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For Information about Eastwood Cross Country or Track & Field visit our website  
[Ehstrack.bravehost.com](http://Ehstrack.bravehost.com) Coach McLain [mmpre@hotmail.com](mailto:mmpre@hotmail.com)



# Eastwood Summer

## Track

Starting Monday May 24<sup>th</sup> at 6 pm. Practice Will be Monday, Tuesday and Wednesday through the end of June. Boys and girls

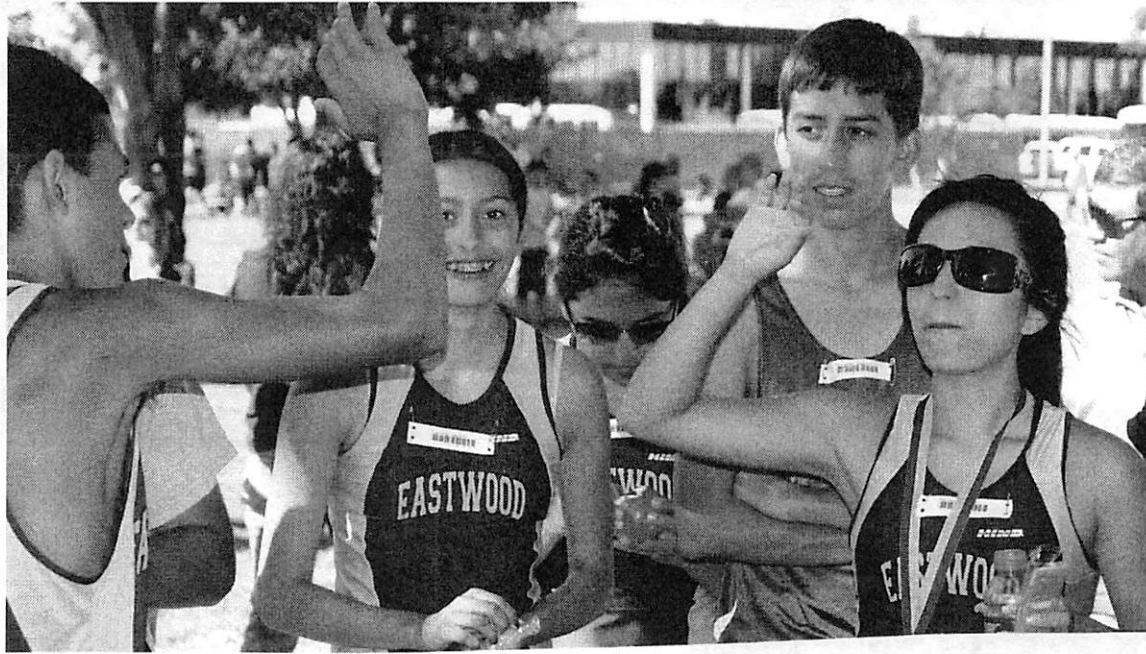
Ages 9 and up are welcome to join. For more information check out the web site ([ehstrack.bravehost.com](http://ehstrack.bravehost.com)) then click on summer

On the right side of the page.





# ***TROOPER TELEVISION***



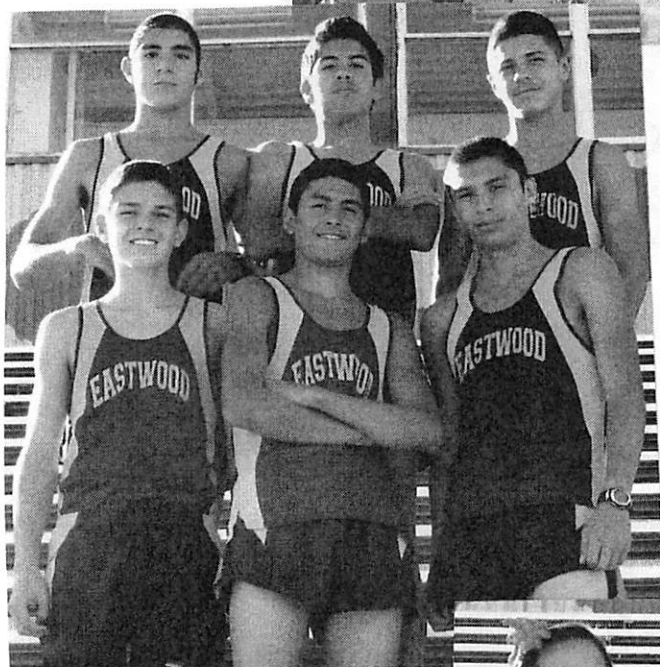
**Go to**

<http://www.youtube.com> then search  
troopertelevision

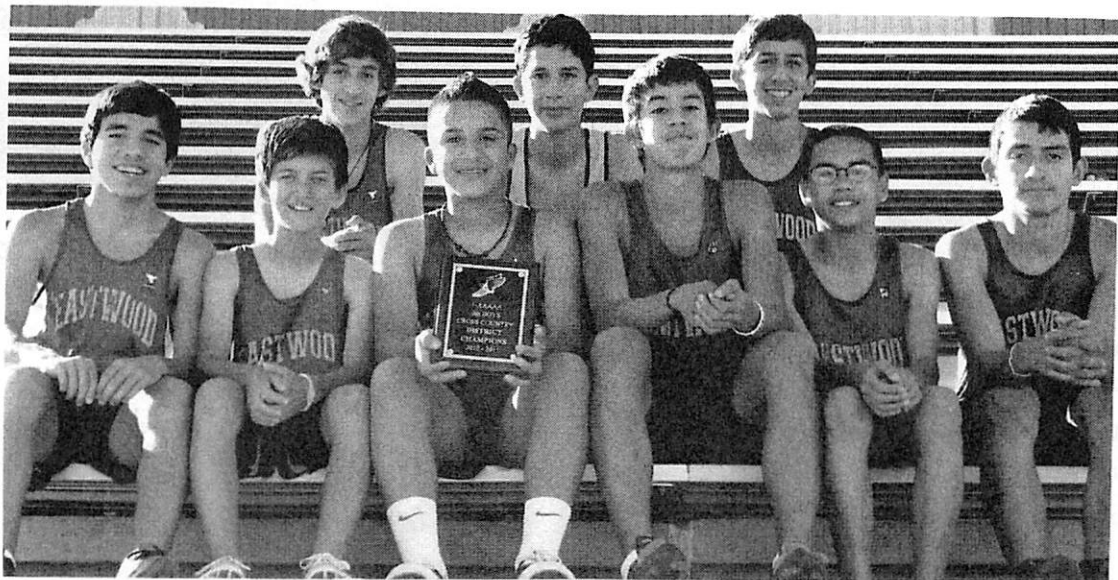
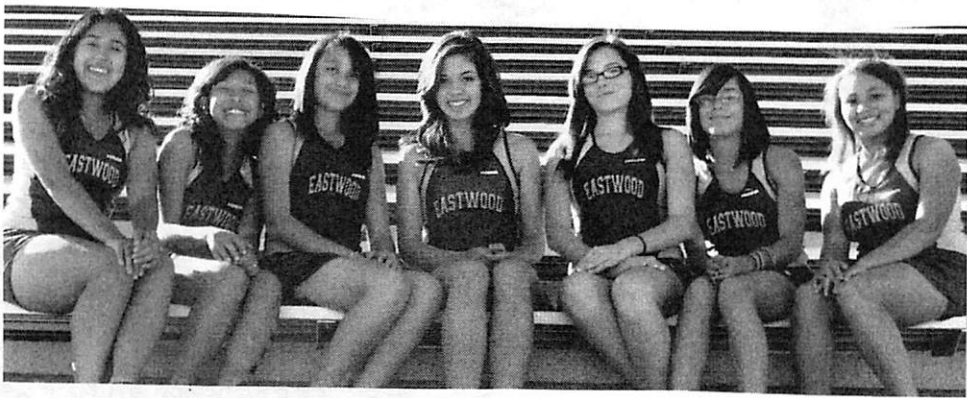
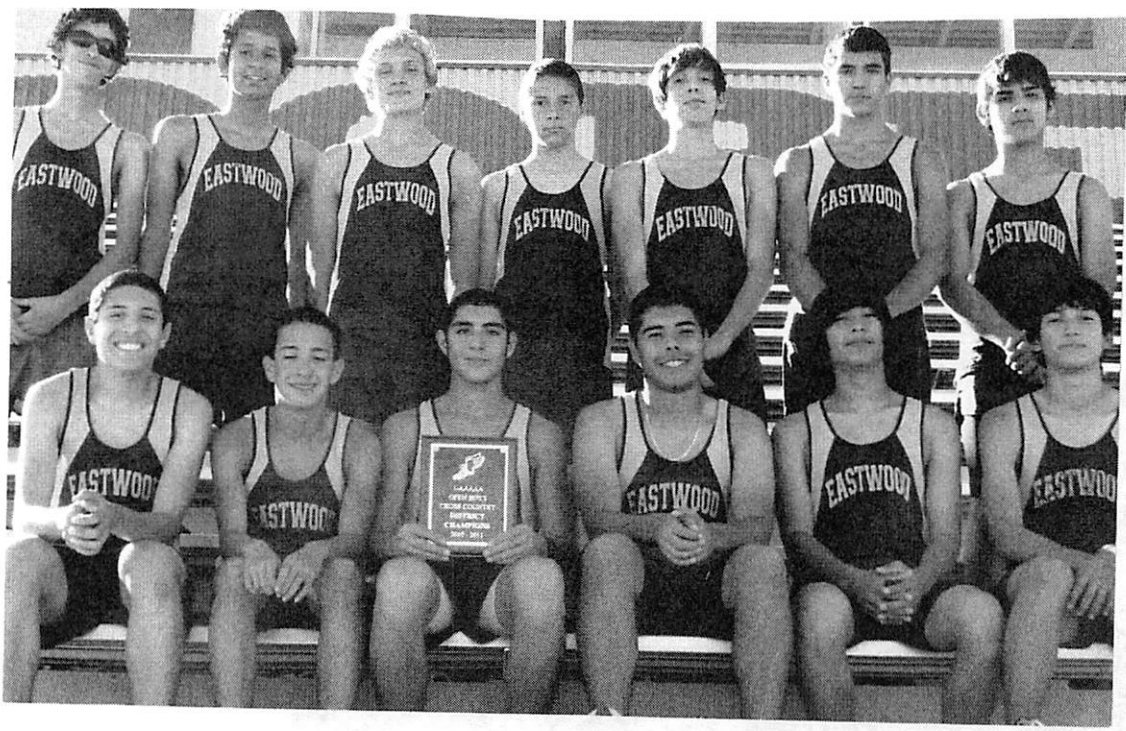


***Thank You Sarge Martinez!!!!!!!!!!***

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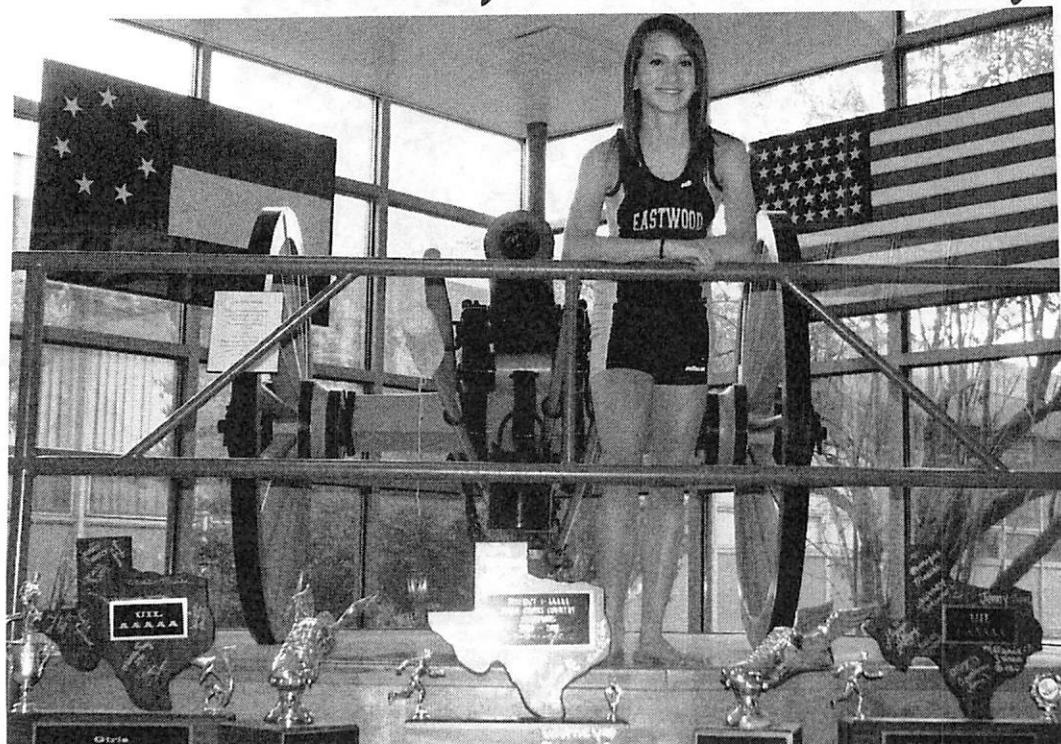








# 2010 Girls Cross Country MVP's



*Melanie Stires*

*(#1 All-Time Season Average)  
 (#3 All-Time Shoe)  
 (#5 All-Time District Course)  
 (#2 All-Time Regional Course)  
 (All American 2009, 2010)*

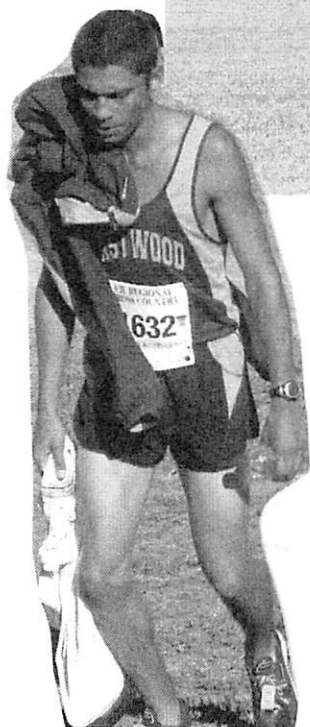
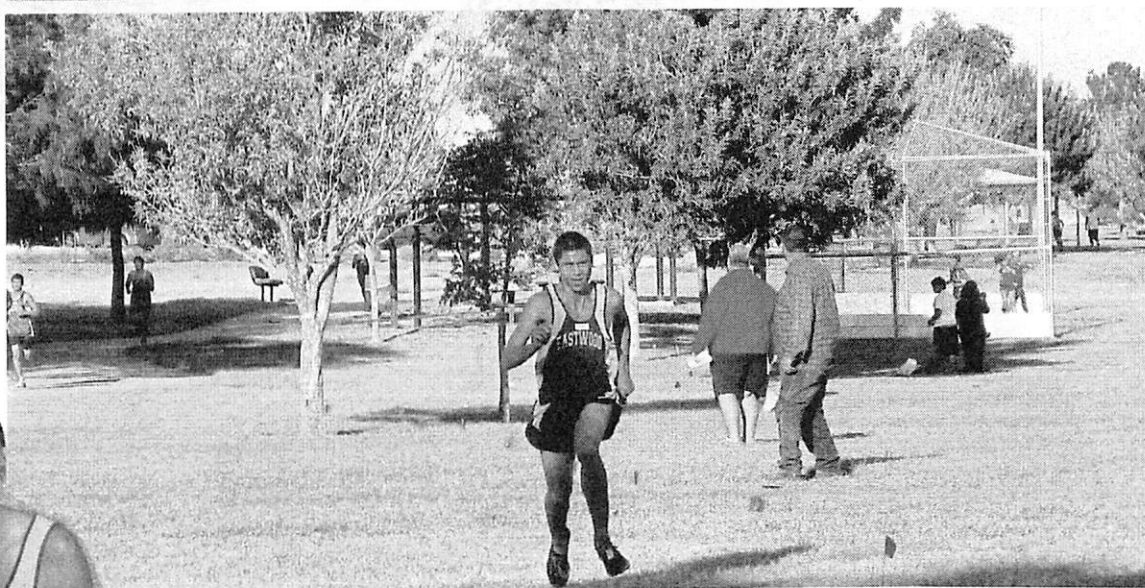


*Ammie Apodaca*

*(#4 All-Time Season Average)  
 (#5 All-Time Shoe)  
 (#9 All-Time District Course)  
 (#6 All-Time Regional Course)  
 (All American 2010)*



# 2010 Boys Cross Country MVP's



*Juan Blanco*

*(#3 All Time Season Average)*

*(#2 All Time Shoe)*

*(#10 All District Course)*

*(#3 All Time Regional Course)*



## 2010 Girls Team Captains



*Whitney Stewart      Brandee Baca      Olivia Lara*

*(#9 All Time Shoe)*

*(#10 All Time Shoe)*

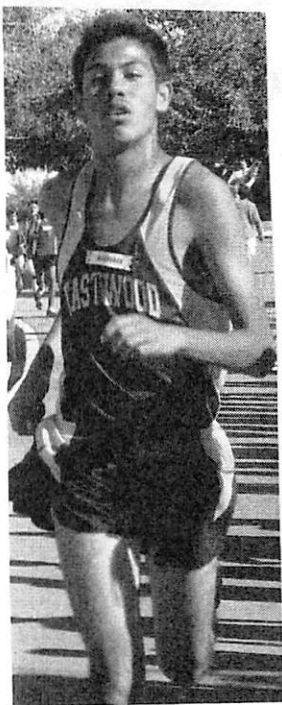
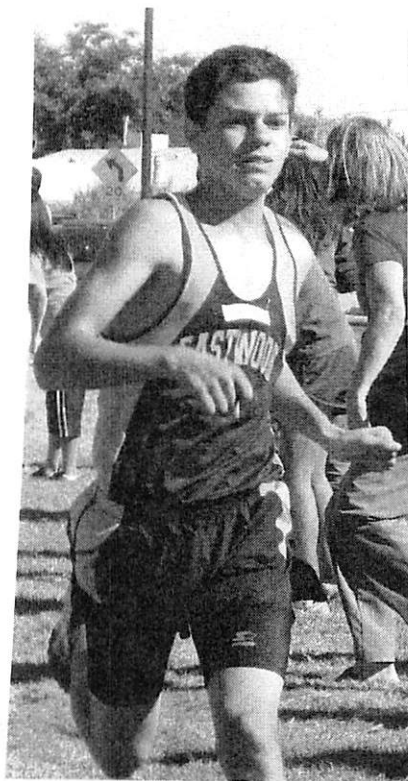
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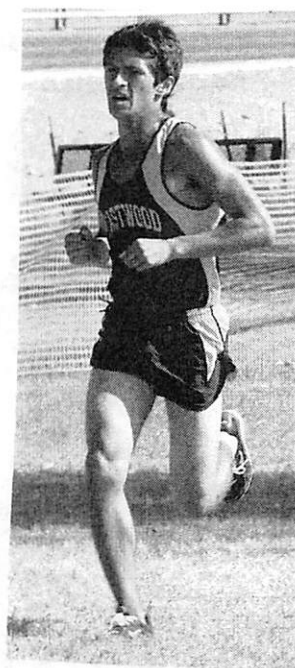
## *2010 Boys Team Captains*



*Luis Salazar*

*(#9 All Time Shoe)  
(2009 Team Captain)*

*Ryan Saenz*

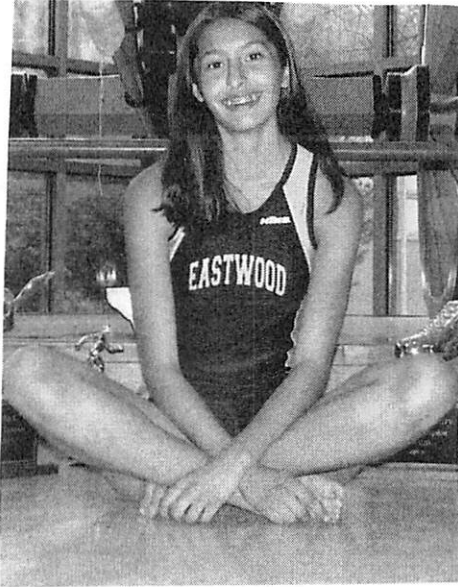


*Duan Hernandez*

*(2008 Team Captain)*



## *2010 Newcomers of the year*



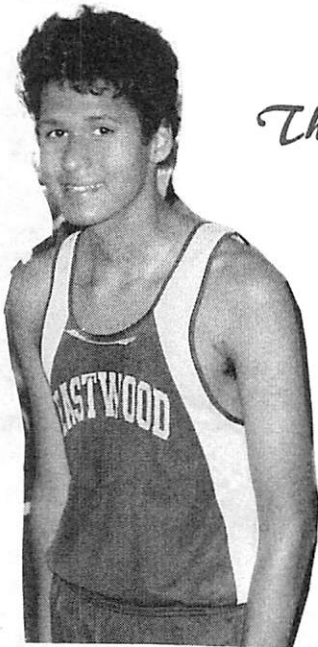
*Carissa Pinon*



*Brian Casillas*

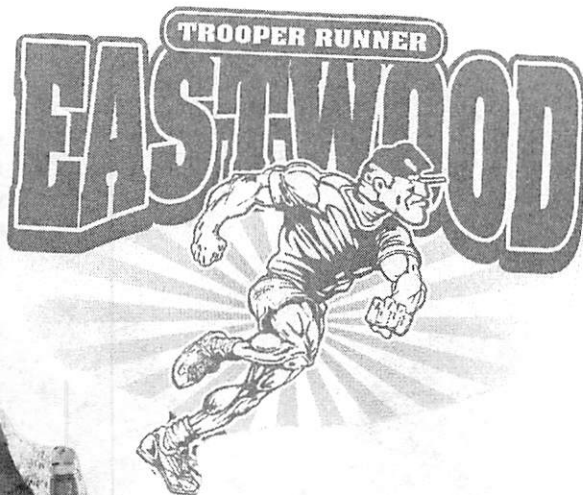
*(#6 All Time Shoe)*

*The Charlie hustle award*



*Aldo Hernandez*

*Aldo went to swimming every morning, then went to band every morning. After school he came to cross country every day. He never once complained.*



Dr. Meisenhimer  
 Tom Lechtenberg  
 Ms. Becker  
 Mr. Mora  
 The Lara's  
 The Paynes  
 The Pinon's  
 Mr. Mylius  
 Kent Peterson  
 Paul Pearson  
 Andrea  
 Othone  
 Nadine  
 Sarge + Matthew Martinez  
 The Stires  
 All Our Parents

Thank You!!



#### TOP 10 BOYS' CROSS COUNTRY

Rk.	Team	Last
1.	Eastwood	2
2.	Montwood	3
3.	Jefferson	4
4.	Socorro	1
5.	Coronado	10
6.	Austin	6
7.	Del Valle	8
8.	El Dorado	5
9.	Burges	7
10.	El Paso	NR

#### TOP 10 GIRLS' CROSS COUNTRY

Rk.	Team	Last
1.	Eastwood	1
2.	El Dorado	2
3.	Clint	6
4.	Horizon	4
5.	Del Valle	NR
6.	Americas	10
7.	Jefferson	7
8.	Franklin	8
9.	Bel Air	9
10.	Montwood	5

Coach Lorette Axel  
Whitney!!  
 Mr. Antrobus





COCKY



# *Athlete Awards*

**Varsity Girls District Champions**

**Open Boys District Champions**

**9<sup>th</sup> Grade Boys District Champions**

**Melanie Stires Individual Varsity District Champion**

**Melanie Stires El Paso Times City MVP**

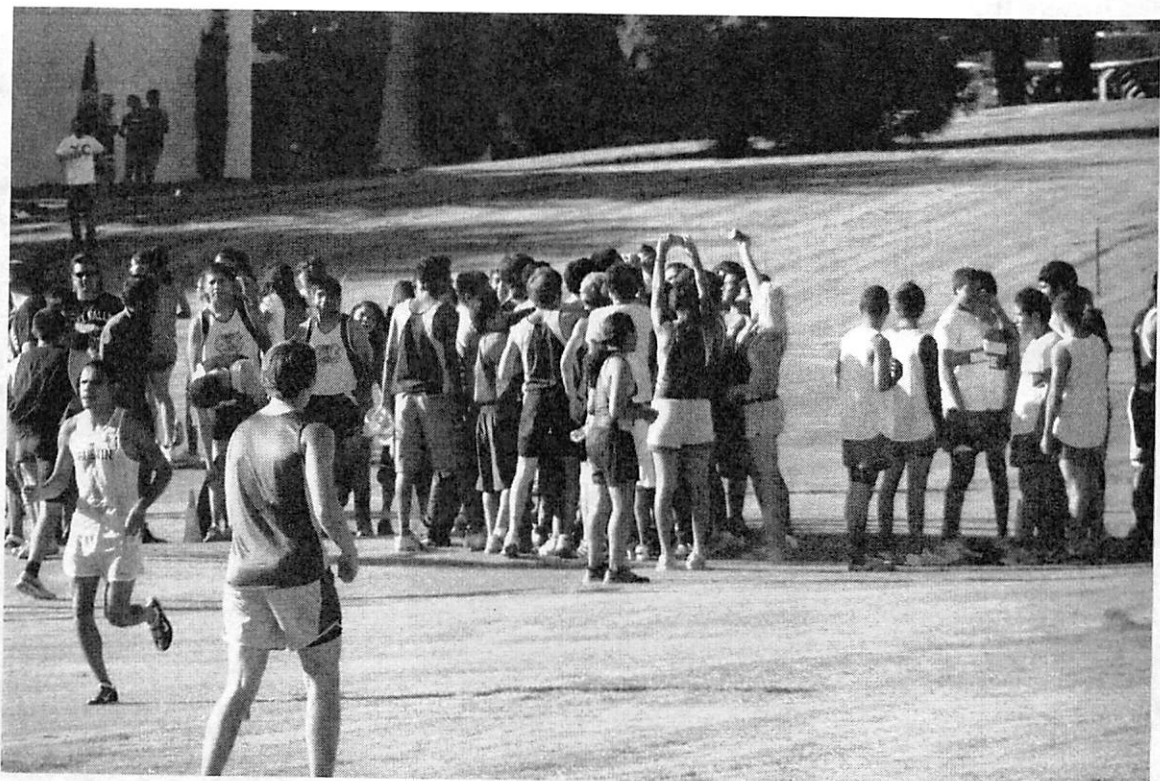
**Melanie Stires All District, All City**

**Ammie Apodaca All District, All City**

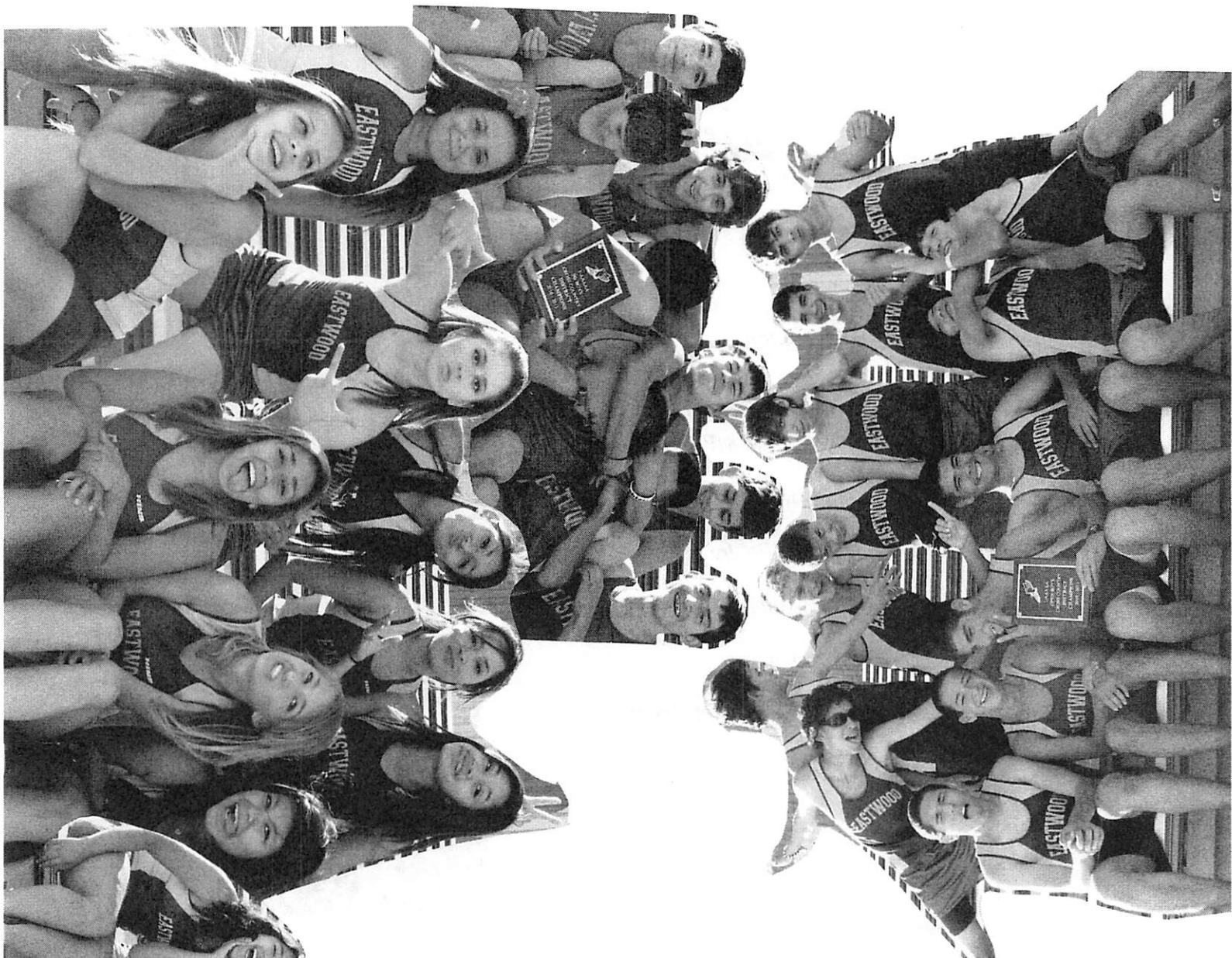
**Brandee Baca All City Honorable Mention**

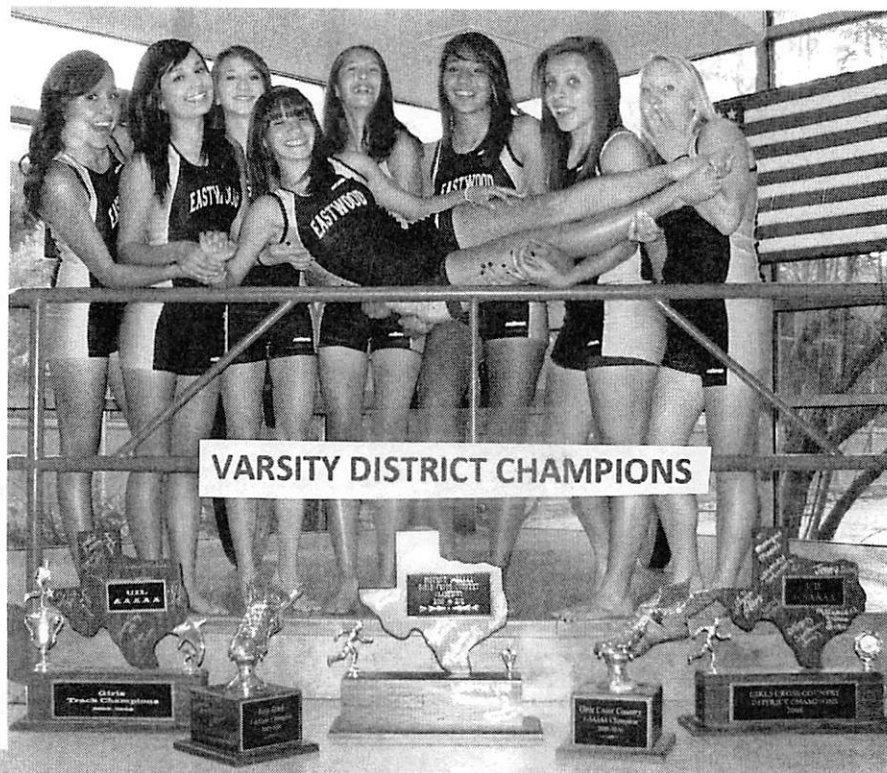
**Juan Blanco All District, All City**

**Calub Buntyn Individual Open District Champion**





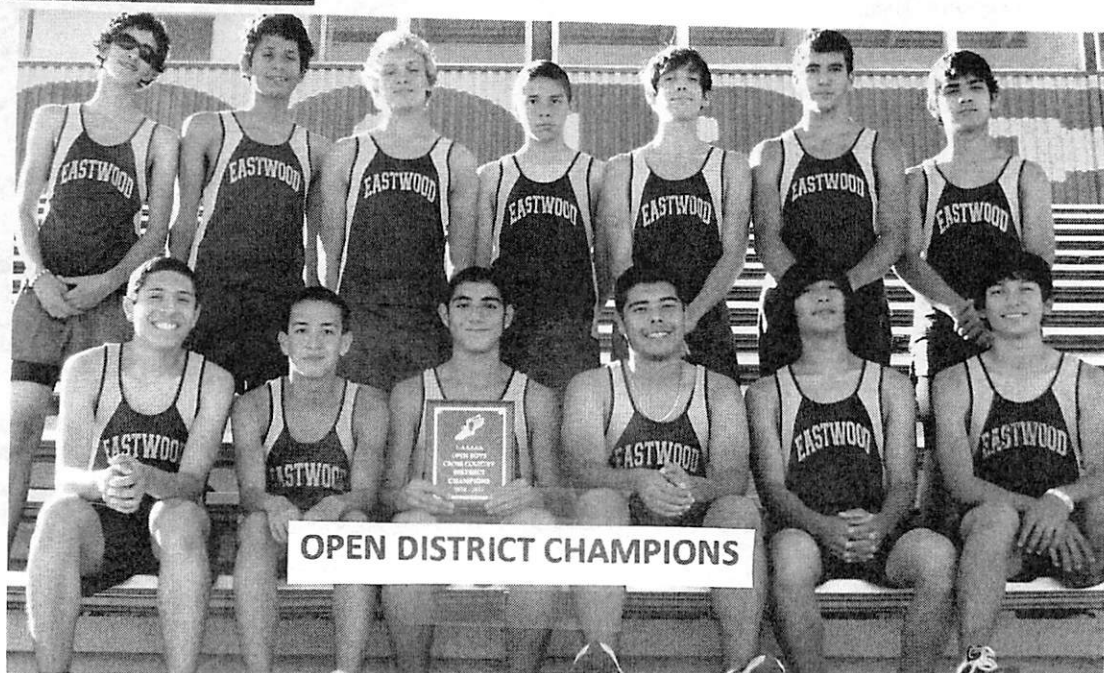




In the 5A races, Montwood and Eastwood placed second and third, respectively. The Rams, ranked No. 2 in El Paso, beat out the top-ranked Troopers by 13 points.

Eastwood's Juan Blanco finished fourth, Montwood's Luis Romero was seventh and his teammate Dorian Miranda placed eighth.

The Trooper girls finished fourth and were led by Melanie Stires' eight-place finish.







VICTOR CALZADA/ EL PASO TIMES

**Eastwood's Melanie Stires** runs through the tall grass on the Chamizal National Memorial course as she nears the final stretch Saturday.

## Eastwood's Stires victorious in 1-5A

**By Felix Chavez**  
EL PASO TIMES

Last year, Eastwood High's Melanie Stires just missed reaching the high school state cross-country meet in Austin. She made it her goal to make it to state this year.

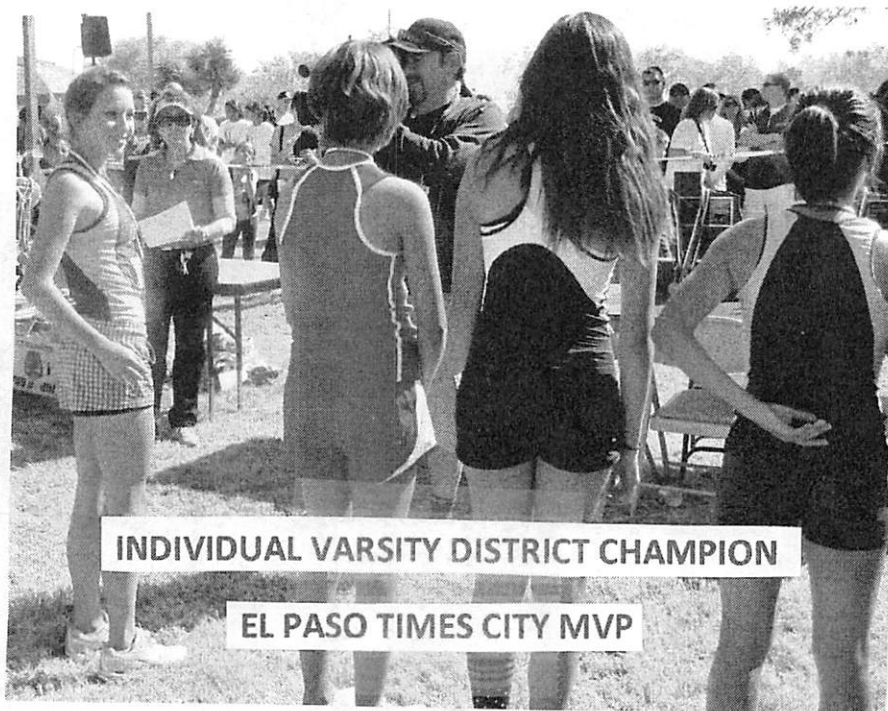
On Saturday, Stires took a big step toward that goal by winning the District 1-5A meet at the Chamizal. She won the two-mile run in a time of 13:02.29, ahead of Jocelyn Caro (13:10.89) of Socorro High.

"It was a nice win; I'm just trying to stay focused and be at my best this time of the year," Stires said. "I just battled as hard as I could and tried to help us get the win as a team. Last year, I did well at regionals, but finished two spots out of a trip to state. This year I believe I can make it. I've worked hard in the weight room to get there."

Besides winning the individual title, Stires helped Eastwood win the team title with 56 points, ahead of El Dorado, Americas, Montwood, Franklin, Socorro, Hanks, Bel Air and Coronado. It was the fifth-straight district title for Eastwood.



INDIVIDUAL OPEN DISTRICT CHAMPION



INDIVIDUAL VARSITY DISTRICT CHAMPION

EL PASO TIMES CITY MVP

# Parkland Invitational September 4, 2010

Varsity Girls	Time	Place
Melanie Stires	14:51	3
Amy Apodaca	14:56	5
Brandee Baca	15:16	10
WhitneyStewar	15:30	12
Jackie Cullar	15:45	16
Olivia Lara	15:59	18
Ana Perez	16:44	30
<b>Team 1<sup>st</sup> 43pts 1-5 Time Gap=54 sec</b>		

Open Girls	Time	Place
christ delgado	16:28	1
Diana Gonzales	17:53	16
Kim Markuson	18:49	32
Cassandra Duran	19:28	35
Kayla Ambrose	22:29	68
P. Vallenuela	27:03	84
<b>Team 5th 134pts 1-5 Time Gap=6:01</b>		

9 <sup>TH</sup> Girls	Time	Place
Carissa Pinion	16:17	2
wendy najera	17:30	7
Jas Navarrete	19:49	14
Van Medrano	19:51	15
Jenna Quiroz	22:57	23
Halie Hall	29:45	29
Angelica Duran	18:48	35
<b>Team 2<sup>nd</sup> 32pts 1-5 Time Gap=6:40</b>		

Varsity Boys	Time	Place
Juan Blanco	18:11	5
Luis Salazar	18:12	6
Ryan Saenz	18:20	8
Elias Garza	18:40	15
Gerald Perez	18:52	16
Ivan Hernandez	19:30	23
<b>Team 2<sup>nd</sup> 50pts 1-5 Time Gap=41sec</b>		

Open Boys	Time	Place
Steven Rios	18:52	1
Steven Wallace	19:15	3
Caleb Buntyn	19:18	4
Robert Barcenaz	19:20	5
Alex Blanco	19:51	8
Richard Morra	20:02	10
Troy Payne	20:44	20
Greg Whitworth	21:28	28
Victor Maestas	21:38	33
Aldo Hernandez	23:07	49
Troy Means	23:41	53
Carlos Barcenaz	27:24	82
Alex Onteveros	30:25	94
Erik Martinez	23:43	54
<b>Team 1<sup>st</sup> 20pts 1-5 Time Gap=59sec</b>		

Freshmen Boys	Time	Place
Brian Casillas	13:20	1
Adrian Arvizo	13:54	3
Ruben Campo	14:28	7
Jonathan Rubio	15:01	10
Julian Perez	15:34	14
Martin Pandeli	16:31	18
<b>Team 1<sup>st</sup> 20pts 1-5 Time Gap= 2:14</b>		





# Austin's Spencer dominates meet

By Aaron Bracamontes

EL PASO TIMES

In the first race of the cross-country season, Austin High School's Isaac Spencer looked like he can run forever — and then some.

The senior won the Riverside/Parkland Invitational Saturday at Veterans Park with a time of 17:01.

The next runner was 45 seconds behind.

"Last night I was thinking about it and I told myself that I wanted to win big (Saturday)," Spencer said. "I trained like crazy all summer and I just decided I was going to run like a maniac."

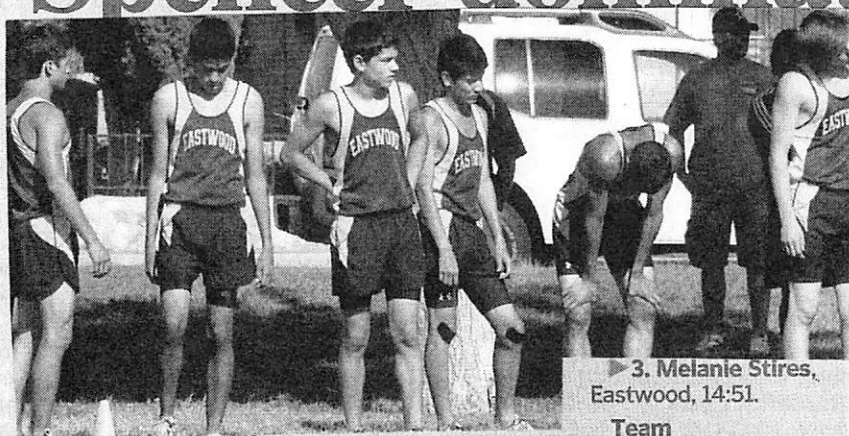
The fact that Spencer, seventh place at the Class 4A state meet last year, was so impressive almost took away from the fact that the Panthers finished first, second and third on their way to winning as a team.

Led by Spencer, Ramon Garcia and Anthony Castanon, Austin totaled up a low-score of 49 points, just a hair ahead of Eastwood's 50. Jefferson was third with 83 points.

"The best thing about this whole win was that Isaac looked really serious out there," Panthers' coach Truman Wills said. "I think he has kind of changed up a little this year and he is really putting running first."

A main contributor was Castanon, an approved transfer who moved into Austin's district, who Wills called "a pleasant surprise." His addition gives the Panthers a dominating 1-2-3 punch.

On the girls' side, Horizon's Sonia



► 3. Melanie Stires, Eastwood, 14:51.

Team		Team	
► 1. Austin	49	► 1. Eastwood	43
► 2. Eastwood	50	► 2. Clint	55
► 3. Jefferson	83	► 3. Horizon	61



Vazquez took the lead early and never looked back.

"It was just more like continuing

from last year and staying up front," Vazquez said. "Now I have a partner to run up front with me (Michelle

Rutledge, second place). The plan between us was that we were going out to get in front and try to separate from everyone else."

However, the Scorpions 1-2 finish was not enough for the team win, as they placed third with 61 points. The victory went to Eastwood with 43 points, outlasting Clint's with 55.

But even in victory, Troopers' coach Mike McClain said his squad still has room to improve.

"We have some very big holes to fill. We had some graduates that were a big part of the team," McClain said. "What they did (Saturday) was out of heart."

With only three girls from last year's varsity squad, the key to this year will be hard work for the Troopers.

"As long as we run with all that we got I'll be happy," McClain added.

At the Canutillo Invitational, Socorro swept the races in every possible way. Led by individual wins by Jocelyn Caro and David Urquidi, the Bulldogs also took home team victories on the boys' and girls' sides.

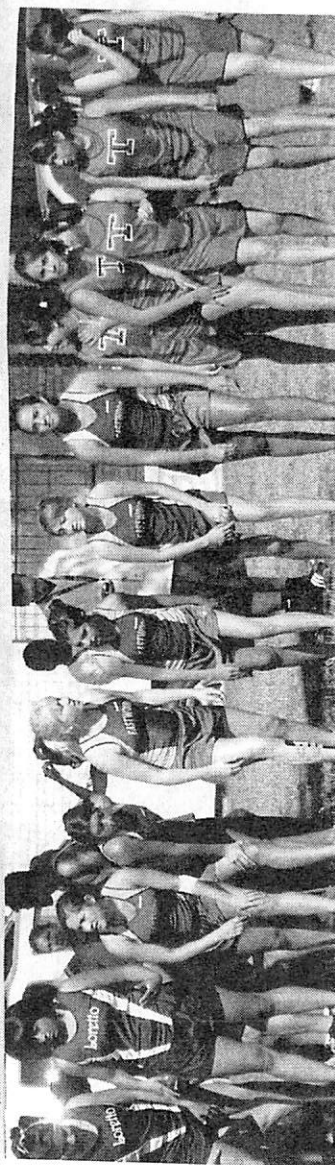
Caro sprinted across the Canutillo football field and to the finish line before her nearest competitor even entered the stadium.

"... I'm really proud of myself," Caro said. "I was really confident when I was running."

Urquidi led a 1-2-3 finish of their own.

"I don't think we could have run a better race," Urquidi said. "We're trying to prove the rankings wrong by training hard."

Aaron Bracamontes may be reached at [abracamontes@elpasotimes.com](mailto:abracamontes@elpasotimes.com); 546-6381.



# Clint ISD Invitational Friday September 10 2010 5K

Varsity Girls	Time	Place	Varsity Boys	Time	Place
Amy Apodaca	21:06.61	2	Juan Blanco	17:23.10	6
Brandee Baca	22:35.04	17	Luis Salazar	17:51.19	11
Jackie Cullar	22:36.32	18	Ryan Saenz	18:02.40	13
Whitney Stewart	22:42.83	21	Steven Wallace	18:20.33	24
Olivia Lara	23:06.84	33	Elias Garza	18:22.66	25
Ana Perez	24:43.95	76	Steven Rios	18:24.52	27
<b>Team 1<sup>st</sup> 87pts 1-5 Time Gap=2:00</b>			Caleb Buntyn	18:27.04	28
			Ivan Hernandez	18:31.05	31
			Geraldo Perez	18:46.73	45
			Brian Casillas	19:18.84	74

Open Girls	Time	Place	Open Boys	Time	Place
christina delgado	23:07.13	4	Alex Blanco	18:40	5
Carissa Pinion	23:41.78	9	Robert Barcenaz	18:42	7
sandy mcglone	24:23.46	22	Richard Mora	18:46	8
Zelest Arranda	25:10.41	31	Troy Payne	19:03	15
Diana Gonzales	25:27.73	38	Adrian Arvizo	19:09	18
Jazmin Carrillio	25:54.82	48	Fernie Ugarte	20:36	70
wendy najera	27:16.39	75	Greg Whitworth	20:40	74
Jazmin Navarrete	28:06.66	85	Victor Maestas	20:56	86
Cassandra Duran	28:50.37	95	Richie Esparza	21:00	92
Isabel Torres	29:33	108	Ruben Campos	21:03	94
P. Vallenuela	36:38	149	Jonathan Rubio	21:43	123
Marissa Gutierrez	40:43	158	Martin Pandeli	21:56	132
<b>Team 3<sup>rd</sup> 89pts 1-5 Time Gap=2:20</b>			Julian Perez	22:12	143
			Troy Means	22:27	152
			Aldo Hernandez	22:30	155
			Erik Martinez	22:51	165

**Team 2<sup>nd</sup> 53pts 1-5 Time Gap=29sec**





# Eastwood sweeps team titles at Clint meet

By Aaron Bracamontes  
EL PASO TIMES

HORIZON CITY — Pride was overflowing for the Eastwood High School cross-country team as they won the Clint Invitational on Friday at the Clint Independent School District's Invitational held at the Emerald Springs golf course.

The Troopers captured both the boys' and girls' team titles.

There were 156 runners in the boys' race and 129 in the girls' division, representing local and out-of-town teams. But it was Eastwood who stepped out in front.

"As their coach, I was just really proud watching them run," coach Mike McClain said. "I could tell they were giving it their all ... It was neat to watch

## Clint Invitational

### BOYS

#### Individual

- ▶ 1. Isaac Spencer, Austin, 16:45.35.
- ▶ 2. Joel Flores, Jefferson, 16:57.19.
- ▶ 3. Ramon Garcia, Austin, 17:16.81.

#### Team

- ▶ 1. Eastwood 79.
- ▶ 2. Montwood 134.
- ▶ 3. Jefferson 162.

them dig down deep and work hard."

The boys had the low score of

### GIRLS

#### Individual

- ▶ 1. Theresa Torres, Jefferson, 21:02.25.
- ▶ 2. Aimee Apodaca, Eastwood, 21:06.61.
- ▶ 3. Sonia Vazquez, Horizon, 21:27.60.

#### Team

- ▶ 1. Eastwood 87.
- ▶ 2. El Dorado 125.
- ▶ 3. Horizon 127.

79 points, well ahead of second-place Montwood (134) and third-place Jefferson (162).

Meanwhile, the girls beat out all 17 teams with 87 points. El Dorado was second with 125 and Horizon was third with 127.

"I was impressed with how they ran, and I know there are a lot of talented teams out there," McClain said.

Individually, Jefferson's Theresa Torres won in dramatic fashion. Although, she spent most of the final mile chasing down Eastwood's Aimee Apodaca, Torres was able to overtake her opponent with a final surge at the end to take home first place, finishing in 21:02. Apodaca finished second at 21:06 and Horizon's Sonia Vazquez was third at 21:27.

"That last mile I just kept looking up and taking it one step at a time," Torres said. "I was look-

ing at her back and speeding up, then I would cool down a bit and then I would go again.

"I was five feet away from her and I just kept digging until I got her. After I passed her I never let go. It was my race to win."

Perhaps no one else looked as impressive on Friday as Austin's Isaac Spencer.

For the second week in a row, Spencer jumped out to a huge lead — enough to even take a couple wrong turns and still win with a time of 16:45.35.

"I liked (the race), but I went the wrong way three times, so I kind of lost my rhythm," Spencer said. "But a win's a win and coach (Truman) Wills said not to expect last week's result every time."

In the season opener, Spencer

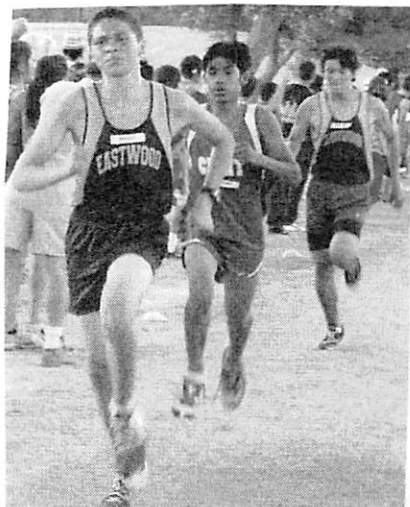
won the Parkland/Riverside Invitational 45 seconds ahead of everyone else.

But at the Clint event, even despite a couple of wrong turns, he was still too fast for everyone and everything, even the golf cart used to lead the runners.

"It's a bad habit of mine. When I see something in front of me, I try to catch it," Spencer said. "When I saw the golf cart in front of me I went after it. I just don't like seeing things in front of me."

Jefferson's Joel Flores was second at 16:57.19, while fellow Panther Ramon Garcia was third at 17:16.81.

Aaron Bracamontes may be reached at [abracamontes@elpasotimes.com](mailto:abracamontes@elpasotimes.com); 546-6381.



# Coronado Invitational September 11,2010

Varsity Girls	Time	Place
Amy Apodaca	14:20	1
Melanie Stires	14:30	2
Brandee Baca	14:57	11
Olivia Lara	15:22	21
WhitneyStewar	15:33	28
Jackie Cuellar	16:05	47
Ana Perez	16:33	66
<b>Team 1<sup>st</sup> 63pts 1-5 Time Gap=1:13</b>		

Open Girls	Time	Place
christ delgado	15:44	2
Zeleste Aranda	17:18	22
Jazmine Carrillio	17:39	34
Kim Markuson	18:04	41
CassandrDuran	18:19	45
Kayla Ambros	21:36	89
<b>Team 5th 133pts 1-5 Time Gap=1:35</b>		

9 <sup>TH</sup> Girls	Time	Place
Carissa Pinion	16:25	2
wendy najera		6
Hannah Gomez		11
Van Medrano		12
Angelica Duran		15
Jazmin Navarrete		16
<b>Team 2<sup>nd</sup> 37pts 1-5 Time Gap=?</b>		

Varsity Boys	Time	Place
Juan Blanco	16:22	5
Ryan Saenz	16:54	12
Luis Salazar	16:56	13
Steven Rios	17:21	30
Elias Leija	17:22	34
Stephen Wallace	17:34	40
Calub Buntyn	17:39	42
<b>Team 1st 87pts 1-5 Time Gap=60sec</b>		

Ran wrong way on the course

Open Boys	Time	Place
Robert Barcenass	15:22	7
Alex Blanco	15:25	8
Ivan Hernandez	15:29	9
Richard Mora	15:30	12
Greg Whitworth	16:17	28
Troy Payne	16:27	38
Victor Maestas	17:14	70
Richie Esparza	17:15	71
Erik Martinez	18:02	100
Troy Means	18:19	113
Aldo Hernandez	18:46	116
Carlos Barcenass	20:30	127
Alex Onteveros	21:19	132

**Team 2nd 63pts 1-5 Time Gap=2:14**

Freshmen Boys	Time	Place
Brian Casillas	12:53	1
Adrian Arvizo	13:04	2
Fernie Ugarte	13:49	7
Jonathan Rubio	14:44	14
Martin Pandeli	15:00	18
Phillip De la Pena	17:09	28

**Team 1st 32pts 1-5 Time Gap= 2:07**





# Eastwood boys edge out Montwood on tiebreaker

By Aaron Bracamontes  
EL PASO TIMES

With 107 runners and 16 teams at the Coronado High School Invitational, the possibilities for a tie were small.

But not impossible.

In the boys' varsity race, No. 2 Eastwood and No. 3 Montwood both finished with the low score of 87 points to tie for first place in the cross-country meet.

According to the rules, when the score of the first five runners results in a tie, the winner is determined by the sixth runner.

"When I heard that I was really nervous," said Stephen Wallace, the Troopers' sixth runner. "I was hoping I did enough for my team."

He did. By placing 37th, compared to Montwood's sixth runner placing 52nd, he elevated his team to victory.

"I'm glad I was able to help the team and push myself," Wallace said.

In fact, the boys' win completed a sweep of the team titles for the second week in a row, as the girls also finished in first place. The Troopers were led by Aimee Apodaca and Melanie Stires, who finished first and second, respectively.

With about a mile left in the 3-mile event, Apodaca pulled away from the pack.

"It was a lot of different terrains and you just had to adjust," Apodaca said. "I pulled away when we started to go up the hill to the park and when we came down I just strided in."

And Stires kept pace, not far behind her teammate.

"We are a lot closer than we are," Stires said. "We

## Coronado Invitational

### Girls individual

- 1. Aimee Apodaca, Eastwood, 14:29.11.
- 2. Melanie Stires, Eastwood, 14:30.93.
- 3. Sarah Rayas, Clint, 14:34.21.

### Girls team

- 1. Eastwood 63
- 2. El Dorado 97
- 3. Clint 102

### Boys individual

- 1. Isaac Spencer, Austin, 15:47.20
- 2. Luis Romero, Montwood, 15:56.30
- 3. Ramon Garcia, Austin, 16:15.18

### Boys team

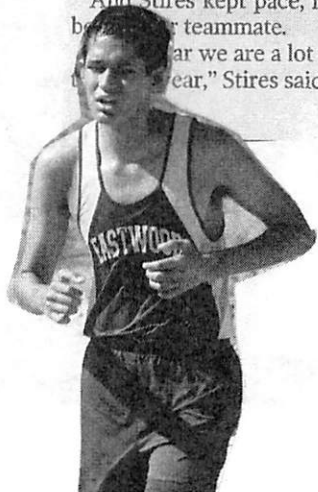
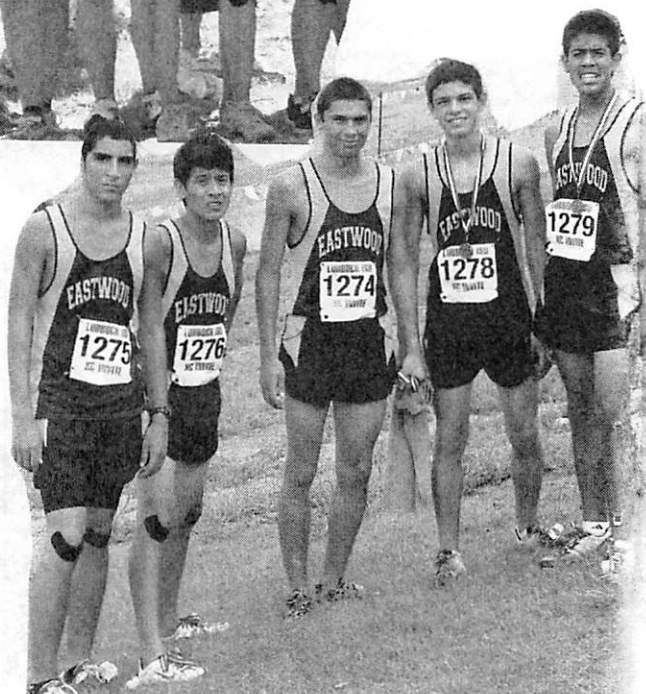
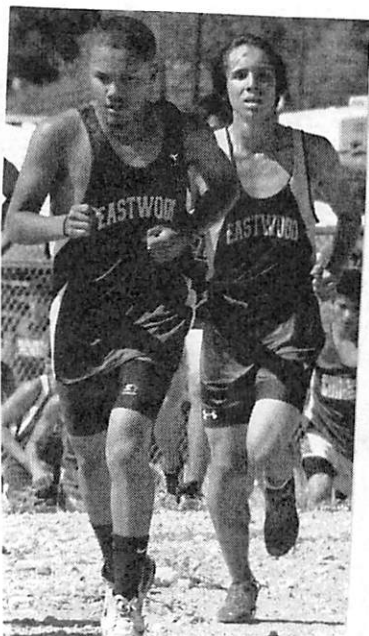
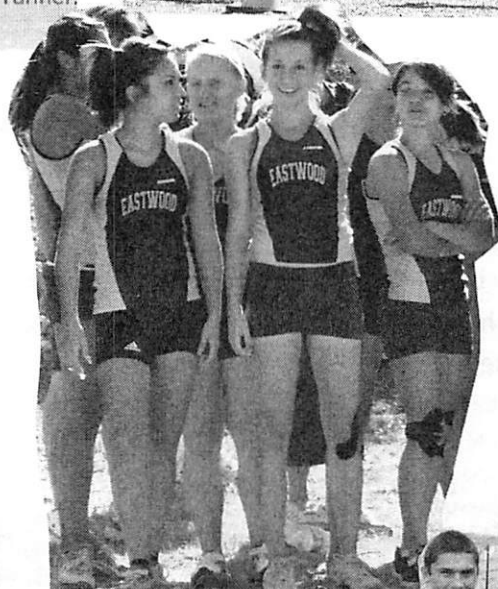
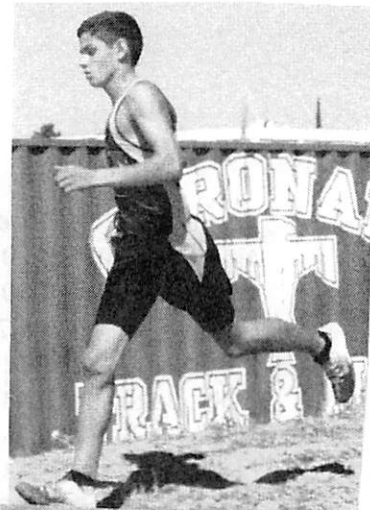
- 1. Eastwood 87\*
- 2. Montwood 87
- 3. Santa Teresa 103

\*Note: Eastwood boys won on sixth runner.

each know how far we should be from each other."

While a gold and silver medal are nice additions to the girls' collections, they both said the main focus is on the team.

Finishing first and second "is really good because it means we have a really good chance to perhaps get first at Lubbock next week," Apodaca said. "It also means we are getting stronger."



Lubbock Invitational September 18,2010

**Team - El Paso Eastwood**

**Team Score (places): 146**

<u>Bib</u> <u>No</u>	<u>Name</u>
1658	Melanie Stires
2652	Amy Apodaca
3653	Brandee Baca
4655	Lara Olivia
5654	Jackie Cuellar
6657	Whitney Stewart
7656	Ana Perez

**Finish Position - 4**

**Team Score**

(times): Ave Time:12:37.5  
1:03:07.6

<u>Yr</u>	<u>O'All</u>	<u>Cum</u>	<u>Time</u>	<u>Cum</u>	<u>Time</u>
	<u>Place</u>	<u>Place</u>		<u>Time</u>	<u>Back</u>
12	8	8	12:09.7	12:09.7	0:00.0
11	10	18	12:11.2	24:21.0	0:01.5
12	34	52	12:45.2	37:06.2	0:35.4
12	42	94	12:55.0	50:01.2	0:45.2
10	52	<b>146</b>	13:06.41	<b>1:03:07.60</b>	56.6
12	68	214	13:21.81	16:29.51	12.1
11	96	310	14:05.21	30:34.81	55.5

**Team - El Paso Eastwood**

**Team Score (places): 101**

<u>Bib</u> <u>No</u>	<u>Name</u>
11274	Juan Blanco
21279	Luis Salazar
31278	Ryan Saenz
41276	Elias Leija-Garza
51280	Steven Wallace
61277	Steven Rios
71275	Buntyn Calub

**Finish Position - 3**

**Team Score**

(times): Ave Time:16:28.3  
1:22:21.6

<u>Yr</u>	<u>O'All</u>	<u>Cum</u>	<u>Time</u>	<u>Cum</u>	<u>Time</u>
	<u>Place</u>	<u>Place</u>		<u>Time</u>	<u>Back</u>
12	4	4	15:52.4	15:52.4	0:00.0
12	19	23	16:25.5	32:18.0	0:33.0
10	23	46	16:35.1	48:53.1	0:42.6
11	24	70	16:35.31	1:05:28.50	42.9
10	31	<b>101</b>	16:53.11	<b>1:22:21.61</b>	00.7
10	36	137	17:00.61	39:22.31	08.2
10	38	175	17:00.91	56:23.31	08.5

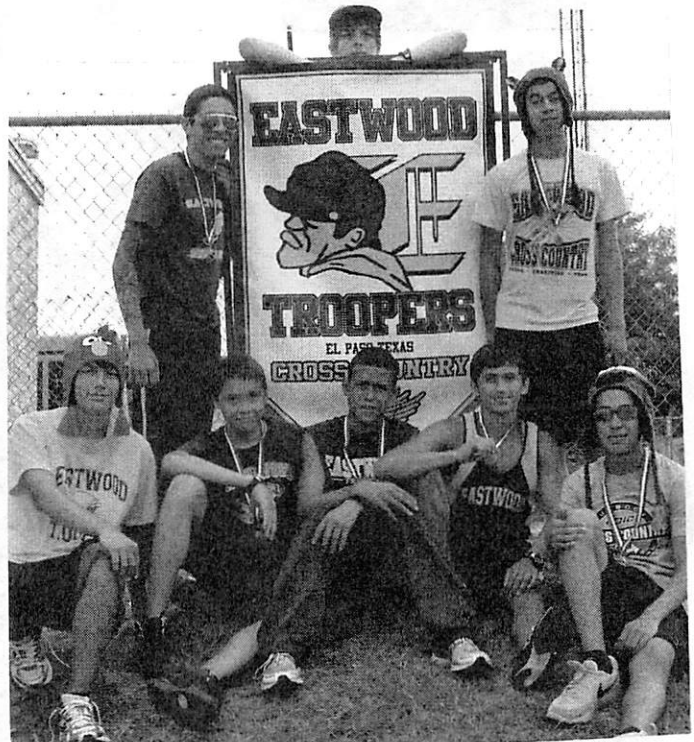
**JV Results**

**GIRLS**

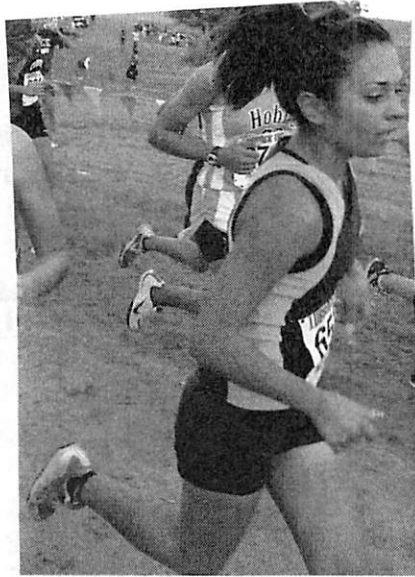
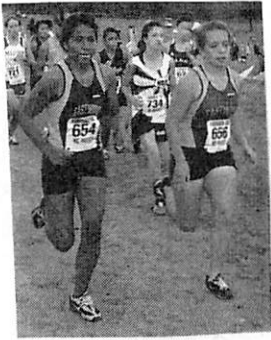
christina delgado EASTWOOD	6th	13:10
Carissa Pinion EASTWOOD	16th	13:33

**BOYS**

Brian Castillo EASTWOOD	1st	16:49
Ivan Hernandez EASTWOOD	4th	17:23
Gerald Perez EASTWOOD	5th	17:28
Alex Blanco EASTWOOD	7th	17:34
Robert Barcenas EASTWOOD	8th	17:35
Richard Mora EASTWOOD	10th	17:42
Adrian Arvizo EASTWOOD	13th	18:05
Troy Payne EASTWOOD	25th	18:29







# Mayfield Invitational September 25,2010

Varsity Girls	Time	Place
Melanie Stires	16:49	1
Amy Apodaca	16:54	2
Brandee Baca	17:30	8
Olivia Lara	17:46	13
Jackie Cuellar	18:13	23
Whitney Stewar	18:26	27
Ana Perez	18:35	31
<b>Team 1<sup>st</sup> 45pts 1-5 Time Gap=1:24</b>		

Open Girls	Time	Place
christ delgado	18:45	1
Carissa Pinon	19:14	5
Zelete Aranda	20:30	12
Diana Gonzalez	21:00	17
JazNevarrete	21:41	30
Hannah Gomez	21:54	35
Angelica Duran	22:05	39
VanMedrano	22:06	41
PrisValenzuela	28:28	91
<b>Team 2<sup>nd</sup> 62pts 1-5 Time Gap=2:56</b>		

Varsity Boys	Time	Place
Juan Blanco	14:18	5
Luis Salazar	14:23	8
Brian Casillas	14:29	11
Elias Garza	14:34	14
Ryan Saenz	14:36	16
Steven Rios	14:49	25
Stephen Wallace	14:56	30
<b>Team 2nd 54pts 1-5 Time Gap=18sec</b>		

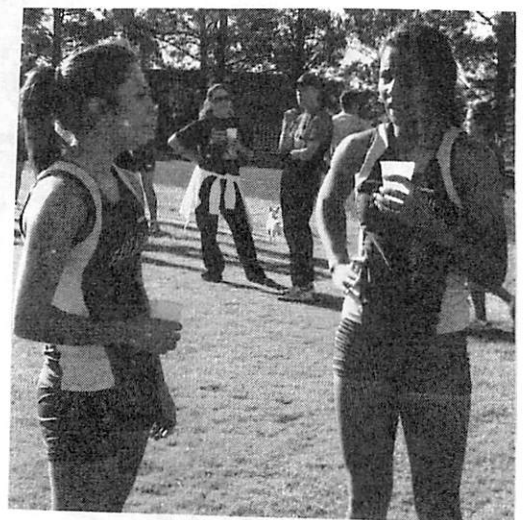
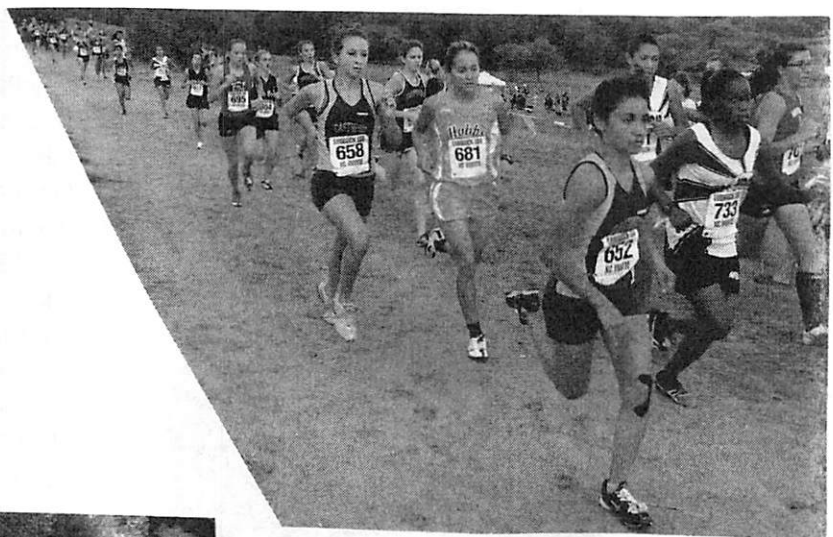
Ran wrong way on the course

Open Boys	Time	Place
Gerald Perez	14:56	1
Calub Buntyn	15:13	4
Ivan Hernandez	15:19	5
Robert Barcenass	15:28	7
Alex Blanco	15:29	8
Richard Mora	15:35	9
Adrian Arvizo	15:50	10
Troy Payne	15:59	12
Greg Whitworth	16:19	19
Ruben Campos	16:55	29
Victor Maestas	17:17	34
Martin Pandeli	17:21	37
David Soledad	18:04	45
Erik Martinez	18:16	53
Jonathan Rubio	18:17	54
Troy Means	18:28	58
Aldo Hernandez	18:40	65
Julian Perez	18:55	69
Carlos Barcenass	19:19	71
Alex Ontiveros	20:24	81

**Team 1st 25pts 1-5 Time Gap=33sec**







# Eastwood/Bel Air Invitational October 9<sup>th</sup> 25,2010

Varsity Girls	Time	Place
Amy Apodaca	12:43	1
Beandee Baca	13:13	8
Olivia Lara	13:44	22
Carissa Pinion	13:56	29
Jackie Cuellar	13:59	30
Whitney Stewar	14:04	35
Ana Perez	14:12	40
Diana Gonzalez	15:23	86
Jazmin Carrillo	15:36	96
Kim Markuson	15:53	107
<b>Team 1st 85pts 1-5 Time Gap=1:16</b>		

9 <sup>TH</sup> Girls	Time	Place
wendy najera	15:50	9
Van Medrano	15:57	11
Hannah Gomez	16:20	14
JazNavarrete	16:25	16
Angelica Duran	16:54	23
Jenna Quiroz	19:15	34
<b>Team 3rd 63pts 1-5 Time Gap=1:04</b>		

Varsity Boys	Time	Place
Juan Blanco	15:47	1
Luis Salazar	16:10	6
Brian Casillas	16:22	9
Ryan Saenz	16:34	13
Steven Rios	16:34	14
Gerald Perez	16:41	18
Calub Buntyn	16:53	25
Robert Barcenas	16:58	29
Alex Blanco	17:16	39
Elias Garza	17:24	42
Stephen Wallace	17:26	43
Richard Mora	17:27	45
Greg Whitworth	17:33	48
Troy Payne	18:25	82
Troy Means	19:47	149
Carlos Barcenas	20:17	166
Aldo Hernandez	20:24	169
Alex Onteveros	22:00	198
<b>Team 1st 41pts 1-5 Time Gap=47sec</b>		

Freshmen Boys	Time	Place
Ruben Campos	12:16	4
Fernie Ugarte	12:20	5
Martin Pandeli	12:50	12
Jonathan Rubio	13:11	15
Julian Perez	13:27	18

**Team 2nd 51pts 1-5 Time Gap= 1:11**





# Eastwood sweeps cross country meet titles

By Aaron Bracamontes  
EL PASO TIMES

Juan Blanco was not supposed to win Saturday at the Eastwood/Bel Air Invitational at Vista Del Valle Park.

In fact, he wasn't even supposed to be there at all. The Eastwood senior was supposed to be taking the SAT, but a mishap postponed his exam. So he jogged home, grabbed his uniform and made it to the starting line just in time for the cross country race — and the win. Blanco earned the gold with a time of 15 minutes, 47.37 seconds, ahead of Franklin's Brian Barraza (15:50.05).

"I had to kick at the end to pull away," Blanco said. "I thought he was going to get tired out after the first mile, but he stuck with me the whole way."

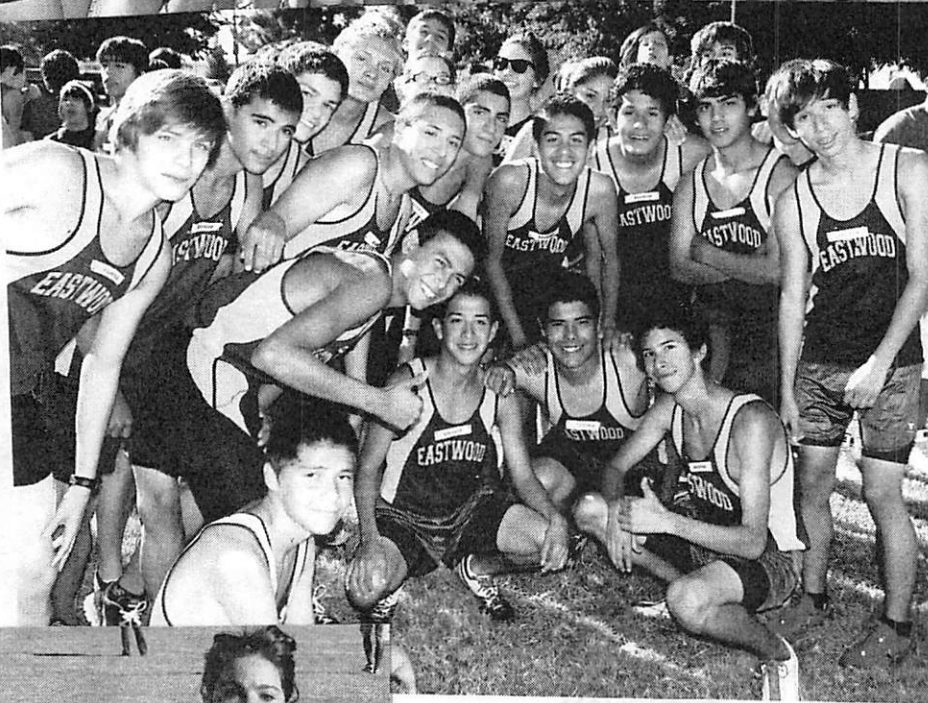
Blanco's first-place finish was just one of many celebrations for the Eastwood cross country team. The Trooper won both team and individual titles.

The Eastwood boys team compiled the low score of 41 points, while Coronado was second with 75.

► Cross country results 2C

The Trooper girls were five points better than Clint, edging the Lions 85-90. Aimee Apodaca's time of 12:34.25 was enough to hold off Coronado's Patricia Ablanado (12:52.00).

"I just felt it," she said. "It feels great (to win) because it's a great achievement. But it's also great to know the team is doing well and we are sticking together."



# Burges/Jeff Invitational October 16th 2010

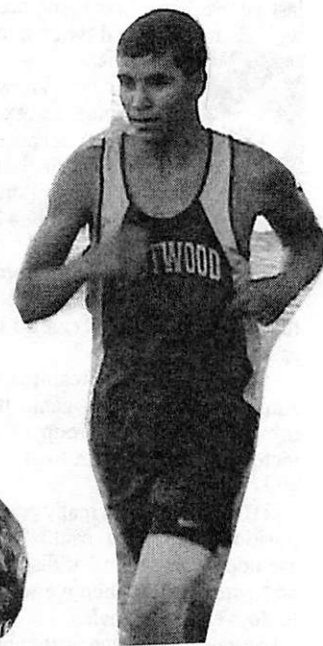
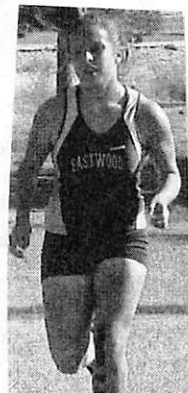
Varsity Girls	Time	Place
Melanie Stires	13:01	1
Amy Apodaca	13:12	3
Brandee Baca	13:42	16
Olivia Lara	13:52	25
Jackie Cuellar	14:24	50
Whitney Stewart	14:24	51
Carissa Pinion	14:26	52
<b>Team 1st 95pts 1-5 Time Gap=1:23</b>		

Open Girls	Time	Place
Ana Perez	15:03	12
Zelete Aranda	16:01	34
Jazmin Carrillio	16:13	37
Diana Gonzalez	16:48	41
Van Medrano	16:49	42
<b>Team 6th 120pts 1-5 Time Gap=1:46</b>		

Varsity Boys	Time	Place
Juan Blanco	16:18	3
Brian Casillas	17:00	25
Ryan Saenz	17:05	31
Steven Rios	17:09	33
Luis Salazar	17:10	34
Gerald Perez	17:18	38
Elias Garza	17:21	41
<b>Team 4th 126pts 1-5 Time Gap=52sec</b>		

Open Boys	Time	Place
Caleb Buntyn	17:23	1
Ivan Hernandez	17:27	2
Robert Bercenas	17:46	5
Alex Blanco	17:56	6
Stephen Wallace	18:01	8
<b>Team 1st 22pts 1-5 Time Gap=38sec</b>		

	Time
Richard Mora	12:07
Adrian Arvizo	12:50
Ruben Campos	12:55
Fernie Ugarte	13:10
Victor Maestas	13:38
Jonathan Rubio	14:15
Troy Means	14:23
Erick Martinez	14:23
David Soladad	14:23
Julian Perez	14:31
Aldo Hernandez	15:19
Carlos Bercenas	15:46
Alex Onteveros	15:47
Phillip DeLaPena	16:16
Angelica Duran	17:28
Hannah Gomez	17:39
Jazmin Navarrette	18:21
Kayla Ambrose	21:22
Jenna Quiroz	21:27





# Jefferson, Eastwood win team titles

By Aaron Bracamontes  
EL PASO TIMES

The Jefferson boys' and Eastwood girls' high school cross-country teams proved Saturday they are the ones to beat at the Burges-Jefferson Invitational.

And once again, Austin's Isaac Spencer and the Troopers' Melanie Stires surged to the front.

The key meet took place at the Chamizal, the same course that most of the district championships will be held at the end of the month.

Eastwood had a low-score total of 93 points to edge out Clint by one point. Jefferson came in third with 127 points.

Stires led the Troopers, finishing in first with a time of 13 minutes, 1.18 seconds. Going back to last year's district race, she has won at the Chamizal twice in a row.



Stires

"I knew what to expect because I did it last year," she said. "When I got tired, I just kept telling myself that I won it before, I can do it again."

Stires, along with teammate Aimee Apodaca, who came in third, powered the Troop to a victory, but their main focus is still on the future.

"I think we are in a really good position," Apodaca said. "We are hoping to do well at district and win it again. Then we want to do well at regionals."

For most of the race Stires and Apodaca ran side by side, but in the final stretch, Del Valle's An-



## ► Meet results 3C

gelica Palomino sprinted past Apodaca.

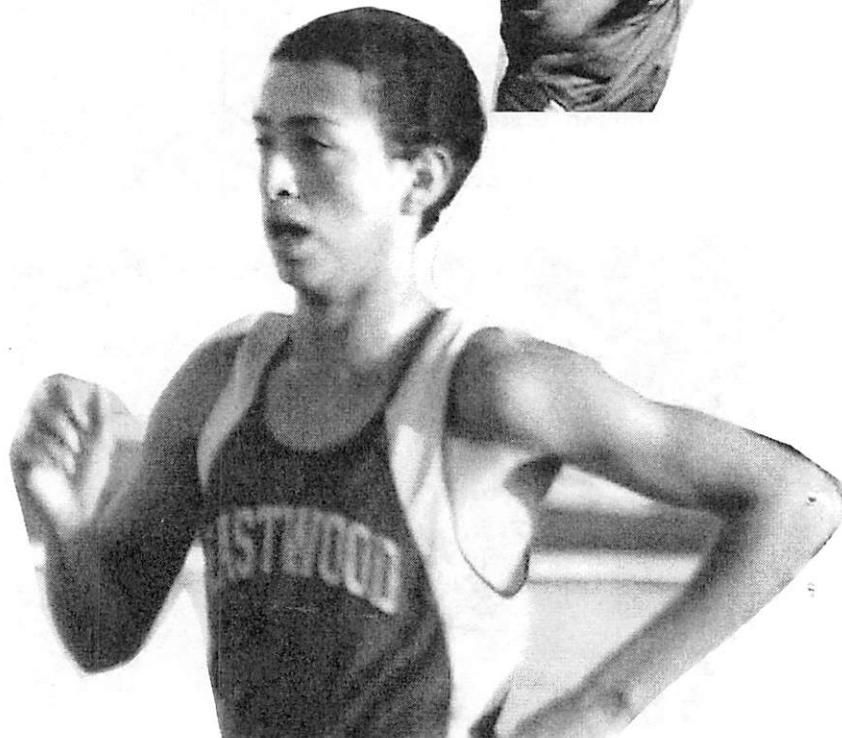
Stires and Palomino are both state qualifiers in track for the 800 meters.

"That was where I told myself 'I'm not tired,'" Palomino said. "Every race is different, so even if (district) is on the same course, we've got to stay focused."

Clint was left one point short, but walked away confident with the team's performance. The Lions were the regional champi-

ons last season and are looking for a better showing at the state meet.

"We rely a lot on each other," Brandee Garner said. "We need to work on closing our gaps. That is one huge adjustment we have to make."



## 9<sup>th</sup> Running of the Shoe October 22th 2010

<b>Varsity Girls</b>	<b>Time</b>	<b>Place</b>	<b>Varsity Boys</b>	<b>Time</b>	<b>Place</b>
Melanie Stires	5:42.7	1	Juan Blanco	10:12.7	1
Aimme Apodaca	5:46.0	2	Brian Casillas	10:30.7	2
Brandee Baca	6:02.8	4	Elias Garza	10:31.3	3
Olivia Lara	6:03.2	5	Luis Salazar	10:39.9	6
Jackie Cuellar	6:12	7	Steven Rios	10:43.5	7
Anna Perez	6:21	8	Calub Buntyn	10:47.1	9
Carissa Pinon	6:27	10	Gerald Perez	10:48.2	10
Whitney Stewart	6:29	11	Ryan Saenz	10:56	11
<b>Team 1<sup>st</sup> 19pts 1-5 Time gap=30sec</b>			<b>Team 1<sup>st</sup> 17pts 1-5 Time Gap=31sec</b>		

<b>Open Girls</b>	<b>Time</b>	<b>Place</b>	<b>Open Boys</b>	<b>Time</b>	<b>Place</b>
Diana Gonzalez	6:54	1	Stephen Wallace	10:59	1
Jazmin Carrillio	6:54	2	Richard Mora	10:59	2
Zelete Aranda	6:59	4	Ivan Hernandez	11:04	3
Jazmin Navarrete	7:15	7	Alex Blanco	11:05	4
Angelica Duran	7:35	16	Greg Whitworth	11:35	6
Kim Markunson	7:49	19	Troy Payne	11:43	7
Pricilla Vallenzuella	8:03	22	Adrian Arvizo	11:51	9
Jenna Quiroz	8:18	24	Fernie Ugarte	12:06	11
Kayla Ambrose	8:21	25	Victor Maestas	12:19	12
Halie Hall	9:20	27	Martin Pandeli	12:33	16
			Troy Means	12:54	18
			Ruben Campos	12:56	19
			David Soldad	13:00	20
			Erik Martinez	13:08	21
			Julian Perez	13:12	22
			Richie Esparza	13:51	23
			Alex Onteveros	13:56	25
			Phillip DeLaPena	14:35	27

In track, the District 1-5A championships were also re-scored following last month's report of Montwood's ineligible runner. As a result, Eastwood was awarded the boys' district title.

► In a rare dual meet, Eastwood won the annual "Running of the Shoe" over Bel Air.

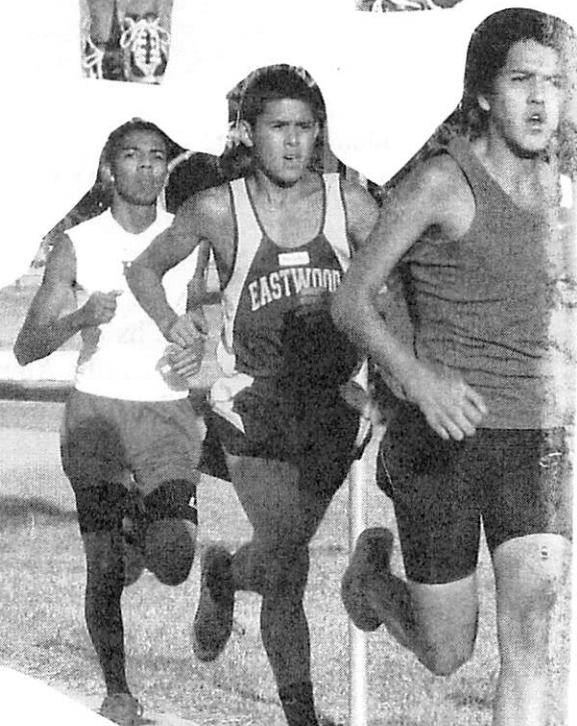
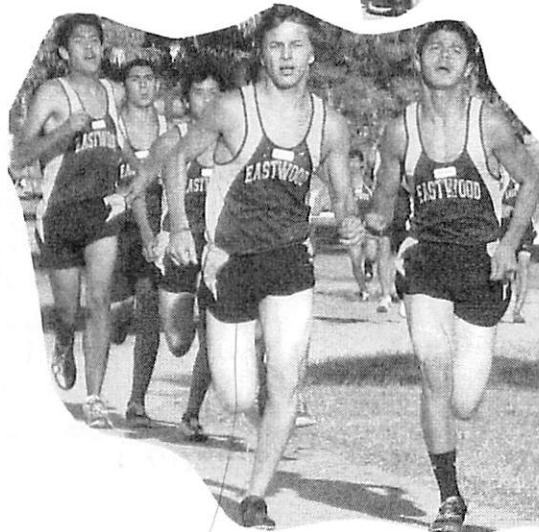
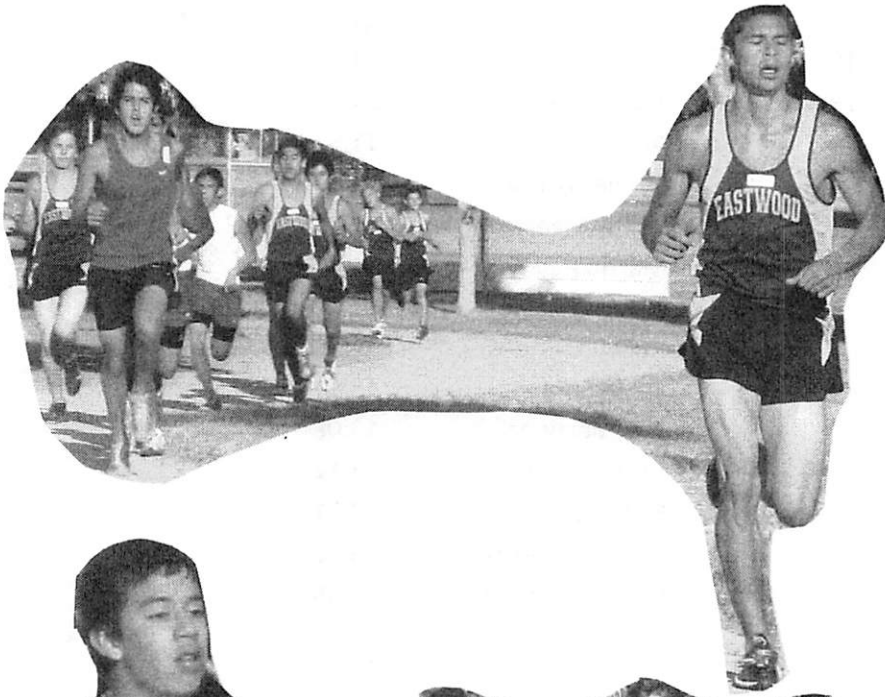
### Alumni/Parents

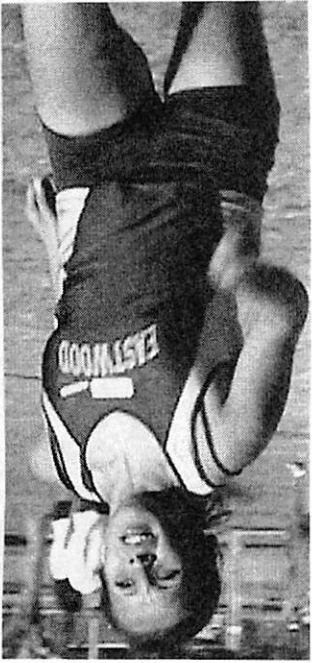
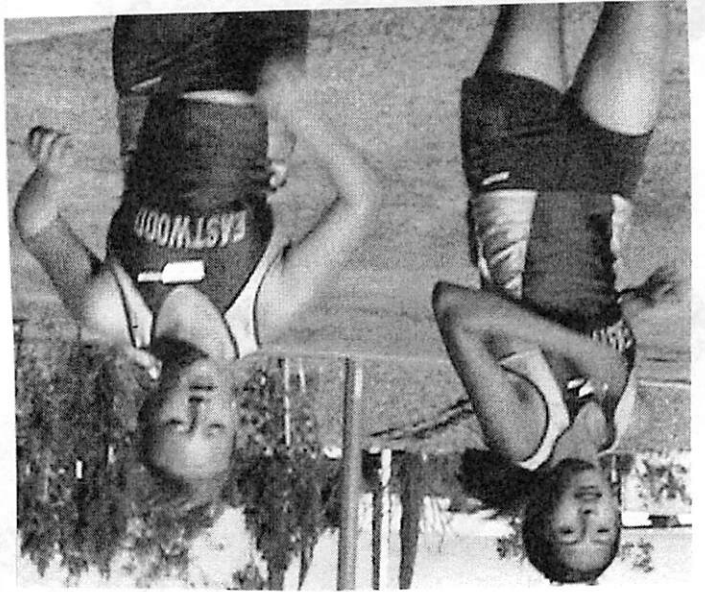
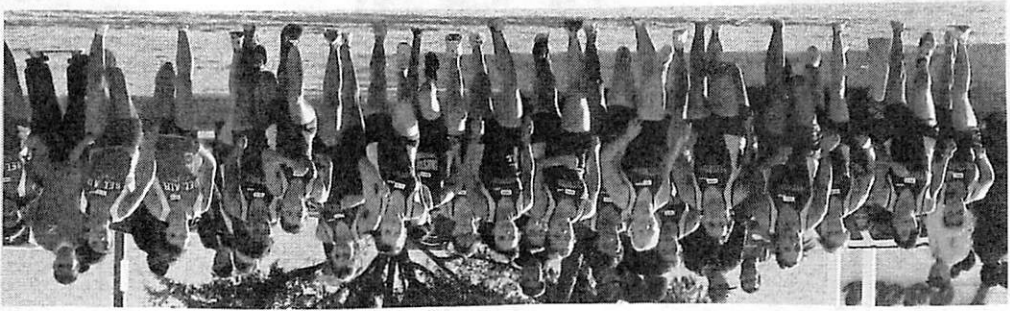
1. Clinton Blacksmith 10:32.4

### Parents and alumni

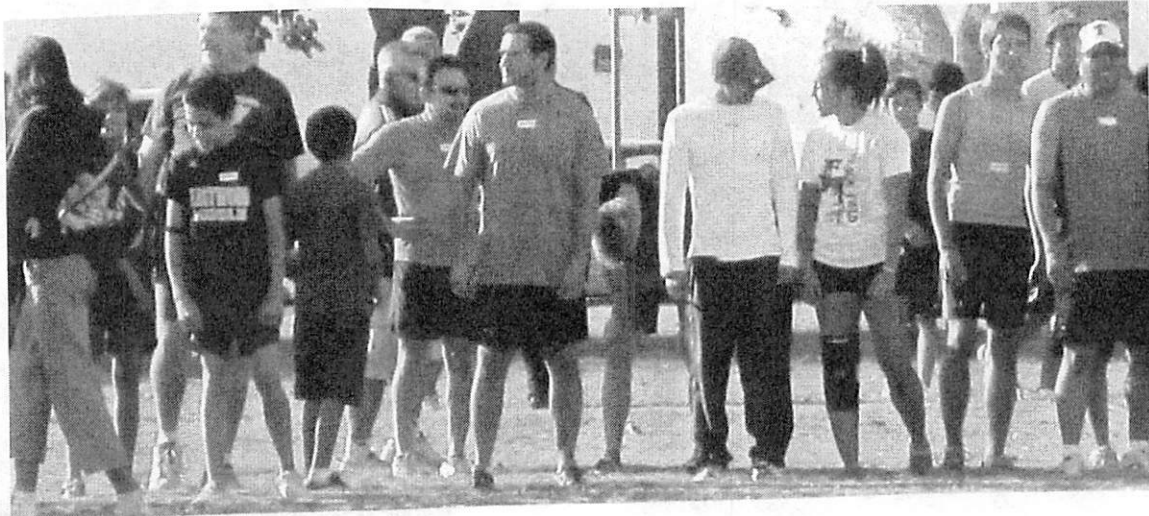
- |  |   |
|--|---|
| 1 Alvarado, Josh Ehs Alumni/Parents 5:12.30 1    | 9 Martinez, Leopoldo Ehs Alumni/Parents 6:55.00 11  |
| 4 Hernandez, Steven Ehs Alumni/Parents 5:47.46 2 | 11 Frazier, Josh Ehs Alumni/Parents 7:18.56         |
| 5 Adame, Alex Ehs Alumni/Parents 5:58.85 3       | 12 Regalado, Isabel Ehs Alumni/Parents 7:26.24      |
| 6 Lara, Mike Ehs Alumni/Parents 6:21.28 7        | 13 ran as Cervantes, Liz Ehs Alumni/Parents 7:29.35 |
| 7 Mylius, John Ehs Alumni/Parents 6:47.49 8      | 14 Adam Ehs 7:49.18                                 |
| 8 Huscroft, Sean Ehs Alumni/Parents 6:51.16 9    | 15 Uragte, Mr Ehs Alumni/Parents 8:50.49            |
|  | 16 Orszulak, Mike Ehs Alumni/Parents 8:57.10        |
|  | 17 Wallace, Leo Ehs Alumni/Parents 9:13.67          |















### District October 30th 2010 at Chamizal

Varsity Girls	Time	Place	Varsity Boys	Time	Place
Melanie Stires	13:02	1	Juan Blanco	16:46	10
Aimme Apodaca	13:22	4	Ryan Saenz	17:07	18
Brandee Baca	13:58	13	Geraldo Perez	17:09	19
Olivia Lara	14:04	16	Brian Casillas	17:22	22
Whitney Stewart	14:11	22	Steven Rios	17:36	24
Jackie Cuellar	14:31	35	Elias Garza	18:51	43
Carissa Pinon	15:05	46	Luis Salazar	19:00	44
<b>Team 1<sup>st</sup> 56pts 1-5 Time Gap=69sec</b>			<b>Team 5<sup>th</sup> 93pts 1-5 Time Gap=50sec</b>		

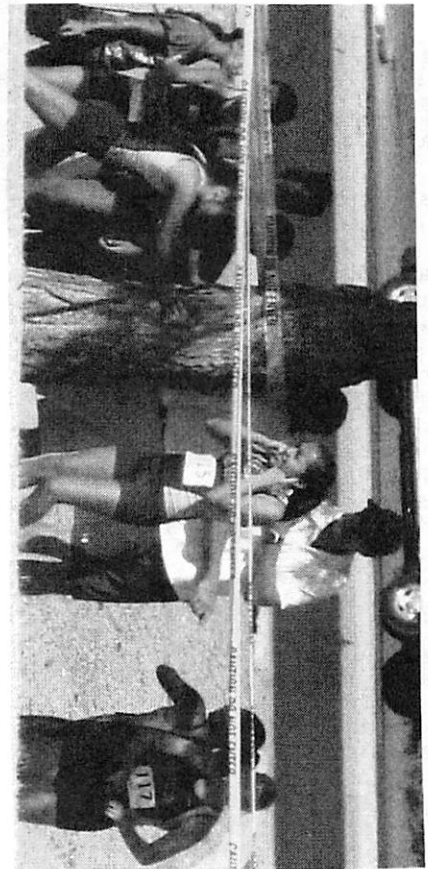
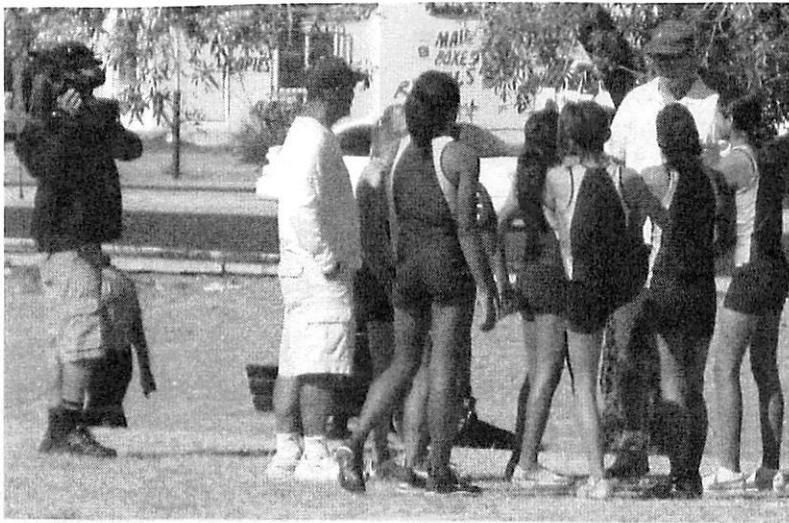
### District Nov 1st 2010 at Highridge Park

Open Girls	Time	Place	Open Boys	Time	Place
Ana Perez	16:23	13	Calub Buntyn	18:03	1
Jazmin Carrillio	16:25	14	Robert Barcenaz	18:44	2
Zelete Aranda	16:36	16	Alex Blanco	19:07	4
Kim Markunson	18:07	40	Richard Mora	19:10	5
Diana Gonzalez	18:43	47	Ivan Hernandez	19:12	6
Pricilla Vallenzuela	21:19	65	Stephen Wallace	19:29	8
Kayla Ambrose	25:34	68	Greg Whitworth	19:53	12
<b>Team 5<sup>th</sup> 97pts 1-5 Time Gap=2:20</b>			Troy Payne	21:58	36
			Victor Maestas	22:10	41
			Troy Means	22:15	44
			Erik Martinez	22:45	54
			Carlos Barcenaz	23:27	58
			Aldo Hernandez	24:20	70
			<b>Team 1<sup>st</sup> 18pts 1-5 Time Gap=69sec</b>		

9 <sup>th</sup> Girls	Time	Place	9 <sup>th</sup> Boys	Time	Place
Hannah Gomez	17:35	18	Adrian Arvizo	12:44	2
Vanessa Medrano	18:11	28	Fernie Ugarte	13:08	4
Isabel Torres	18:41	32	Ruben Campos	13:59	14
Angelica Duran	18:53	35	Jonathan Rubio	14:02	15
			Julian Perez	14:50	26
			Phillip De La Pena	17:24	42

**Team 1<sup>st</sup> 54pts 1-5 Time Gap=2:06**







# Runners: a different breed of athlete

There is no satisfying a cross country runner.

Either the number of miles or the amount of pain; none of it is enough for them. That is why they do what they do — run.

Cross country runners are a different breed of athlete altogether.

For starters, it takes a great deal of time and effort to run more miles in one hour than some drive in a day. If a three-mile race sounds tough, then you don't want to even begin to hear what these kids do in a "light" practice.

When you're outside watering your lawn or even going for a nice, easy jog, they are those teens who fly past you at full speed. You may think to that they are either just running down the street or that they might get tired and slow down soon.

Either way, you are wrong. They plan on keeping that pace for a long time.

Most of all, when they finish a workout, somewhere deep down in the back of their minds, they still feel like doing more. In fact, they know they could do more and want to.

It's not easy, but then no sport ever really is. Pain is a part of any sport, but for the runner it is unavoidable and they welcome it.

It's not about how much pain they can take and keep going, it's more about how much they want to take it.

That is why sometimes they have to be told, if not forced to understand, by



parents, trainers and coaches that even though they are used to pushing their limits, they cannot run with a concussion, the flu or a fractured leg.

It's definitely not the most popular sport, so you're not going to see a clip of a team placing all five runners in the Top 10 on "Sportscenter."

Also, a two- or three-mile course through desert, hills, parks or a school parking lot is not the easiest to keep up with, even if you try to follow in a car or dirt bike.

State champions in cross country don't garner as much attention around campus as the football team does, but once again, that doesn't matter. To them, an early Saturday morning race in the freezing rain or in the sizzling sun is as marquee an event as a Friday night football game under stadium lights.

Several of their fellow students may only know them as, "Hey, you're that kid who is always running when I'm leaving school."

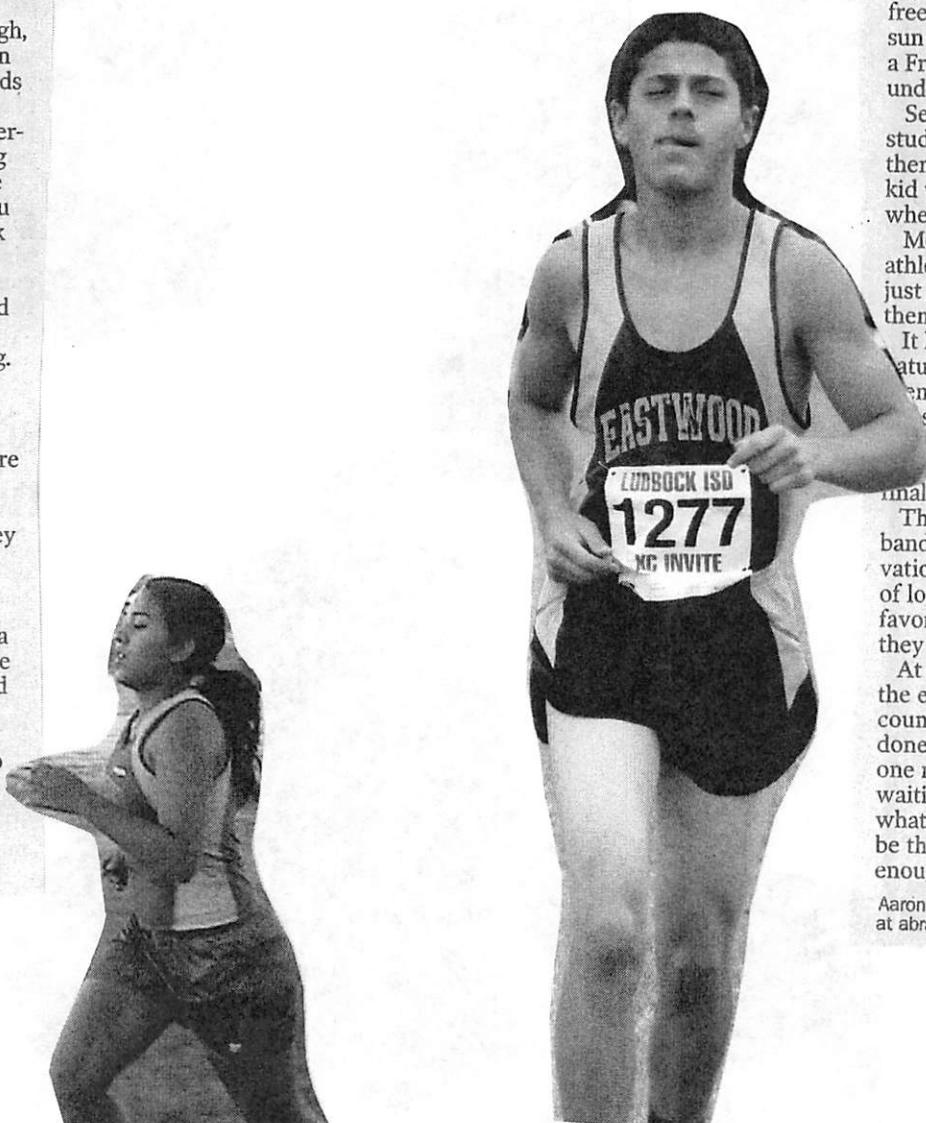
Most importantly for these athletes, cross country isn't just a sport, it's the sport for them.

It has the ability to take natural runners and give them a challenge, while at the same time giving others more determination and talent a chance to finally prove themselves.

They don't need a crowd, band or cheerleaders. Motivation can come in the form of loved ones, friendship, a favorite song or phrase while they navigate a course.

At the end of the day, or at the end of a career, the cross country runner still is not done. Inside of them there is one more great mile just waiting to get out. No matter what they do, it will always be there, because it never is enough.

Aaron Bracamontes may be reached at [abracamontes@elpasotimes.com](mailto:abracamontes@elpasotimes.com); 546-6381.



# UIL Region I XC Championships

November 06, 2010

*Team - El Paso Eastwood*

*Team Score (places): 335*

*Finish Position - 13*

*Team Score*

*(times):*

*Ave Time: 12:28.39*

*1:02:21.95*

<u>Bib</u> <u>No</u>	<u>Name</u>	<u>Year</u>	<u>O'All</u> <u>Place</u>	<u>Cum</u> <u>Place</u>	<u>Time</u>	<u>Cum Time</u>	<u>Time</u> <u>Back</u>
1774	Melanie Stires	12	9	9	11:33.01	11:33.01	00:00.00
2768	Amy Apodaca	11	38	47	12:12.83	23:45.84	00:39.82
3771	Lara Olivia	12	85	132	12:45.54	36:31.38	01:12.53
4769	Brandee Baca	12	86	218	12:45.79	49:17.17	01:12.78
5773	Whitney Stewart	12	117	<b>335</b>	<b>13:04.78</b>	<b>1:02:21.95</b>	01:31.77
6770	Jackie Cuellar	10	121	456	13:09.30	1:15:31.25	01:36.29
7772	Carissa Pinion	9	132	588	13:19.58	1:28:50.83	01:46.57

21      1632 Juan Blanco      El Paso Eastwood      15:45.74      12

Push ups

Amy 137

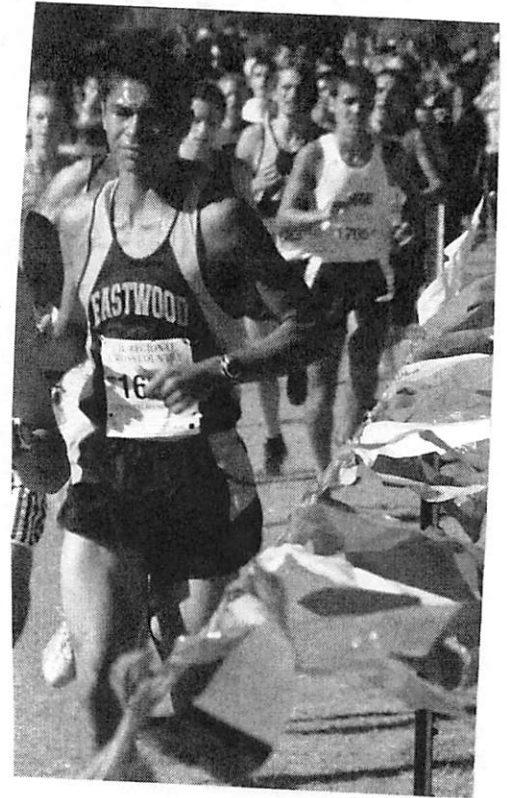
Whitney 30

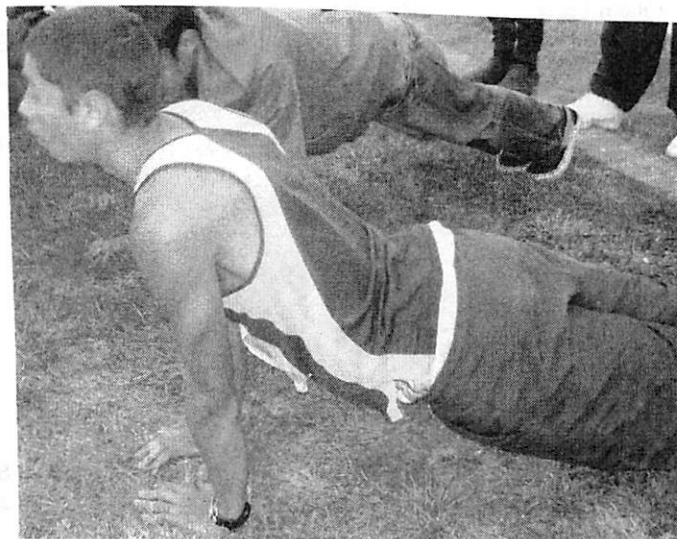
Carissa 31

Juan 95









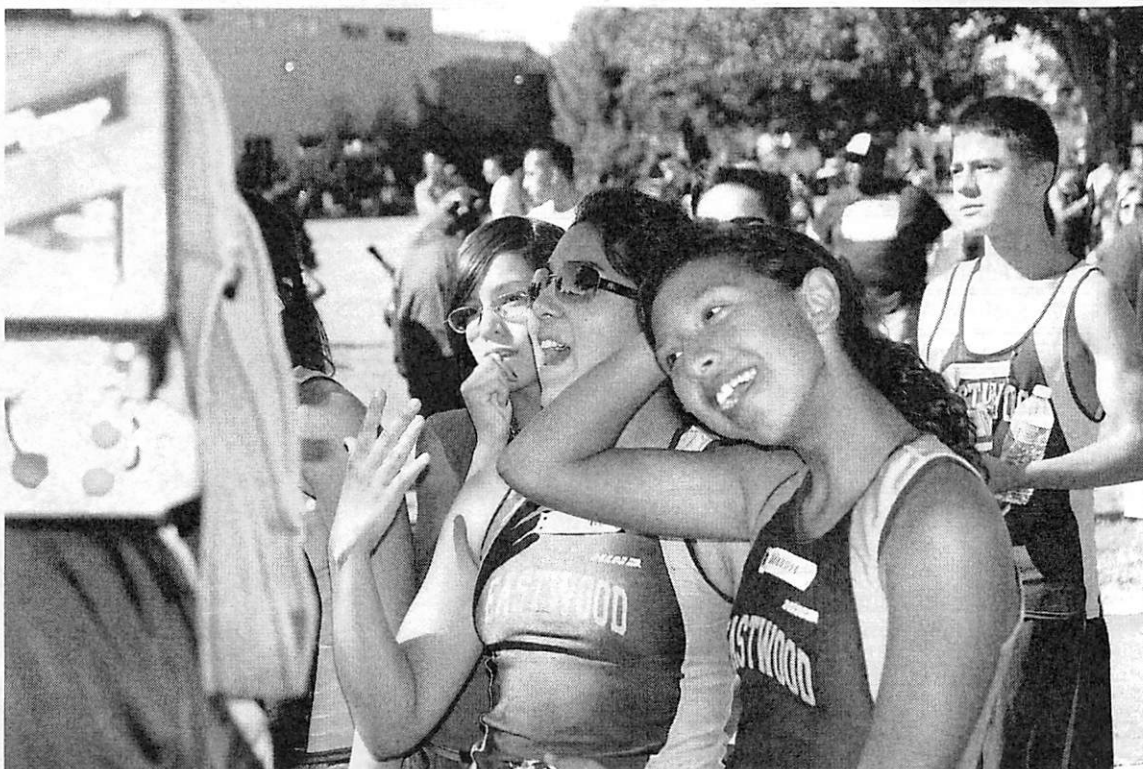
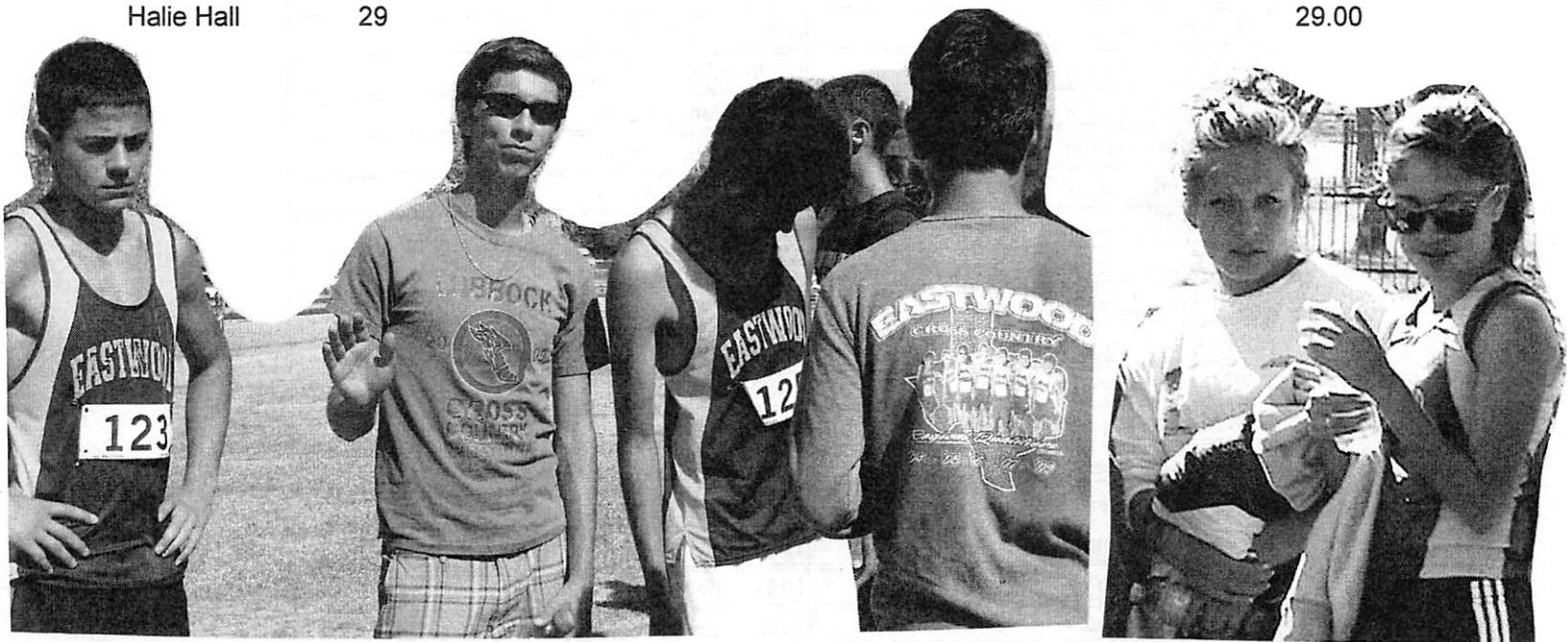


**2005 Season Average Through District**

Season Average Through The District Meet											
Name	Park	Clint	Cor	Lubbock	Mayfield	Eastwood	Chamizal	Shoe	District	Points	Avg
<b>Varsity Boys</b>											
Juan Blanco	5	6	5	4	5	1	3	1	10	40	4.44
Ryan Saenz	8	13	12	23	16	13	31	11	18	145	16.11
Luis Salazar	6	11	13	19	8	6	34	6	44	147	16.33
Brian Casillas		74			11	9	25	2	22	143	23.83
Steven Rios		27	30	36	25	14	33	7	24		24.50
Elias Garza	15	25		24	14	42	41	3	43	207	25.88
Gerald Perez	16	45				18	38	10	19	146	24.33
Ivan Hernandez	23	31									27.00
Calub Buntyn		28	42	38		25		9		142	28.40
Stephen Wallace		24	40	31	30	43					33.60
<b>Varsity Girls</b>											
Melanie Stires	3		2	8	1		1	1	1	17	2.43
Amy Apodaca	5	2	1	10	2	1	3	2	4	30	3.33
Brandee Baca	10	17	11	34	8	8	16	4	13	121	13.44
Olivia Lara	18	33	21	42	13	22	25	5	16	195	21.67
Whitney Stewart	12	21	28	68	27	35	51	11	22	275	30.56
Jackie Cuellar	16	21	47	52	23	30	50	7	35	281	31.22
Carissa Pinon						29	52	10	46	137	34.25
Ana Perez	30	76	66	96	31	40		8		347	49.57
<b>Open Boys</b>											
Calub Buntyn	4				4		1		1	10	2.00
Gerald Perez				5	1						3.00
Ivan Hernandez			9	4	5		2	3	6		4.80
Steven Wallace	3						8	1	8	20	5.00
Robert Barcenias	5	7	7	8	7		5		2	41	5.86
Alex Blanco	8	5	8	7	8		6	4	4	50	6.25
Richard Mora	10	8	12	10	9			2	5	56	8.00
Adrian Arvizo		18		13	10			9	2	52	10.40
Troy Payne	20	15	38	25	12	82		7	36	235	29.38
Greg Whitworth	28	74	28		19	48		6	12	215	30.71
Victor Maestas	33	86	70		34			12	41	276	46.00
Richie Esparza		92	71					23		186	62.00
Erik Martinez	54	165	100		53			21	54	447	74.50
Troy Means	53	152	113		58	149		18	44	587	83.86
Carlos Barcenias	82		127		71	166			58	504	100.80
Aldo Hernandez	49	155	116		65	169			70	624	104.00
Alex Onteveros	94		132		81	198		25		530	106.00
<b>Open Girls</b>											
Carissa Pinon		9		16	5					30	10.00
Ana Perez							12		13		12.50
Zelete Aranda		31	22		12		34	4	16		19.83
Diana Gonzalez	16	38			17		41	1	47	160	26.67
Jasmine Carillio		48	34				37	2	14	135	27.00
Pricilla Vallenzuela	84	149			91		21	22	65		31.00
Kim Markunson	32		41					19	40	132	33.00
Cassandra Duran	35	95	45		45					220	55.00
Kayla Ambrose	68		89		89			25	68	339	67.80
<b>Freshman Boys</b>											
Brian Casillas	1		1							2	1.00

# 2005 Season Average Through District

Adrian Arvizo	3	2		2	7	2.33
Fernie Ugarte		7	5	4		5.30
Ruben Campos	7		4	14	25	8.33
Jonathan Rubio	10	14	15	15		13.50
Martin Pandeli	18	18	12			15.00
Julian Perez	14		18	26		19.33
Phillip DeLaPena		28		42		35.00
<b>Freshman Girls</b>						
Carissa Pinon	2	2			4	2.00
Hannah Gomez		11	14	18		14.30
Jasmine Navarrete	14	16	16		46	15.33
Vanessa Medrano	15	12	11	28		16.50
Angelica Duran	35	15	23	35		27.00
Jenna Quiroz	23		34			28.50
Halie Hall	29					29.00





# EASTWOOD CROSS COUNTRY MVP'S

2010 Juan Blanco	2010 Melanie Stires/Ammie 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
1975 Richard Puente	1975
1974 Richard Puente	1974
1973 Juan Ornelas	
1972 Wayne Soza	
1971 Doug Gentry	
1970 Walter McCoy	
1969 Robert Malphers	
1968 Robert Malphers	
1967 Charles Gaucin	
1966 Bill Debberstein	
1965 Bill Debberstein	





# EASTWOOD TRACK & FIELD

[Home Page](#)

[El Paso area cross country meet results](#)

[All-Time Top Ten List for each Cross Country & Track & Field Event](#)

[Eastwood/Fred Loya Inv. Records/Results](#)

[Upcoming Meets](#)

[Permission Slips](#)

[Physical Packet](#)

[Schedule](#)

[Team Pictures](#)

[Alumni](#)

[Scholarships](#)

[Terri Gents Page](#)

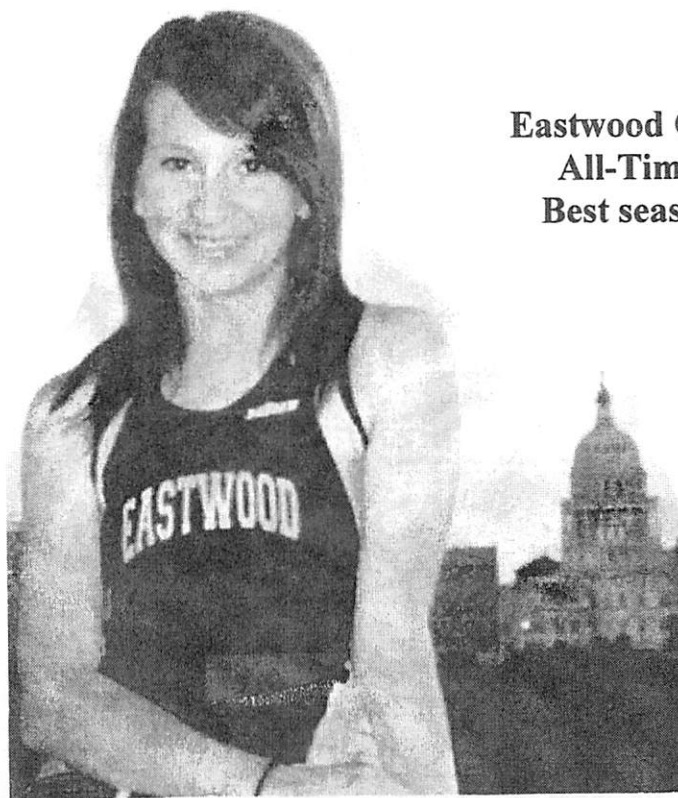
[Forms](#)

[Summer](#)

MileSplit.us All American Cross Country Team USA's Top 500 Times					
Year	Name	National Rank	Time	Meet	All American
2010	Melanie Stires	#95	11:33.00	Regionals	2nd Team
2010	Aimme Apodaca	#453	12:11	Lubbock	3rd Team
2009	Melanie Stires	#308	12:06.80	Regionals	2nd Team
2007	Tommy Daniel	#433	16:03.41	Regionals	2nd Team
2007	marco cassani	#394	16:01.06	Regionals	2nd Team
2007	Maegen Stires	#350	12:19.44	Regionals	2nd Team
2007	Jessica Payne	#357	12:20.37	Regionals	2nd Team
2006	Jessica Payne	#270	12:07.15	Regionals	2nd Team
2006	Dara Mylius	#415	12:20.60	Regionals	2nd Team
2006	Maegen Stires	#418	12:20.83	Regionals	2nd Team
2005	Mike Pivarnick	#91	15:38.00	District	2nd Team
2005	Paul Garcia	#105	15:41.00	District	2nd Team
2004	Mike Pivarnick	#14	*15:13.00	Hanks Inv.	2nd Team
2003	Mike Pivarnick	#92	15:42	Regionals	2nd Team







# **Eastwood Cross Country All-Time Top Ten Best season Averages**



## **Girls:**

1.)Melanie Stires	2.43	2010
2.) Debbie Contreras	2.5	1991
3.) Blanca Reyes	2.9	1993
4.)Ammie Apodaca	3.3	2010
5.) Jessica Payne	3.9	2006
6.) Monica Sanchez	5.0	1986
7.) Maegen Stires	5.6	2006
8.) Elyssa Garcia	5.89	2009
9.) Yadira Salazar	9.14	2005
10.) Dara Mylius	10.75	2007

## **Boys:**

1.) Mike Pivarnick	1.25	2005
2.) Paul Garcia	4.0	2005
3.)Juan Blanco	4.4	2010
4.) Tommy Daniel	4.6	2006
5.) marco cassani	4.63	2007
6.) Tony Simmetti	5.3	1990
7.) Eric Flores	7.4	1990
8.) Mike Montes	7.7	1984
9.) Oscar Solis	8.6	2006
10.) Connor Buntyn	9.56	2008



## All Time Top Ten The Running of The Shoe



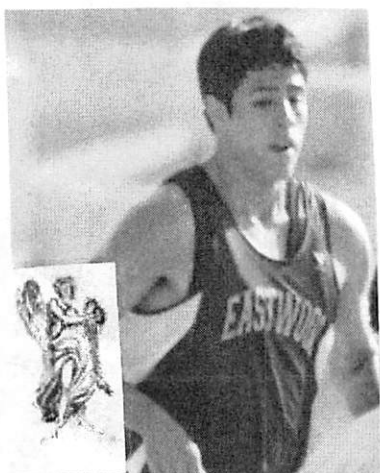
### Girls

1.	Jessica Payne	5:38	2006
1.	Maegen Stires	5:38	2006
3.	Melanie Stires	5:42	2010
4.	Yadira Salazar	5:44	2005
5.	Aimme Apodaca	5:46	2010
6.	Elyssa Garcia	5:48	2009
7.	Dara Mylius	5:53	2007
8.	Elizabeth Cervera	5:59	2007
9.	Brandee Baca	6:02	2010
10.	Monique Macias	6:03	2008
10.	Annette Hernandez	6:03	2006
10.	Christina Delgado	6:03	2009
10.	Olivia Lara	6:03	2010

### Boys

1.	Mike Pivarnick	10:09	2005
2.	Juan Blanco	10:12	2010
3.	Oscar Solis	10:21	2006
4.	Marco Cassani	10:21	2007
5.	Paul Garcia	10:25	2005
6.	Brian Casillas	10:30	2010
7.	Elias Garza	10:31	2010
8.	Connor Buntyn	10:35	2008
9.	Luis Salazar	10:39	2010
10.	Tommy Daniel	10:41	2007





## Eastwood Cross Country District Course All-Time Top Ten List

### Girls:

1.) Maegen Stires	12:49	2005
2.) Yadira Salazar	12:52	2005
3.) Kelly Martinez	12:53	1998
4.) Blanca Reyes	12:57	1994
5.) Melanie Stires	12:58	2009
6.) Jessica Payne	13:04	2006
7.) Elyssa Garcia	13:08	2009
8.) Dara Mylius	13:12	2006
9.) Ammie Apodaca	13:22	2010
10.) Christina Delgado	13:23	2009

### Boys:

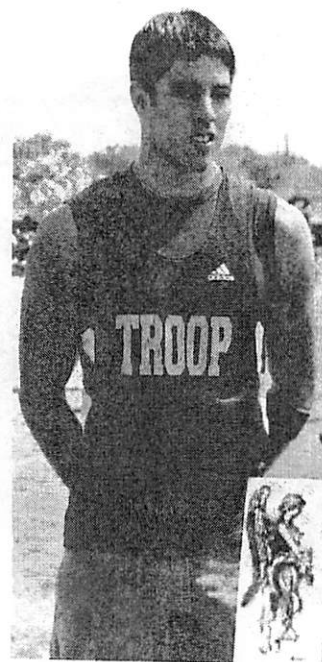
1.) Mike Pivarnick	15:38	2005
2.) Paul Garcia	15:41	2005
3.) Fernie Garcia	16:07	1999
4.) Mike Orszulak	16:12	2005
5.) Oscar Solis	16:19	2006
6.) Tommy Daniel	16:21	2006
7.) Marco Cassani	16:29	2007
8.) Ben Muniz	16:33	1999
9.) Mike Romero	16:35	2005
10.) Juan Blanco	16:36	2009

*For Information about Eastwood Cross Country or Track & Field visit our website*

*Ehstrack.bravehost.com*

*Coach McLain mmpre@hotmail.com*

## Eastwood Cross Country Regional All-Time Top Ten List



### Girls:

1.) Bridgette O'Toole	11:23	1987
2.) Melanie Stires	11:33	2010
3.) Blanca Reyes	11:54	1995
4.) Diana Gutierrez	12:04	1987
5.) Jessica Payne	12:07	2006
6.) Ammie Apodaca	12:12	2010
7.) Jennifer Sarabra	12:14	1987
8.) Maegen Stires	12:19	2007
9.) Dara Mylius	12:20	2006
10.) Kelly Martinez	12:20	1997

### Boys:

1.) Mike Pivarnick	15:42	2003
2.) Mike Montes	15:43	1984
3.) Juan Blanco	15:45	2010
4.) Joe Messer	15:55	1984
5.) Marco Cassani	16:01	2007
6.) Tommy Daniel	16:03	2007
7.) Henry Garcia	16:09	1986
8.) Rick Orpeza	16:12	1986
9.) Tony Urrutia	16:14	1984
10.) Frank Agness	16:15	1986



## Mayor's 100 Teens

Teens from around the city were chosen as the Mayor's 100 Teens. They were selected because they have overcome adversity, provide service to others and lead by example. The El Paso Times profiles a teen every Tuesday.

**Q** How are you involved in your school and in your community?

**A** Throughout high school I have had the privilege of being a part of great clubs and organizations that are devoted to impacting not only our community but our world. National Honor Society, Student Council, Youth for Christ and cheerleading are a few clubs I am involved in at school. The activities we take part in range from canned food drives, reading at elementary schools, cleaning our school and neighboring areas, fundraising money for Susan G. Komen and holding concerts to benefit the needy in the Philippines.

**Q** What has been your greatest accomplishment?

**A** My greatest accomplishment would have to be succeeding academically, by ranking in the top 10 percent of my

### Jasmine Carrillo

► **School:** Eastwood High School.

► **Nominated by:** Felicia Paquian, teacher.



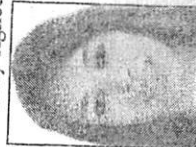
class. It has always been something I thought I could never achieve. It has inspired me to have higher ambitions. It's a great feeling to know that through hard work, doors of opportunity and success will open.

**Q** What are your future plans?

**A** After high school, I plan to get a scholarship to college; my dream school is Stanford. I want to study hard and overcome all the challenges that an education presents. I want to be a doctor. After medical school, I intend to use the education I receive to provide struggling and low-income families with affordable medical care. Life gains more worth when you are able to give back and impact the lives of others.

## Eastwood runner signs with college

EL PASO — Eastwood High School runner Isabel Regalado recently signed with University of the Southwestern in Hobbs, N.M.



**Regalado**

"I've been working toward this since my freshman year," Regalado said. "When I visited, I liked that the teacher-to-student ratio is 15 to 1, and I'm going to be part of relatively new (cross country and track) programs there."

Regalado was a two-time regional cross country qualifier for the Troopers, and she advanced to this spring's Region 1-SA track meet in the 300-meter hurdles.

Her fastest time in the low hurdles is 47.3 seconds.

**Lenny Jurado**

MARK LAMBIE / EL PASO TIMES

David Jackson, left, and Paul Pearson both medaled at the U.S. Masters Championships in Sacramento, Calif. Both are former UTEP runners.

# GOLDEN AGE

## Ex-UTEP athletes still medaling after all these years

sport that could last a lifetime.

Track athletes may get slower as they get older, but they don't necessarily get less competitive. The two El Pasoans gave life to that last weekend at the U.S. ATF Masters Championships of Track and Field in Sacramento, Calif., as they

won three medals between them.

Running for the Los Angeles-based SoCal Track Club, the 59-year-old Pearson won a silver medal as the lead-off leg on a 3,200-meter relay in the 50-59 age division and picked up a bronze in the 1,500 in the 55-59 division.

Jackson, 48, ran the anchor on a winning 3,200 relay in the 40-49 division and finished fourth in the steeplechase in the 45-49 division.

More than 1,500 athletes competed in the meet but to their knowledge, they are the only two El Paso masters athletes competing regularly in USATF events and they are a bit perplexed as to why.

"There are a lot of good master's athletes in town who don't go to stuff," said Jackson, who has raced masters-level races since turning 35.

"We're trying to encourage more

Please see Golden Age

# LOADED FOR BEARS

## Eastwood grad will jump at nationals

By Bret Bloomquist  
EL PASO TIMES

EL PASO — Baylor's Jessica Ubanyionwu arrived at last weekend's pre-national meet in Austin a bit adrift.

A sensational start to her sophomore indoor season was gone, replaced with struggles as the Eastwood High School graduate fought herself in the triple jump through the outdoor season.

By the time she got to Austin's Michael Myers Stadium, though, Ubanyionwu finally figured out what was wrong.

"I was thinking a lot, and it's not good to think," she said. "In my outdoors, there was a big gap from what I had been jumping indoors.

"I needed to stop thinking and just jump. I started my approach faster so I wouldn't think."

In one jump, all her struggles were undone. On her first attempt in Austin, she soared 42 feet, 11½ inches, an improvement by more than a foot and a half over anything she had done since indoors and punched a ticket to the NCAA track and field championships in the process.

"I just concentrated on jumping big and I stopped thinking about angles and things like that," Ubanyionwu said. "Oooh, I was so excited. I thought, 'Oh my gosh, I might make it to nationals.'"

That was the only jump she needed at the pre-national meet, but importantly, she had two more solid jumps behind it any-



MATTHEW MINARD / BAYLOR UNIVERSITY

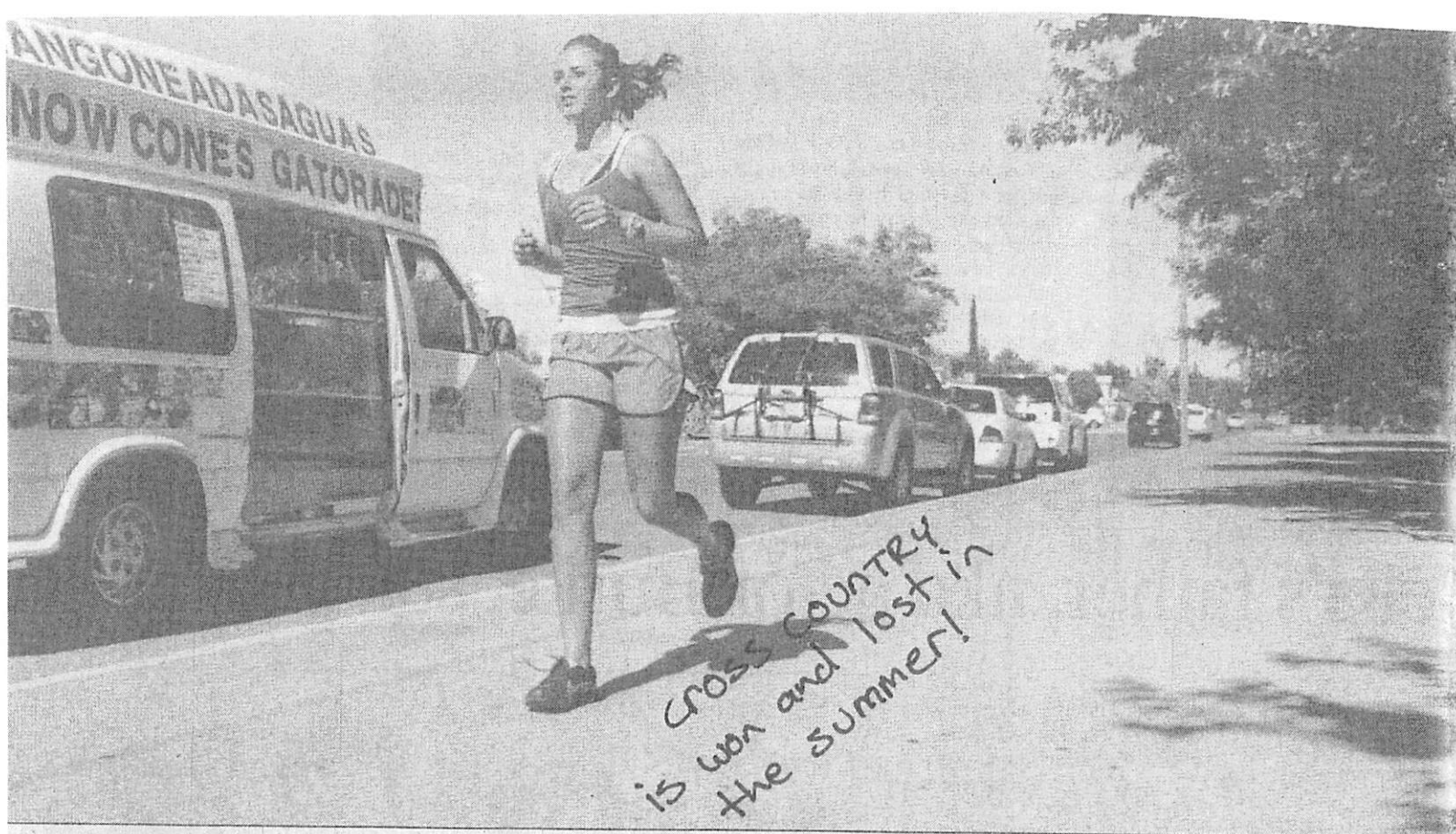
**Jessica Ubanyionwu** of Baylor, an Eastwood graduate, competes in the triple jump in the Michael Johnson Classic on April 17 at the Hart-Patterson Complex in Waco, Texas.

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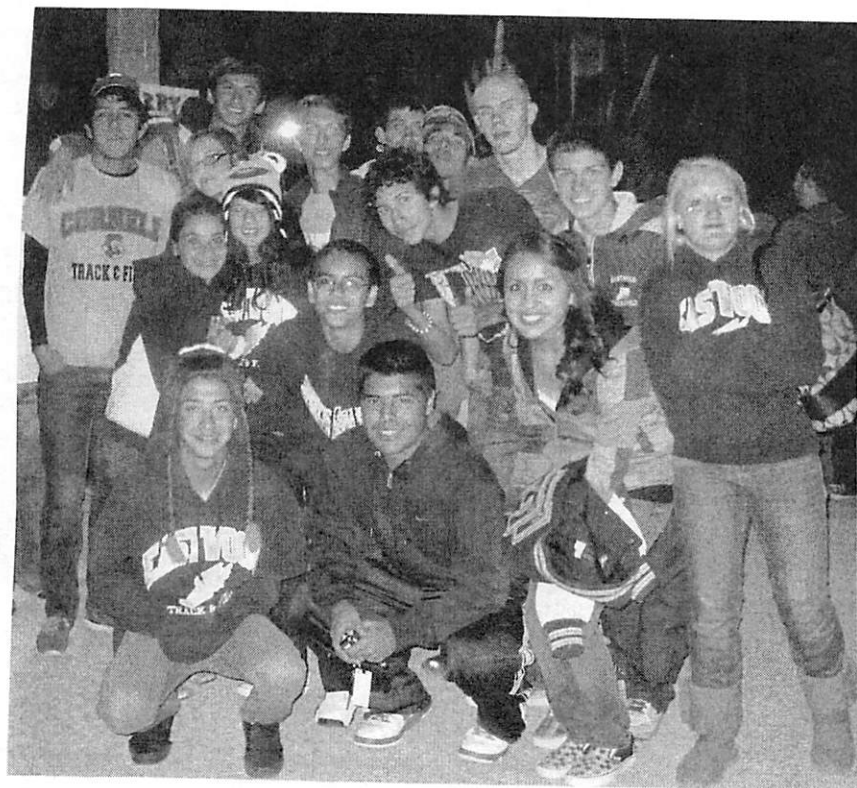
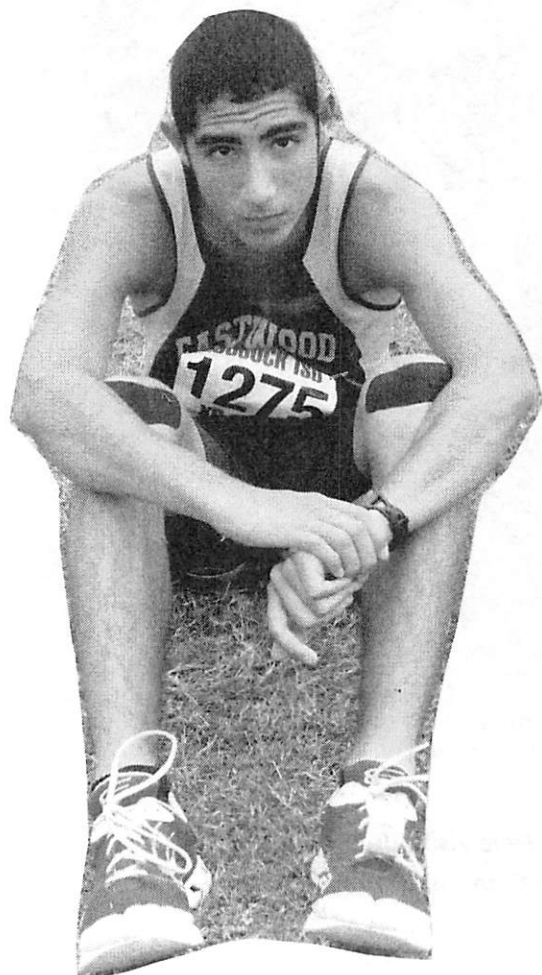
*Coach McLain mmpre@hotmail.com*



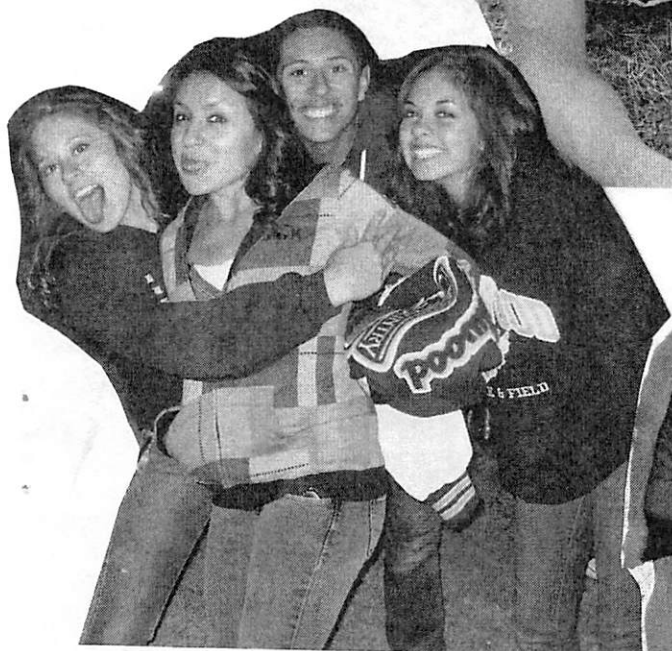
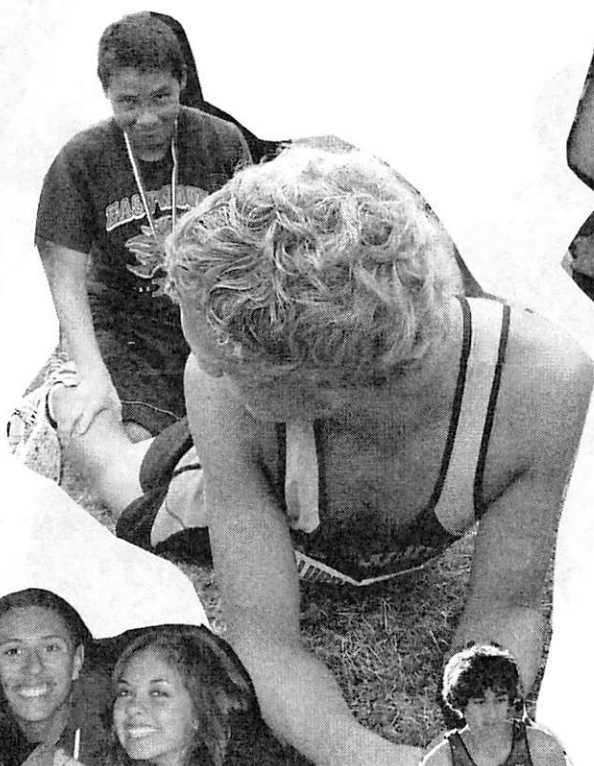


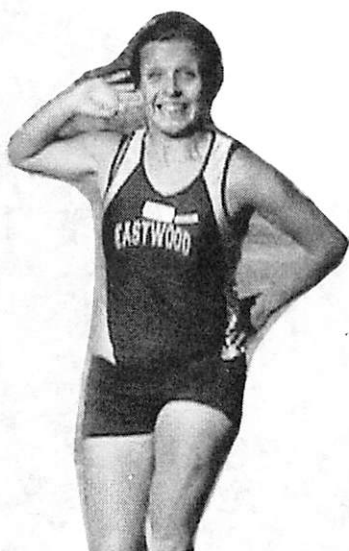
VANESSA MONSISVAIS / EL PASO TIMES

**Kimberly Markuson** runs eight miles every day at Alburn Park. "The path is nice and big and it makes it easier for my runs," said Markuson, who is practicing her running this summer in hopes of making a varsity cross-country team.



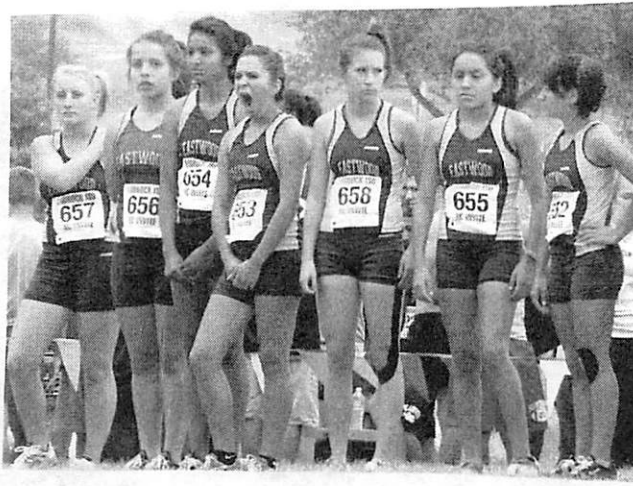






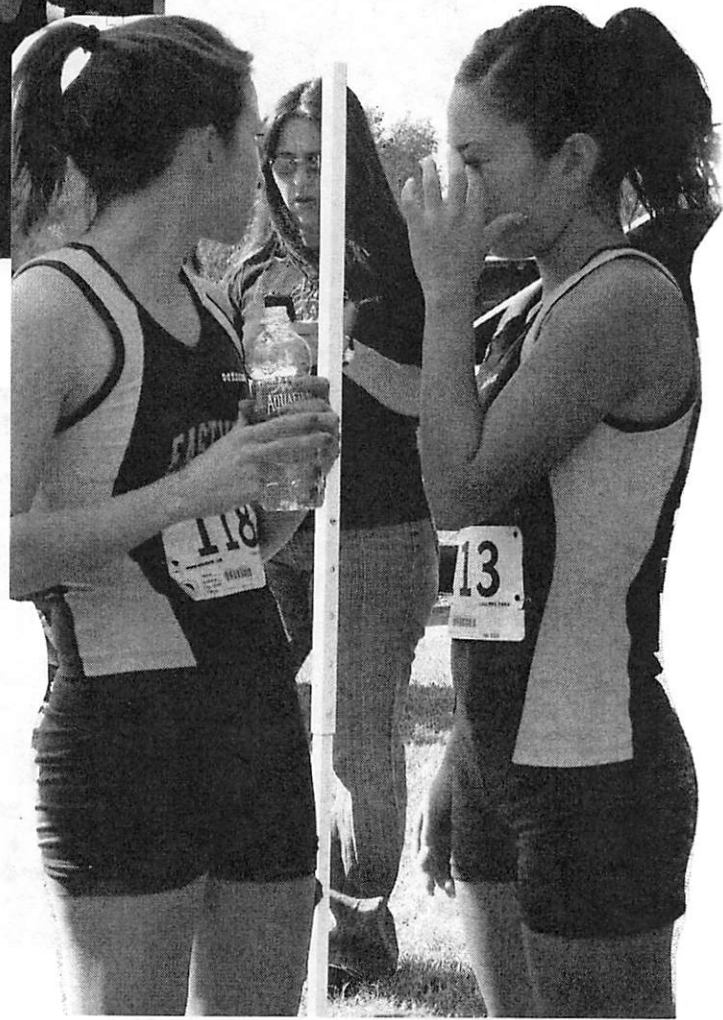
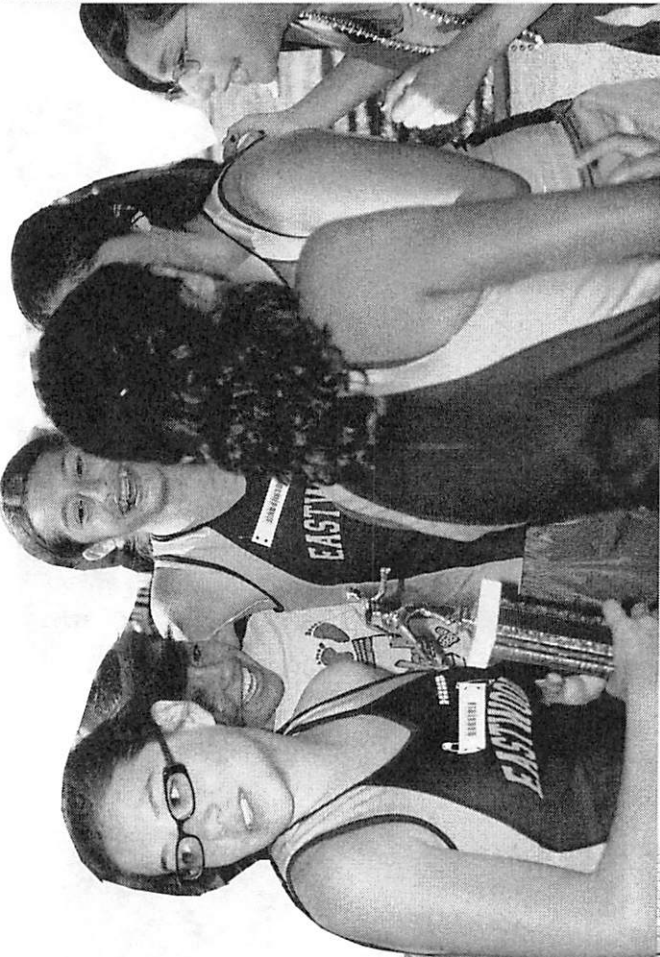
















However, things are different at Eastwood High School, which barely made the cut to remain a Class 5A school during UIL re-alignment earlier this month.

"In the summer, they are doing basketball and volleyball at the same time," Eastwood girls basketball head coach Endi Vargas said. "Then when the school year begins, we don't see them until volleyball is over."

However, the sharing is not something Vargas frowns upon.

"Some of my best players have been my multi-sport athletes," she said. "I have a real good relationship with other coaches. So when basketball is over, I send a lot of my girls to track and softball."

But in the case of sports that bridge semesters, such as swimming, tennis and golf, the balance nearly is impossible because competitions will be on the same day. Even in soccer, it is easier said than done to double-dip.

Vargas remembers the duo Jami and Toni Tullius, twins who were stars in basketball and soccer. Because the soccer and basketball seasons overlap, it was difficult to share the girls.

"When they went on a big out-of-town tournament, I would let them go," Vargas said. "I knew they would get bigger exposure there."

The twins eventually went on to play soccer in college. However, when the basketball playoffs began, it was the middle of the soccer season, making it impossible for the

girls to leave the gym.

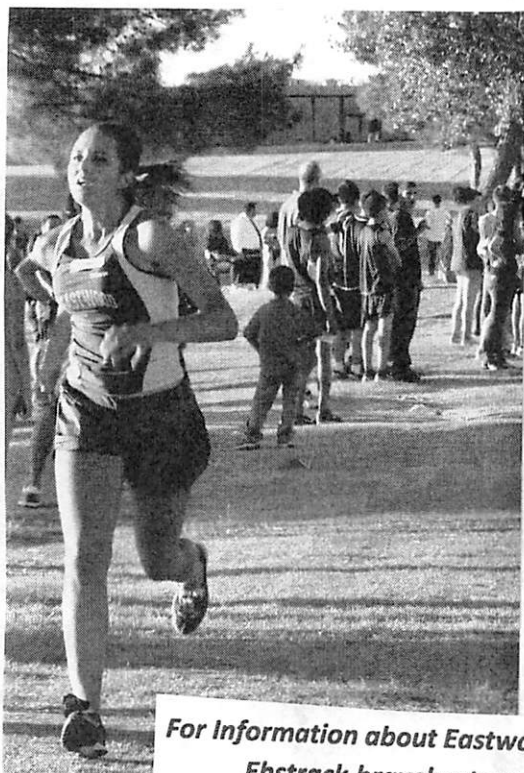
"I would have them for like seven games of the year, it wasn't 50-50," Eastwood girls soccer coach Mike Cataldi said. "It was kind of understood that they do basketball first and then soccer."

Cataldi said that being a small 5A school is rough, considering that their opponents may have 40-60 players to choose from, while he only had about 30.

"The playing field is not level. We're basically a big 4A school," he said.

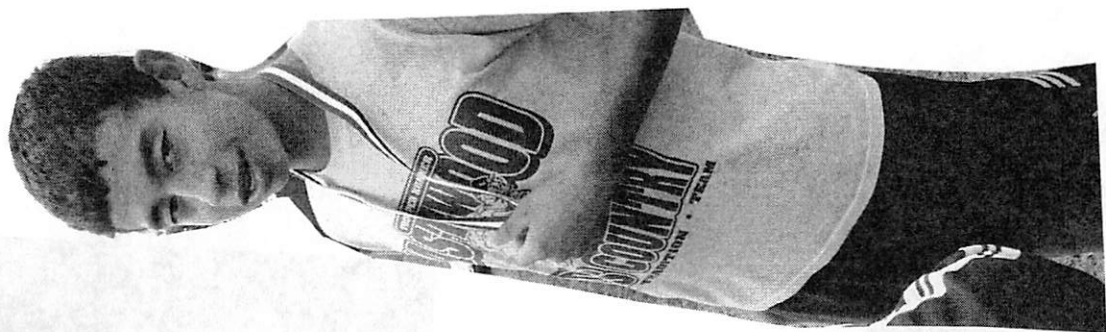
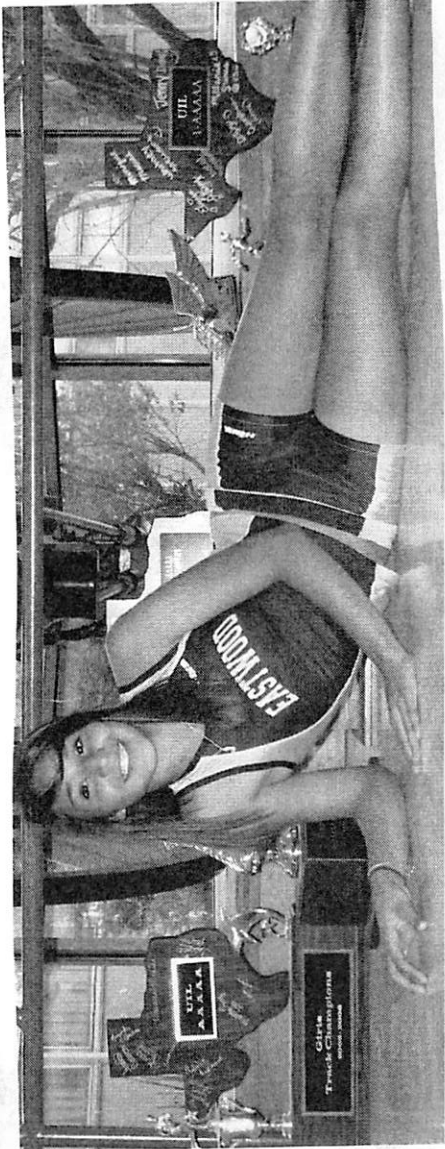


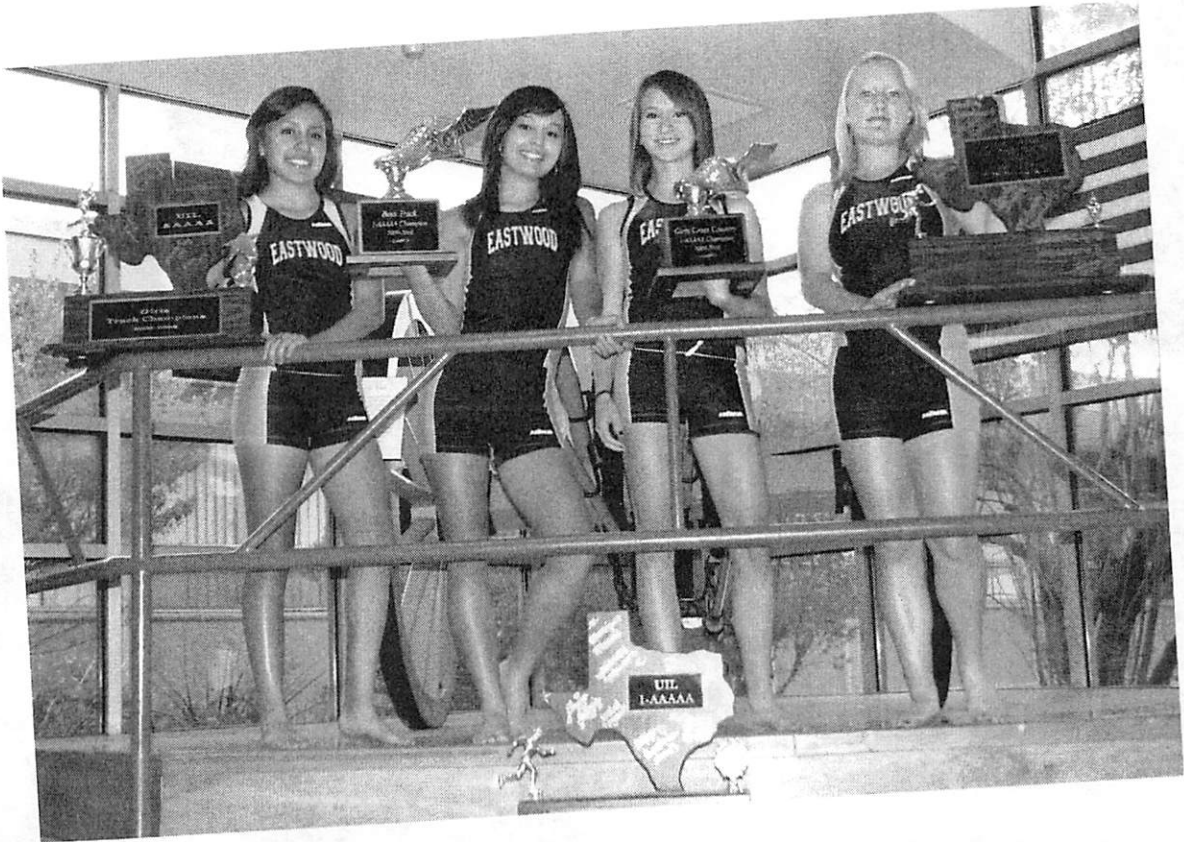
We can never forget who we are. We are the Smallest 5A school, we have to work harder than other schools, and we have to care about our teammates at watch over them.



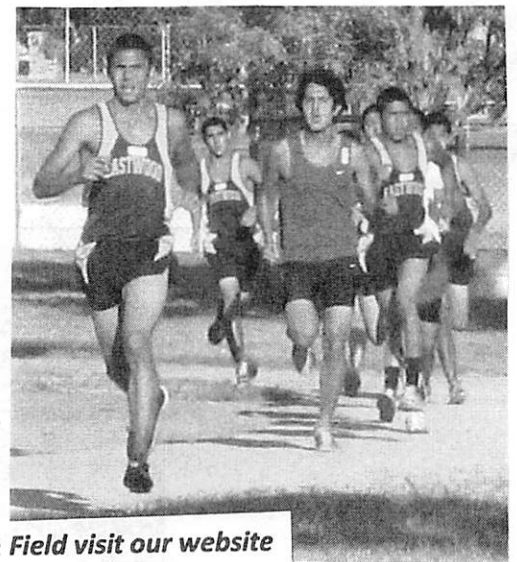
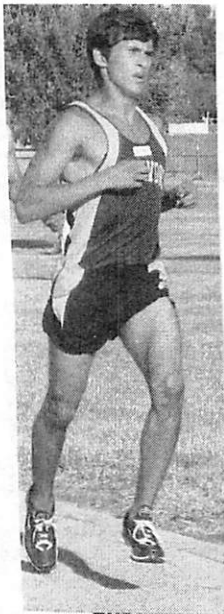
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 Coach McLain [mmpre@hotmail.com](mailto:mmpre@hotmail.com)







**THANK YOU SENIORS  
PLEASE COME BACK AND RUN AT THE SHOE**



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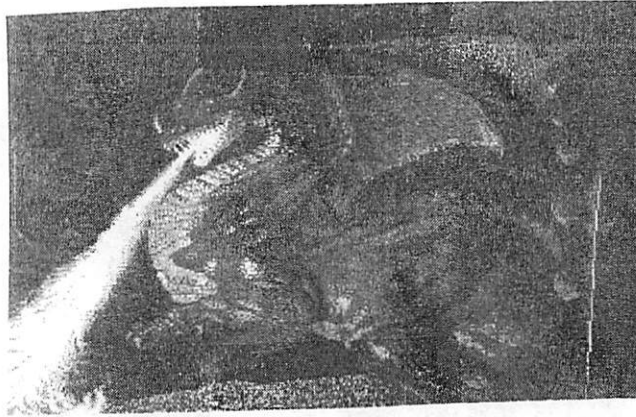


.... Cross country  
is war or lost  
is the summer!!



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# EASTWOOD KNOLLS MIDDLE SCHOOL

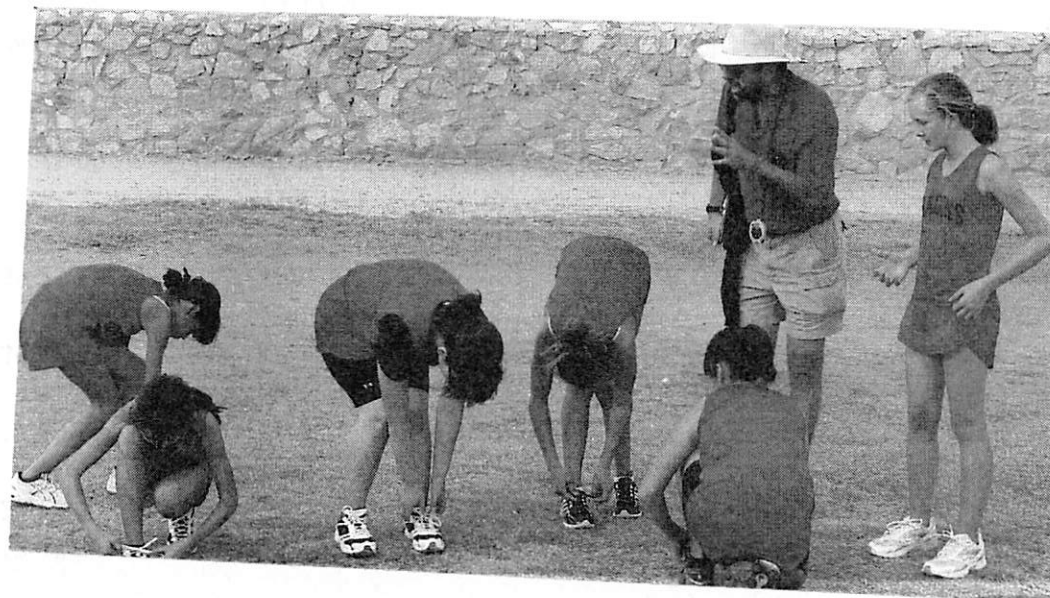


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# Eastwood Knolls

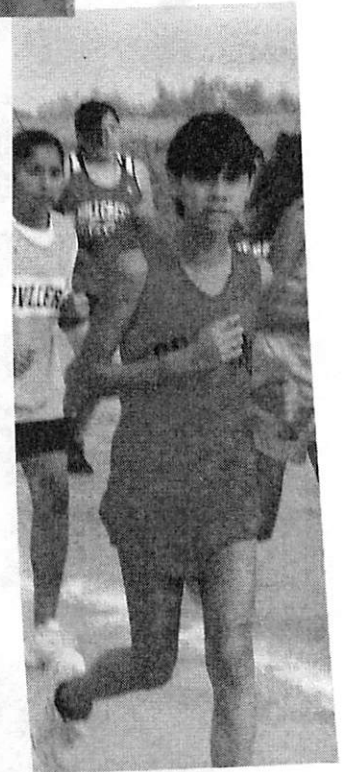
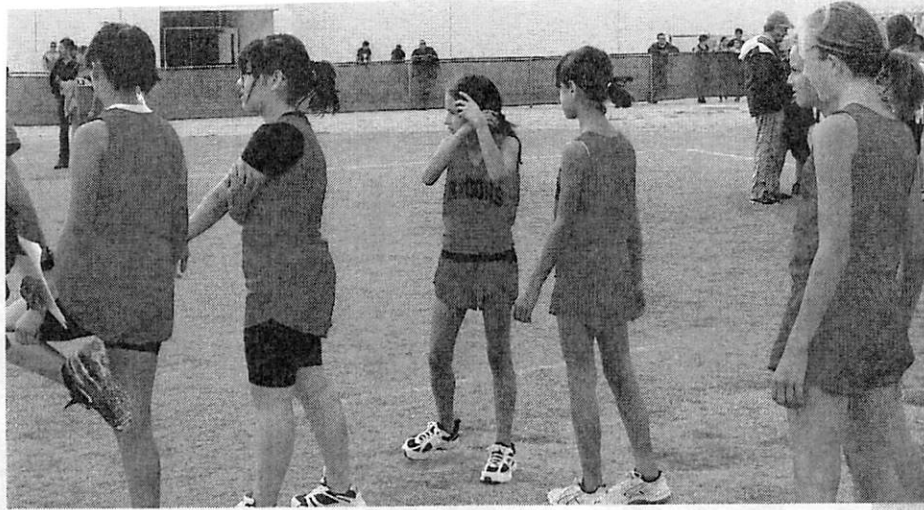
Name	Grade	M/F	Ysleta/Epcac	Parkland/Canutillo	Eastwood	District	Shoe	Average
Diana Martell	7	G		15-21:45	10-16:41	8-17:27		11
Allysa Tellez	7	G		24-23:24	31-20:47	22-21:01		25.6
Cruz Nunez	7	G			35-21:40			35
Rosalia Miranda	7	G		46-29:27	34-21:38	27-21:40		35.6
Elizabeth Quinio	7	G		47-29:28		28-21:40		37.5
Jazlynn Beltran	7	G			36-21:49	52-27:48		44
Stephnie Munoz	7	G		51-29:56	42-23:47	46-26:29		46.3
Jacqueline Sanchez	7	G		53-30:46	48-28:08	44-25:39		48.3
Diana Aguilar	7	G			49-28:12			49
Kailia Berg	7	G		45-29:26	47-28:04	66-22:22		52.6
Asia Deck	7	G		52-30:45		54-28:22		53
Heber Ovalles	7	B			4-14:12	5-14:44		4.5
Alex Prieto	7	B		9-17:29	10-14:39	8-15:28		9
Pedro Rodriguez	7	B		17-18:28	12-14:59			14.5



Alexis Hernandez	7 B	13-17:51	26-15:53	10-15:47	16.3
Jacob Allard	7 B	22-18:57	31-16:07	22-16:37	25
Carlos Martin	7 B			27-17:07	27
Javier Armendariz	7 B	27-19:59	54-18:40	23-16:40	34.6
Nathan Luevano	7 B		36-16:38		36
Steven Benavidez	7 B	39-22:11	42-17:29		40.5
Matthew Costello	7 B		43-17:30	38-18:24	40.5
Jacob Bach	7 B	53-25:10		37-18:23	45
Shaun Garcia	7 B		49-18:21	52-19:53	50.5
Carlos Arellano	7 B		51-18:24		51
Marcus LaFrance	7 B	52-25:09	52-18:25	53-19:59	52.3
Andre Borrego	7 B		61-20:05	60-22:49	60.5
Vanessa Parra	8 G	26-21:29	20-16:48	16-17:20	20.6
Elise McLain	8 G	34-23:40	35-17:51	28-18:38	32.3
Kaylyn Bujanda	8 G	33-23:18	34-17:50		33.5
Haley Lujan	8 G	32-23:17	46-19:21		39
Delanie Jackson	8 G	39-24:29			39
Laura Ramirez	8 G	46-27:01	72-22:35	56-21:01	58
Chelsea Moreno	8 G	47-27:02	71-22:17	62-21:54	60
Isabella Vasquez	8 G		75-24:35	63-21:57	69
Joshua Escorza	8 B			11-14:13	11
Andres Fernandez	8 B	14-16:32	19-14:19	39-16:49	24
Domenick Hutterer	8 B	29-17:43	23-14:26		26
Leonardo Sanchez	8 B	22-17:16	31-15:04	34-16:03	29
Jesus Gomez	8 B	37-18:31	37-16:04	38-16:42	37.3
Zachery Juarez	8 B	41-19:41	38-16:07	42-17:04	40.3
Marco Moya	8 B	40-19:33	44-16:27	40-16:51	41.3
Adrian Gonzalez	8 B	46-20:21	49-17:02	51-17:49	48.6
Isaiah Mackay	8 B	51-20:33	48-16:59	50-17:43	49.6
Eduardo Ibarra	8 B		57-18:00	53-17:56	55
Julio Rodriguez	8 B	57-21:48	55-17:52	57-18:12	56.3
Miguel LaPorte	8 B	58-22:07	54-17:45	59-18:30	57
Nicholas Gastelum	8 B	62-22:54	63-19:07	64-18:51	63
Gabriel Lee	8 B		56-17:59	71-19:40	63.5

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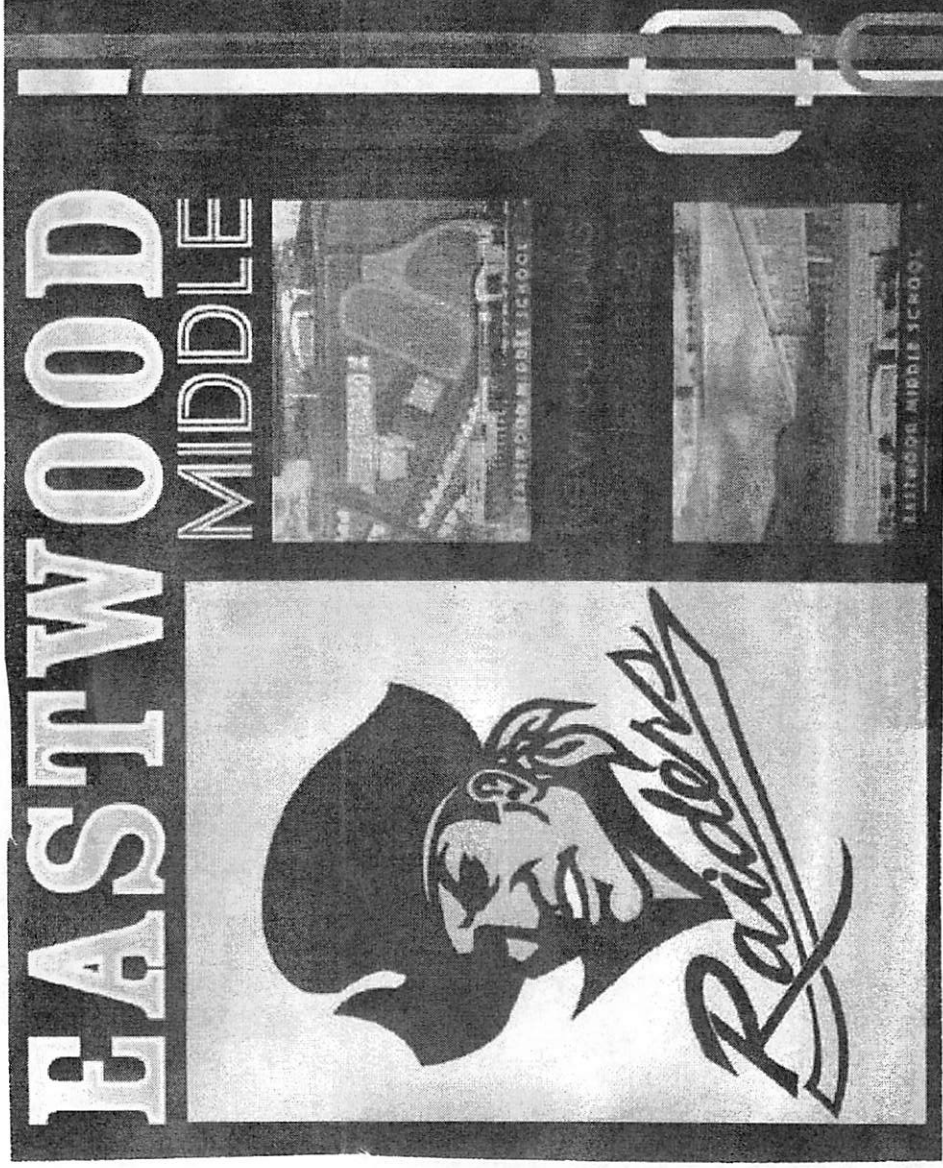




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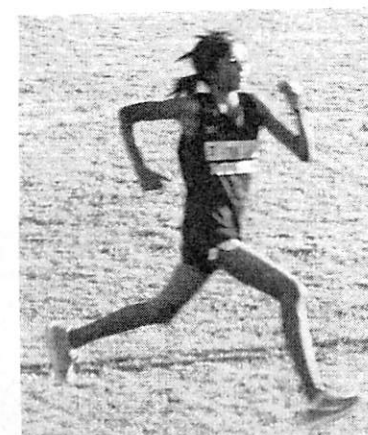
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# Eastwood Middle

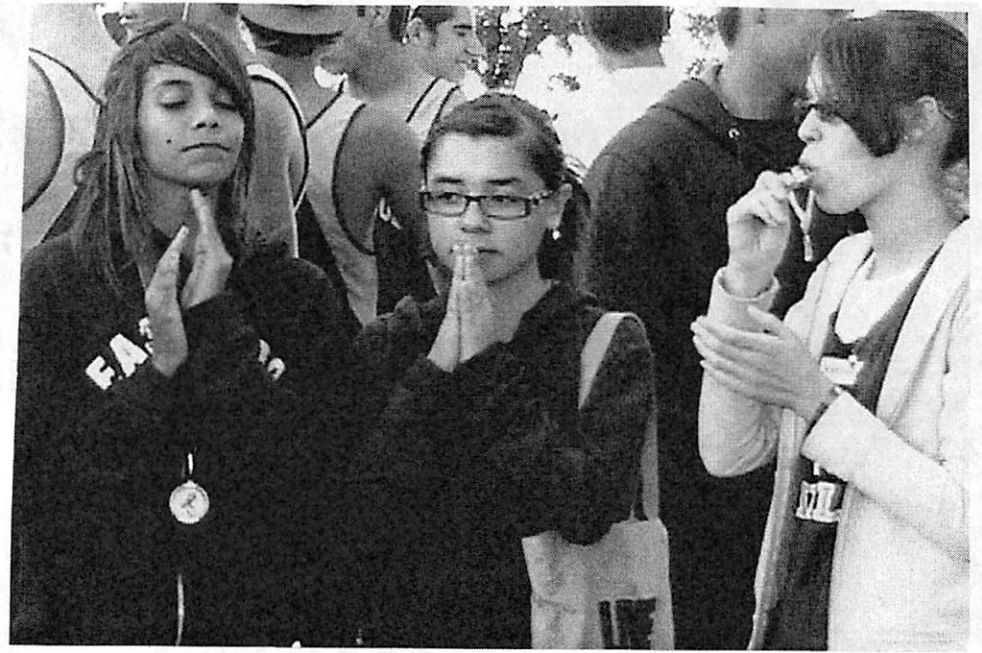
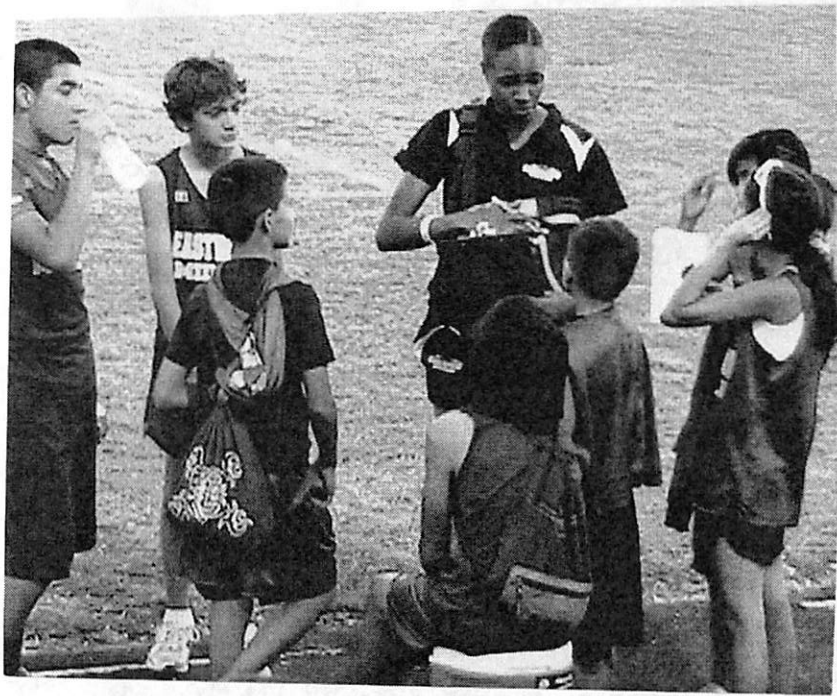
Name	Grade	M/F	Ysleta/Epcac	Parkland/Canutillo	Eastwood	District	Shoe	Average
Kyra Lofton	7	F	18-18:14	19-17:42	14-17:33	9-17:44	4-7:40	12.8
Xendi Hernandez	7	F	37-22:02	34-20:36		25-21:08	10-8:37	26.5
Lyndsey Gilarza	7	F			41-22:50	37-23:16	13-9:13	30.3
Amanda Sarabia	7	F	40-23:16	48-23:08	33-21:13	29-21:57		37.5
Samantha Hernandez	7	F		46-22:32	37-21:49	31-22:27		38
Anna Mora	8	F	1-14:11	4-14:34	3-14:11	1-14:23	1-6:04	2
Pheobe Sandoval	8	F	3-14:54	7-15:02	8-15:18			6
Casandra Serrano	8	F	15-16:09	18-16:15	12-15:50	5-16:23	2-7:02	10.4
Domonique Blancas	8	F	23-17:08	33-17:59		17-17:32		24.3
Denise Ortiz	8	F	27-17:44	37-18:56	39-18:31	24-18:03	3-7:23	26
Jassilyn Sisneros	8	F			53-19:36	41-19:41	6-8:08	33.3
Espy Morales	8	F		35-18:30				35
Syney Campos	8	F	46-19:56	48-19:52	42-18:50		5-7:51	35.25
Vanessa Miramontes	8	F	60-21:33	53-20:25	45-19:16	37-19:20	7-8:10	40.4
Domonique Caban	8	F	43-19:38	42-19:22	44-19:13			43
Summer Duckett	8	F	50-20:28	40-19:11	38-18:30	45-19:52		43.25
Jennifer Venegas	8	F	52-20:34	73-21:54	52-19:27	42-19:44	9-8:14	45.6
Jeslyn Sisneros	8	F	47-19:58	49-20:11				48
Tanya Sanchez	8	F	65-22:12	86-24:37	54-19:36	35-19:17	8-8:11	49.6
Luisa Martinez	8	F	58-21:27	43-19:34	50-19:26			50.3
Lizzette Preciado	8	F	51-20:32		61-20:30	46-19:54		52.6
Sarah Vasquez	8	F		68-21:41	68-21:39	72-23:34	12-9:13	55
Hannah Vasquez	8	F	78-24:10	65-21:29	67-21:35		11-9:03	55.25
Veronica Fernandez	8	F		84-23:47	27-17:12			55.5
Marla Ordoniez	8	F	53-20:36	62-21:01				57.5
Daniel Padilla	7	M	13-15:14	20-15:33	20-15:43	12-15:56	10-7:29	15
Matt Lopez	7	M	21-16:16	19-15:27	32-16:10	13-16:05	9-7:20	18.8
Daniel Flores	7	M	26-16:54	27-16:21		18-16:21	6-6:58	19.25
Jesse Ramirez	7	M	22-16:37	54-19:16	17-15:31	19-16:22	5-6:57	23.4
Hamza Fateem	7	M	32-17:33	30-16:48	23-15:49	17-16:19	7-7:04	23.8
Anthony Fernandez	7	M	37-18:03	40-17:36	44-17:41	25-17:03	8-7:13	30.8
Isacc Rojas	7	M	35-17:50	46-17:53	50-18:23	20-16:30	4-6:52	31



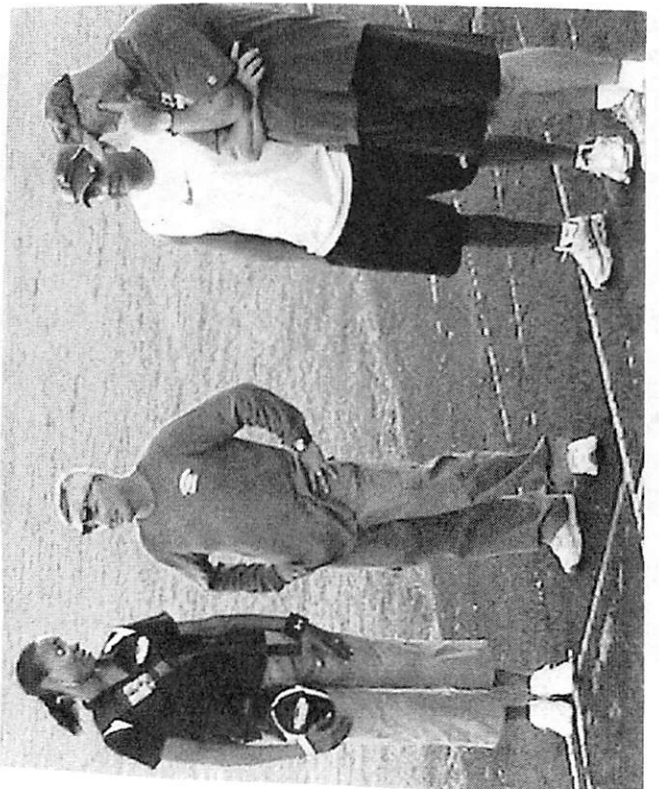
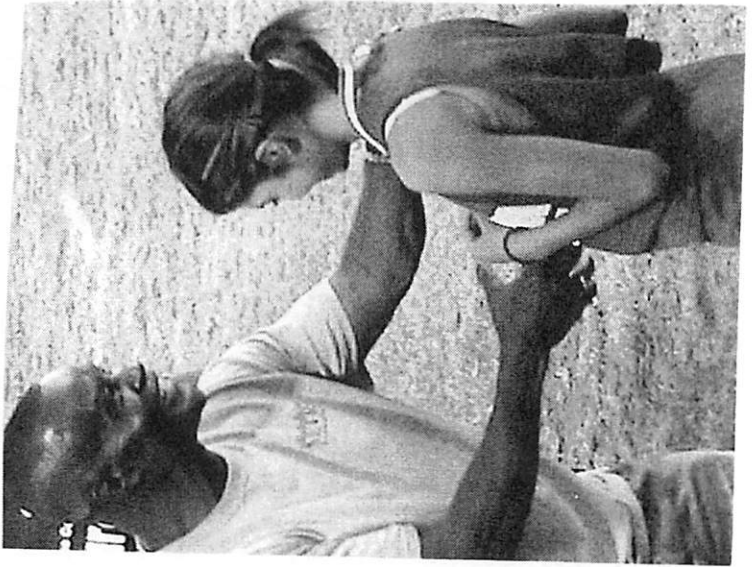
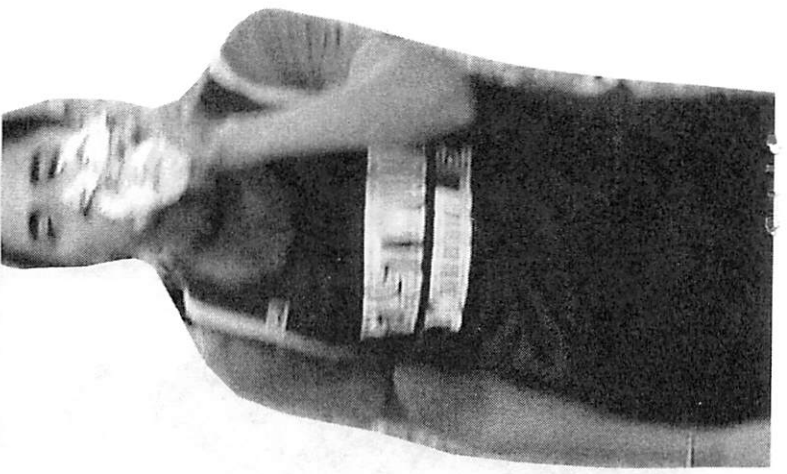
Chris Robles	7 M	40-18:19	29-16:38	24-15:51			31
Elliott Marquez	7 M		53-19:14	60-19:46	54-20:27	13-8:53	45
Jose Sanchez	7 M		49-18:43				49
Michael Rector	7 M	49-18:59	63-22:38	55-18:52	46-19:09		50
Anthony Terango	7 M	48-18:57	60-20:38	56-18:54	49-19:27		53.25
Cyrus Cedillos	7 M	58-21:33					58
Julan Burnett	7 M	57-21:23	64-23:18	64-21:07			61.6
Angel Chavez	8 M	12-14:03	10-13:17				11
Julian Campos	8 M	17-14:25	17-13:41	7-13:36	9-13:54		12.5
Alexis Munioz	8 M	16-14:21	25-14:18	11-13:44	12-14:13	2-6:09	13.2
Chris Wallace	8 M	45-16:40	9-13:06	6-13:26	5-13:34	1-6:03	13.2
Eric Martinez	8 M	38-15:43	41-15:37	24-14:32	15-14:29	3-6:18	24.2
Brian Vela	8 M	51-17:48	60-18:21	52-17:26	55-17:59	12-8:00	46
Daniel Velez	8 M	50-17:45	52-16:42	51-17:22			51
Oscar Moreno	8 M	48-16:48	55-16:57				51.5
Justin Johnson	8 M	62-20:42	61-19:03	64-19:16	63-18:47	11-7:51	52.2
Camdin Villa	8 M	54-18:43	64-19:26	60-18:18			59.3



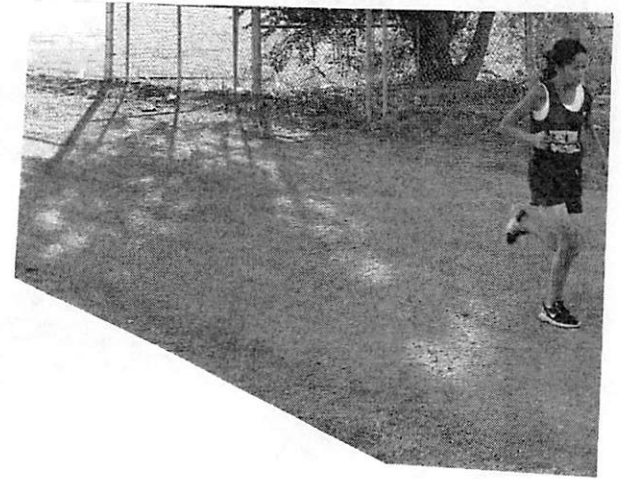
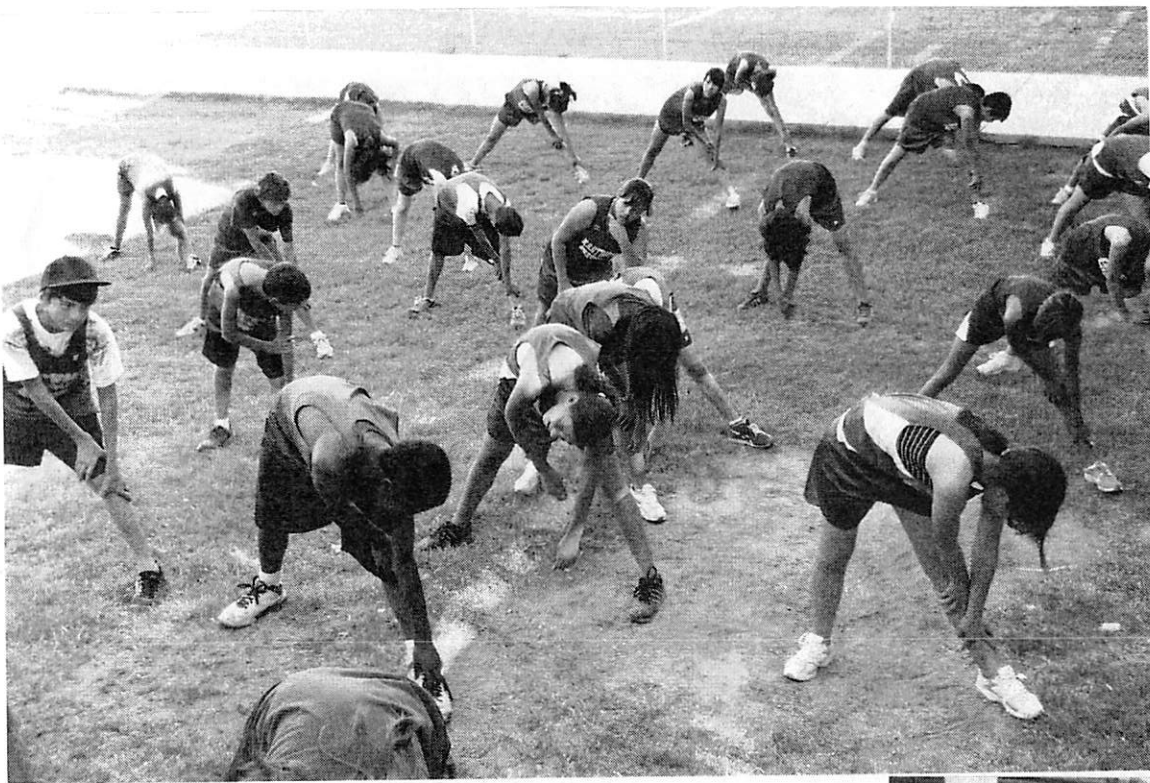




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[ Cross country regional meet ]

# 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](mailto:ljurado@epasotimes.com); 546-6167.



Victor Calzada / El Paso Times

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