

NIKE CROSS SOUTH START



THANK YOU FRED LOYA

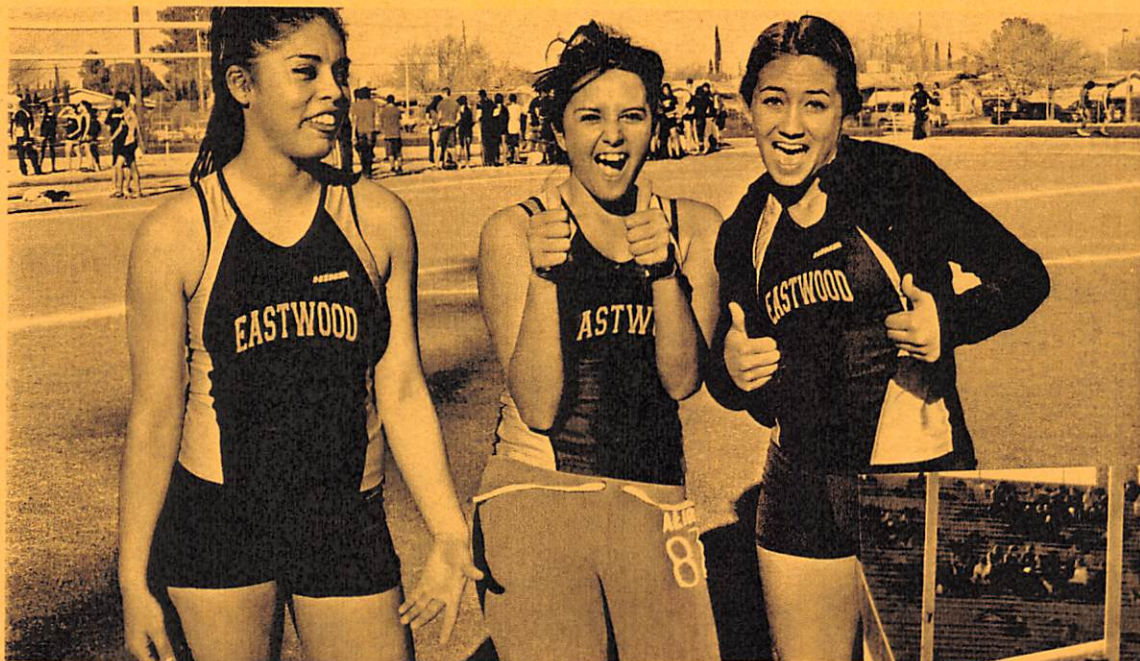


Eastwood Cross Country

For information about Eastwood Cross Country of Track & Field visit our website
Ehstrack.bravehost.com Coach McLain mmpre@hotmail.com

Eastwood Running Club

We have a summer USATF track team!!!! For more information visit our website ehstrack.bravehost.com or email mmpre@hotmail.com. Ages 9 and up welcome.



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2011 Girls Cross Country MVP



Anna Mora

*(#3 All-Time Shoe)
(#1 All-Time District Course)
(#4 All-Time Regional Course)
(#7 All-Time Season Average)
(2011 Dyestat Elite Team)*

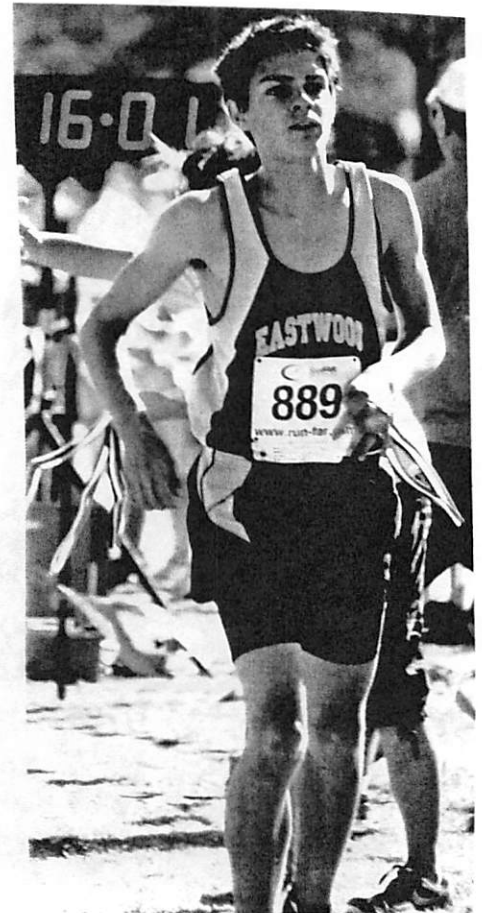


2011 Boys Cross Country MVP's



Brian Casillas

(#7 All-Time Season Average)
 (#1 All-Time Shoe)
 (#3 All-Time District Course)
 (#1 All-Time Regional Course)
 (#1 All-Time State Course)
 (#1 All-Time Nike South Course)
 (2011 Dyestat Elite Team)



Ryan Saenz

(#6 All-Time Season Average)
 (#4 All-Time Shoe)
 (#8 All-Time District Course)
 (#5 All-Time Regional Course)
 (#3 All-Time State Course)
 (#2 All-Time Nike South)
 (2011 Dyestat Elite Team)

2011 Girls Cross Country Captain's



Ammie Apodaca Carissa Pinjon Jackie Cuellar

(#4 All-Time Season Average)

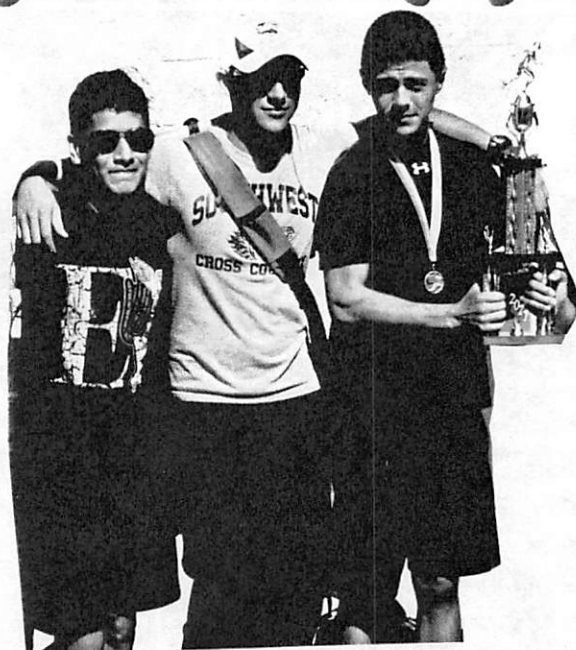
(#4 All-Time Shoe)

(#10 All-Time District Course)

(#7 All-Time Regional Course)

(#9 All-Time Shoe)

2011 Boys Cross Country Captain's



Elias Garza

(#2 All-Time Shoe)
 (#4 All-Time District Course)
 (#2 All-Time State Course)
 (#4 All-Time Nike South)

Steven Rios

(#8 All-Time Shoe)
 (#6 All-Time District Course)
 (#10 All-Time Regional Course)
 (#4 All-Time State Course)
 (#3 All-Time Nike South)
 (2011 Dyestat Elite Team)

Caleb Buntyn

(#6 All-Time State Course)
 (#5 All-Time Nike South)

2011 Most Improved Runners



Hannah Gomez



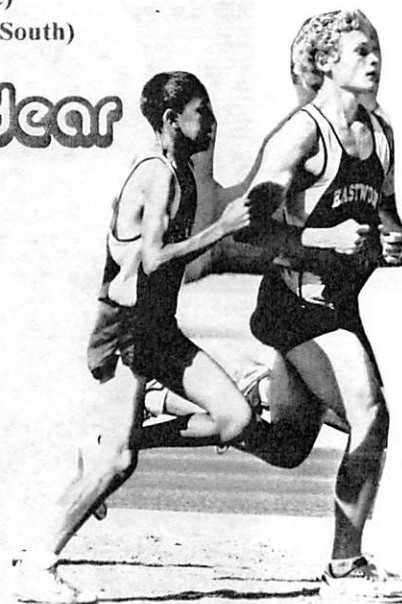
Richard Mora

(#10 All-Time Shoe)
(#5 All-Time State)
(#6 All-Time Nike South)

2011 Newcomers of the Year



Vanessa Parra



Deric Martinez

THANK YOU

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There are allot of people that we owe a thank you to. Most importantly are our parents who do so much behind the scenes, like getting food + drinks to athletes at meets, pictures (which are found in this yearbook), All the food at "The running of the shoe, and much, much more. THANK YOU TO ALL OUR PARENTS!!!



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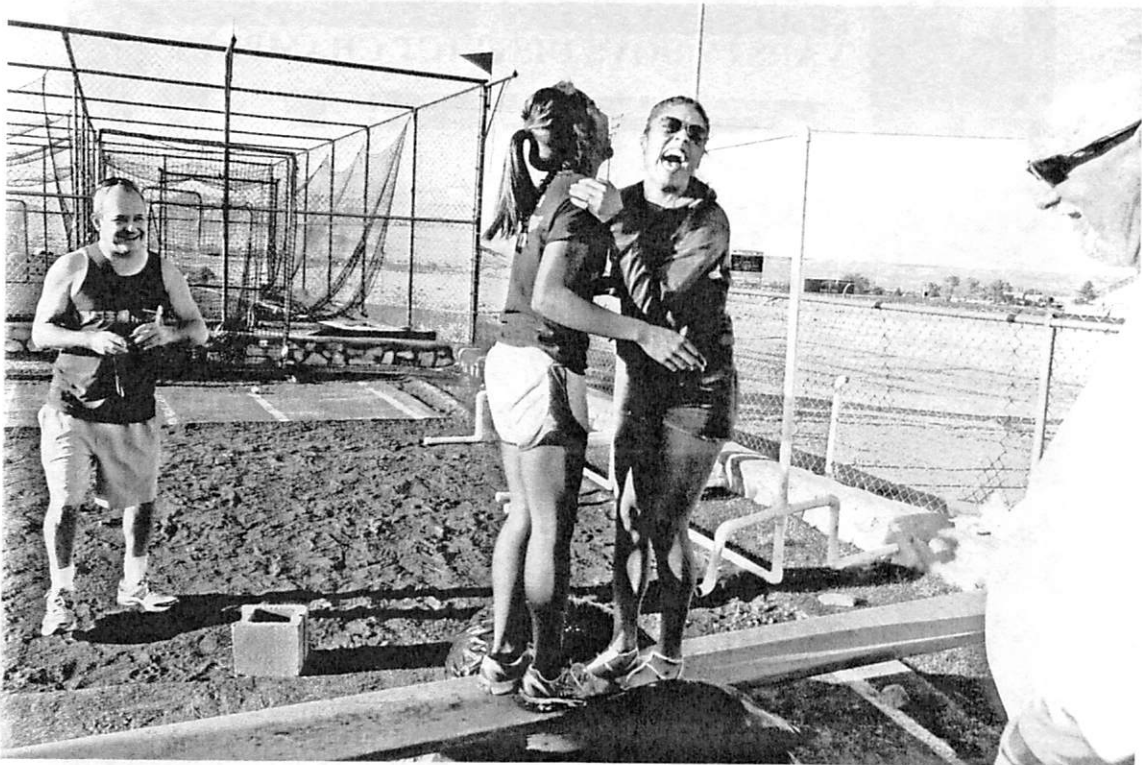
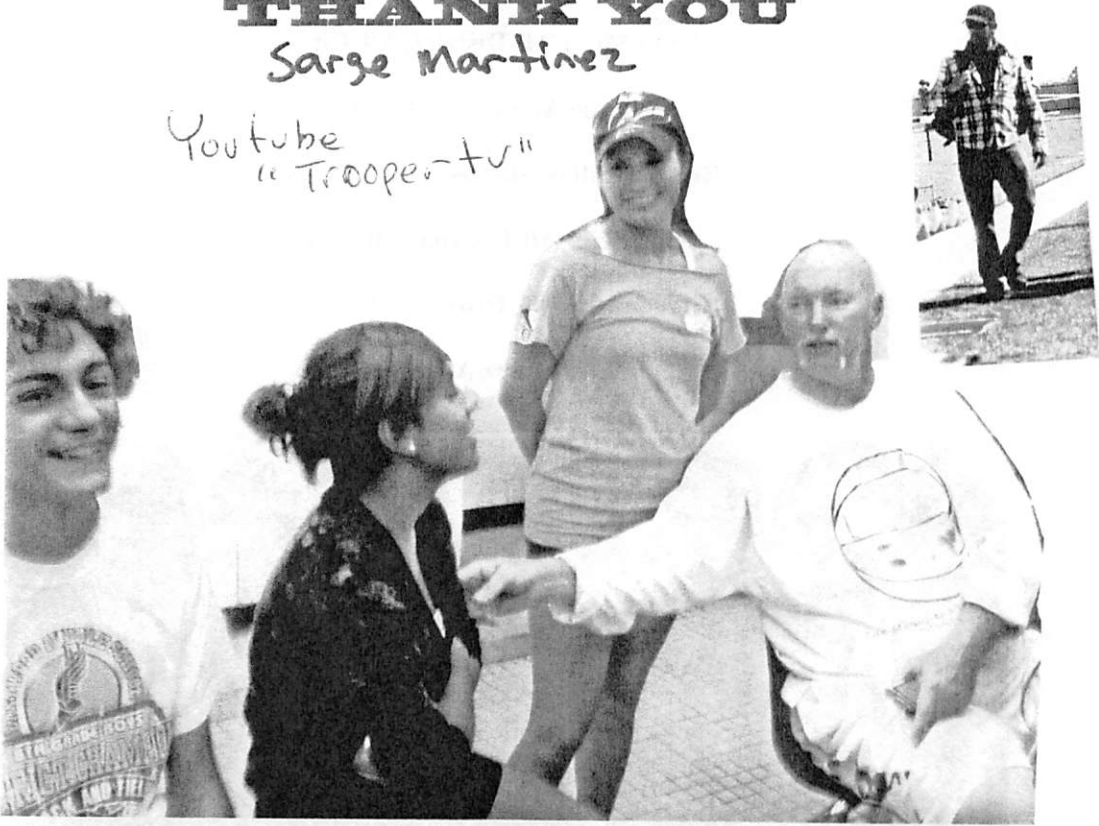
For information about Eastwood Cross Country of Track & Field visit our website
Ehstrack.bravehost.com Coach McLain mmpr@hotmai.com

THANK YOU

Coach Pearson, Coach Garcia, Coach Orszulak
 Thank you Mrs. Silva, Mr. Mylius, Kent Peterson!!! Aldo Hernandez
 Coach Lectenburg

THANK YOU
 Sarge Martinez

Youtube
 "Trooper-tv"



THANK YOU

Mr. Mrs. Burton, Mr. Mrs. Wallace, The Modlins, Mr. Martinez, The mothers
T H A N K Y O U
 Zolostic / Isabella

Thank you Mr. Mrs. Saenz, Mr. Mrs. Mora, Mr. Mrs. Trevi, Mr. Mrs. Loya, Mrs. Cuellar
T H A N K Y O U
 Danielle Duran

Mrs. Regalado, Mr. Mrs. Pinton, Mr. Mrs. Garza, Mr. Mrs. Rios

Athlete Awards

Anna Mora All-District, All-City

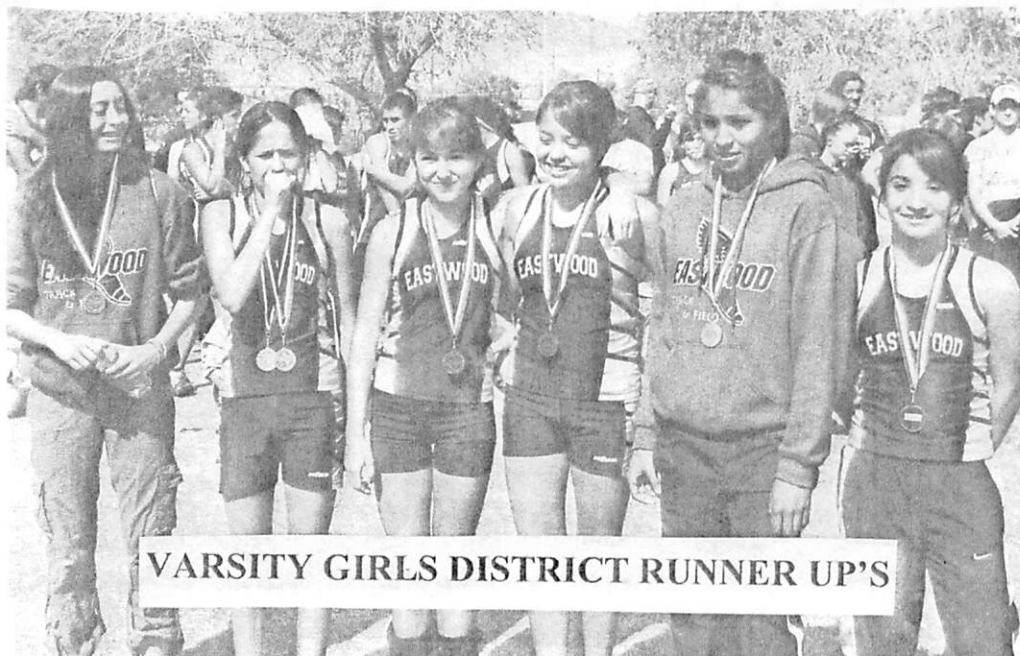
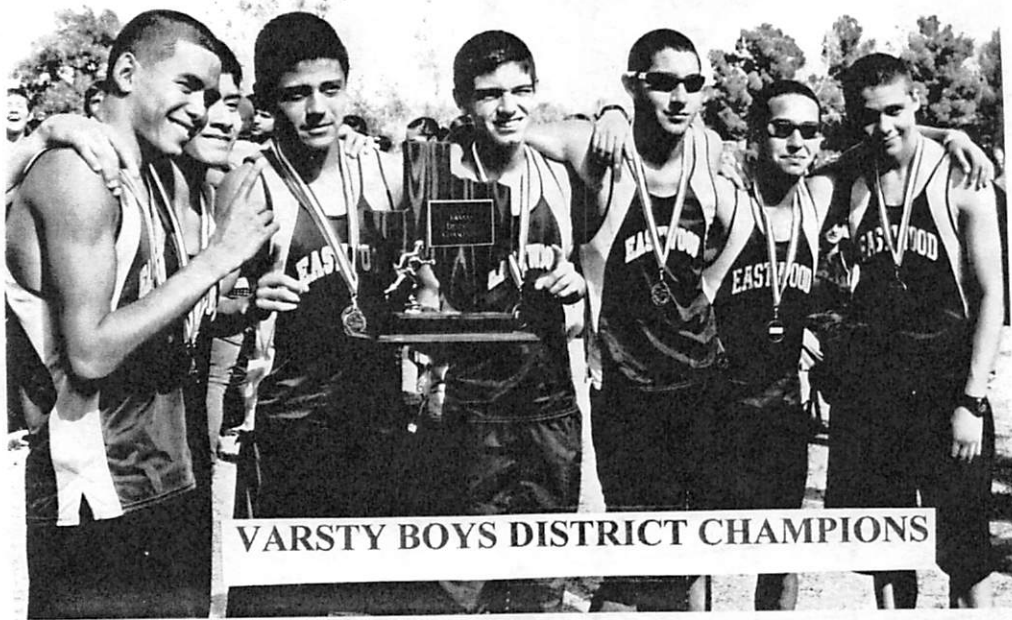
Ammie Apodaca All-City

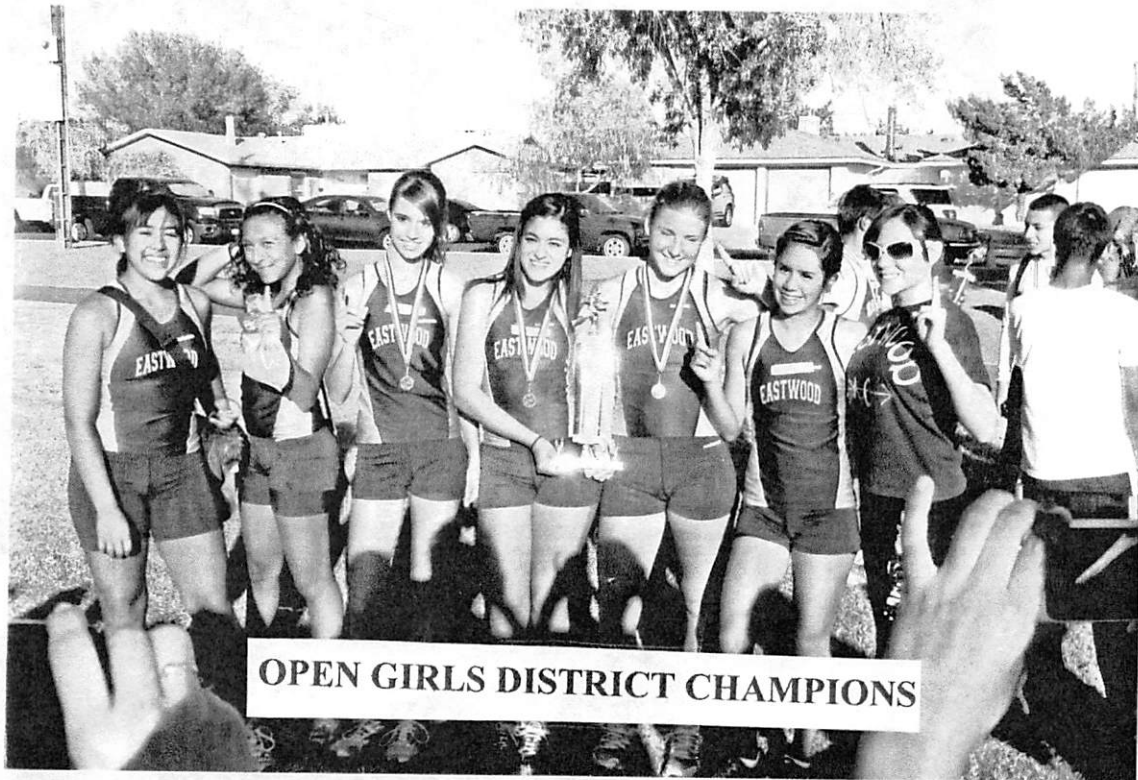
Brian Casillas All-District, All-City

Elias Leija All-District, All-City

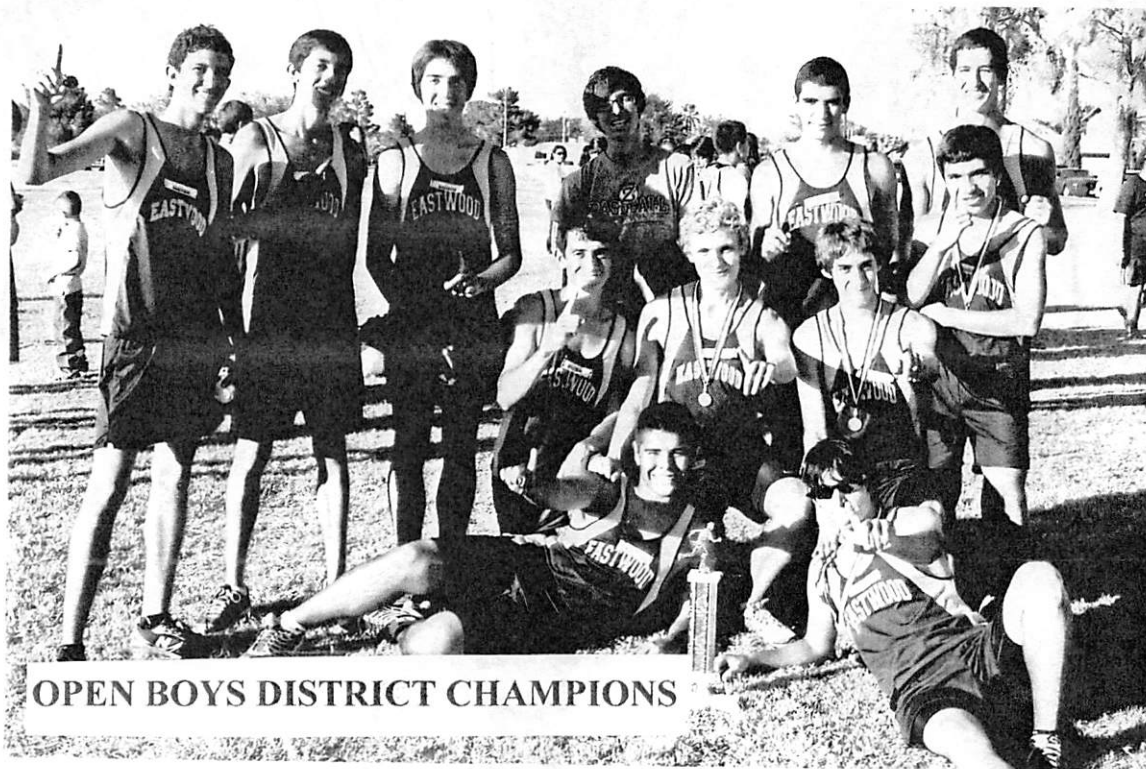
Steven Rios All-District, All-City

Ryan Saenz All-City



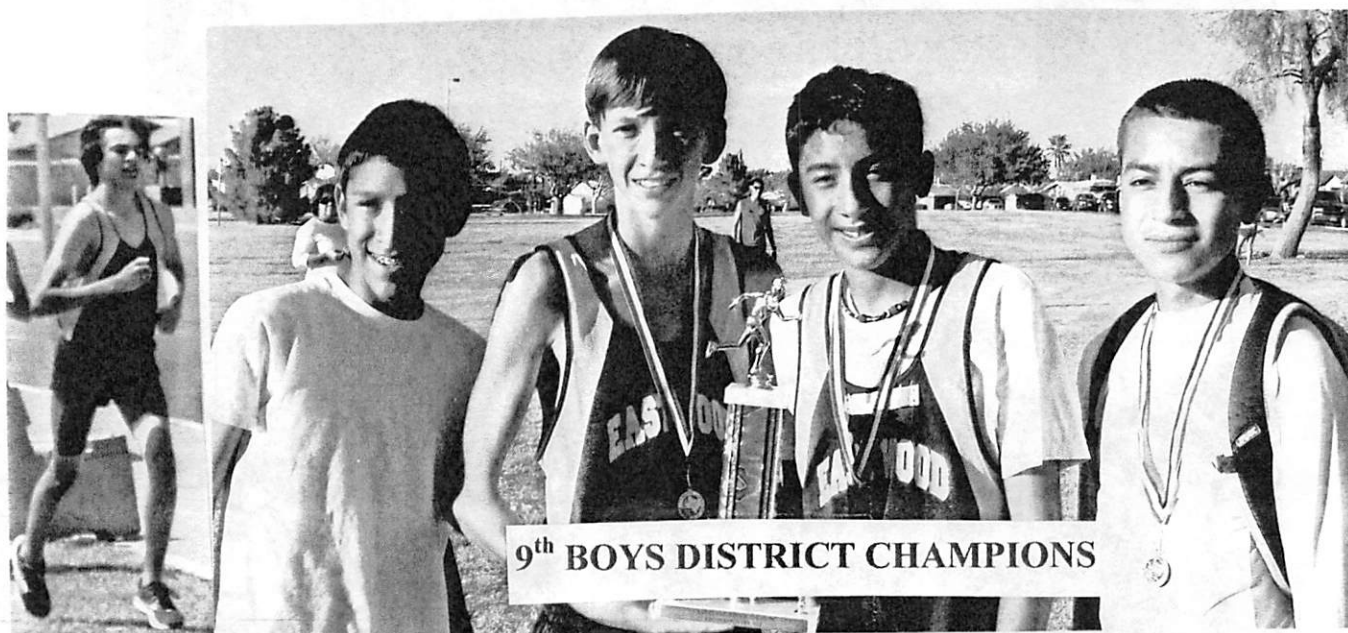


OPEN GIRLS DISTRICT CHAMPIONS



OPEN BOYS DISTRICT CHAMPIONS

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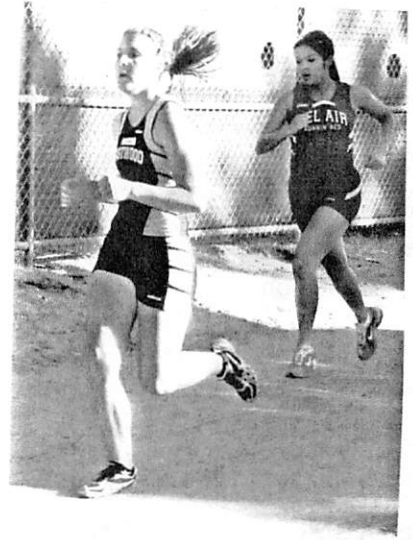


INDIVIDUAL 9th DISTRICT CHAMPION

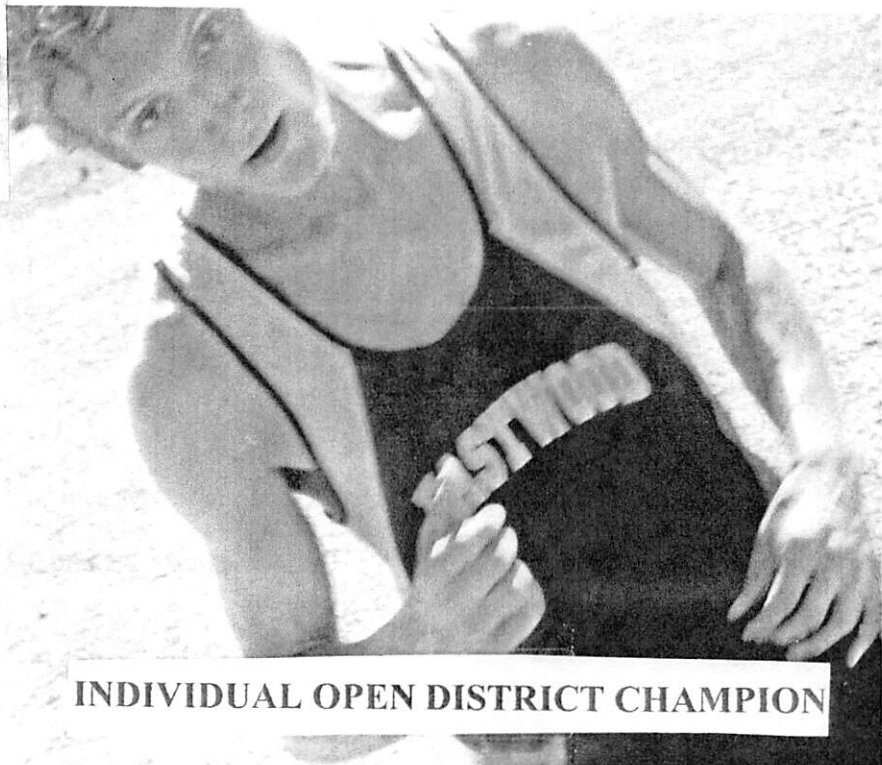
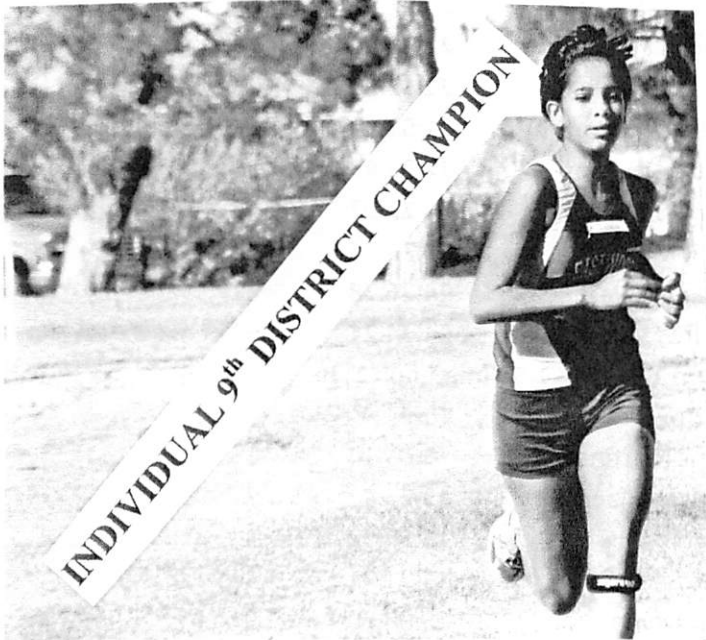




INDIVIDUAL OPEN DISTRICT RUNNER UP



INDIVIDUAL VARSITY DISTRICT RUNNER UP



INDIVIDUAL OPEN DISTRICT CHAMPION

**Parkland/Riverside invitational
Veterans Park /9/03/11**

Varsity Girls	Time	Place	Varsity Boys	Time	Place
Artizy Apodaca	14:37.73	1	Ryan Saenz	17:50.52	3
Jackie Cuellar	16:02.59	14	Brian Casillas	17:55.21	4
Carissa Pinion	16:05.98	15	Elias Leija Garza	17:56.41	5

Richard Mora	18:03.62	7
Steven Rios	18:21.62	10
Calub Buntyn	19:12.60	17
Alex Blanco	19:13.91	20

Team 1st 29pts 1-5 Time Gap=31sec

Open Girls	Time	Place	Open Boys	Time	Place
Tessa Buxton	16:50.15	4	Stephen Wallace	19:24.12	1
Briana Casillas	17:05.88	5	Ruben Campos	20:11.88	5
Vanessa Medrano	17:17.66	6	Esteban Portillo	20:26.08	9
Hannah Gomez	17:23.77	11	Robert Barcenaz	20:27.91	11
Amanda Palacios	18:11.20	18	Martin Pandeli	21:00.46	18
Jazmin Navarrete	18:14.74	20	Jonathan Rubio	21:32.40	23
Angelica Duran	20:43.56	57	Greg Whitworth	21:51.87	26

Team 1st 42pts 1-5 Time Gap= 1:21

Victor Maestas	22:33.45	35
Sam Ashford	23:22.02	43
Erick Martinez	23:23.03	44
Joseph Velazquez	24:26.78	61
Andres Valenzuela	24:34.21	62

Team 1st 44pts 1-5 Time Gap= 1:36

9th Girls	Time	Place	9th Boys	Time	Place
Anna Mora	14:41.09	1	Deric Martinez	13:05.14	1
Vanessa Parra	16:49.86	2	Chris Wallace	13:24.41	2
Cassandra Serrano	17:32.89	4	David Muller	13:58.92	3
Vanessa Miramontes	17:42.11	5	Jose Silva	14:51.71	4
Dominique Blancas	18:14.56	7	Alex Munoz	15:08.70	9
Destiny Vargas	18:17.33	8	Julio Rodriguez	15:21.59	10
Laura Ramirez	19:48.17	16	Kyle Lusk	16:36.49	12
Elise McLain	19:53.91	18			
Desiree Gutierrez	20:03.48	19			

Team 1st 16pts 1-5 Time Gap= 2:03

Team 1st 19pts 1-5 Time Gap= 4:27

7th Grade Calub Muller 2nd 15:47

James McLain 3rd 16:43

Course 2.3 and 3.3 miles

Cougar, Trooper start season strong

By Felix Chavez
EL PASO TIMES

► Results 2C

A year older, a year wiser. Franklin High School junior runner Brian Barraza ran a patient race on Saturday at Veterans Park, overtaking Joel Flores of Jefferson to win the Riverside/Parkland Cross Country Invitational, the first meet of season.

"I started well, then went back a couple of paces," Barraza said. "I really wanted to finish strong and I did. I had a lot left to finish the race. This year, I feel a lot more confident. I had to get over some mental barriers from last year and I feel like I have."

Barraza won in a time of 17 minutes, 0.71 seconds, while Flores was second (17:12.56). The next best finisher was Ryan Saenz of Eastwood (17:50.52).

The Troopers won the overall

team title with 29 points. They had runners finish third, fourth, fifth and seventh.

"The boys ran well; they are very determined and they have worked hard," Eastwood coach Mike McClain said. "This is a good way to start the year, we just want to keep getting better all the time. This was a good field to compete against and our kids stepped up."

Jefferson finished second with 63 points, followed by Del Valle, Clint and Horizon to round out the top five.

In the girls division, Eastwood senior Atziry Apodaca won comfortably with a time of 14:37.73, ahead of Shannon Luevano of Hanks (14:47.95).

"I feel like this is my year,"

Apodaca said. "I ran a strong race today and it was a good way to get started. I was comfortable the entire way and just tried to run my race throughout."

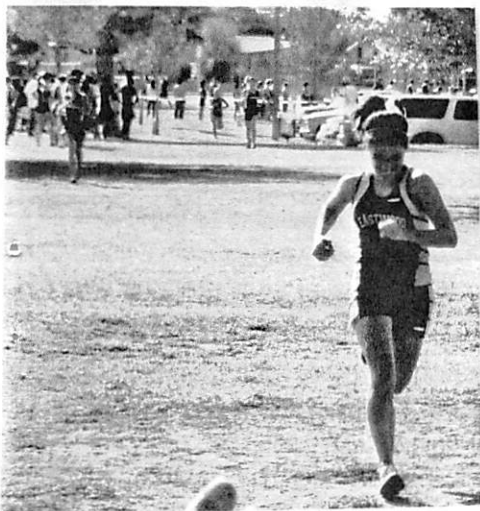
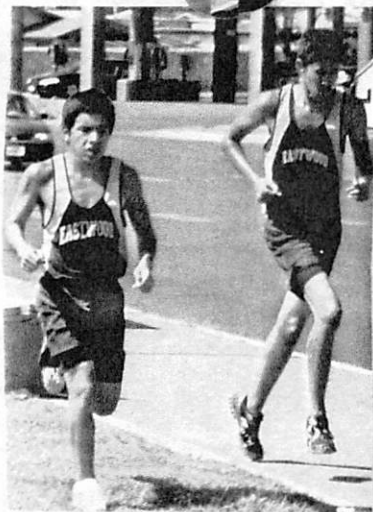
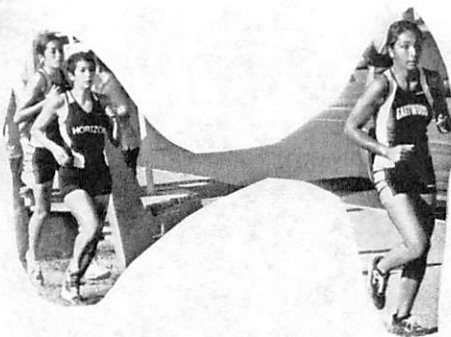
McClain said Apodaca has a chance to have a real big season as the team's lone senior.

"She has really gotten better year in and year out," he said. "She was really prepared for this race and it showed. Atziry is a confident runner for us and has shown in the past that she can step up and run big races."

Horizon won the team title with 40 points. The Scorpions had four runners finish in the top 10, led by Michelle Longoria who finished fourth.

Jefferson was second, followed by Hanks, Franklin and Canutillo.

Felix Chavez may be reached at fchavez@elpasotimes.com; 546-6167.





CISD Emerald Springs 5k Invitational
9/9/11

Varsity Girls	Time	Place	Varsity Boys	Time	Place
Artizy Apodaca	21:29.72	8	Ryan Saenz	17:17.42	4
Jackie Cuellar	22:28.79	19	Brian Casillas	17:26.08	9
Tessa Buxton	23:30.67	40	Richard Mora	17:27.80	10
Hannah Gomez	24:09.74	60	Elias Leija Garza	17:29.20	12
Carissa Pinion	24:20.58	65	Steven Rios	17:52.16	18
Vanessa Medrano	25:16.33	84	Calub Buntyn	18:17.83	31
Cassandra Serrano	27:32.49	128	Alex Blanco	18:19.27	33
Summer Duckett	34:51.53	156	Chris Wallace	19:36.31	98
Team 7th 174pts 1-5 Time Gap= 3:47			Robert Barcenaz	20:03.91	128
			Jonathan Rubio	20:20.42	140
			Team 1st 53pts 1-5 Time Gap= 31sec		

Open Girls	Time	Place	Open Boys	Time	Place
Anna Mora	22:04.01	1	Stephen Wallace	18:24.36	1
Vanessa Parra	23:37.08	4	Deric Martinez	18:39.93	3
Briana Casillas	23:48.91	8	Ruben Campos	19:22.74	7
Vanessa Miramontes	25:05.63	19	Esteban Portillo	19:29.97	9
Destiny Vargas	25:31.82	32	David Muller	19:32.20	10
Amanda Palacios	25:52.55	41	Martin Pandeli	19:58.76	23
Jazmin Navarrete	25:57.01	42	Alex Munoz	21:11.95	58
Dominique Blancas	25:57.42	43	Troy Means	21:15.51	63
Zelete Aranda	26:24.19	51	Victor Mastecas	21:31.03	72
Laura Ramirez	27:39.00	84	Jose Silva	22:05.19	94
Angelica Duran	28:33.78	111	Sam Ashford	22:21.02	108
Elise McLain	28:54.37	119	Julio Rodriguez	22:45.11	123
Desiree Gutierrez	29:00.50	122	Joseph Velazquez	23:07.35	142
Team 1st 49pts 1-5 Time Gap= 3:27			Kyle Lusk	23:17.92	149
			Jonathan Espinoza	29:32.94	232
			Team 1st 30pts 1-5 Time Gap= 1:08		



Troopers run to victory at Clint meet

By Evan Mohl
EL PASO TIMES

So much for the rebuilding Eastwood High School boys cross-country team.

The Troopers, who graduated their top two runners, are now 2-for-2 at meets this season, winning their second one Friday at Emerald Springs Golf Course.

And this one was big.

Eastwood placed three runners in the top 10 to claim the Clint Independent School District Cross Country 5K, a meet that had more than 900 athletes and included most of the top area teams along with talented Odessa squads.

"That's just a great meet, very well run and extremely competitive," Eastwood coach Mike McLain said. "So to come in with a young team and do this well is encouraging. We like where we are at this point in the season."

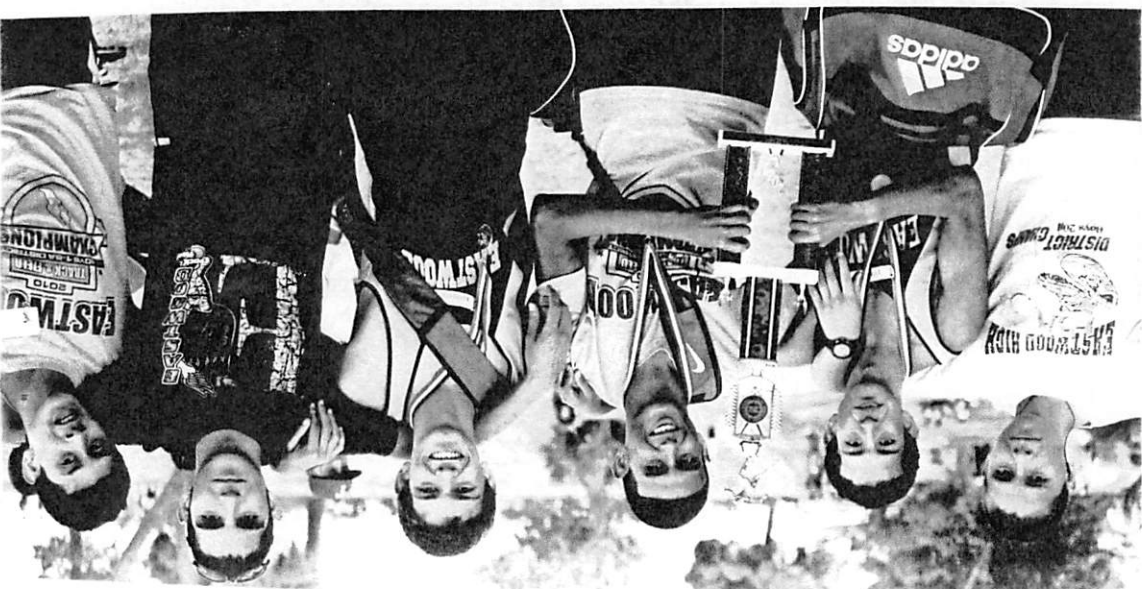
Ryan Saenz placed fourth to

► Results 12C

pace Eastwood — his second top-four finish this season — while Brian Castillas and Richard Mora finished ninth and 10th, respectively.

"We pride ourselves in running as a team," McLain said.

After a surprising and perhaps disappointing second-place showing last week, Jefferson's Joel Flores reclaimed the top spot by winning the meet individually. The Silver Foxes, as a team, finished second, just 24 points behind Eastwood. David Torres was Jefferson's next-best finisher at 13th overall.



Coronado Invitational

9/17/11

Varsity Girls	Time	Place
Artizy Apodaca	13:52.59	1
Anna Mora	14:19.55	8
Jackie Cuellar	14:38.51	14
Carissa Pinion	15:06.58	21
Hannah Gomez	16:04.15	50
Team 3rd 84pts 1-5 Time Gap= 2:04		

Open Girls	Time	Place
Tessa Buxton	15:27.05	4
Vanessa Parra	15:27.84	5
Brianna Casillas	16:00.03	8
Vanessa Medrano	16:29.21	13
Amanda Palacios	17:13.70	26
Angelica Duran	19:48.09	71
Team 1st 45pts 1-5 Time Gap= 1:45		

9 th Girls	Time	Place
Vanessa Miramontes	16:36.41	4
Cassandra Serrano	16:38.71	5
Dominique Blancas	16:39.69	6
Destiny Vargas	16:59.31	7
Elise McLain	17:37.75	10
Laura Ramirez	17:53.98	12
Desiree Gutierrez	18:12.29	15
Team 1st 27pts 1-5 Time Gap= 1:01		

Varsity Boys	Time	Place
Brian Casillas	16:50.60	4
Ryan Saenz	16:59.82	5
Elias Leija Garza	17:10.95	9
Richard Mora	17:26.97	14
Steven Rios	17:33.56	16
Calub Buntyn	17:55.58	20
Alex Blanco	18:08.98	27

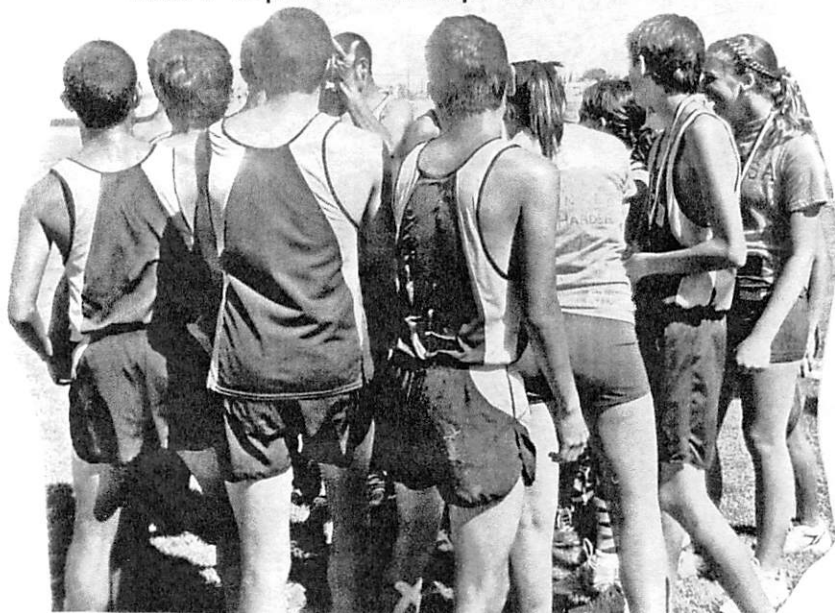
Team 1st 48pts 1-5 Time Gap= 43sec

Open Boys	Time	Place
Stephen Wallace	18:37.50	2
Ruben Campos	19:11.47	10
Esteban Portillo	19:30.62	17
Robert Barcenaz	19:34.38	18
Martin Pandeli	19:41.33	20
Greg Whitworth	19:59.12	27
Jonathan Rubio	20:22.07	34
Victor Maestas	20:43.74	44
Sam Ashford	21:48.26	65
Andres Valenzuela	22:03.59	75
Erik Martinez	22:04.78	76

Team 1st 55pts 1-5 Time Gap= 1:04

9 th Boys	Time	Place
Deric Martinez	12:43.43	1
Chris Wallace	13:19.10	2
David Muller	13:24.00	3
Alex Munoz	14:11.94	8
Julio Rodriguez	14:14.63	10

Team 1st 22pts 1-5 Time Gap= 1:03



Eastwood, Del Valle standouts take Kidd Invitational

By Felix Chavez
EL PASO TIMES

So far it's been a pretty good start to the 2011 high school cross-country season for Atziry Apodaca.

The Eastwood senior won her second meet of the season Saturday, winning the Kendle Kidd Invitational at Coronado High School.

Apodaca won the 3,200-meter event in a time of 13 minutes, 52.59 seconds, besting second-place Patricia Ablanado of Coronado by nearly five seconds.

"I ran well today," Apodaca said. "It was a good field and I just took my time and it paid off. I didn't make any mistakes in the race and this is a meet I really wanted to come out and do well in."

Eastwood coach Mike McLain said he wasn't surprised by her performance.

"She really ran a smart race," he said. "She's going to give her best effort each

time out. It was nice to see her get that second win of the year. She will improve each time out this season."

El Dorado won the girls event with 71 points, followed by Coronado (75), Eastwood (84), Montwood (134) and Del Valle (147).

On the boys' side, Del Valle's Ivan Rodriguez picked up his first victory of the season with a time of 16:35.44 in the 5K event after finishing second and sixth in his first two meets of the season.

The junior Rodriguez held off Montwood's Luis Romero who pushed Rodriguez right down to the end, finishing with a time of 16:35.91.

"I felt strong, my endurance is getting better," Rodriguez said. "The first meets of the year were very good for me. I just want to keep improving. I want to improve on what I did last year. This was a tough meet and I had to go



Apodaca



Rodriguez

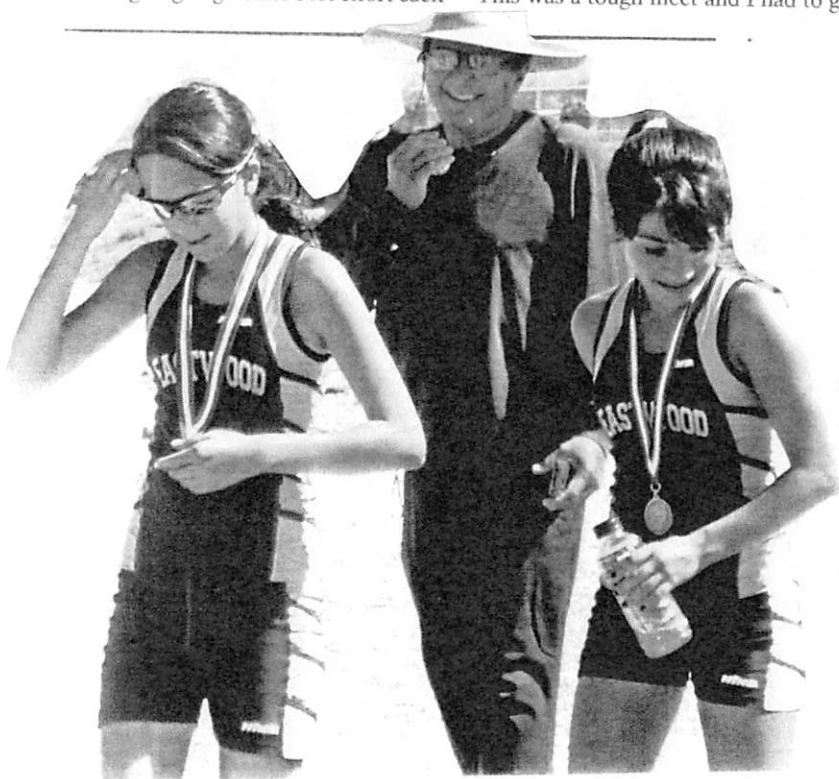
► Saturday's results 12C

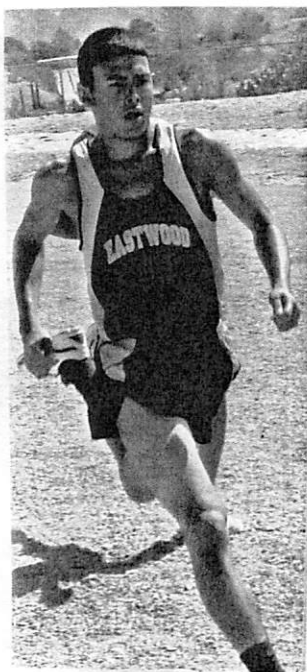
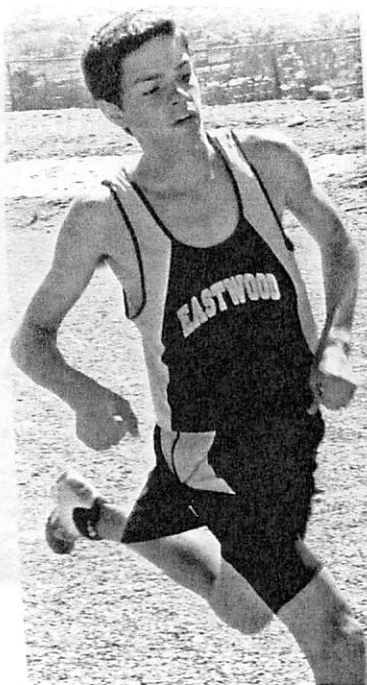
hard the whole way for the win. I knew coming in that this would be a tough race. I started well and just keep going well throughout."

As a sophomore, Rodriguez qualified for both the regional and state meets in Class 4A. Del Valle coach Orlando Hairston said Rodriguez's work ethic is strong and he has the ability to improve as the season advances.

"Ivan ran a really good race and showed how tough he is by winning this race," Hairston said. "He is maturing all the time and getting better with each race."

Eastwood won the meet with 48 points, followed by Montwood (100), Del Valle (126), Coronado (128) and El Dorado (147).







Lubbock Invitational

9/24/2011

Varsity Girls	Time	Place	Varsity Boys	Time	Place
Artizy Apodaca	12:16.8	10	Ryan Saenz	15:58.1	5
Anna Mora	12:24.7	14	Brian Casillas	16:06.8	9
Jackie Cuellar	12:59.0	33	Elias Leija Garza	16:13.7	12
Carissa Pinion	13:05.7	36	Richard Mora	16:42.6	19
Vanessa Parra	13:16.9	46	Steven Rios	16:45.4	20
Hannah Gomez	14:02.4	73	Calub Buntyn	16:49.9	22
			Alex Blanco	17:09.5	30

Team 4th 139pts 1-5 Time Gap= 60 sec

Team 1st 65pts 1-5 Time Gap= 47sec

Open Girls	Time
Dominique Blancas	14:22
Vanessa Miramontes	14:30
Vanessa Medrano	14:37
Cassi Serrano	14:49

Open Boys	Time	Place
Stephen Wallace	17:30	1
Deric Martinez	17:35	2
Ruben Campos	18:10	6
David Muller	18:26	8
Chris Wallace	20:00	30

Team 1st 47pts 1-5 Time Gap=2:30

In Lubbock, Eastwood won the Class 5A boys portion of the Lubbock Invite with 65 points, edging Amarillo Tascosa by two points. Ryan Saenz led the Troopers with a fifth-place finish with a time of 15:58.1. Montwood finished fourth with 143 points.

In the Class 5A girls event, Coronado's Patricia Ablanedo finished second

FOUR-GONE CONCLUSIONS



What is your favorite subject in school?

History.

What is the best part of this Eastwood boys team?

Working together as a team

Who is your favorite runner?

Usain Bolt.

What is your favorite pre-race superstition?

Drinking honey



History.

Running together as a team.

Galen Rupp.

Putting on lots of Tiger Balm before a race.



Science.

Being a tight group as a team.

Steve Prefontaine.

I don't have one

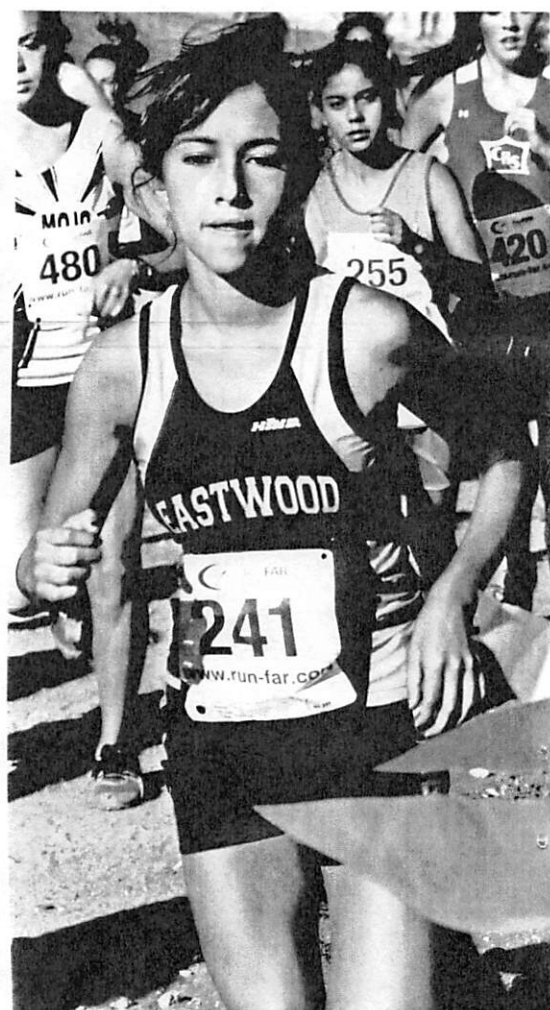
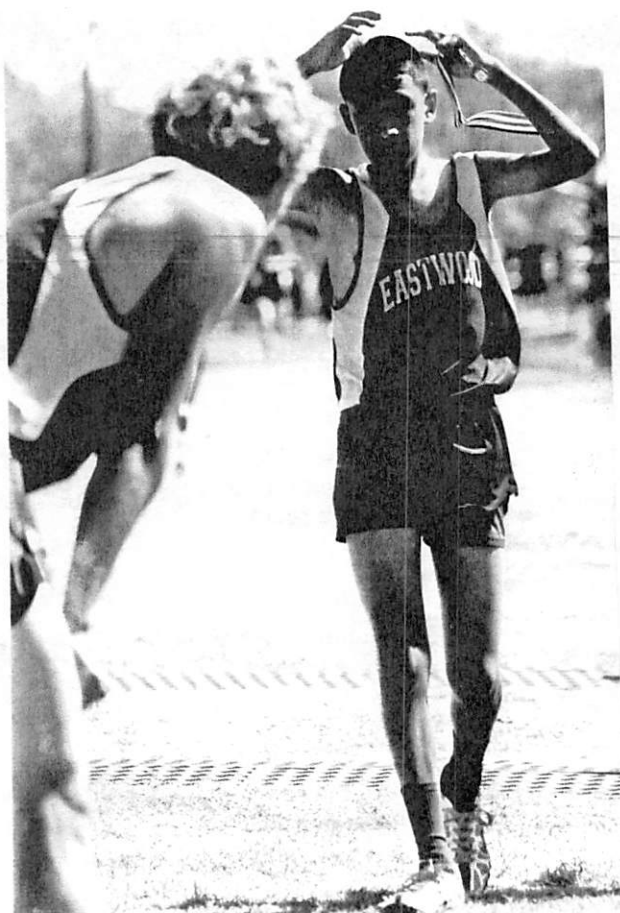


Science.

Running together as a team.

Chris Solinsky.

Stretching before a race.



Mayfield Invitational 5K

10/1/2011

Varsity Girls	Time	Place
Anna Mora	18:57	5
Ammie Apodaca	19:16	6
Vanessa Parra	19:56	13
Jackie Cuellar	20:07	17
Carissa Pinion	20:29	23
Tessa Buxton	20:52	25
Hannah Gomez	21:55	37

Team 1st 56pts 1-5 Time Gap=1:32

Open Girls	Time	
Vanessa Miramontes	21:57.80	3
Dominique Blancas	21:59.91	4
Vanessa Medrano	22:21.59	6
Amanda Palacios	22:51.01	13
Jazmin Navarrette	23:04.25	15
Cassandra Serrano	23:04.60	16
Destiny Vargas	23:07.08	17
Elise McLain	23:49.83	22
Summer Duckett	24:35.49	30
Laura Ramirez	24:49.80	33
Angelica Duran	25:32.99	38

Team 1st 39pts 1-5 Time Gap=67sec



In Las Cruces, Joel Flores of Jefferson took first place in the Mayfield Invitational 5K race at the Field of Dreams. Flores won the event in 15:20.29, ahead of Eastwood's Ryan Saenz, who had a time of 15:34.67. Eastwood won the team title with 39 points, followed by Jefferson with 54 points and Oñate with 104.

On the girls' side, Eastwood won the team

Varsity Boys	Time	Place
Ryan Saenz	15:34.67	2
Brian Casillas	15:40.57	4
Steven Rios	15:56.20	9
Elias Leija Garza	16:02.27	11
Richard Mora	16:05.73	13
Calub Buntyn	16:24.28	17
Alex Blanco	16:39.41	19

Team 1st 39pts 1-5 Time Gap= 50sec

Open Boys		
Stephen Wallace	17:10.23	1
Deric Martinez	17:17.74	2
Ruben Campos	17:37.91	3
David Muller	17:54.51	6
Robert Barcenaz	18:02.13	7
Jose Silva	18:03.12	8
Esteban Portillo	18:15.06	12
Martin Pandeli	18:31.47	16
Greg Whitworth	18:34.74	18
Jonathan Rubio	18:43.72	21
Alex Munoz	19:31.94	30
Chris Wallace	19:52.94	36
Sam Ashford	19:54.84	38
Erick Martinez	20:57.96	55
Kyle Lusk	21:54.61	69

Team 1st 19pts 1-5 Time Gap=52sec

title with 56 points, edging El Dorado by three points. Belen was third with 72 points.

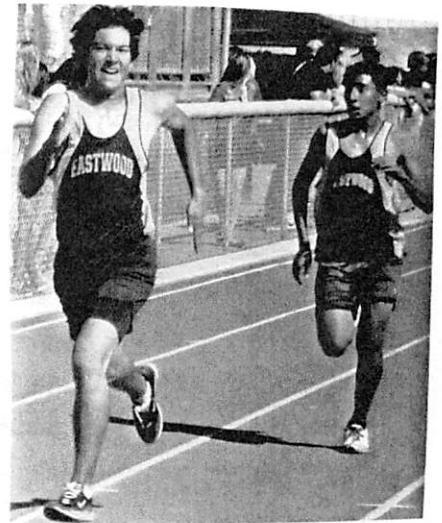
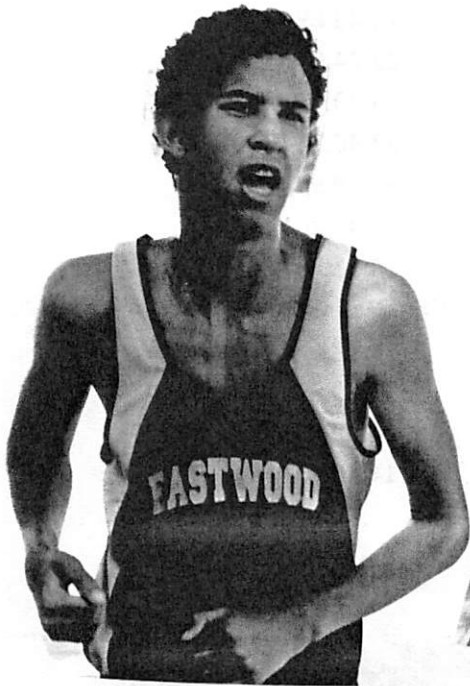
Santa Teresa went 1-2 in the race individually as Britani Gonzalez won with a time of 18:28, followed by Regina Marquez (18:40).

Anna Mora of Eastwood was the top El Paso runner with a time of 18:57. The Troopers had runners finish fifth, sixth, 11th and 14th, while El Dorado had runners finish eighth, ninth, 10th and 13th.

"The course was good out there in Las Cruces," Troopers coach Mike McLain said. "Our kids are starting to put their best effort forward and we performed well. Anna ran a good race, she really turned it on at the end to get the win."

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Tornillo Invitational

10/7/2011

Varsity Girls	Time	Place
Anna Mora	14:35.28	1
Ammie Apodaca	15:05.91	8
Carissa Pinion	15:32.92	11
Jackie Cuellar	15:54.66	15
Tessa Buntyn	15:57.41	17
Vanessa Parra	16:00.39	19
Team 1st 41pts 1-5 Time Gap=1:22		

Open Girls	Time	Place
Briana Casillas	17:04.16	4
Amanda Palacios	18:15.36	24

Ablanedo is in a district that features talented runners like Aimee Apodaca of Eastwood, Jocelyn Caro of Socorro and Shannon Luevano from Hanks. Ablanedo relishes the challenge.

9 th Girls	Time	Place
Vanessa Miramontes	16:53.36	3
Dominique Blancas	16:54.96	4
Destiny Vargas	17:36.03	5
Elise McLain	18:05.39	10
Laura Ramirez	18:43.16	13
Team 1st 18pts 1-5 Time Gap=1:50		

Varsity Boys	Time	Place
Brian Casillas	18:38.94	4
Ryan Saenz	18:41.87	5
Elias Leija Garza	19:14.44	9
Steven Rios	19:37.15	12
Caleb Buntyn	19:38.59	13
Richard Mora	19:43.25	14
Alex Blanco	20:36.46	31

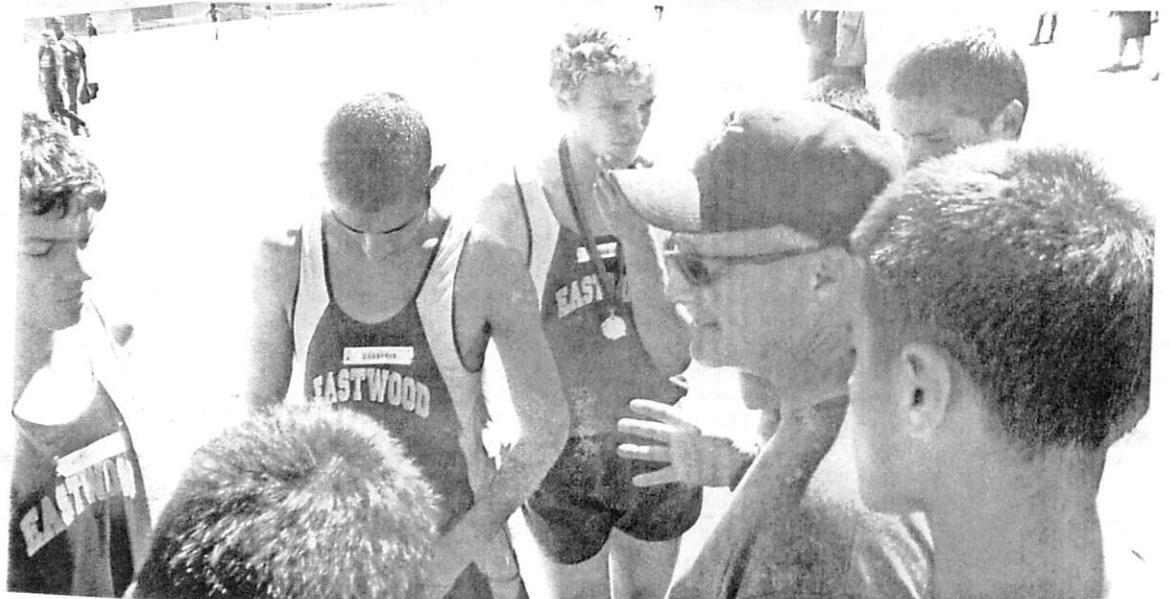
Team 1st 41pts 1-5 Time Gap=60sec

Open Boys	Time	Place
Stephen Wallace	20:13.91	1
Deric Martinez	20:27.42	2
Ruben Campos	20:43.89	6
Greg Whitworth	22:24.04	29
Sam Ashford	23:29.75	47
Victor Maestas	23:46.23	53
David Solidad	23:59.98	58
Erick Martinez	24:41.20	69
Andres Valenzuela	24:51.29	72

Team 2nd 74pts 1-5 Time Gap=3:16

9 th Boys	Time	Place
David Muller	13:29.91	3
Alex Munoz	14:39.49	8
Julio Rodriguez	14:40.49	10





Chamizal Invitational

10/15/2011

Varsity Girls	Time	Place
Vanessa Miramontes	14:42	66
Briana Casillas	14:54	82
Dominique Blancas	15:01	85
Vanessa Medrano	15:15	90
Hannah Gomez	15:23	94
Team 17th 382pts 1-5 Time Gap=41sec		

Open Girls	Time	Place
Destiney Vargas	15:25	16
Cassi Serrano	15:27	18
Amanda Palacios	16:39	41
Laura Ramirez	16:51	43
Summer Duckett	17:13	46
Team 6th 1-5 Time Gap=1:47		

Varsity Boys	Time	Place
Deric Martinez	17:04	39
Alex Blanco	17:05	40
Stephen Wallace	17:18	45
Ruben Campos	17:32	60
David Muller	17:36	65
Robert Barcenas	17:59	85
Troy Means	19:33	143

Team 7th 241 pts 1-5 Time Gap=32sec

Open Boys	Time	Place
Greg Whitworth	18:39	11
Jonathan Rubio	18:49	15
Alex Munoz	19:23	23
Sam Ashford	20:23	40
Julio Rodriguez	20:28	41

Team 5th 100pts 1-5 Time Gap=1:49

Cross country Troopers run hard, win with teamwork

By Felix Chavez
EL PASO TIMES

Good teams usually reach success through constant hard work, pulling together their resources in one unified effort.

That certainly defines the Eastwood boys cross country team, which is having a memorable season. The Troopers have won all six meets this year, and have done it without a runner winning an individual title.

"We stress to our kids to have fun and we also stress things like character and teamwork," said coach Mike McLain. "We don't stress winning. This group has been very steady this year and a joy to work with. They come ready to practice and they've carried that over into the meets."

This year's group is tight-knit and pushes itself hard in practice. McLain said the eight runners on the team each contribute to the team's goals, pushing each other along the way.

"Our biggest asset is that we are a team and we enjoy being around each other and challenging each other," junior Ryan Saenz said. "Our confidence has grown each week, but our confidence grew when we won the cross country meet in Lubbock."

The Troopers edged Amarillo Tascosa for the title at the Lubbock meet Sept. 24. Last weekend, they won the Tornillo meet.

Another reason for the team's success is that it is pushed by solid competition like Austin, Jefferson, Del Valle and Montwood, just to name a few.

"We support each other as runners and it's great to battle against good teams here in town, because you really have to run well to do well and that gets us ready for big meets," junior Richard Mora said.

And ready they are. With the district meet just a couple of weeks away, and the regional and state meets on the horizon, the Troopers will be in full force to face those challenges.

"We didn't think we'd be this good this year, but we thought we could be pretty good," sophomore Brian Casillas said. "We're working hard every day because our goal is to win district, get to regionals and get to state. It's been a great year and we've worked hard to get where we are today."

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The Troopers

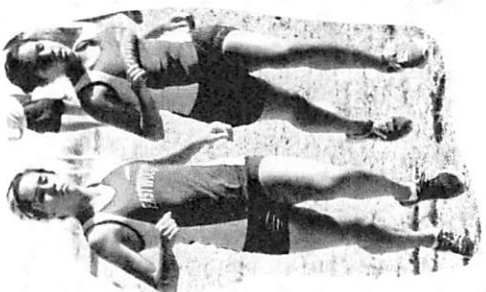
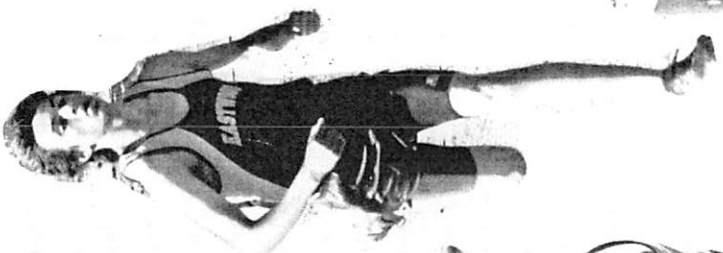
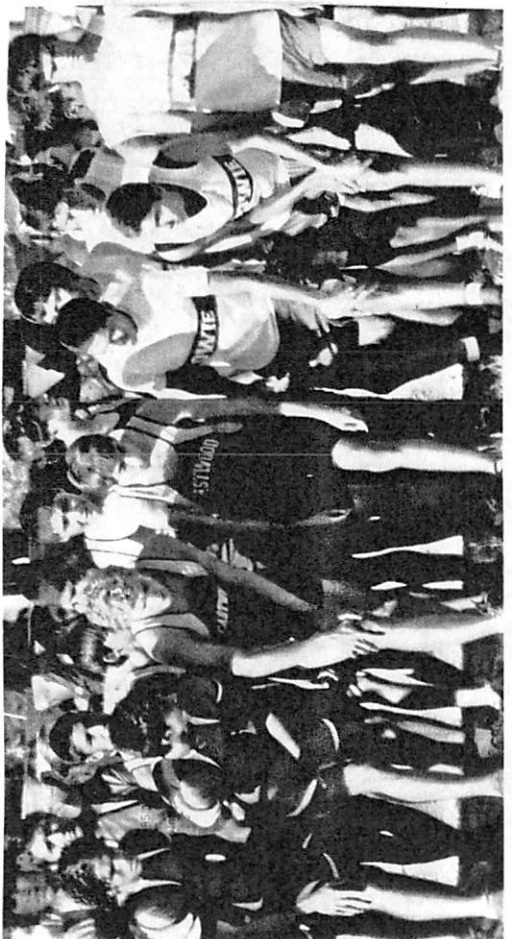
- **Who:** Eastwood High boys cross country team.
- **Record:** Six team wins in six meets so far this year.
- **Teammates:** Ryan Saenz, Brian Casillas, Elias Leija-Garza, Richard Mora, Steven Rios, Caleb Buntyn, Alex Blanco and Stephen Wallace.

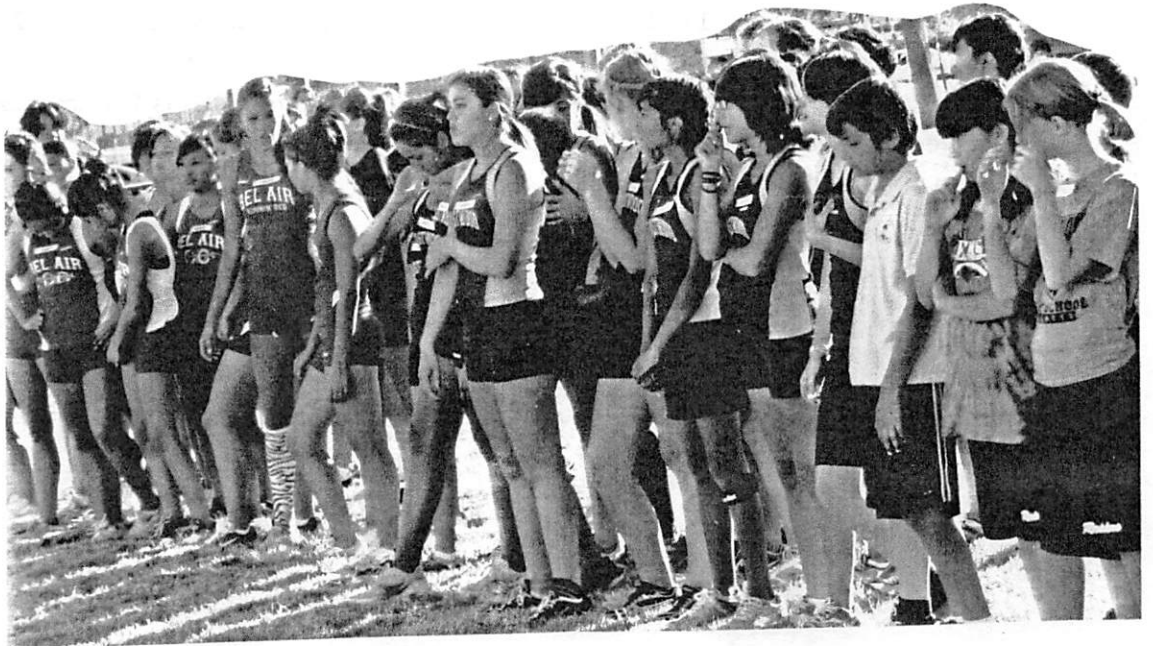
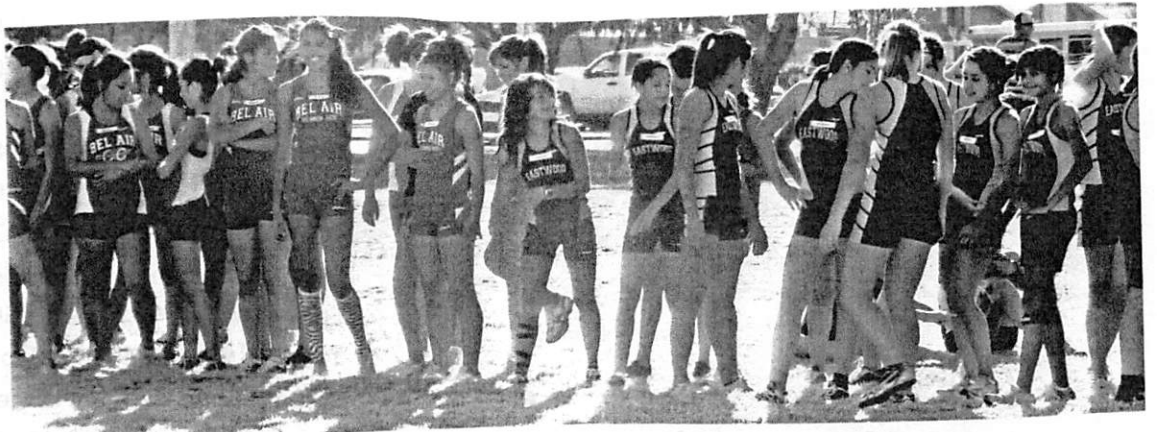


**The 10th Running of The Shoe
10/21/11**

Varsity Girls			Varsity Boys		
	Time	Place		Time	Place
Anna Mora	5:41.58	1	Brian Casillas	9:56.36	1
Amiee Apodaca	5:42.68	2	New Course Record		
Jackie Cuellar	5:59.85	4	Elias Leija Garza	9:58.01	2
Carissa Pinion	6:00.96	5	Ryan Saenz	10:09.38	3
Tessa Buxton	6:09.45	6	Steven Rios	10:24.41	4
Vanessa Parra	6:14.88	8	Richard Mora	10:29.08	6
Briana Casillas	6:28	10	Calub Buntyn	10:35.29	7
Vanessa Miramontes	6:33	11	Alex Blanco	10:44.74	8
Dominique Blancas	6:34	13	Stephen Wallace	10:45	9
Hannah Gomez	6:35	15	Deric Martinez	11:01	11
Laurie Jabalie	6:36	16	Ruben Campos	11:04	12
Jazmin Navarrette	6:43	19	Robert Barcenaz	11:34	14
Vanessa Medrano	6:44	20	Jose Silva	11:35	16
Cassi Serrano	6:44	21	Martin Pandeli	11:35	17
Elise McLain	7:04	27	Sam Ashford	11:43	18
Amanda Palacios	7:04	28	Greg Whitworth	11:55	19
Angelica Duran	7:07	30	Jonathan Rubio	11:58	20
Laura Ramirez	7:07	31	Alex Munoz	12:18	21
Desiree Gutierrez	7:11	33	Victor Maestas	12:37	22
Team 1st 18pts 1-5 Time Gap= 28sec			Julio Rodriguez	12:39	23
			Erick Martinez	12:41	24
			Troy Means	12:41	25
			Andres Valenzuela	12:44	26
			David Solidad	12:49	28
			Joseph Salazar	13:00	30
			Kyle Lusk	14:12	33
			Team 1st 16pts 1-5 Time Gap=39sec		







District at Chamizal**10/28/11**

Varsity Girls	Time	Place	Varsity Boys	Time	Place
Anna Mora	12:45.01	2	Brian Casillas	16:02.26	4
Jackie Cuellar	13:32.40	16	Elias Leija-Garza	16:03.55	5
Vanessa Parra	13:36	18	Steven Rios	16:12.41	8
Ammie Apodaca	13:46.19	21	Ryan Saenz	16:18.21	11
Carissa Pinion	13:46.84	22	Richard Mora	16:38.41	15
Vanessa Miramontes	14:27.27	39	Caleb Buntyn	17:03.73	17
Team Tie for 2nd 79pts 1-5 Time Gap=61sec			Alex Blanco	17:18.43	21

Team 1st 43pts 1-5 Time Gap=43pts**District at Golden Key**

Open Girls	Time	Place	Open Boys	Time	Place
Tessa Buxton	13:43	2	Stephen Wallace	16:58	1
Briana Casillas	14:14	4	Ruben Campos	17:00	2
Laurie Jabalie	14:23	5	Robert Barcenas	17:30	3
Hannah Gomez	14:48	15	Martin Pandeli	18:14	9
Jazmin Navarrete	15:01	18	Jonathan Rubio	18:36	12
Vanessa Medrano	15:30	29	Sam Ashford	18:40	14
Amanda Palacios	16:44	55	Troy Means	18:43	15
Team 1st 42pts 1-5 Time Gap=1:18			Andres Valenzuela	19:08	25
			Victor Maestas	19:10	27
			David Solidad	19:17	28
			Greg Whitworth	19:34	30
			Erick Martinez	19:56	32

Team 1st 27pts 1-5 Time Gap=1:38

9th Girls	Time	Place	9th Boys	Time	Place
Dominique Blancas	14:05	1	Jose Silva	11:32	1
Destiny Vargas	14:49	2	Deric Martinez	11:34	2
Cassi Serrano	15:10	3	David Muller	11:41	3
Elise McLain	15:21	4	Julio Rodriguez	12:19	7
Summer Duckett	15:58	7	Alex Munoz	12:25	8
Laura Ramirez	16:14	9	Team 1st 21pts 1-5 Time Gap=53sec		
Desiree Gutierrez	17:16	14			

Team 1st 17pts 1-5 Time Gap=1:53**Cross country****Runners****compete****Saturday****at district****By Felix Chavez****EL PASO TIMES**

High school cross country teams around the city have had Oct. 29 circled on their calendars since this season began.

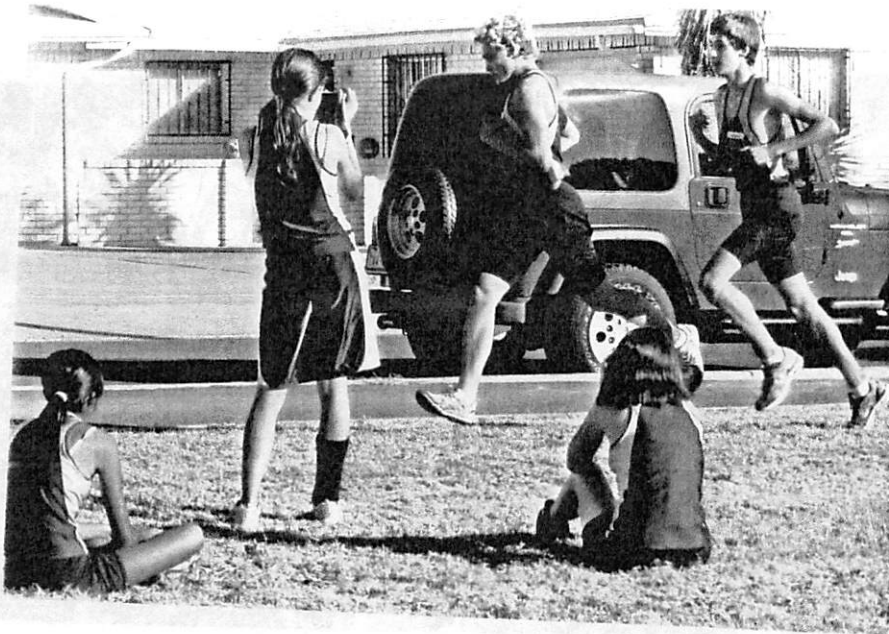
Beginning at 9 a.m. Saturday at Chamizal National Memorial Park, district meets in 1-4A, 2-4A, 1-5A and 3-3A will showcase the area's best cross country runners.

"We're excited about getting out there and competing; we've trained really well," said Eastwood coach Mike McLain, whose boys have been tops all season among the 1-5A teams. "We just want to keep improving and running well."

The 1-5A girls competition will feature an El Dorado team which has won several meets and is led by Erica Ramos and Samantha Gardea, among others.

Individually, Eastwood's Aimee Apodaca, Coronado's Patricia Ablanedo and Hanks' Shannon Luevano are among the favorites.

"I want to run well in the district meet and have a big performance for our team," said Ablanedo, who won Oct. 15's meet at the Chamizal. "I know it'll be a challenge to win district; I'll have to run well."



By Evan Mohl
EL PASO TIMES

The top runners ensured no drama at the boys district cross county meets Saturday at Chamizal National Memorial Park.

Franklin's Brian Barraza, Jefferson's Joel Flores, Del Valle's Ivan Rodriguez and Clint's Jose Guillen blew away the competition, winning their respective district titles by a combined 105 seconds.

The top three teams in each district, along with any other individual runners in the top 10, qualify for regionals next week in Lubbock.

"A lot of times this season, we all have been running together in the same race, so I think we all really pushed each other," Barraza said.

Flores, veteran of two state meets, finally won his first 1-4A crown after two years finishing in the top three. Gerardo Escapita followed Flores, while David Torres (sixth) and Aaron Daly (eighth) helped Jefferson secure its third straight team title. Burges, led by Kristian Alegado, finished second, besting state-ranked Austin.

Rodriguez got his second District 2-4A title as Del Valle also won the



team gold with five runners in the top 13.

Horizon's Daniel Flores finished behind Rodriguez and teammate Vidal Castañon came in fourth to help the Scorpions get second as a team. Ysleta's Felix Rodriguez (third) and Orlando Dominguez-Maese (fifth) paced the Indians for bronze.

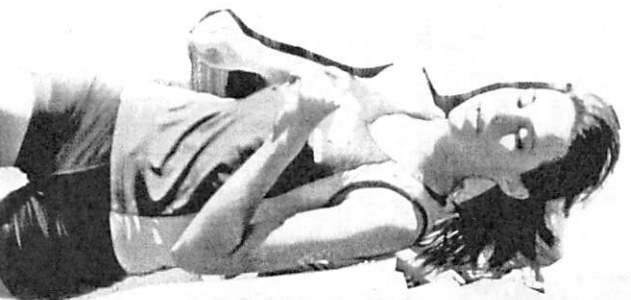
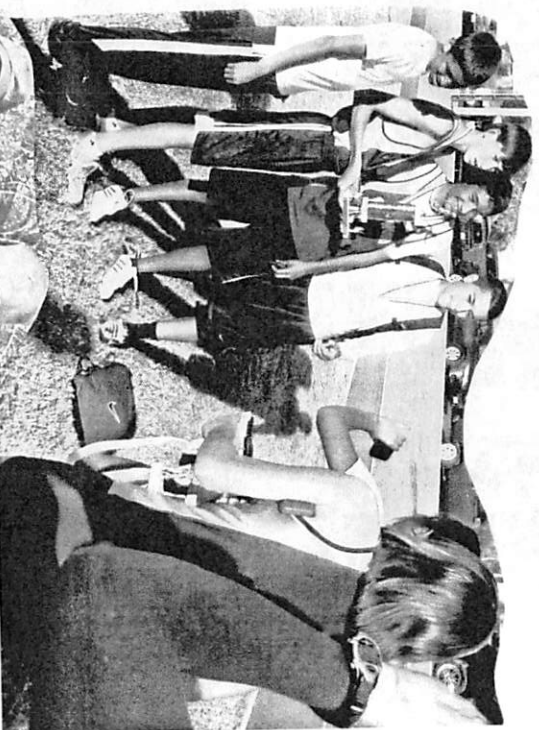
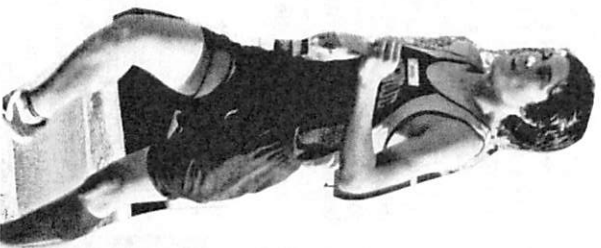
Eastwood captured the 1-5A title, winning its seventh meet of the season without having a runner get gold. The Troopers had three top-10 finishers — Brian Casillas, Elias Leija Garza and Steven Rios.

"It's all about running as a pack, with your brothers," Casillas said.

Coronado got second with a lone top-10 finish by Zach Bassett. Montwood placed third behind Luis Romero and Dorian Miranda.

Clint dominated 3-3A, getting all five runners — Guillen, Javier Contreras, Damian Lopez, Carlos Soto and Stetson Rayas — in the top six. Only Fabens' Jacob Pacheco, who finished second, broke up the pack.

Evan Mohl may be reached at emohl@elpasotimes.com; 546-6381.

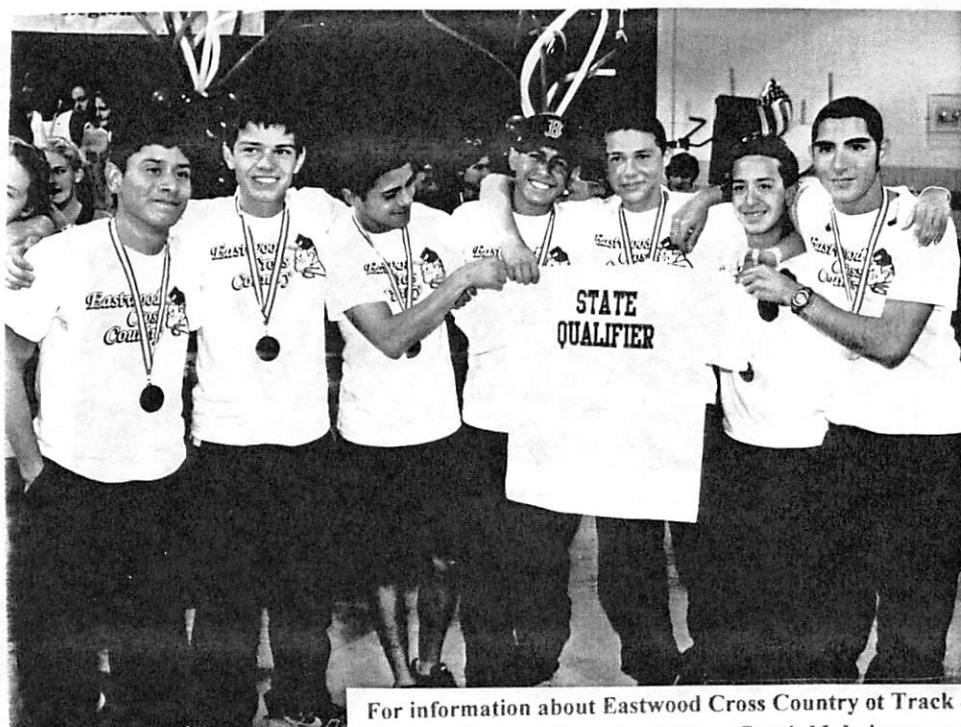


Regionals

11/5/11

Team - El Paso Eastwood		Finish Position - 12					
Team Score (places): 382		Team Score (times):1:04:02.17			Ave Time:12:48.43		
<u>Bib No</u>	<u>Name</u>	<u>Year</u>	<u>O'All Place</u>	<u>Cum Place</u>	<u>Time</u>	<u>Cum Time</u>	<u>Time Back</u>
1329	Anna Mora	9	26	26	12:01.63	12:01.63	0:00.00
2325	Amy Apodaca	12	60	86	12:36.04	24:37.67	0:34.41
3330	Vanessa Parra	9	86	172	13:00.07	37:37.74	0:58.44
4331	Carissa Pinion	10	90	262	13:02.60	50:40.34	1:00.97
5327	Jackie Cuellar	11	120	382	13:21.83	1:04:02.17	1:20.20
6326	Dominique Blancas	9	136	518	13:40.92	1:17:43.09	1:39.29
7328	Vanessa Miramontes	9	146	664	13:56.71	1:31:39.80	1:55.08

Team - El Paso Eastwood		Finish Position - 2					
Team Score (places): 119		Team Score (times):1:20:22.05		Ave Time:16:04.41			
<u>Bib No</u>	<u>Name</u>	<u>Year</u>	<u>O'All Place</u>	<u>Cum Place</u>	<u>Time</u>	<u>Cum Time</u>	<u>Time Back</u>
11219	Brian Casillas	10	14	14	15:41.41	15:41.41	0:00.00
21223	Ryan Saenz	11	17	31	15:47.56	31:28.97	0:06.15
31222	Steven Rios	11	25	56	16:11.98	47:40.95	0:30.57
41220	Elias Leija-Garza	12	27	83	16:13.36	1:03:54.31	0:31.95
51218	Buntyn Calub	11	36	119	16:27.74	1:20:22.05	0:46.33
61221	Richard Mora	11	45	164	16:33.64	1:36:55.69	0:52.23
71217	Alex Blanco	11	127	291	17:42.46	1:54:38.15	2:01.05



In 5A, the Eastwood boys, ranked No. 7 in the South region, according to ESPN's dye-stat.com, will have a good shot to get to state. The Tornillo boys, ranked No. 9 in the state, are another favorite.

Eastwood, Flores lead state qualifiers

By Felix Chavez
and Evan Mohl
EL PASO TIMES



Flores



McLain

Del Valle's Ivan Rodriguez placed second to earn his second trip to state, while Horizon's Danny Flores and Austin's Anthony Castañon were in the top 10.

The Troopers, placed second in the 1-5A meet, behind the nation's No. 1 team Southlake Carroll. The Dragons scored 27 points, breaking the 1986 mark of 29 by Hanks. Eastwood coach Mike McLain was a runner on that team.

Eastwood did not have a top 10 individual, but had four runners — Brian Casillas, Ryan Saenz, Steven Rios and Elias Leija-Garza — finish in the top 35 to earn a spot at state.

"We finished strong in the race," McLain said. "We're excited."

Montwood's Luis Romero qualified for his second state meet with a sixth-place finish, and he'll be joined by Franklin's Brian Barraza.

In 3A, Clint's Bethany Belmontes finished 10th. In 2A, Tornillo placed third to secure a second-straight trip to state. Senior Sergio Payan took fifth.

At the Class 4A New Mexico meet, Santa Teresa's Kristian Gonzalez finished sixth, earning All-State honors.

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El Paso area 4A boys squads dominated the region cross country meets Saturday in Lubbock, while the Eastwood boys are headed back to state after a long hiatus.

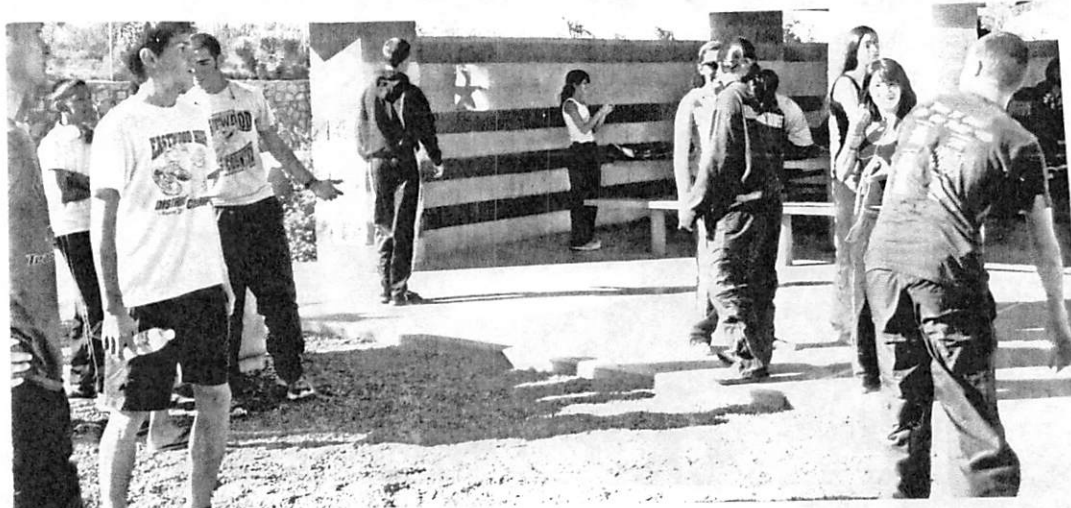
Joel Flores ran a blistering 15:13.57 to win the Region I-4A title by 17 seconds to lead Jefferson to its second team title in three years and its third straight state appearance. Burges will join the Silver Foxes at state after a second-place finish Saturday.

Del Valle earned fourth and Austin fifth. Eight of the top 13 runners were from El Paso.

The top three boys and girls teams in each classification, along with any individual in the top 10, qualified for the state meet next week in Round Rock.

The Silver Foxes also had good performances from Gerardo Escapita (11th) and David Torres (12th). Kristian Alegado finished fifth to pace Burges.

"Running in a tough district in El Paso prepared us well, and to get second means a lot to these kids," Burges coach Alex Smith said.



State in Round Rock Old Settlers Park

11/12/11

Team - El Paso Eastwood		Finish Position - 6					
Team Score (places): 153		Team Score (times):1:23:52.00		Ave Time:16:46.40			
Bib No	Name	Year	O'All Place	Cum Place	Time	Cum Time	Time Back
11097	Brian Casillas	10	10	10	16:10.31	16:10.31	0:00.00
21098	Elias Leija-Garza	12	21	31	16:40.12	32:50.43	0:29.81
31101	Ryan Saenz	11	33	64	16:50.75	49:41.18	0:40.44
41100	Steven Rios	11	38	102	16:58.80	1:06:39.98	0:48.49
51099	Richard Mora	11	51	153	17:12.02	21:23:52.00	1:01.71
61096	Buntyn Calub	11	52	205	17:15.15	1:41:07.15	1:04.84
71095	Alex Blanco	11	81	286	18:47.65	1:59:54.80	2:37.34



Eastwood, Jefferson run for team titles

By Felix Chavez
EL PASO TIMES

All season long, the Eastwood High School cross country team has been consistently good, leaning on each other, reaching success.

This weekend, the Troopers hope to cap what has been a year to remember when it takes part in the University Interscholastic League state meet at Old Settlers Park in Round Rock.

"Our goal is to finish in the top three," junior Ryan Saenz said. "It has been a great year for us. We've won several meets and we've pushed each other to do the best we can. We just want to keep doing what we've been doing at state."

Regionals

► **What:** State cross country meet.

► **When:** Saturday in Round Rock, Texas.

Eastwood was impressive in winning the District 1-5A meet two weeks ago at the Chaminad National Memorial Park, and then followed that effort up with a second-place finish at the regional meet in Lubbock.

The Troopers finished behind a Southlake Carroll team that is ranked No. 1 in the nation, scoring 27 points, breaking the 1986 mark of 29 points by Hanks. Eastwood coach Mike McLain was a

runner on that Hanks team.

Eastwood did not have a runner finish in the top 10 at regionals, but had four individuals place in the top 35 to earn the trip to Round Rock.

"We ran so hard in the regional race to make sure we earned our trip to state," said Elias Leija-Garza. "We weren't going to be denied going to state; we've worked too hard for that. After we found out we were going to state, we were emotional and thankful that the hard work paid off."

The Troopers, who finished with 119 points at regionals, feel the competitors in Lubbock will help them at state. Eastwood finished ahead of Amarillo Tascosa, Lewisville, Marcus, Flower Mound and Grapevine.

"Without a doubt the good competition helped us a great deal at regionals," runner Steven Rios said. "We felt that once we won district, we were in pretty good shape to make state, and now we get that chance to prove we're pretty good."

After finishing fourth last year and second two years ago in Class 4A, Jefferson has its sights set on a top-three finish, according to coach Alfredo Trejo.

Jefferson edged Burges by six points to win the regional title in Lubbock last Saturday, and Joel Flores won the individual title as well.

"We feel we have a pretty good chance to do well at state as a team and with Joel as an individual," Trejo said. "We've had a good

year. We want to finish strong." Burges could also factor in the top five at state in 4A. The Mustangs, who are led by Kristian Alegado, ran a very good meet at regionals in Lubbock, easily outdistancing Keller Timber Creek for third.

Other boys runners who hope to make a run for state glory are Del Valle's Ivan Rodriguez, Horizon's Danny Flores and Austin's Anthony Castañon in Class 4A, and Montwood's Luis Romero and Franklin's Brian Barraza in Class 5A.

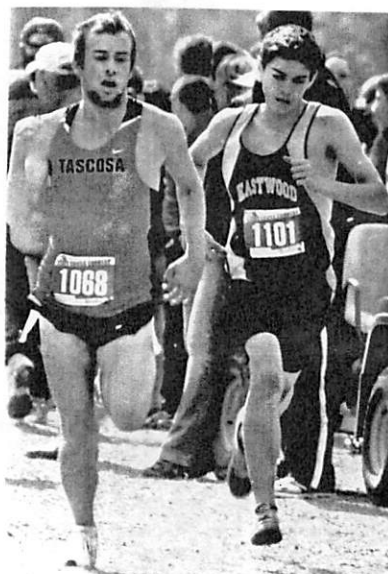
On the girls' side, Clint's Bethany Belmontes looks to keep her momentum going after a 10th-place showing at regionals.

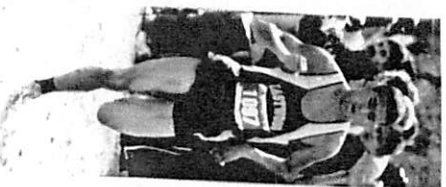
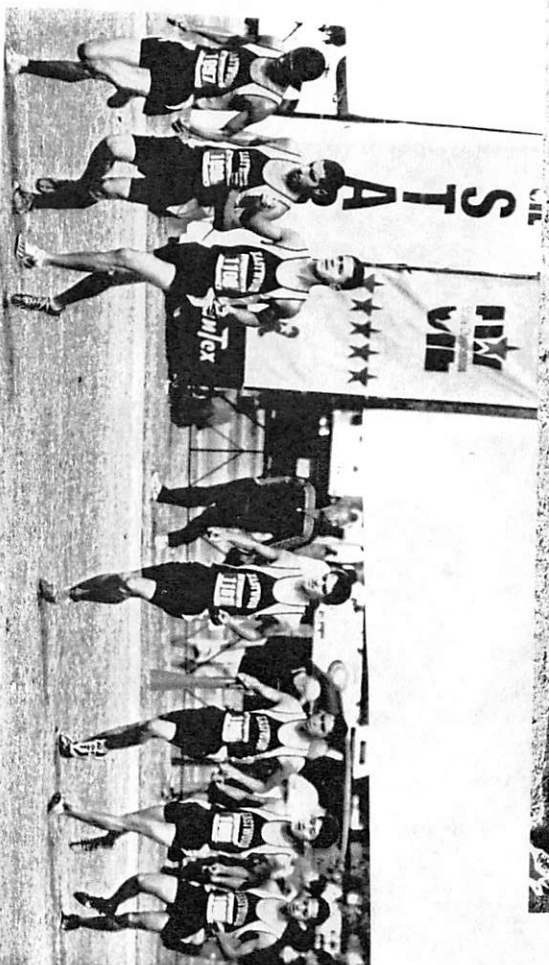
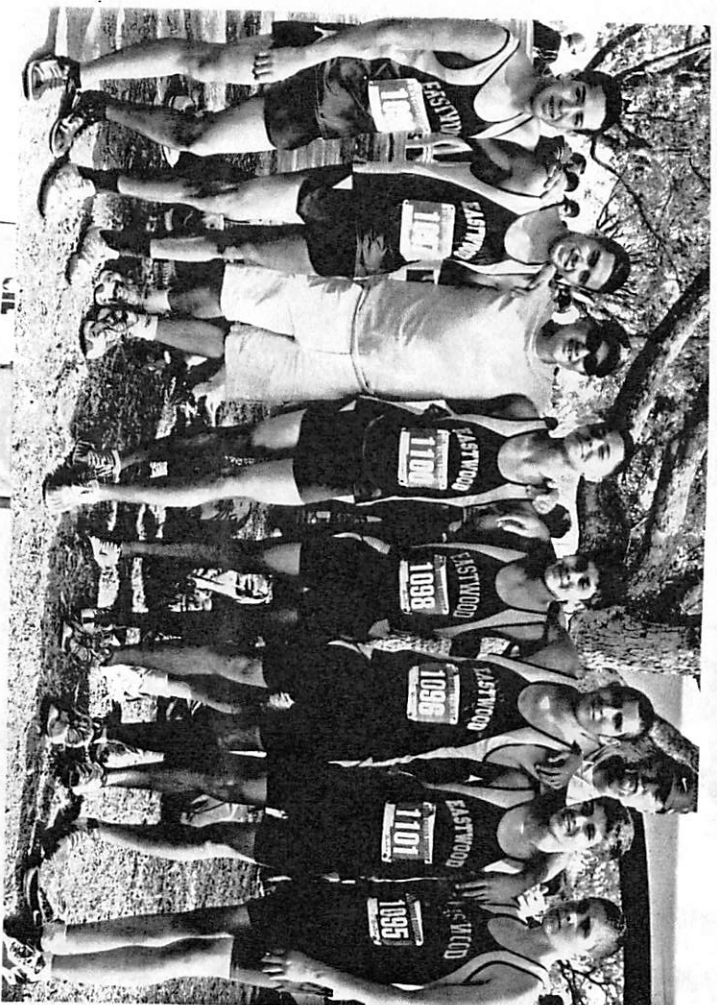
Felix Chavez may be reached at fchavez@elpasotimes.com; 546-6167.

In Class 5A, the Eastwood boys earned sixth out of 12 teams with 153 points.

"I'm very happy with how we ran," Eastwood coach Mike McLain said.

Brian Casillas was the top Eastwood runner, finishing 16th overall with a time of 16:10.31. Franklin's Brian Barraza finished 17th overall with a time of 16:13.92.





Nike South Regional The Woodlands Tx. 11/19/11

Team - Eastwood Running Club

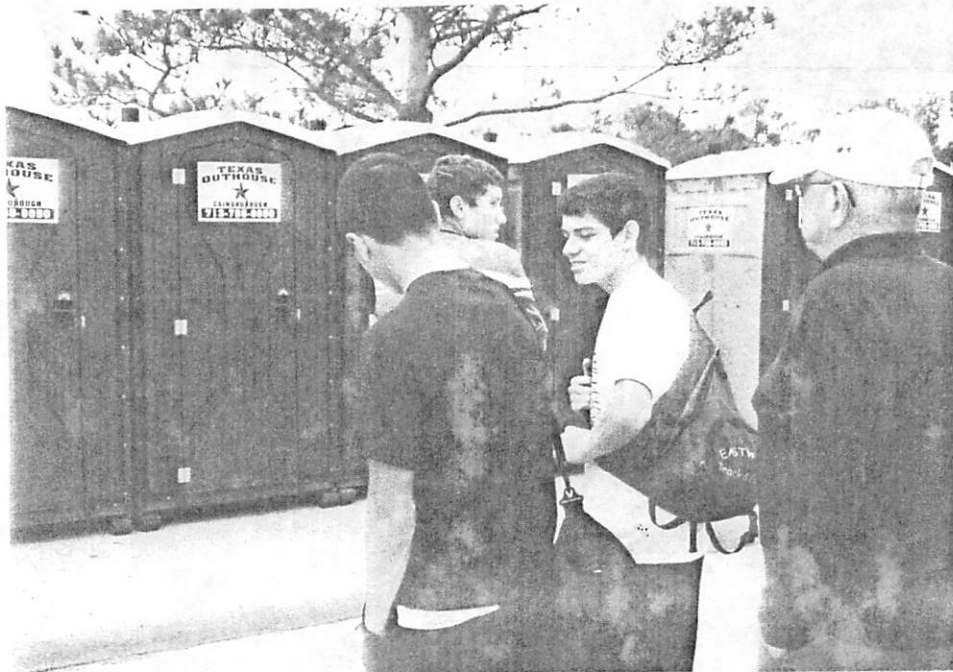
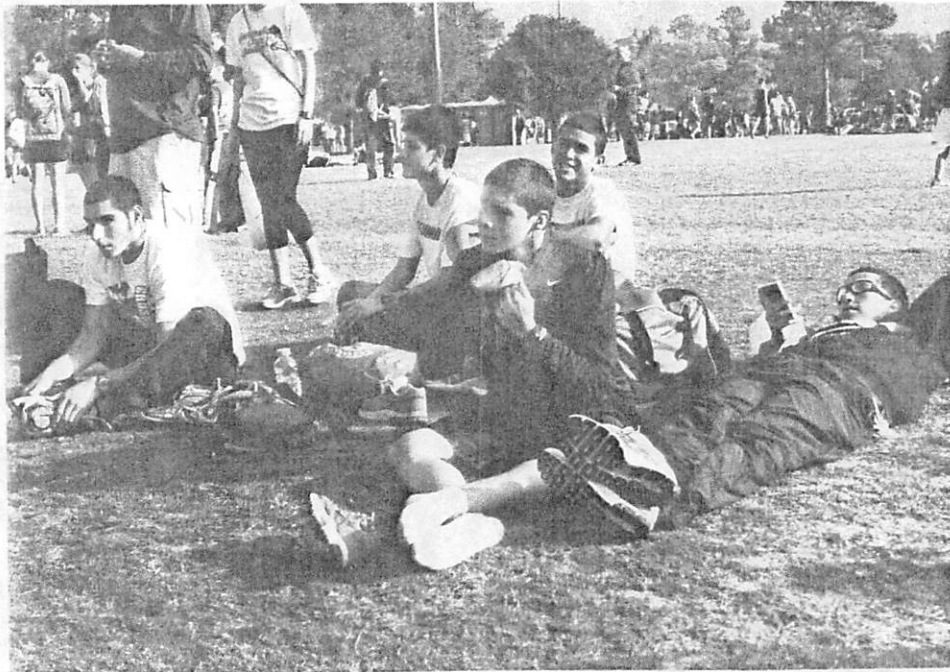
Team Score (places): 312

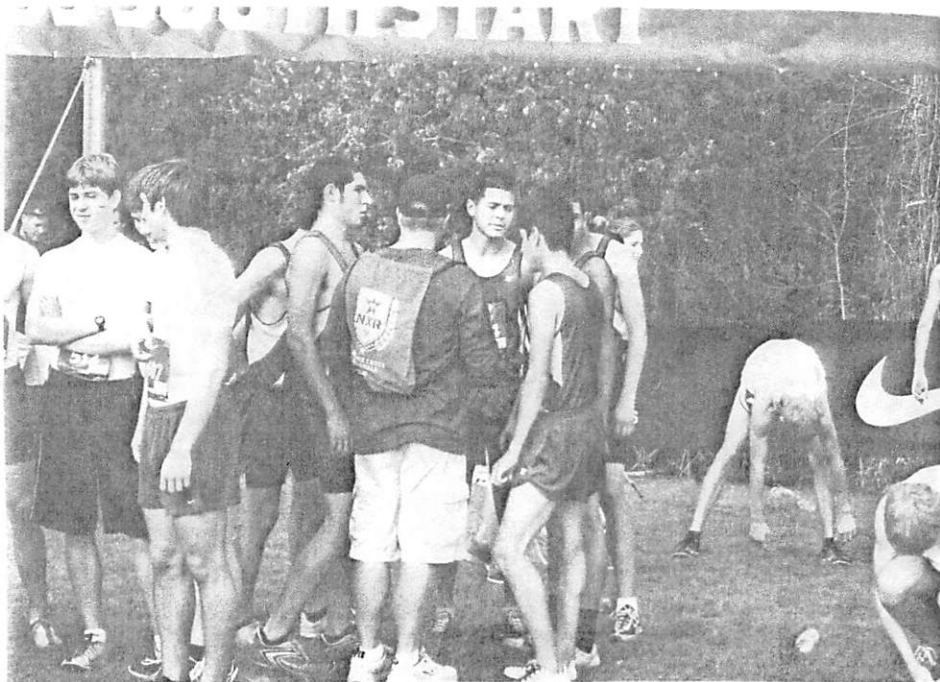
Overall Rank: 11

Team Score (time): 1:25:51.30

Ave Time: 17:10.26

1481 Brian Casillas	14	23	23	16:40.95	16:40.95	0:00.00
2485 Ryan Saenz	13	54	77	17:09.34	33:50.29	0:28.39
3484 Ernesto Rios	13	71	148	17:16.69	51:06.98	0:35.74
4482 Elias Leija-Garza	12	76	224	17:18.47	1:08:25.45	0:37.52
5480 Caleb Buntyn	13	88	312	17:25.85	1:25:51.30	0:44.90
6483 Richard Mora	13	99	411	17:32.21	1:43:23.51	0:51.26
7479 Alejandro Blanco	13	181	592	18:42.02	2:02:05.53	2:01.07





EVAN
MOHL

Eastwood to run at regional Nike meet

The Eastwood boys cross country team will get a unique opportunity this weekend.

The Troopers got invited to the 2011 Nike South Cross County Regional Championships on Saturday in The Woodlands, Texas. They'll compete in an invitation-only group, that includes the best teams from the five-state (Texas, Louisiana, Oklahoma, Arkansas and Mississippi) region.

The top two finishers qualify for an all-expenses paid trip to nationals in Eugene, Ore., and, since the region is one of the best in the country, there is a chance for a third team to go with an at-large bid. Usually, 12-16 teams are invited.

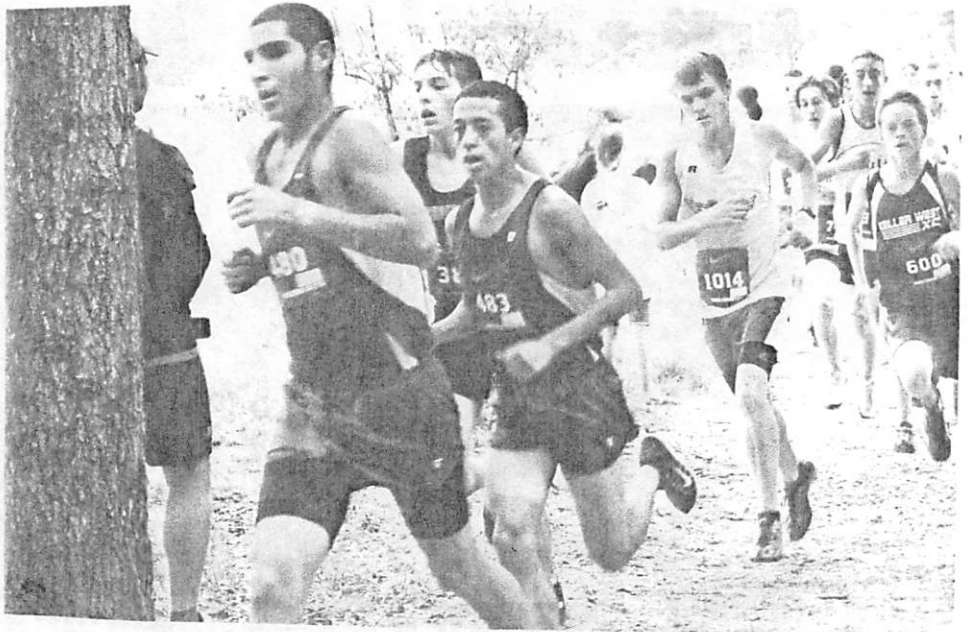
"If we want to compete with national powerhouses, this is one of the things we have to do — not just this year, but every year," Eastwood coach Mike McLain said. "These are what the best teams like Southlake Carroll and The Woodlands do year in and year out.

"I'd like to be there with them."

This is the first time Eastwood has been invited, and it's a big deal. The Troopers can build on this for years to come and really learn what it takes to compete at the highest of levels.

Eastwood, which is ranked No. 7 in the region, should have a decent shot. The Troopers will be led by Brian Casillas, Elias Leija-Garza and Ryan Saenz.

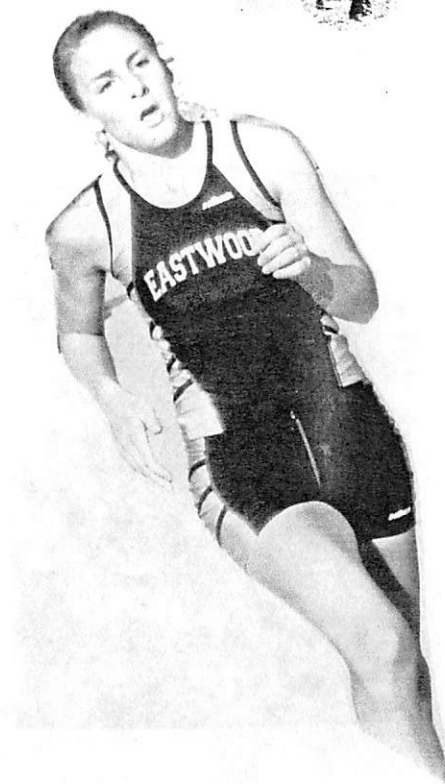
Jefferson also got an invite, but will not attend due to financial reasons. The Silver Foxes were ranked No. 10.



<i>Name</i>	<i>Parkland</i>	<i>CISD</i>	<i>Coronado</i>	<i>Lubbock</i>	<i>Mayfield</i>	<i>Tornillo</i>	<i>Chamizal</i>	<i>Shoe</i>	<i>District</i>	<i>Average</i>
Varsity Girls										
Anna Mora			8	14	5	1		1	2	5.16667
Artizy Apodaca	1	8	1	10	6	8		2	21	7.125
Jackie Cuellar	14	19	14	33	17	15		4	16	16.5
Vanessa Parra				46	13	19		8	18	20.8
Tessa Buxton		40			25	17		6		22
Carissa Pinion	15	65	21	36	23	11		5	22	24.75
Vanessa Miramontes							66		39	52.5
Hannah Gomez		60	50		37		94			60.25
Briana Casillas							82			82
Dominique Blancas							85			85
Vanessa Medrano		84					90			87
Cassandra Serrano		128								128
Summer Duckett		156								156

<i>Name</i>	<i>Parkland</i>	<i>CISD</i>	<i>Coronado</i>	<i>Lubbock</i>	<i>Mayfield</i>	<i>Tornillo</i>	<i>Chamizal</i>	<i>Shoe</i>	<i>District</i>	<i>Average</i>
Varsity Boys										
Ryan Saenz	3	4	5	5	2	5		3	11	4.75
Brian Casillas	4	9	4	9	4	4		1	4	4.875
Elias Leija Garza	5	12	9	12	11	9		2	5	8.125
Steven Rios	10	18	16	20	9	12		4	8	12.125
Richard Mora	7	10	14	19	13	14		6	15	12.25
Calub Buntyn	17	31	20	22	17	13		7	17	18
Alex Blanco	20	33	27	30	19	31	40	8	21	25.4444
Deric Martinez							39			39
Stephen Wallace							45			45
Ruben Campos							60			60
David Muller							65			65
Chris Wallace		98								98
Robert Barcenas		128					85			106.5
Jonathan Rubio		140								140
Troy Means							143			143

<i>Name</i>	<i>Parkland</i>	<i>CISD</i>	<i>Coronado</i>	<i>Lubbock</i>	<i>Mayfield</i>	<i>Tornillo</i>	<i>Chamizal</i>	<i>Shoe</i>	<i>District</i>	<i>Average</i>
Open Girls										

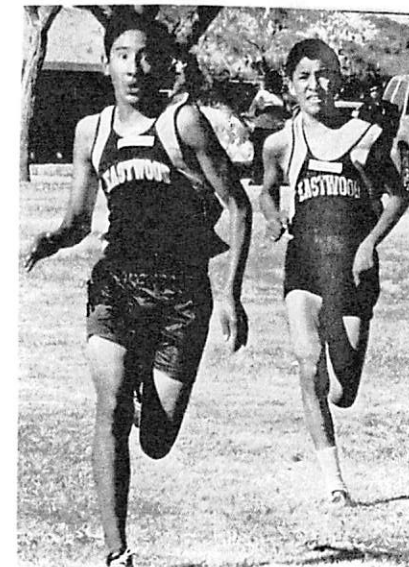


Anna Mora		1							1
Tessa Buxton	4		4					2	3.33333
Vanessa Parra		4	5						4.5
Briana Casillas	5	8	8		4		1	4	5
Jabalie,Laurie							6	5	5.5
Vanessa Miramontes		19		3			2		8
Hannah Gomez	11						6	15	10.6667
Vanessa Medrano	6		13	6			10	29	12.8
Cassandra Serrano				16		18	11		15
Dominique Blancas		43		4			4		17
Jazmin Navarrete	20	42		15			9	18	20.8
Destiny Vargas		32		17		16			21.6667
Amanda Palacios	18	41	26	13	24	41	18	55	29.5
Summer Duckett				30		46			38
Laura Ramirez		84				43	21		49.3333
Zelete Aranda		51							51
Elise McLain		119		22			17		52.6667
Angelica Duran	57	111	71	38			20		59.4
Desiree Gutierrez		122					23		72.5

Name **Parkland** **CISD** **Coronado** **Lubbock** **Mayfield** **Tornillo** **Chamizal** **Shoe** **District** **Average**

Open Boys

Stephen Wallace	1	1	2	1	1	1		1	1	1.125
Deric Martinez		3		2	2	2		2		2.2
Ruben Campos	5	7	10	6	3	6		3	2	5.25
David Muller		10		8	6					8
Robert Barcenas	11		18		7			5	3	8.8
Esteban Portillo	9	9	17		12					11.75
Martin Pandeli	18	23	20		16			8	9	15.6667
Jonathan Rubio	23		34		21		15	11	12	19.3333
Joseph Salazar								20		20
Greg Whitworth	26		27		18	29	11	10	30	21.5714
Alex Munoz		58			30		23	12		30.75
Troy Means		63						16	15	31.3333
Chris Wallace				30	36					33



David Solidad					58		19	28	35
Jose Silva		94		8			7		36.3333
Victor Maestas	35	72	44		53		13	27	40.6667
Sam Ashford	43	108	65	38	47	40	9	14	45.5
Erick Martinez	44		76	55	69		15	32	48.5
Andres Valenzuela	62		75		72		17	25	50.2
Julio Rodriguez		123				41	14		59.3333
Kyle Lusk		149		69			33		83.6667
Joseph Velazquez	61	142							101.5
Jonathan Espinosa		232							232

Name **Parkland** **CISD** **Coronado** **Lubbock** **Mayfield** **Tornillo** **Chamizal** **Shoe** **District** **Average**

9th Girls

Anna Mora	1								1
Vanessa Parra	2								2
Cassandra Serrano	4		5				3		4
Vanessa Miramontes	5		4		3				4
Dominique Blancas	7		6		4		1		4.5
Destiny Vargas	8		7		5		2		5.5
Duckett,Summer							7		7
Elise McLain	18		10		10		4		10.5
Laura Ramirez	16		12		13		9		12.5
Desiree Gutierrez	19		15				14		16

Name **Parkland** **CISD** **Coronado** **Lubbock** **Mayfield** **Tornillo** **Chamizal** **Shoe** **District** **Average**

9th Boys

Deric Martinez	1		1				2		1.33333
Chris Wallace	2		2						2
Jose Silva	4						1		2.5
David Muller	3		3		3		3		3
Alex Munoz	9		8		8		8		8.25
Julio Rodriguez	10		10		10		7		9.25
Kyle Lusk	12								12



EASTWOOD CROSS COUNTRY MVP'S

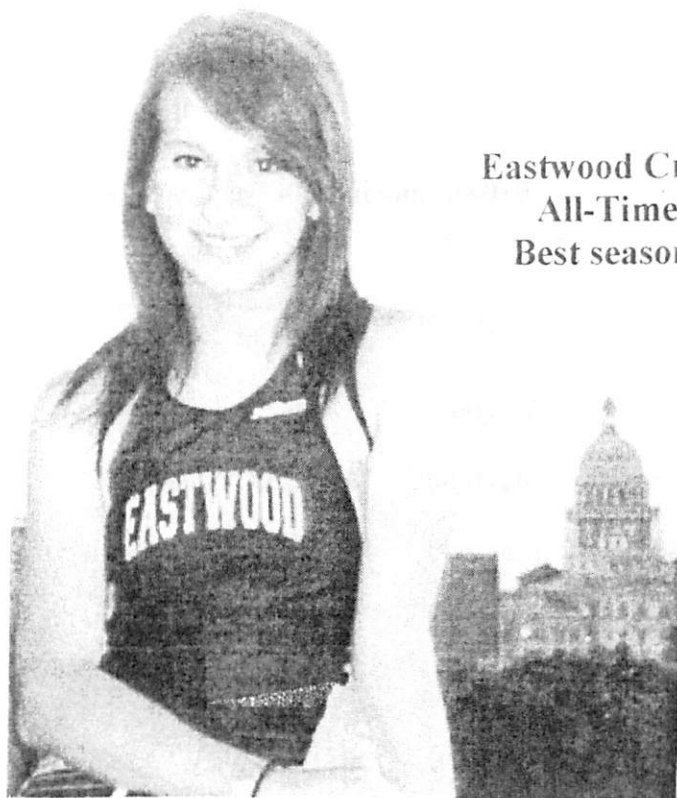
2011 BRIAN CASILLAS/RYAN SAENZ
 2010 JUAN BLANCO
 2009 JUAN BLANCO
 2008 CONNOR BUNTYN
 2007 marco cassani
 2006 OSCAR SOLIS/TOMMY DANIEL
 2005 MIKE PIVARNICK
 2004 MIKE PIVARNICK
 2003 YADIRA SALAZAR
 2002 YADIRA SALAZAR
 2001 TRICIA CALDERON
 2000 TARA MCCUNE
 1999 DESIREE ARAUJO
 1998 FERNIE GARCIA
 1997 BEN MUNOZ / JOEL PADILLA
 1996 MARK GARNER
 1995 MARK GARNER
 1994 BLANCA REYES
 1993 BLANCA REYES
 1992 BLANCA REYES
 1991 DEBBIE CONTRERAS
 1990 DEBBIE CONTRERAS
 1989 DEBBIE CONTRERAS
 1988
 1987 BRIDGETTE O'TOOLE
 1986 MONICA SANCHEZ / DIANE GUTTIEREZ
 1985 LAURA RODRIGUEZ
 1984
 1983 JULIE STONE
 1982 SHERYL GROHOCKE / SYLVIA ST. JOHN
 1981 SHERYL GROHOCKE / CORINA BONILLA
 1980 SHERYL GROHOCKI
 1979 GINA BACA
 1978 GINA BACA
 1977 CORINA BONILLA
 1976 CORINA BONILLA
 1975 RICHARD PUENTE
 1974 RICHARD PUENTE
 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



MileSplit.us All American Cross Country Team up to 2010 starting in 2011 we are using DyeStat.com which is more accurate

Year	Name	National Rank	Time	Meet	All American/Dye Stat Elite
2011	Anna Mora	#1116	18:57.5K	Mayfield	Elite
2011	Ryan Saenz	#279	15:34.57	Mayfield	Elite
2011	Brian Casillas	#422	15:40.57	Mayfield	Elite
2011	Steven Rios	#1017	15:56.20	Mayfield	Elite
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

For information about Eastwood Cross Country or Track & Field visit our website
Ehstrack.bravehost.com Coach McLain mmpre@hotmail.com



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.) Anna Mora	5.16	2011
8.) Maegen Stires	5.6	2006
9.) Elyssa Garcia	5.89	2009
10.) Yadira Salazar	9.14	2005

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.) Ryan Saenz	4.75	2011
7.) Brian Casillas	4.87	2011
8.) Tony Simmetti	5.3	1990
9.) Eric Flores	7.4	1990
10.) Mike Montes	7.7	1984



All Time Top Ten The Running of The Shoe

Girls

1.	Jessica Payne	5:38	2006
2.	Maegen Stires	5:38	2006
3.	Anna Mora	5:41.58	2011
4.	Aimme Apodaca	5:42.68	2011
5.	Melanie Stires	5:42	2010
6.	Yadira Salazar	5:44	2005
7.	Elyssa Garcia	5:48	2009
8.	Dara Mylius	5:53	2007
9.	Jackie Cuellar	5:59.85	2011
10.	Elizabeth Cervera	5:59	2007

Boys

1.	Brian Casillas	9:56.36	2011
2.	Elias Leija-Garza	9:58.01	2011
3.	Mike Pivarnick	10:09	2005
4.	Ryan Saenz	10:09.38	2011
5.	Juan Blanco	10:12	2010
6.	Oscar Solis	10:21	2006
7.	Marco Cassani	10:21	2007
8.	Steven Rios	10:24.41	2011
9.	Paul Garcia	10:25	2005
10.	Richard Mora	10:29.08	2011





Eastwood Cross Country District Course All-Time Top Ten List

Girls:

1.) Anna Mora	12:45.01	2011
2.) Maegen Stires	12:49	2005
3.) Yadira Salazar	12:52	2005
4.) kelly martinez	12:53	1998
5.) Blanca Reyes	12:57	1994
6.)Melanie Stires	12:58	2009
7.) Jessica Payne	13:04	2006
8.)Elyssa Garcia	13:08	2009
9.) Dara Mylius	13:12	2006
10.)Ammie Apodaca	13:22	2010

Boys:

1.) Mike Pivarnick	15:38	2005
2.) Paul Garcia	15:41	2005
3.) Brian Casillas	16:02.26	2011
4.) Elias Leija-Garza	16:03.55	2011
5.) Fernie Garcia	16:07	1999
6.) Steven Rios	16:12.41	2011
7.) Mike Orszulak	16:12	2005
8.) Ryan Saenz	16:18.21	2011
9.) Oscar Solis	16:19	2006
10.) Tommy Daniel	16:21	2006

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.)Anna Mora	12:01.63	2011
5.) Diana Gutierrez	12:04	1987
6.) Jessica Payne	12:07	2006
7.)Ammie Apodaca	12:12	2010
8.) Jennifer Sarabra	12:14	1987
9.) Maegen Stires	12:19	2007
10.) Dara Mylius	12:20	2006

Boys:

1.) Brian Casillas	15:41.41	2011
2.) Mike Pivarnick	15:42	2003
3.) Mike Montes	15:43	1984
4.)Juan Blanco	15:45	2010
5.)Ryan Saenz	15:47.56	2011
6.) Joe Messer	15:55	1984
7.) Marco Cassani	16:01	2007
8.) Tommy Daniel	16:03	2007
9.) Henry Garcia	16:09	1986
10.)Steven Rios	16:11.98	2011

Boys State Course All-Time Top Ten List

Round Rock Course Run Since 1996



State Top Ten

Name	Time	Date Accomplished
1. Brian Casillas	16:10.31	2011
2. Elias Leija-Garza	16:40.12	2011
3. Ryan Saenz	16:50.75	2011
4. Steven Rios	16:58.80	2011
5. Richard Mora	17:12.02	2011
6. Caleb Buntyn	17:15.15	2011
7. Alex Blanco	18:47.65	2011
8.		
9.		
10.		

Boys Nike South Course All-Time Top Ten List

The Woodlands Course



Nike South Top Ten

Name	Time	Date Accomplished
1. Brian Casillas	16:40.95	2011
2. Ryan Saenz	17:09.34	2011
3. Steven Rios	17:16.69	2011
4. Elias Leija-Garza	17:18.47	2011
5. Caleb Buntyn	17:25.85	2011
6. Richard Mora	17:32.21	2011
7. Alex Blanco	18:42.02	2011
8.		
9.		
10.		

Cross Country, a sport run in the fall
but a sport won in the summer.



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 with more determination than 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; 546-6381.



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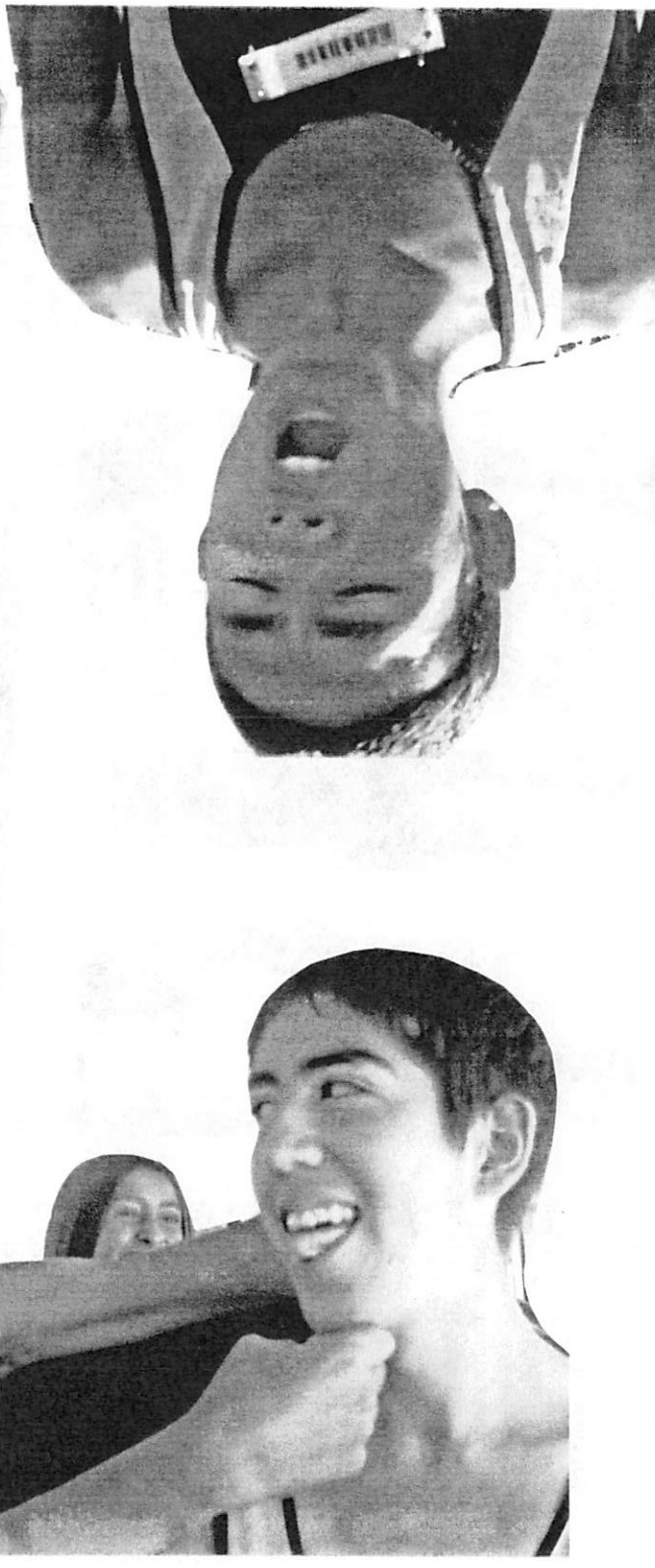
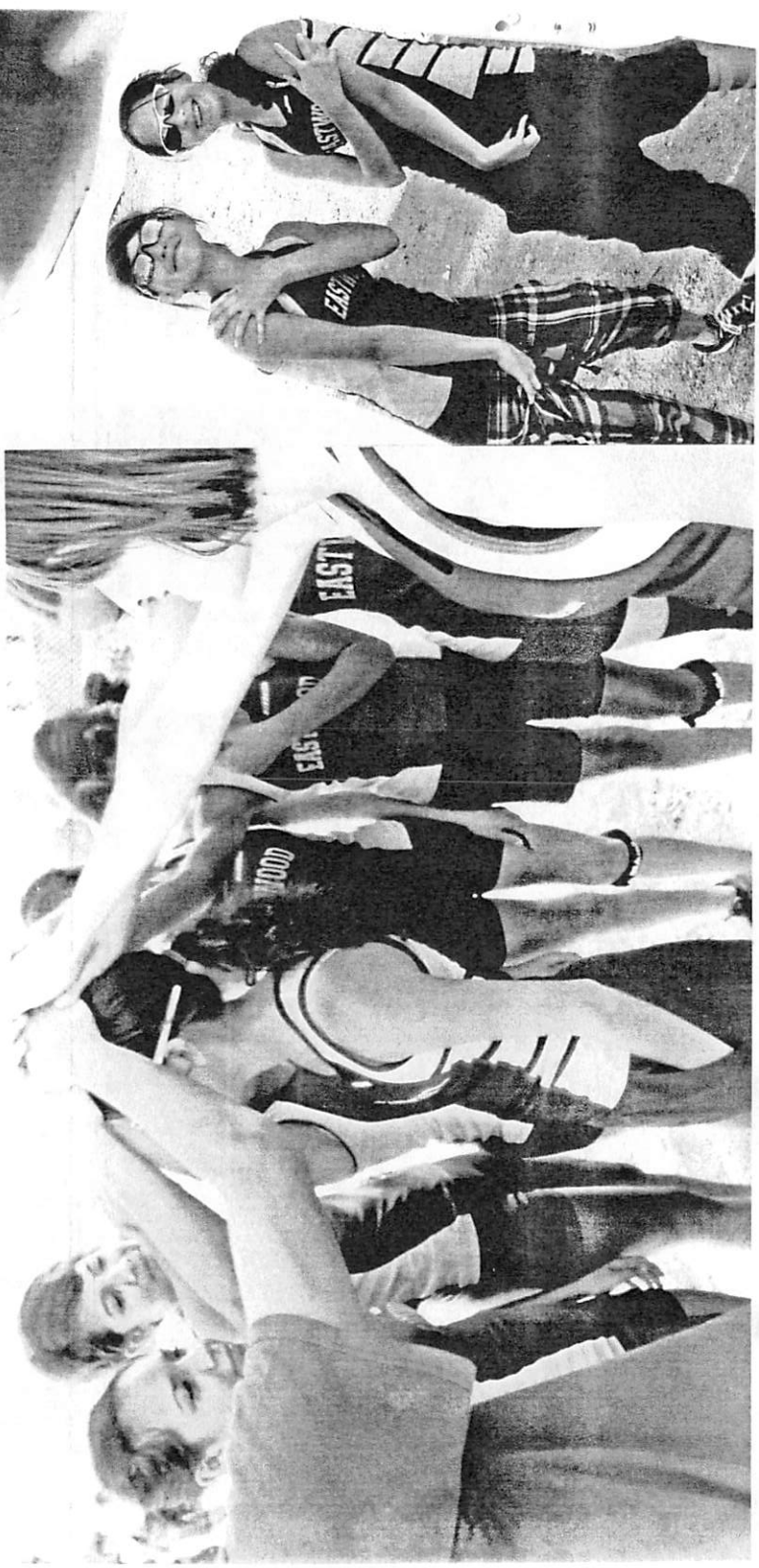
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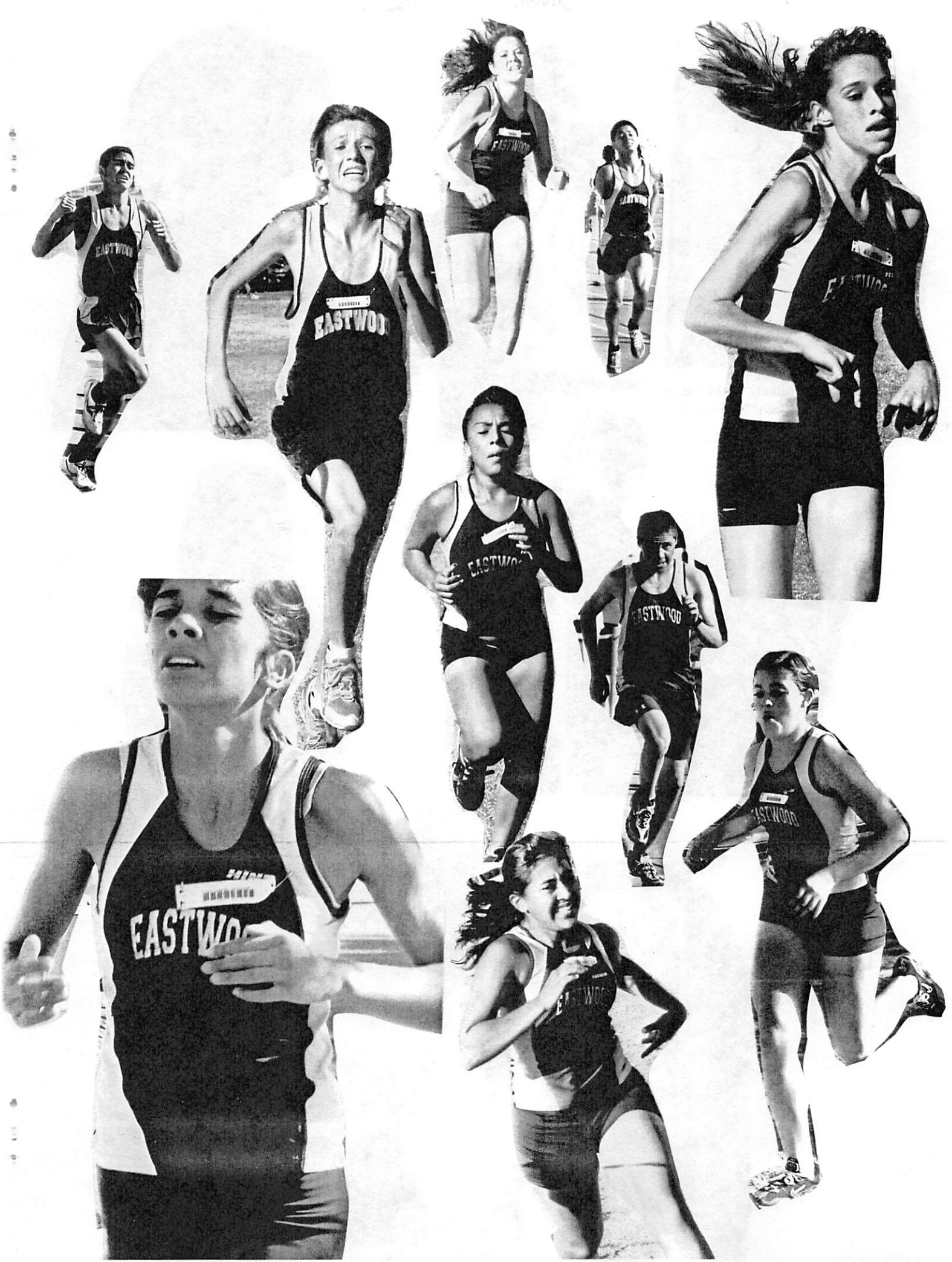
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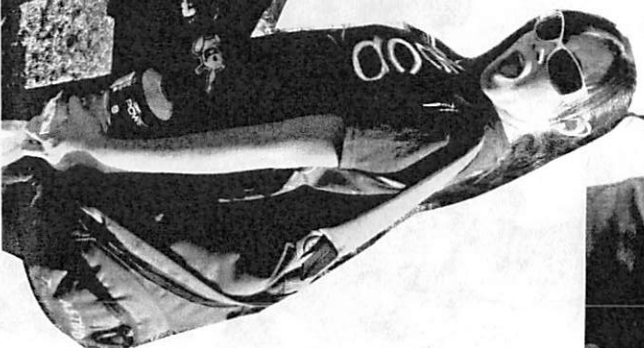


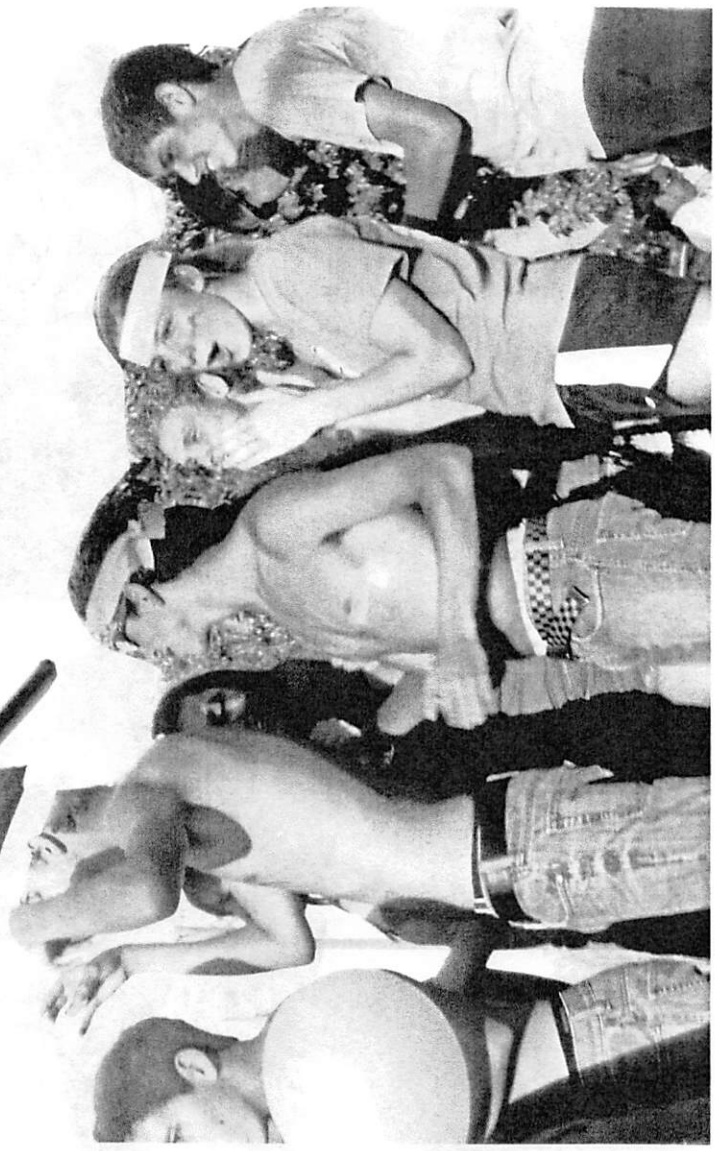
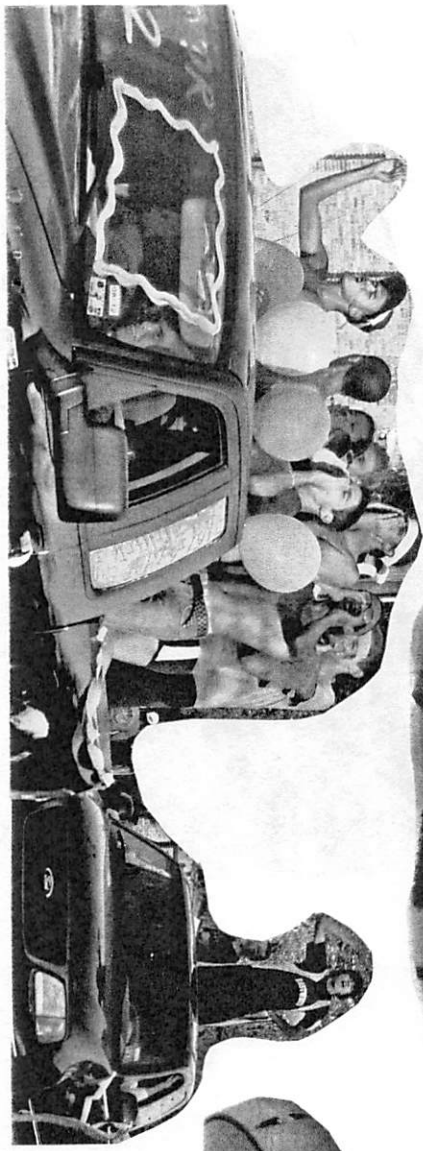


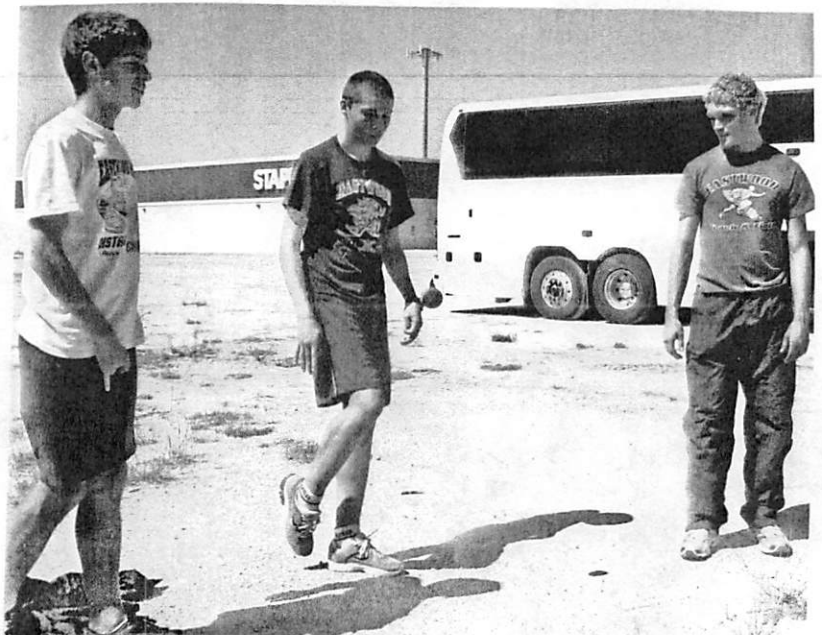




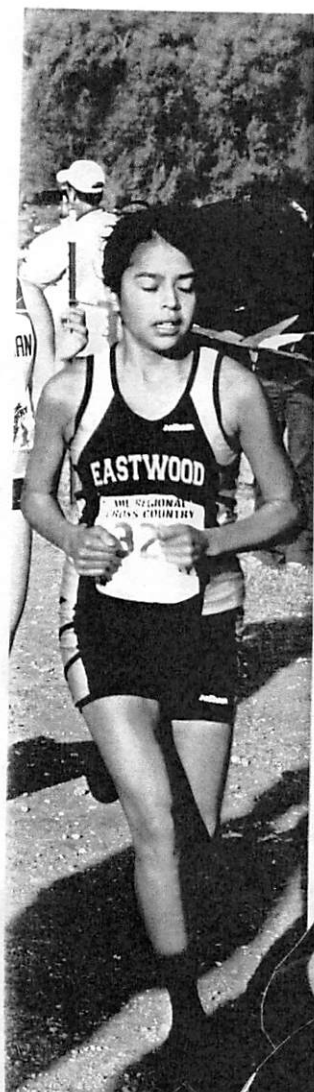
Charlie (Julio Rodriguez) fights the evil
the fair Princess Fergie (Tyra Lujan)







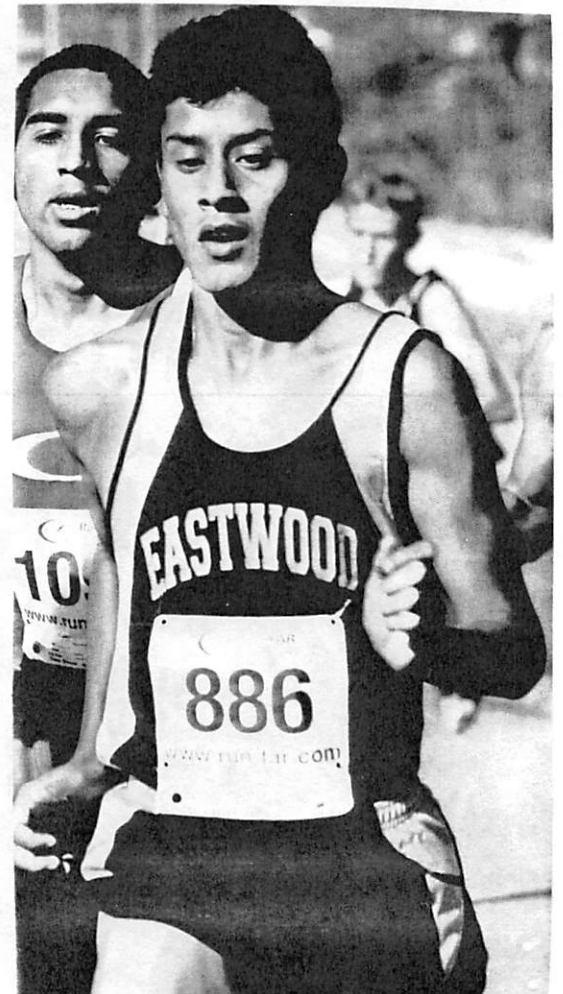
For information about Eastwood Cross Country of Track & Field visit our website
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THANK YOU SENIORS

PLEASE COME BACK AND RUN AT THE SHOE



Blanco headed to UTEP

Eastwood runner showed great improvement as senior

By Evan Mohl
EL PASO TIMES

Juan Blanco went from middle of the pack to Division I runner.

The recent Eastwood High School graduate improved his 1,600-meter time by a whopping 15 seconds in the span of the year and earned a scholarship at UTEP.

"If you would have asked me would this happen a year ago, I would have not believed you," said Blanco, who signed his National Letter of Intent on Friday at Eastwood.

Blanco's personal best in the 1,600 was four minutes and 26 seconds his junior year. That wasn't good enough for him.

Blanco spent the summer working harder than ever, taking on extra workouts. He also worked on his strategy at races: running with the pack, letting his opponents do the work before using his great last-minute kick and speed to take over.

"He finally focused on his summer training and started learning how to run," East-



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wood coach Mike McLain said. "No one worked harder, and with his speed, once he was patient at races, it was only a matter of time."

It paid off. Blanco broke 4:20 in the 1,600 five times, including once on the biggest of stages where he finally got the attention of Division I universities. At the University Interscholastic League Class 5A State Track and Field Championships, Blanco ran the 1,600 in 4:11.48. Though it was only good for fifth place, the mark was, at the time, the 14th best in the nation, and still is the second fastest mark ever by an El Pasoan.

"It just all came together and it felt awesome," said Blanco, who also won the District 1-5A and Region 1-5A championships

in the 1,600. "And that's when schools really started to get interested. Before it was just mostly community colleges or smaller schools."

UTEP had already talked to Blanco, but pushed harder. New Mexico also made a run at Blanco. Blanco, who plans to study biology, ultimately chose UTEP to stay close to home. He also appreciated the Miners' interest before the state meet.

"I'm excited because I'll get to run for the hometown school, and I'll still be able to stay with my mom and watch my younger brothers run," Blanco said.

If he can maintain his record time, that would make him competitive in Conference USA, according to this year's marks.

But many believe Blanco could do even better because he is just now blossoming.

"I think it won't be long before Juan runs a sub-four-minute mile," McLain said. "He has the talent and this is just the beginning for him."

Evan Mohl may be reached at emohl@elpasotimes.com; 546-6381.



VICTOR CALZADA / EL PASO TIMES

Juan Blanco of Eastwood High School signed a National Letter of Intent to attend and run at UTEP. Blanco dropped his time in the 1,600 meters 15 seconds his senior year.

runners place in the top team

Freshman psychology major Allie Manning placed 5th in her debut less than 1 minute behind Waninger with a time of 25 minutes, 39 seconds. Freshman exercise and sports science major Olivia Lara placed 10th with a time of 26 minutes, 34 seconds.

These three members were also major contributors for their

The cross-country team gathers before practice to prepare for their

respective teams last year. Waninger was the team MVP the last two years at UT Tyler as well as the freshman of the year for the team. Manning was a major contributor at Nolan Catholic High School her senior year. She led the team to a third

place finish in state. At Marian Central High School, she was the first-team all-conference her sophomore and junior years. Lara helped her team at Eastwood High School, maintain its 5 consecutive district championships.



[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 it is determined to see the boy in a different pair of shoes.

"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.



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Victor Calzada / El Paso Times

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

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