:47.30	2016	Portland very muddy	10th	
James McLain	17:23.30	2016	Portland very muddy	6th	Community



**Boys District Team Averages**

1. 2012	15:56.78	Saenz,Casillas,Mora,Rios,Wallace,Silva,Buntyn
2. 2013	15:58.91	Casillas,Campos,Silva,Truax,C.Wallace,Munoz,Martinez
3. 2011	16:14.96	Saenz,Casillas,Mora,Rios,Buntyn,Leija,Blanco
4.2014	16:16.08	Bernal,Silva,Truax,Munoz,C.Wallace,Martinez,McLain
5. 2005	16:16.40	Pivarnick,Garcia,Orszulak,Romero,Rivera,Rodriguez
6. 2016	16:18.61	Bernal,Armijo,McLain,Quiones,Godfrey,Ward,Molina
7. 1984	16:18.4	Montes,Messer,Garcia,Frias,Medivil,Aranda,Urrutia
8.2016	16:18.6	Bernal,Armijo,McLain,Quinines,Ward,MolinaGodfrey
9.2015	16:21.0	Bernal,Munoz,McLain,Armijo,Godfrey,Gonzalez,Cazares
10 2004	16:46	Pivarnick,Molinar,Garcia,Rojas,Rodriguez,Swearingen,Orszulak

Girls District Team Averages

1.2013	19:28.28	Mora,Pinion,Buntyn,Parra,McLain,Blancas
2.1987	?	Otoole,Sanchez,sarabia,Gutierrez,Wordyla,Rojo
3. 2012	19:52.21	Mora,Pinion,Parra,Cleveland,Blancas,McLain
4. 2015	20:07.0	Fernandez,Ordaz,Herrera,Vega,King,Martinez,Ruiz
5. 2014	20:08.35	Mora,Parra,Fernandez,Buntyn,McLain,Blancas
6.1986	?	Gutierrez12:14,Sanchez12:14,Rojo12:32,Ryanal12:50

Zaraei,Ordaz,Ruiz,Martinez,Cruncleton,Hernandez,Vega	20:59	7. 2016
Sanchez,Sarabia,Gutierrez,Silva,Rojo	21:47(13:15.8)	8.1988
Stires,Payne,Mylius,Hernandez,Cevera,Aguirre,Macias	21:59(13:22.8)	9. 2006
Payne,Stires,Garcia,Stires,Cevera,Mylius,Davila	22:00(13:23.21)	10 2007





Boys Region Team Averages

1.2014	15:24	Bernal,Silva,Martinez,Munoz,C. Wallace,Truax,McLain
2.2016	15:45.1	Bernal,Molina,McLain,Godfrey,Quiones,Armijo,Ward
3. 2015	15:48.78	Bernal,Munoz,McLain,Armijo,Gonzalez,Cazares
4.2012	15:52.37	Casillas,Mora,Saenz,Rios,Wallace,Buntyn,Silva
5.2013	15:54.55	Casillas,Silva,Campos,Truax,Munoz,C. Wallace,Martinez
6.2011	16:04.41	Casillas,Saenz,Rios,Leija-Garza,Buntyn,Mora,Blanco
7.1984	16:13	Montes,Messer,Garcia,Arranda,Frias,Mendivil,Urruita
8.1986	16:17.4	Garcia,Oropeza,Agness,Urrutia,Sotelo,Cordova,Flores
9.2007	16:21.19	Cassini,Daniel,Solis,Buntyn,Blanco,Av
10.1983	?	?

Girls Regional Team Averages

1.2014	18:42	Mora,Parra,Buntyn,Fernandez,McLain,Blancas
? 1987	?	Otoole 11:23,Gutierrez 12:04, Sarabia 12:14
2.2012	19:31.29	Mora,Parra,Pinion,Cleveland,Blancas,,McLain
3.2013	19:34.65	Mora,Parra,Buntyn,Pinion,McLain,Blancas,Ordaz
4.2015	19:43.38	Ordaz,Fernandez,Herrera,King,Martinez,Vega,Ruiz
5.2016	20:27	Zarai,Ordaz,Ruiz,Martinez,Crunclenton,Vega,Hernandez
6.2010	20:30(12:28.39)	Stires,Apodaca,Lara,Baca,Stewart,Cuellar,Pinion
7.2006	20:35(12:31.93)	Payne,Mylius,Stires,Garcia,Aguirre,Cevera,Macias
8.2007	20:36(12:32.42)	Stires,Payne,Stires,Cevera,Garcia,Mylius,Davila
9.2009	20:46(12:38.15)	Stires,Garcia,Delgado,Baca,Davila,Apodaca,Regalado
10.2011	21:03(12:48.43)	Mora,Apodaca,Parra,Pinion,Cuellar,Blancas,Miramontes

El Paso Eastwood Boys Make History At The Desert Twilight Meet



The guys from El Paso Eastwood took first at the Desert Twilight XC Festival this Friday in Casa Grande, Arizona.

Boys State Team Averages		
1. 2016	15:53.7	Daniel, Armijo, McLain, Godfrey, Quiones, Molina, Ward
2. 2012	16:22	Saenz, Mora, Casillas, Rios, Wallace, Silva, Buntyn
3. 2014	16:28	Silva, Bernal, Truax, C. Wallace, Munoz, McLain, Martinez
4. 1984	16:34.8	Montes, Messer, Garcia, Urrutia, Arranda, Mendivil, Frias
5. 2011	16:46.40	Casillas, Garza, Saenz, Rios, Mora, Buntyn, Blanco
1983	?	
6. 1986	18:21.2	Oropeza, Agness, Cordova, Sotelo, Garcia, Flores



EASTWOOD

F: Bridgette O'Toole, Monica Sanchez, Cathy Rojo, Diana Gutierrez
 B: Claudia Raynal, Jennifer Sarabia, Barbara Woidyla, Coach Doug Littlejohn

Girls State Team Averages		
1.1987	?	Otoole12:16,Sanchez12:37,Sarabia12:45,Gutierrez,Woidyla
2.1988	?	?



Boys Nike Team Averages

1.2016-4th	16:09.79	Bernal,McLain,Armijo,Molina,Quiones,Godfrey,Ward
2.2012-4th	16:21.30	Casillas,Saenz,Mora,Rios,Wallace,Silva,Buntyn
3.2013-9th	16:35.2	Casillas,Silva,Campos,Munoz,Truax,Martinez
4.2014-8th	16:48	Silva,Bernal,Martinez,C. Wallace,Munoz,Truax,McLain
5.2011-8th	17:10.26	Casillas,Saenz,Rios,Garza,Buntyn,Mora,Blanco
6.2015-6th	18:37.45	Bernal,Munoz,McLain,Armijo,Dodfrey,Cazarez,Gonzalez



Girls Nike Team Averages

1. 2013-8th	20:09	Mora,Pinion,Parra,Buntyn,Blancas,Ordaz,McLain
2. 2014-16	20:24	Mora,Parra,Buntyn,Fernandez,Blancas,McLain
3. 2012-15	20:26.63	Mora,Pinion,Parra,Cleveland,McLain,Blancas
4. 2016-18	20:34	Ruiz,Zarei,Martinez,Escarega,Hernandez,Cruncleton,EiMcLain
5.2015-28	23:49.80	Fernandez,Martinez,King,Herrera,Ruiz,Ordaz,Ledzama



Galen Rupp



Steve Prefontaine

FAMOUS

Oregon Elite & Hassan Mead



Coach Joe Vigil



FAMOUS



Andrew Weating

STOP PRE? DON'T BET YOUR SHIRT ON IT

Prior to Nike's sell-off year in 1978, the US Olympic Track & Field Trials came to Hayward Field for the first time. By then, the stands at Hayward Field were filled with fans wearing "Go Pre" shirts. But during the Trials, shirts popped up with a red stop sign and the words "Stop Pre!" But it was not intended to show disfavor; it was a dare, a challenge, a playful jab at the ubiquitous "Go Pre" shirts.

Said John Gillespie, the shirt's creator: "Everybody had bet on him to win, so it was just to stop Pre." But it really got it. One woman in his first shirt, and loved it, was a fan. When she was standing in the field, she took off her shirt and handed it to Pre," said Gillespie. "He took it, and then he took five more shirts from me afterward. He said he wanted to take them to his house with him."



The waffle iron that started Nike

NIKE'S HOLY GRAIL

Portland, Oregon's first Nike store is now a museum. It's a place where you can see the waffle iron that started Nike. The waffle iron is a small, round, black object. It's the one that Nike used to make the first pair of sneakers. The waffle iron is a small, round, black object. It's the one that Nike used to make the first pair of sneakers. The waffle iron is a small, round, black object. It's the one that Nike used to make the first pair of sneakers.

For all years, the "Holy Grail" of Nike is a waffle iron. It's a small, round, black object. It's the one that Nike used to make the first pair of sneakers. The waffle iron is a small, round, black object. It's the one that Nike used to make the first pair of sneakers.

THE MOON SHOE



Alan Webb



If they
Keep

dreaming and keep working hard,
they may be famous one day.

Team BOYS	Averages Year	On The School	Regional Team Average	Cross Country Course #1	Times under 16:30 #2	Mae Simmons Park #3	Lubbock #4	#5	#6	#7	Coach
1	2014	Eastwood	15:24	Daniel Bernal 14:59.28	Jose Silva 15:15.12	Deric Martinez 15:19.54	Matt Munoz 15:39.52	Chris Wallace 15:47.06	Paul Truax 15:51.58	James McLain 16:35.75	McLain/Pearson
2	2010	Austin	15:39.63	Isaac Spencer 15:01.59	Ramon Garcia 15:12.58	Anthony Castanon 15:48.22	Ben Gutierrez 15:53.31	Wally Compa 16:22.46	Ralph Padilla 17:58.69		Wills
3	1986	Hanks	15:44.0	Mike McLain 15:23	David Medlin 15:33	Wally Fetla 15:39	Danny Trujillo 15:44	Art Contreras 16:21	Rick Larson 16:45	Monty Whittenburg 17:02	Pearson
4	1997	El Paso	15:44.4	Scott 15:27	Belmontes 15:46	Ortega 15:47	Gallegos 15:51	Perez 15:57			McKillip
5	2010	Jefferson	15:44.81	Joel Flores 15:21.75	Alejandro Acuna 15:34.09	David Torres 15:40.42	Gerardo Escapita 15:58.92	Rodolfo Arias 16:08.86	Marcos Alvarado 16:28.01	Amilcar Galindo 17:16.97	Trejo
6	2016	Eastwood	15:45.1	Daniel Bernal	Anthony Molina	James McLain	Dylan Godfrey	Gabe Armijo	Kayn Quinones	Noah Ward	McLain/Pearson
7	1996	El Paso	15:45.70	Belmontes 15:29	Ortega 15:34	Vasquez 15:39	Scott 15:54	Ramos 16:08	Perez 16:26	Silva 16:33	McKillip
8	2016	San Eli	15:46.1								Morales
9	1982	Austin	15:48	Joe Hernandez 15:25	Jaime Fraire 15:39	Aaron Martinez 15:42	Ralph Gay 15:47	Steve Martinez 16:27	Javier Amaro 16:44	Victor Quintana 16:58	Wills?
10	2014	Socorro	15:48.6	Steven Alvarez 15:00.70	Christian Hernandez 15:46.57	Richard Zuniga 15:50.70	Alan Ramirez 16:03.41	Geraldo Lopez 16:20.33	Carlos Camacho 16:48.30	Eric Araiza 18:43.40	Barrios
11	2015	Eastwood	15:48.78	Daniel Bernal 14:41.70	Matt Munoz 15:20.63	James McLain 16:02.39	Gabe Armijo 16:05.88	Edgar Gonzalez 16:53.29	Leo Cazares 17:05.88	Noah Ward 17:42.90	McLain/Pearson
12	1985	Hanks	15:51.8	David Medlin 15:25	Mike McLain 15:28	Albert Chavez 15:57	Wally Fetla 16:09	Oscar Nevarez 16:20	Russell Bailey 16:31	Martin Pizana 16:33	Pearson
13	2012	Eastwood	15:52.37	Brian Casillas 15:37.41	Richard Mora 15:37.73	Ryan Saenz 15:52.98	Steven Rios 15:58.89	Stephen Wallace 16:14.83	Caleb Buntyn 16:24.69	Jose Silva 16:47.87	McLain/Pearson
14	2013	Eastwood	15:54.55	Brian Casillas 15:19.30	Jose Silva 15:41.23	Ruben Campos 15:46.80	Paul Truax 16:12.96	Matt Munoz 16:32.47	Deric Wallace 16:44.75	Deric Martinez 16:56.60	McLain/Pearson
15	1993	Irvin	15:55.0	Jesus Salas 15:34.5	Jaime Munoz 15:41.3	Richard Leyva 15:52.1	Luis Munoz 16:11.8	Joe Weissbard 16:15.3	Hector Lopez 16:47.8	Andy Olivarez 17:15.6	Silvagio
16	2014	Americas	15:56.0	Cameron Laverty 15:28.18	Brian Lujan 15:48.79	Jose Villalobos 16:01	Carlos Delgado 16:10.40	Abraham Perez 16:14.19	Andrew Diaz 16:38	Roderick Soulard 17:07.70	Lucero
17	2011	Jefferson	15:57.53	Joel Flores 15:13.57	Gerardo Escapita 15:47.01	David Torres 15:47.01	Marcos Alvarado 16:29.89	Aaron Daly 16:30.15	Christian Portillo 16:58.16	Alfredo Trejo 17:30.34	Trejo
18	1996	Austin	15:58.70	Fontenette 15:18	Badillo 15:54	G Salazar 15:58	Meza 16:09	5 salazar 16:27	T Marascal 16:38		Wills
19	2010	Montwood	16:01.13	Luis Romero 15:14.46	Angel Delacruz 15:36.55	Dorian Miranda 15:47.13	Robert Dominguez 16:20.19	Abel Salas 17:07.32	Brian Neito 17:15.61	Steven Yanez 17:38.90	Carden
20	2016	Franklin	16:03.7	Adam Cortez	Anthony Cordero	Jacobo Wedemeyer	Milo Alvarado				Aguilar
21	1996	Montwood	16:04.10	Jason A 15:45	J estrada 15:46	C Jaramillo 15:56	Juan Estrada 16:03	Rodriguez 16:43			Carden
22	2011	Eastwood	16:04.41	Brian Casillas 15:41.41	Ryan Saenz 15:47.56	Steven Rios 16:11.98	Elias Lelja-Garza 16:13.36	Caleb Buntyn 16:27.74	Richard Mora 16:33.64	Alex Blanco 17:42.46	McLain/Pearson
23	2016	Coronado	16:04.7	Osman Reyes	Nicholas Gonzalez	Liam Walsh	Alan Alba	Ian Bright			Corrigan
24	2009	Jefferson	16:05.22	Joel Flores 15:34.23	Eli Hernandez 15:56.90	Alejandro Acuna 15:59.00	Angel Franco 16:20.42	Rodolfo Arias 16:35.54	Julio Castro 17:08.82	Edinson Garcia 17:48.27	Trejo
25	2014	San Eli	16:05.0	Michael Johnson 15:11.23	Ulyses Cardoza 15:27.91	Erick Arambula 16:20.59	Miguel Garcia 16:36.91	Alex Fernandez 16:50.19	Daniel Alvarez 16:50.30	Angel Rangel 16:57	Morales
26	1987	Bowie	16:07.0	Jesse Shark 15:45	Eulalio Carrillo 15:52	Robert Trevino 15:54	Jesus Perez 16:16	Robert Diharce 16:48	Anthony Chaparro 17:00	Carlos Sarmiento 17:16	Corrigan
27	1982	El Paso	16:07.6	Ernesto Tamez 15:34	Manny Rodriguez 15:55	Arnold Plaza 16:13	Louie Rivera 16:14	Eduardo Del Campo 16:42	Jesus Quesada 17:24		McKillip
28	2015	San Eli	16:08.77	Erick Arambula 15:26.43	Ulyses Cardoza 15:39.78	Miguel Garcia 16:19.54	Adrian Contreras 16:33.42	David Ceballos 16:44.69	Leo Gomez 16:49.20	Alex Fernandez 17:14.19	Morales
29	1985	Bel Air	16:10.4	Frank Arriola 15:13	Ira Rodriguez 15:31	Javier Muniz 15:54	Gilbert Sanchez 16:39	JoeQuezadal 16:55			Reasnor
30	2013	Jefferson	16:11.82	Gerardo Escapita 15:18.15	Aaron Daly 15:19.00	Ricardo Castaneda 16:20.00	Dominic Whiting 16:55.62	Gustavo Angeles 17:06.32	Christian Arizmendiz 17:58.5	Jerry Pinon 18:20.81	Trejo
31	1984	Eastwood	16:12.0	Mike Montes 15:43	Joe Messer 15:55	Henry Garcia 16:20	Hector Arranda 16:29	Johnny Frias 16:33	Henry Mendiivil	Tony Urrutia	Littlejohn
32	2006	Chapin	16:12.35	Victor Sanchez 15:49.76	Sam Costanzo 16:02.39	Solomon Gardea 16:11.11	Sam Velasco 16:18.89	Phillip Gonzalez 16:39.56	Ivan Harris 16:47.43	Edgar Ortiz 17:01.00	Heidenreich
33	1992	Austin	16:12.38	Isreal Cordero 15:30.30	Aldo Soltero 15:48	John Isenberg 16:20.91	Mike Orozco 16:28	Oscar Quezada 16:54.63			Wills
34	1997	Austin	16:13.0	Salazar 15:39	Frayre 16:11	Salazar 16:18	Duran 16:24	Mariscal 16:31			Wills
35	2011	Burges	16:13.29	Kristian Alegado 15:36.95	Manuel Ortiz 16:17.20	Javier Gaytan 16:21.06	Daniel Tarango 16:22.88	Jorge Quintero 16:28.38	Martin Chavarin 17:41.01	Victor Hinojosa 17:46.40	Smith
36	2010	El Dorado	16:13.37	Ray Cuevas 15:46.62	Michael Grijalva 15:51.36	Carlos Soto 16:01.01	Ray Martinez 16:34.55	Angel Cadena 16:53.30	Isaac Avila 16:58.55	Anthony Barron 17:15.20	Jones
37	1982	Riverside	16:13.8	Bobby Aguirre 15:08	Freddy Maldonado 16:16	Joe Maldonado 16:31	George Salas 16:36	Danny Ramirez 16:38	Jamie Hernandez 17:10	Jimmy Garcia 17:22	???
38	1998	Socorro	16:14.0	Victor Gutierrez 15:48	Robert Villalobos 16:00	Valenzuela 16:19	Isaac Snell 16:26	Alex Perez 16:39			McLain/Pearson
39	1987	Hanks	16:14.8	Danny Trujillo 15:31	Montie Whittenburg 15:43	Sammie Gonzalez 15:47	Joey Carpenter 16:38	Victor Lincon 17:35	Steve Rodriguez 17:40	Victor Parra 18:12	Pearson
40	1985	El Paso	16:15.2	Gilbert Contreras 15:40	Benito Hernandez 16:02	Jimmy Moreno 16:22	Juan Martinez 16:35	Robert Rodriguez 16:37			McKillip
41	1993	Montwood	16:15.26	David Morales 15:33.8	Jose Ortiz 15:41.7	Will Wilson 16:24.5	Art Gomez 16:45.8	Trevor Yates 16:50	Fernie Campos 17:26.1	Sergio Talavera 17:41.3	Carden
42	1987	Burges	16:15.8	Cristino Garcia 16:00	Miguel Fortis 16:14	James Stevensen 16:15	David Tinajero 16:20	Luis Tovar 16:22	Juan Macias 16:30	Sergio Pena 16:49	Alsup
43	2006	Socorro	16:15.94	Rodney Snyder 15:45.73	Mark Fuentes 16:01.07	Jesus Rodriguez 16:27.13	Gama Mendez 16:29.37	Chris Gonzalez 16:36.39	Josue Nunez 16:36.94	Rodrigo Molina 17:30.77	Barrios
44	1995	Bowie	16:17.0	Alberto Esquivel 15:26	Jose Valdez 15:54	Ramon Valdez 15:56	Gene Betencourt 16:48	Juan Rivera 17:21	Jesus Alvarez 17:25	Victor Alvarez 18:29	McLain
45	1986	Eastwood	16:17.4	Henry Garcia 16:09	Rick Oropeza 16:12	Frank Agness 16:15	Tony Urrutia 16:18	Chris Sotelo 16:33	Ed Cordova 16:41	Rick Flores 16:53	Littlejohn
46	2015	Franklin	16:17.49	Adam Cortez 15:22.65	Tony Cordero 15:41.29	Michael Contreras 15:57	Evan Carcerano 16:57	Theo Sandhu 17:29.18	Pablo Romero 18:18	Tim Anderson 18:43	Aguilar
47	1993	Coronado	16:18.64	Maro DeLaPena 15:35.1	Brandon Parkhurst 16:06.8	Ramon Diaz 16:08.6	Alex Mendez 16:09.9	Mike Luna 17:32.8	Mike Nicolau 17:33.4	Mark Shepard 18:15	Corrigan
48	1994	Irvin	16:18.88	Jesus Salas 15:38.5	Joe Weissbard 15:58.8	Jaime Munoz 16:30.7	Roberto Castillo 16:41.8	Richard Leyva 16:44.6	Jesus Chapparro 16:46.1	Brian Sutton 17:16	Silvagio
49	2007	Socorro	16:19.42	Jesus Rodriguez 16:09.34	Rodney Snyder 16:09.80	Gama Mendez 16:13.04	Chris Gonzalez 16:30.73	Josue Nunez 16:34.17	Juan Nunez 17:00.18	Martin Alderette 17:09.66	Barrios
50	2010	Socorro	16:20.86	David Urquidi 16:05.73	Sergio Cardenas 16:17.61	Jose Esqueda 16:22.88	Enrique Jimenez 16:28.68	Julio Rodarte 16:29.39	Eric Hernandez 16:52.35		Barrios
51	2007	Eastwood	16:21.19	Marco Cassini 16:01.06	Tommy Daniel 16:03.41	Oscar Solis 16:29.59	Connor Buntyn 16:31.70	Juan Blanco 16:40.15	Andres Avila 17:07.58	Andres Arvizo 17:29.48	McLain
52	1998	Austin	16:22.0	Duran 15:50	Salazar 16:24	Mariscal 16:29	Gallardo 16:32	Barnes 16:36			Wills
53	1984	Hanks	16:22.2	Albert Chavez 15:51	Mike McLain 15:54	Russell Bailey 16:36	Johnny Yazaguirre 16:39	Wally Fetla 16:49	Armando Nevarez 17:20	Rick Larsen 17:28	Pearson
54	2016	Austin	16:22.4								Rodriguez
55	1985	Coronado	16:22.8	Sergio Diaz 16:11	Fernie DelaCerde 16:18	Ricardo Ramirez 16:21	Mike McCorgary 16:32	Gary Hutchinson 16:32			Dember
56	2000	Fabens	16:22.9	Ricky Ontiveras 15:41.40	Armondo Garcia 16:15.10	Jose Munoz 16:18.00	Jesus Martinez 16:32.10	David Delgado 17:08.00	J.R. Ontevaros 17:58.20		
57	2013	Burges	16:23.75	Jorge Quintero 15:42.30	Javier Gaytan 16:03.84	Christ Ezarraga 16:12.35	Will Knight 16:32.04	Chris Lowenberg 17:28.20	Andrew vazquez 18:32.61	Troy moreno 18:48.73	Smith
58	1996	Bowie	16:23.8	Ramon Valdez 15:49	Omar Lobera 16:28	Omar Prieto 16:29	Jose Valdez 16:29	Jesus Dominguez16:44	Victor Alvarez 17:04	Victor Prieto 17:30	McLain
59	1994	Austin	16:24.42	Oscar Quezada 16:05	Ross Fontenette 16:13.3	Gabe Ortiz 16:22.9	Rod Phipps 16:29.5	Kory Lund 16:51.4	Chris Rains 16:57.9	Alvaro Orozco 17:21.3	Wills
60	2003	Montwood	16:24.80	Lee Chavez 15:40.4	Luis Martinez 16:22.12	Chris Bransford 16:31.86	Jose Andazola 16:42.58	Enrique Rivera 16:44.83	Aaron Jamillo 17:04.20		Carden
61	2014	Eastlake	16:24	Jakob Sandoval 16:06.80	Donovan Decquir 16:15.42	Francisco Sandoval 16:15.91	Edgar Gonzalez 16:22.10	Bennie Sepulveda 17:01	Adrian Lozano 17:13	Hunter Kitley 17:34	Avila
62	1986	Coronado	16:25.0	Kenny Lucero 15:24	Fernie DeLaCerde16:22	Mike McCorgary 16:25	Ruben Daley 16:32	James Williams16:42	Danny Cano 16:47		Dember
63	1987	Socorro	16:25.4	David Velasquez 15:59	Rickey DeLaCruz 16:20	Jesus Lopez 16:23	Miguel Figueroa 16:33	Raul Gomez 16:52			Reinheart

64	2008	Austin	16:26.72	Isaas Spencer 15:50.64	Ramon Garcia 16:17.94	Danny Cuevas 16:25.38	Cesar Perez 16:35.74	Anthony Marcial 17:03.91	Ben Gutierrez 17:18.70	Jacob Baca 18:02.87	Wills
65	1984	Coronado	16:28.0	Franciso Diaz 15:50	Manny Lopez 16:02	Abe Ray 16:31	Vince Bejarano 16:55	Eugene Rodriguez 17:03			Dember
66	1989	El Paso	16:28.14	Rogelio Gonzalez 16:19	Richard Gonzalez 16:25	Mauro Dominguez 16:28	Richard Witterstauter 16:28.7	Adrian Moreno 16:40			McKillip
67	1991	El Paso	16:28.5	Richard Gonzalez 16:11	Enrique Cervantes 16:22	Mauro Dominguez 16:26	Gus Aguilar 16:30	Bardo Lopez 16:51	E Castaneda	David Melchor 17:31	McKillip
68	2007	Horizon	16:29.05	Jesus Garcia 16:14.45	Manny Hernandez 16:26.69	Adrian Anaya 16:29.39	German Nunez 16:33.50	Aaron Granados 16:41.19	Luis Fuentes 17:06.44	Randy Flores 18:30.75	Prestwood
69	2009	Austin	16:29.45	Issac Spencer 15:25.31	Ramon Garcia 15:49.94	Jacob Baca 16:56.14	Ben Gutierrez 17:01.11	Irving Esparza 17:14.74	Javier Enriquez 17:58.88	Gabe Martell 18:28.19	Wills
70	1984	Burges	16:29.8	Abel Romo 15:43	Marc Ranc 16:27	Peter Chavez 16:43	Gerado Chaparro 16:48	Thomas Tinajero 16:48			Alsup
71	1998	Coronado	16:30.0	Salcado 15:55	Saenz 15:58						Corrigan
72	1986	Bowie	16:30.6	Eulalio Carrillo 16:15	Roberto Trevino 16:24	Jesse Shark 16:28	David Jaquez 16:36	Angel Chaparro 16:50			Brooks
73	2007	Chapin	16:30.75	Solomon Gardea 16:02.64	Victor Sanchez 16:23.11	Tim Spicer 16:25.38	Matt Spicer 16:49.07	Edgar Ortiz 16:53.51	Thomas Navarette 16:58.68	Brandon Spicer 17:25.31	Heidenreich
74	2011	Del Valle	16:30.77	Ivan Rodriguez 15:29.22	Abel Barrios 16:27.07	Daniel Diaz 16:46.29	Allan Salcido 16:52.54	Robert Reyes 16:58.74	Diego Diaz 17:05.02	Abner Palomino 17:21.95	Hairston
75	1982	Bel Air	16:30.8	George Arredondo 15:52	Jimmy Chavez 16:33	Mike Gutierrez 16:35	Joe Hernandez 16:43	Frank Arriola 16:51			Reasnor
	1983	El Paso		Manny Rodriguez 15:21	Ernesto Tamez 15:39						McKillip
	1983	Burges		R. Perez 15:22	Abel Romo 15:34						Alsup
	1983	Eastwood									Littlejohn
	1997	Montwood		15:53	16:09	16:37					Cardon
	2002	Austin									Wills
	2002	Jefferson									Trejo
	1998	El Paso		Gallegos 15:38	Scott 15:39	Bustillos 16:01	Palacios 16:08				McKillip
	1988	Burges		James Stevenson 15:58	Cristino Garcia 16:03	David Ortiz 16:19					
	1988	Ysleta		Mike Lara 15:43	Gabriel Ryaz 16:14						

GIRLS

<http://www.runworks.com/calculator.html>

Rank	Year	School	Team Average	#1	#2	#3	#4	#5	#6	#7	Coach
1	2014	Eastwood	18:42.0	Anna Mora 17:10.85	Vanessa Parra 18:22.21	Eden Buntyn 19:11.60	Lilli Fernandez 19:15.51	Elise McLain 19:34.67	Dominique Blancas 19:44.78	Diana Martell 20:11.91	McLain/Pearson
2	2003	Montwood	19:17.20	Christina Munoz 11:28	Becky Robles 12:08	Mariana Chavira 12:12	Evelyn Leal 12:17	Jackie Cervantes 12:41	Tarah Sanchez 12:51	Alessandra Jordan 13:07	Cardon
3	2013	Horizon	19:21.79	Sarah Lopez 18:31.15	Karla Enriquez 18:32.18	Alondra Pareda 19:40.23	Michelle Renteria 20:02.18	Crista Villabos 20:03.21	Arlene Bustamante 21:19.13	Lupita Montanez 25:22.60	Prestwood
4	2008	Chapin	19:27.25	Marissa Paz 11:41	Adriana De Leon 12:11	Teresa Love 12:20	Danielle Costanzo 12:33	Veronica Sandoval 12:34	Linda Vicario 13:26	Kate Rodriguez 13:40	Heidenreich
5	2016	Americas	19:27.6	Daphne Duran	Pricilla Villalobos	Andrea Lucero	Jackie Aguilar	Victoria Duran			Lucero
6	2000	Montwood	19:27.8	Monique Ortega 11:24	Anita Quirino 11:40	Sandra Mirales 12:41	Becky Robles 12:47	Laura Rivera 12:50	Jaime Taylor 13:05	Veronica Martinez 13:15	Cardon
7	2012	Eastwood	19:31.28	Anna Mora 18:16.54	Vanessa Parra 19:37.88	Carissa Pinion 19:38.30	Rhiannon Cleveland 19:57.35	Dominique Blancas 20:06.39	Diana Martell 20:15.50	Elise McLain 20:20.90	McLain/Pearson
8	1982	Coronado	19:31.29	Celina Terrazas 11:58	Cathic Koss 12:18	Diana Trujillo 12:19	Angela Terrazas 12:28	Sharon Lucero 12:33	Mimi Ivey 13:10		Dember
9	2002	Montwood	19:31.44	Monique Ortega 11:39.7	stephanie Diaz 20:04.46	Evelyn Leal 12:36.9	Becky Robles 12:45.2	Mariana Chavira 12:45.5			Cardon
10	2004	Del Valle	19:33.40	Brissia Montalvo 12:01	Gabriela Ramos 12:17	Belinda Castanon 12:26	Becky Robles 12:45.2	Ivette Montalvo 12:35	Jenefer Aragon 12:51	Sandra Gueta 13:05	Jasso
11	2007	Chapin	19:33.95	Marissa Paz 12:01	Adriana De Leon 12:05	Vernica Sandoval 12:21	Melissa Zepeda 12:28	Linda Vicario 12:41	Danielle Costanzo 12:42	Teresa Love 13:53	Heidenreich
12	2013	Eastwood	19:34.65	Anna Mora 19:04.15	Vanessa Parra 19:35.43	Eden Buntyn 19:38.02	Carissa Pinion 19:41.77	Elise McLain 19:56.90	Dominique Blancas 20:14.63	Alexus ordaz 20:38.22	McLain/Pearson
13	2009	Clint	19:35.18	Cashlee Rayas 12:02	Heather Delgado 12:13	Sarah Rayas 12:13	Melissa Reyes 12:36	Itati Contreras 12:44	Brandee Garner 12:50	Mari Vazquez 13:53	Gee
14	1985	Bowie	19:35.6	Patty Avila 11:47	Josefina Uloa 12:10	Julie Orozco 12:17	Maria Uloa 12:47	Estela Rodriguez 12:52	Maria Flores 13:33	Adriana Silva 13:50	Brooks
15	1997	Clint	19:40.9	Yvette Barrios 11:57	Becky Perez 12:13	Erica Molina 12:25	Maria Elia 12:31	Claudia Bravo 13:26			Pitts
16	1982	Bel Air	19:41.0	Letty Gomez 12:05	Melinda Apodaca 12:16	Dora Rodriguez 12:26	Reyna Arvizo 12:29	Lorraine Navarro 12:49	Isela Caso 12:52		Reasnor
17	2015	Eastwood	19:43.38	Alexius Ordaz 19:23.76	Lili Fernandez 19:32.44	Hannah Herrera 19:39.79	Miranda Vega 19:56.94	Sabrina King 20:03.95	Sam Martinez 20:21.65	Daniella Ruiz 20:34.54	McLain/Pearson
18	2007	Del Valle	19:43.86	Yennifer Mendez 12:11	Maria Esqincia 12:18	Gabrielle Hernandez 12:19	Adriana Rosales 12:41	Kim Garcia 12:48	Leanna Luna 13:04	Angie Palomino 13:28	Hairston
19	2010	Eastwood	19:46.39	Melanie Stires 11:33.01	Amy Apodaca 12:12.83	Olivia Lara 12:45	Brandee Baca 12:45	Whitney Stewart 13:04	Jackie Cuellar 13:09	Carissa Pinion 13:19	McLain
20	2012	Coronado	19:48.11	Patricia Ablanado 18:32.35	Kendra Melendez 19:40	Samantha Homan 19:44.59	Kate Davis 20:22.73	Alina Ward 20:40.85	Brianna Solarzano 20:48	Channellor Garay 20:53	Corrigan
21	1984	Bowie	19:50.4	Patty Avila 12:01	Sylvia Marquez 12:32	Adriana Silva 12:33	Maria Uloa 12:38	Estela Rodriguez 12:53			Brooks
22	2015	Jefferson	19:50.54	Doralisa Lopez 19:28.66	Breona Pinkney 19:30.92	Roxane Reza 19:40.47	Brooke Woodson 19:42.09	Jamie Stmyers 20:50.56	Aliyah Brewer 21:09.03	Sam Limon 21:33.58	Trejo
23	2006	Eastwood	19:50.93	Jessica Payne 12:07	Dara Mylius 12:20	Maegen Stires 12:20	Elyssa Garcia 12:51	Kayla Aguirre 12:59	Liz Cevera 13:01	Monique Macias 13:12	McLain
24	1999	Montwood	19:51.0	Anita Quirino 11:17	Klapper 12:07	Rivera 12:28	13:20	13:27			Cardon
25	2007	Eastwood	19:51.42	Maegen Stires 12:19	Jessica Payne 12:20	Melanie Stires 12:31	Elyssa Garcia 12:47	Dara Mylius 13:02	Jenny Davila 13:05	Liz Cevera 12:42	McLain
26	1998	Montwood	19:56.0	Anita Quirino 11:45	Barnett 12:26	Rivera 12:31	Garcia 12:39	Soto 13:35			Cardon
27	2014	Mt View	19:56.0	Emily Estrada 11:51	Michelle Estrada 11:52	Pricilla Estrada 12:17	Ruby Garcia 13:19	Clarissa Saucedo 13:19	Flor Gutierrez 13:54	Jessica Garcia 13:55	Salas
28	2009	Jefferson	19:56.35	Theresa Torres 11:59	Tiffany Ganiere 12:33	Arlene Cabrera 12:35	Jalie Merritt 12:50	Stephnie Nevarez 12:58	Ashley Diaz 13:11	Susana Villela 13:29	Trejo
29	1985	Socorro	19:56.40	Margie Bernal 11:43	Patty Rodriguez 12:32	Araceli Rosales 12:49	Inez Trillo 12:53	Irma Tellez 13:00	Judy Garcia 14:16	Liz Villegas 14:16	Reinheart
30	2010	Del Valle	19:56.88	Angie Palomino 12:02	Brissa Carrillo 12:23	Maria Esqincia 12:32	Mindy Rincon 12:59	Shantal Oropeza 13:01	Rebecca Medina 13:25	Stephnie Estrada 13:26	Hariston
31	2004	Franklin	19:58.40	Kylie Marshall 12:08	Megan Hetzel 12:19	Kaitlin Edwards 12:55	Kaitlin Edwards 12:55	Mackenzie McLaughlin 13:19	Amy Arsenault 14:01	Kathy Gatewood 14:08	Aguilar
32	2002	Americas	19:58.80	Vanessa DeLaRosa 12:29.1	Laura Pereyra 12:31.7	Amanda Torres 12:32.1	Robyn Vaughn 12:43.6	Crystal Grijalva 12:47.5			Barrios
33	1982	Burges	19:59.2	Mary Brooks 12:06	Cindy Garrissiere 12:17	Margaret Brooks 12:33	Pat Chavez 12:57	Pat Natividad 13:13	Blanca Marquez 13:45	Mercy Hernandez 13:47	Alsup
34	2006	Chapin	19:59.41	Marissa Paz 11:41	Adrian Deleon 12:33	Alissa Ruiz 12:45	Evelin Mejia 13:02	Amanda Constanzo 13:02	Rachel Brower 13:23	Jackie Rojas 13:37	Heidenreich
35	2010	El Dorado	19:59.71	Bonnie Perez 12:23	Brittany Parga 12:33	Erica Ramos 12:34	Ileana Acosta 12:42	Sharubia Encarnacion 12:53	Samantha Gardea 12:54	Cierra Fernandez 13:33	Jones
36	2012	Franklin	20:00.34	Ayla Lopez 19:15.16	Jenna Rosales 19:45.35	Krizia Acosta 20:10.87	Madeleine Westman 20:19.28	Mia Salcido 20:31.06	Sophia Salcido 20:47.06	Erica Westman 21:24.37	Aguilar
37	2011	Coronado	20:01.09	Patricia Ablanado 11:58.42	Kendra Melendez 12:19	Alina Ward 12:41	Samantha Homan 13:01	Valerie Bright 13:08	Bryanna Abel 13:14	Jackie Rios 13:34	Corrigan
38	2009	Eastwood	20:01.15	Melanie Stires 12:06.80	Elyssa Garcia 12:27.70	Christina Delgado 12:38.86	Brandee Baca 12:47.84	Jenny Davila 13:09	Amy Apodaca 13:10	Isabel Regalado 13:23	McLain
39	2015	Chapin	20:02.78	Rachel Gallivan 18:53.89	Skyler Goodman 19:09.95	Jacey Stoots 20:24.82	Nayely Hernandez 20:45.07	Kiersten Davis 21:00.19	Destiny White 21:01.58	Daniella Cortinas 25:41.02	Heidenreich
40	2016	Eastwood	20:02.9	Nazanin Yaraei	Alexus Ordaz	Samantha Martinez	Daniella Ruiz	Emily Crunleton	Miranda Vega		McLain/Pearson
41	2003	Americas	20:03.20	Laura Pereyra 12:08	Vanessa Delarosa 12:09	Amanda Torres 12:32	Robin Vaughn 13:04	Deyanira Velasquez 13:18	Marlene Gutierrez 13:47	Nancy Gallegos 14:32	Barrios

THE EASTWOOD PROJECT



Sr what if

What if I started my 7th grade year? - Hannah Herrera

What if I was white? Would I have gone farther ahead in the sport?

-Matt Muñoz

What if I didn't get plantar fasciitis my sophomore year?

-Alexis Ordez

What if?







105











Anna Mora is one of the greatest female distance runners in the history of El Paso. She is ranked #1 All Time in El Paso on the Regional Cross Country Course, and has run the fastest 1600m and 3200m races in the city limits All Time for El Paso (5:04/10:52). Her senior year we had her answer some questions so that future runners who have a dream of being great can hear something's that helped her become the runners she is. Class of 2015

- When did you start running 7 days a week?

It was my freshman year at regionals I was the only girl that went, it was after my race and like any runner I went to see ~~Mc~~ McLain. I was watching the girls get their Medals and in my head I decide I wanted to be one of those girls. McLain noticed me looking and told me the one thing that helped me keep pushing. "I won't talk to you about beating those girls until you start ~~training~~ training like them which means practicing everyday, going to practice everyday." From then on I ran everyday I still haven't stopped. I still carry those words with me to this day

- Do you take your iron every day and when did you start?

Yup every single day except for a couple Sundays because I forget. I started taking when McLain said "make sure you're taking iron" which was Freshman year. I went home and told my mom went that day to get too.

- Did you do the suggested 2 a days?

No, they made me really tired but in the summer my mom would have me swim for 30 minutes continuously because of my asthma she didn't want it to effect me so I just added to it and made it workout that involved aqua jog and other thing. I also did ab workouts to make sure my core was strong but once season started I stopped doing the ~~at~~ aqua jog but I did continue with the ab workouts. So does that count as a 2-a-day?

• How long is your Sunday run?
12 miles

• When did you learn to get over bad races?

It's stupid how that I look back but I am grateful to my brother because of it. It was my first track meet as a freshman and McLain started me varsity. I finished cross country as the 2nd girl in the city and #1 on my team so I ~~assumed~~ assumed I should get top 3 boy was I wrong. That whole week my brother kept telling me track was different but I wouldn't hear it I was a cocky little User CONFIDENTIAL Race day comes and I'm in the mile. I finished and maybe was 8th and my teammate at the time, Jackie Cuellar, beat me and I was so mad after that race I just wanted to be alone. I get home and my brother took one of my fries while saying I told you so and I just blew up on him. It was a screaming match between us I was rubbing it in his face that I was better and then he finally gets in my face and says the words I live by "You're not hot User CONFIDENTIAL someone will always be better than you no matter so get over yourself and quit being a (insert word) he left upset and just sat there realizing he was right and I was User CONFIDENTIAL. I got over my race real quick after that. Now none of my ^{bad} races matter to me because everyone has their good and bad days you just have to get over it. He keeps me level-headed at all times

• What did you do when coaches and parents put pressure on you and made you feel like you were not racing well?

It's nice to have your parents say they are proud of you but I also know what it feels like when your parents tell you had a terrible race I had that problem freshman and a little of sophomore year instead of hearing 'good job or I'm proud of you from my dad ^{it was} ~~was~~ that was a terrible race or race like this next time and it sucked to hear those words I was always mad afterwards. I even snapped at coach Addida we laugh about it now, ask her for the story it's funny. Then some point my sophomore year running wasn't fun to me any more I hated it but on one of my long runs I thought about why do I run, what do I get from it. I ran because it made me happy and calm and I got to meet my second family. It was at that point that I realized it didn't matter if I raced like complete and I had my dad telling me that, what matter was how I felt. If I could cross that line and know I did the best I could and there will be other races it didn't matter to me what anyone told because in my heart I knew I was proud of myself which is way more important than anyones opinion of me.

User
CONFIDENTIAL

Did anyone ever try to get you to ^{not} run for Eastwood high school? Or to run workout in addition to Eastwood workouts but without the knowledge of Eastwood coaches, if so did you do the workouts or not and why?

Before I went to high school I get a call from some coach and they tell me to ~~go~~ go to another school like El Dorado but my brother was at Eastwood and a runner the only thing my brother

said was they were stupid. I never did workouts without the coaches consent because it is important that you have 100% faith in what the coaches do and you trust them.

Eastwood is recognized everywhere because of the hard work the coaches do which is seen through every runner. An added workout you do without the coaches consent can ruin alot you can peak earlier than others or get slower. Always have 100% trust and faith in the Eastwood coaches because they're trying to make you a better runner.

Drama?

With my team we didn't have much of it but every team eventually does. We ignored it or more like I ignored it and the other girls believed that was the best idea. Drama is useless all it does is destroy a team and makes you lose focus. You don't have to like everyone on your team but everyone does deserve the same amount of respect because they're working the same as you. All drama does is make you slower because you're so focused on that drama everything else fades and you stop caring about how you do because you longer want to run for a team that talks shit and stirs up drama. At all cost avoid it if you want to be a great run or a great team.

[Cross country regional meet]

Eastwood runner stays the course

By Lenny Jurado

El Paso Times

Mike Pivarnick is a throwback, a team-oriented athlete who can make a one-handed catch of a football, nail a 3-point shot, even run you down in the mile.

He played football his freshman year at Eastwood, and if it weren't for Mike McLain, people could be reading about Mike Pivarnick the wide receiver.

But as it turned out, the junior was persuaded to run cross country. It wasn't a bad choice. Actually, he's the best in El Paso.

"Coach McLain would pull me out of class, quite frequently, my freshman year and tried to get me to run cross country. It was a nuisance, but after a while I realized that he had a lot of confidence in me. To see that was amazing. I said I'd give it a shot, and it surprised me that he was right."

Two years later, Pivarnick will be participating in his second regional cross country meet this Saturday in Lubbock and looking to make his first trip to the Class 5A state championships.

He's won seven meets this season, and his gold at Saturday's District 1-5A championships led the Troopers to a third-place team finish. As a sophomore, he placed no worse than 10th in all his local races.

Considering Pivarnick's success, it's hard to imagine he almost didn't give the sport a chance.

"I was a typical meathead. My friends and I had won back-to-back football championships (at Eastwood Middle School), and we thought we'd be untouchable in high school," said Pivarnick, who also played on a championship basketball team.

However, McLain saw Pivarnick's potential in running and was determined to see the boy in a different pair of shoes.

After all, Pivarnick was a two-

'His middle-school times let me know some of his potential. I was pretty persistent.'

Eastwood cross country coach Mike McLain on trying to persuade Mike Pivarnick to compete as a runner

time 1,600-meter champ as a middle schooler and placed second in the 300-meter hurdles at district his eighth-grade year.

"His middle-school times let me know some of his potential. I was pretty persistent," McLain said.

The coach tried one final time, and the last-ditch attempt paid off.

"One time he showed me all of his scholarship letters (from high school while at Hanks). He had them in a big box," Pivarnick recalled. "The last time he tried to convince me, he showed me a box of all his district, regional and state medals. It was kind of impressive to see all that."

Since then, Pivarnick has begun his own collection of medals. He has a silver from the 2003 district championships and hopes to add a bigger one this weekend by improving on last year's 17th-place regional finish.

"He's a competitor. He's going to get in that race, and he's going to get after it, which will give him a very good shot," McLain said.

Pivarnick certainly has that shot — an opportunity to make even more runners wish he'd have stayed on the football field; not listened to his persuasive coach; kept well clear of their sport of choice.

Lenny Jurado may be reached at ljurado@epasotimes.com; 546-5167.



Victor Calzada / El Paso Times

Eastwood's Mike Pivarnick won the district 1-5A cross country title and qualified for the regional meet.