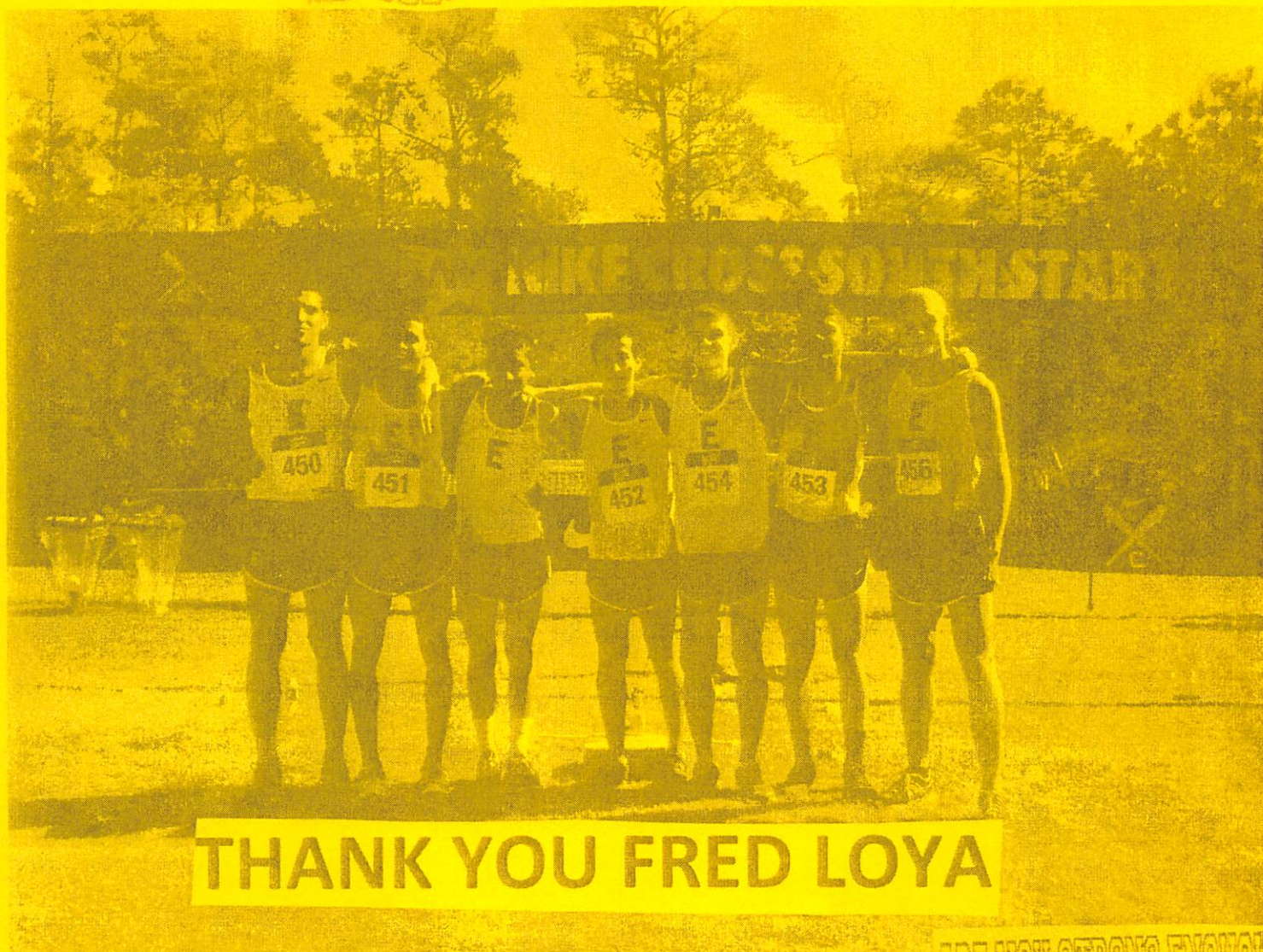


# EASTWOOD

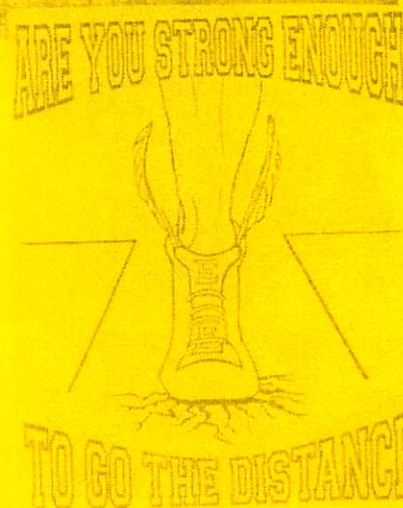
## 2012



**THANK YOU FRED LOYA**

# YEARBOOK

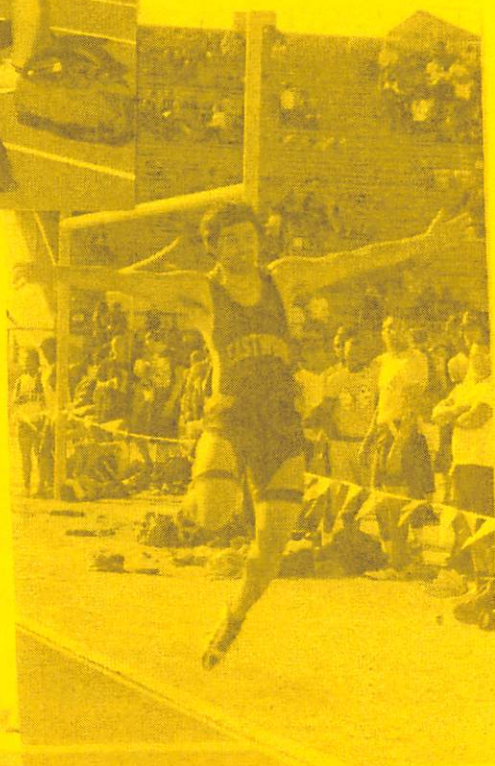
For information about Eastwood Cross Country and Track & Field visit our website  
[ehstrack.bravehost.com](http://ehstrack.bravehost.com) Coach McLain [mmpre@hotmail.com](mailto:mmpre@hotmail.com)





## Eastwood Running Club

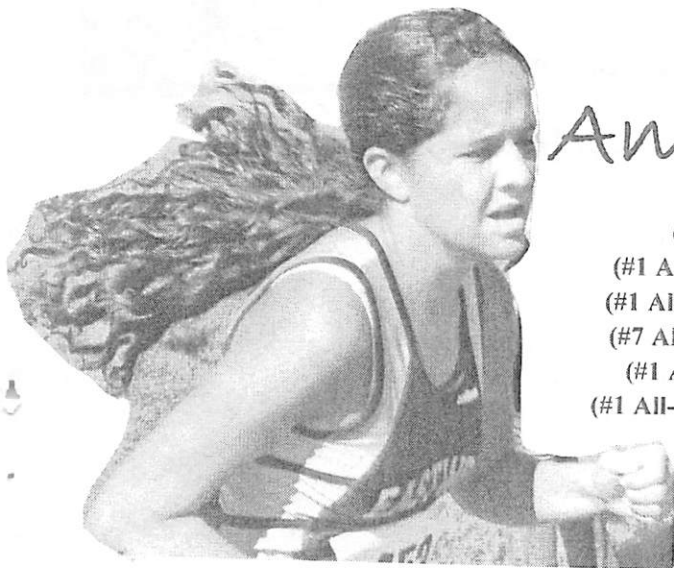
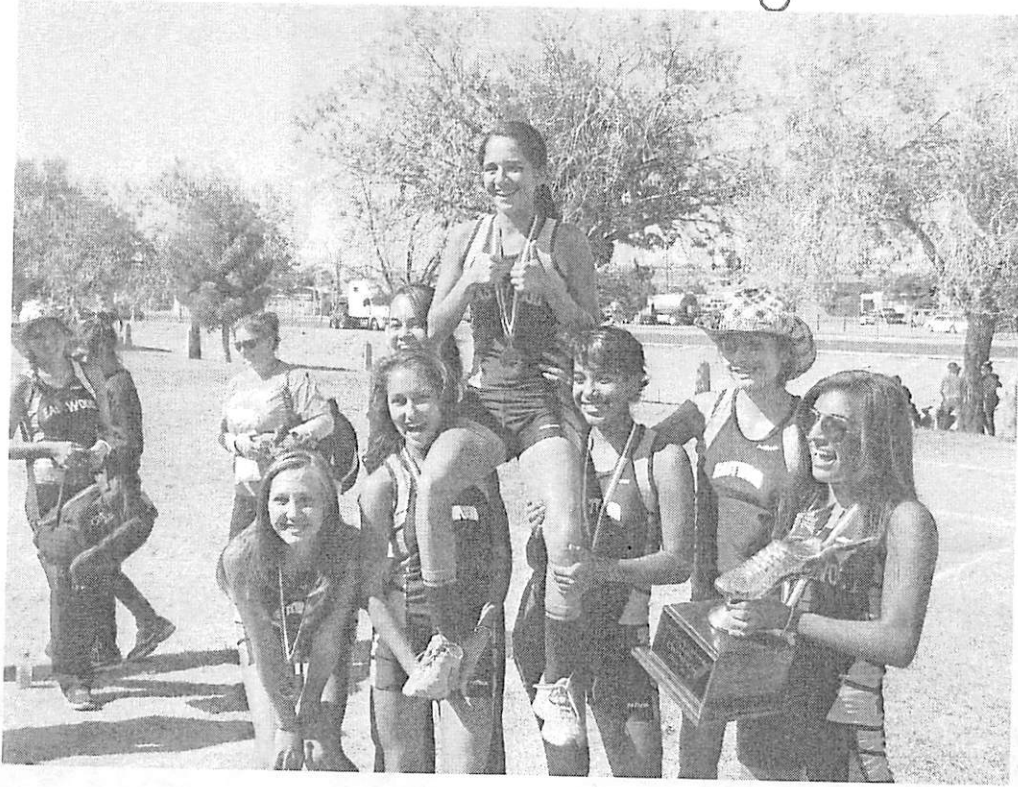
We have a summer USATF track team!!!! For more information visit our website [ehstrack.bravehost.com](http://ehstrack.bravehost.com) or email [mmpre@hotmail.com](mailto:mmpre@hotmail.com). Ages 9 and up welcome.



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)

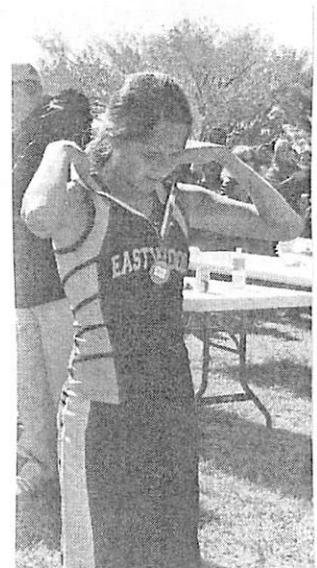


## 2012 Girls Cross Country MVP



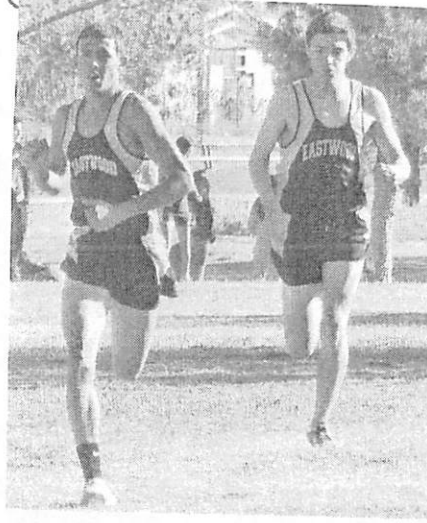
Anna Mora

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



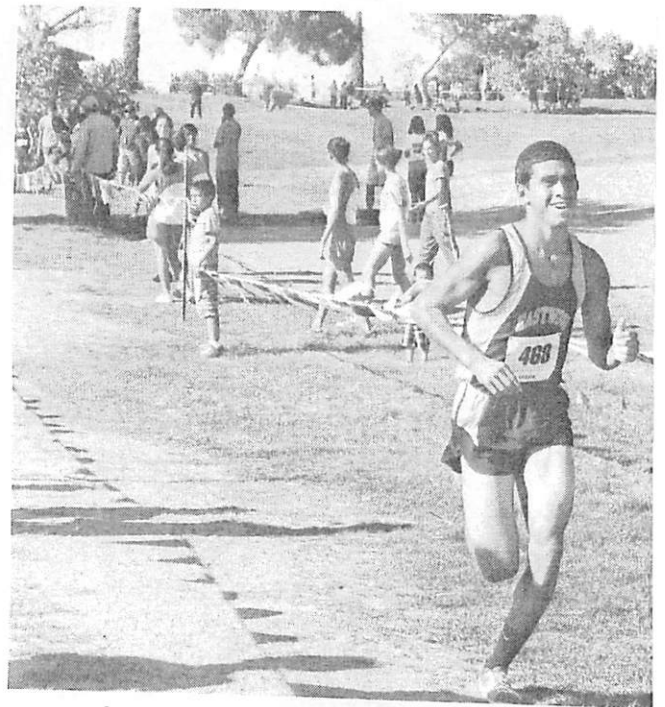


## 2012 Boys Cross Country MVP's



Ryan Saenz

(#2 All-Time Nike South)  
(#1 All-Time State Course)  
(#2 All-Time Season Averages)  
(#6 All-Time Regional Course)  
(#4 All-Time District Course)  
(#4 All-Time Running of the Shoe)

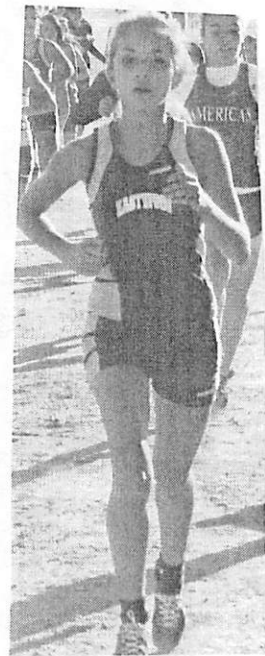


Brian Casillas

(#1 All-Time Nike South)  
(#2 All-Time State Course)  
(#3 All-Time Season Averages)  
(#1 All-Time Regional Course)  
(#3 All-Time District Course)  
(#4 All-Time Running of the Shoe)



## 2012 Girls Cross Country Captain's



Carissa Pinion Rhí Cleveland Vanessa Parra

(#2 All-Time District Course)  
(#3 All-Time Regional Course)  
(#2 All-Time State Course)  
(#2 All-Time Nike South)

(#3 All-Time District Course)  
(#4 All-Time Regional Course)  
(#5 All-Time State Course)  
(#4 All-Time Nike South)

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



# 2012 Boys Cross Country Captain's



Caleb Buntyn

(#7 All-Time Nike South Course)  
(#7 All-Time State Course)

Richard Mora

(#3 All-Time Nike South Course)  
(#3 All-Time State Course)  
(#2 All-Time Regional Course)  
(#5 All-Time District Course)  
(#10 All-Time Shoe)



Steven Ríos

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





## 2012 Most Improved Runners

Elise McLain

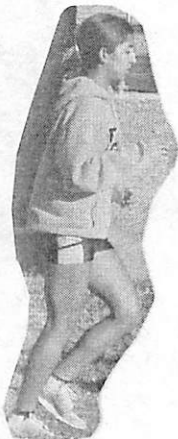
(#7 District Course)  
 (#7 Regional Course)  
 (#7 State Course)  
 (#5 Nike South Course)



Stephen Wallace

(#10 District Course)  
 (#8 State Course)  
 (#5 Nike South Course)

## 2012 Newcomers of the year



Diana Martell

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



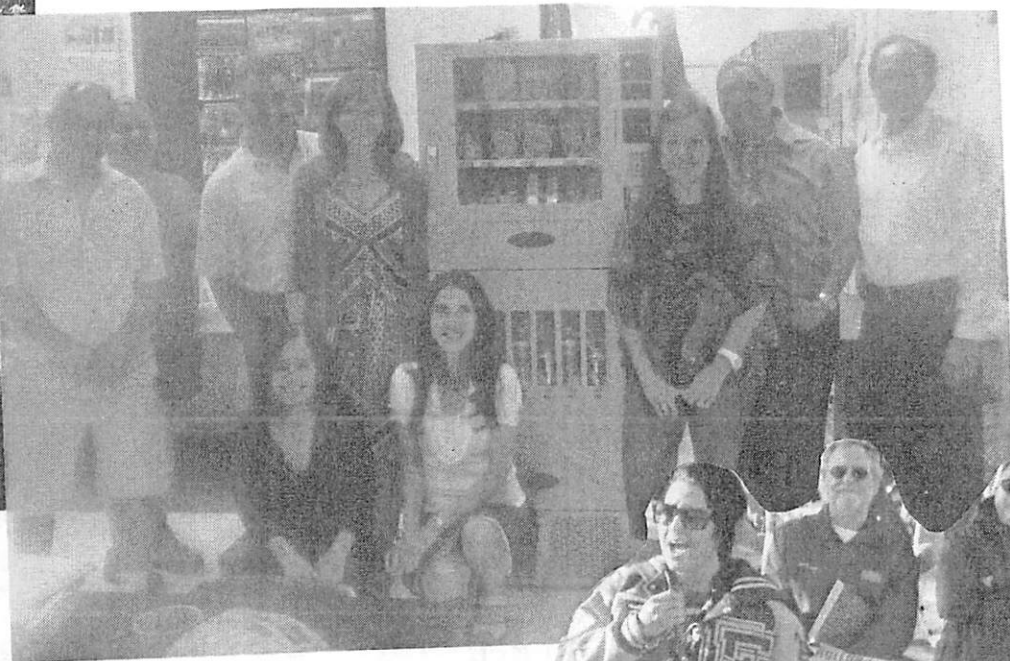
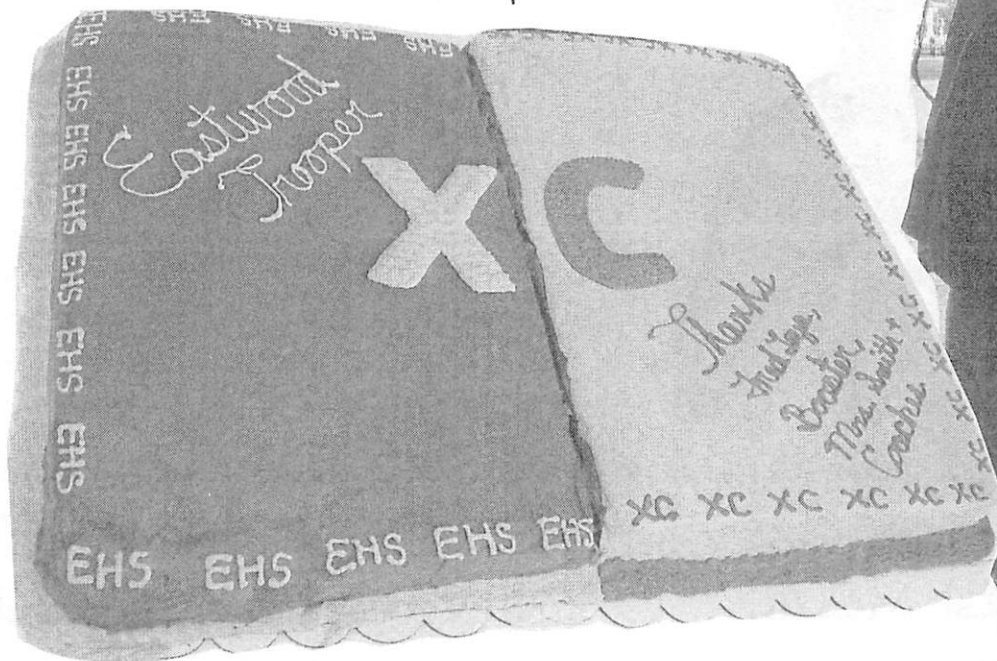
Paul Truax

(#8 All-Time Nike South Course)  
 (#9 All-Time State Course)

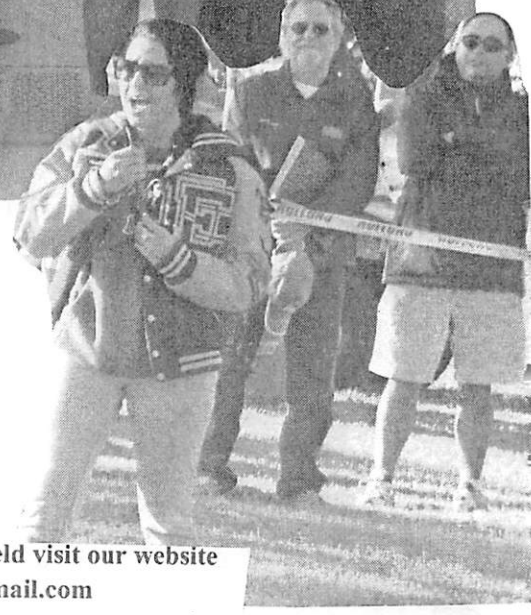
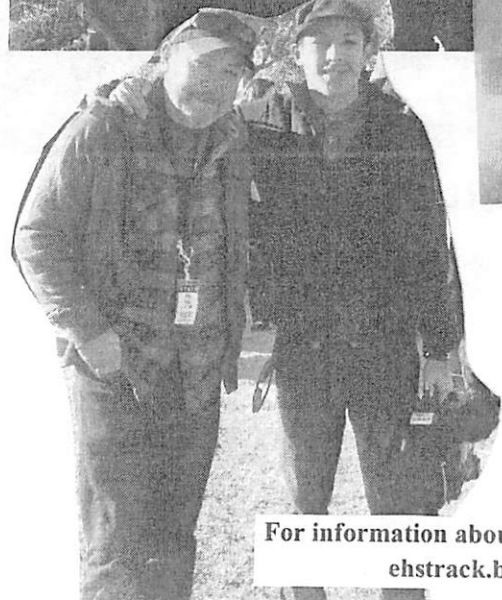


Thank you coaches, Parents, Booster club, Eastwood Administration,  
 Ex Eastwood athletes, Ari, without you guys we would not  
 have accomplished anything.

THANK YOU

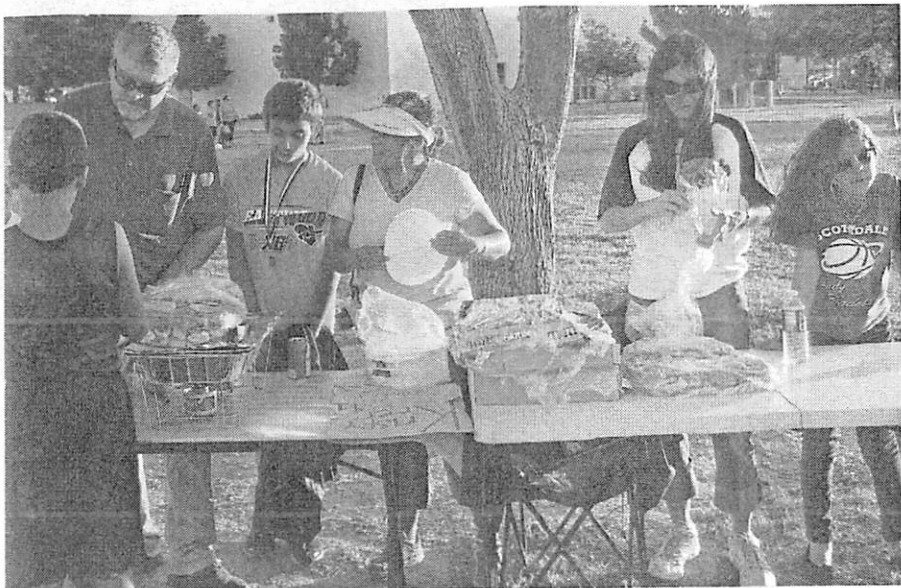


THANK YOU



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

THANK YOU

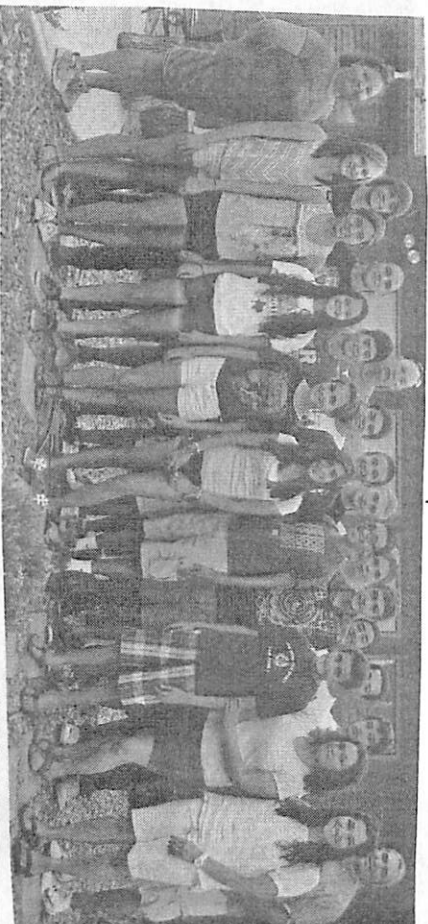


THANK YOU





THANK YOU



THANK YOU



For information about Eastwood Cross Country and Track & Field visit our website  
[ehstrack.bravehost.com](http://ehstrack.bravehost.com) Coach McLain [mmprc@hotmail.com](mailto:mmprc@hotmail.com)

# Eastwood sweeps boys, girls meets

By Felix Chavez  
EL PASO TIMES

► Track and field  
results 11C



The Eastwood High School track and field team was aiming for a strong showing Saturday in its own backyard.

The Troopers came through.

Both the girls and boys teams managed top-notch performances in claiming the Eastwood Boys and Girls Track Invitational.

"We knew this meet would provide us with a serious challenge and we had to step up and perform," said Eastwood's Danny Dominguez, who finished second in the 200-meter dash with a time of 22.97. "We've been working hard and we wanted to win this one badly."

The Trooper boys took down 12 rivals, and settled in at the top with 140 points. Chapin was second with 98 points, followed by Hanks, Montwood and Rio Rancho to close out the top five.

Juan Blanco had a big day for Eastwood, winning the 3,200-meter event and finishing third in the 1,600 meters.

The relay events were also strong for the Troopers, who finished first in the 4x100, 4x200 and 4x400.

"This meet was important for our team," Chapin coach Jacob Heidenreich said. "There were a lot of athletes entered in the meet and we knew that we would get good competition in each event we were entered."

"This event was a good test for us as we move forward the rest of the year."

On the girls side, Eastwood

took top honors with 113 points, defeating nine other challengers in the process. Hanks was second with 84 points, followed by El Dorado, Andress and Del Valle.

Eastwood fared well in several individual events, led by Melanie Stires and Victoria Ubanyionwu.

Stires won the 800 meters and 1,600 meters. Ubanyionwu had a stellar day, winning the 100-meter hurdles, finishing second in the 200-meter dash and was third in the long jump.

"We have a strong team and we showed that today," Ubanyionwu said. "We were pretty consistent in all of our events. It was great to come out with the type of effort we did."

Eastwood coach Jimmy Ayala said Saturday's meet had 2,400 athletes registered between varsity, junior varsity and freshmen athletes, making it a successful event for all — especially for the winning team, host Eastwood.

"We wanted to make this competition a strong one for all the teams," he said. "Our two teams were well-prepared for the meet and gave a tremendous effort. We've been working hard in practice and that hard work paid off. Our teams really stepped up in several events and that helped put us over the top."

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





## New Rankings Pre-NXN

EW Ranked #35 in the Nation

From: joe messer (joetheknife68@hotmail.com)

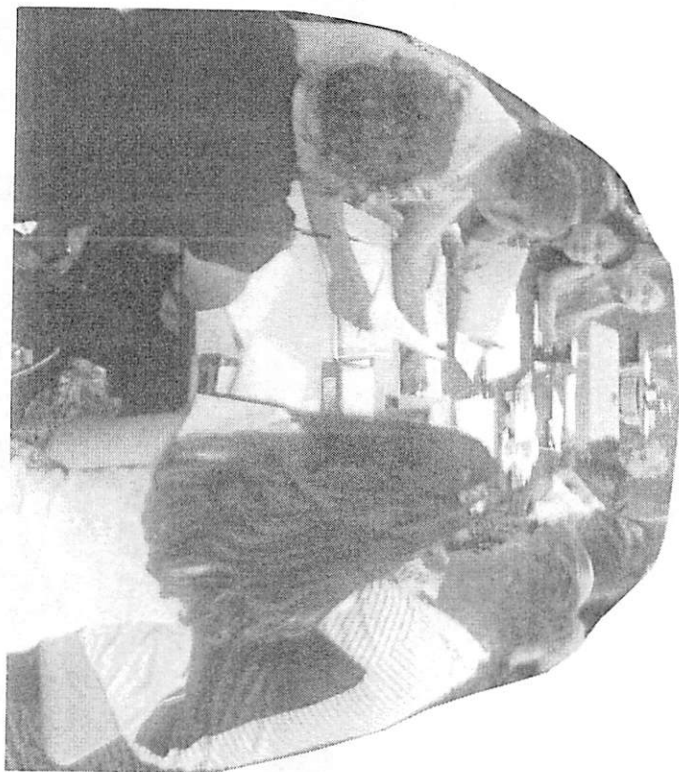
Sent: Thu 11/29/12 11:32 AM

To: Mike McClain (mmpre@hotmail.com)

Pre NXN Finals Rankings. EW at #35

Rk	School	St	NXN	State Notes	Pts	Spli
1	Christian Brothers Academy	NJ	NE #1	Non-Public A/MOC Champs	20	07.0
2	Southlake Carroll	TX	SO #1	5A Champs	27	49.5
3	North Central	WA	NW #1	3A Champs	38	18.4
4	York (Elmhurst)	IL	MW #1	3A Champs	82	44.0
5	American Fork	UT	SW #1	5A Champs	29	49.5
6	Arcadia	CA	--	CIF Division V Champs	53	37.0
7	Chantilly	VA	SE #3	AAA Champs	57	88.0
8	St. Xavier	KY	SE #1	3A Champs	20	10.4
9	Cardinal O'Hara	PA	NE #2	AAA Runner-up	69*	41.0
10	West Chester Henderson	PA	NE #3	AAA Champs	69*	55.0
11	Kimaikin	WA	NW #2	3A Runner-up	75	19.9
12	Carmel	IN	MW #2	State Champs	93	08.8
13	Highland-Milford	MI	--	Division I Champs	83	47.6
14	Bismarck	ND	HL #1	AA Champs	43	101.0
15	St. Xavier	OH	MW #3	Division I Champs	71	17.8
16	Dowling Catholic	IA	HL #2	4A Champs	60	60.0
17	Don Bosco Prep	NJ	NE #4	Non-Public A Runner-up	60	52.0
18	California (Whitter)	CA	--	CIF Division V Runner-up	127*	27.0
19	Carlsbad	CA	--	CIF Division V #3	127*	45.0
20	Woodlands	TX	SO #2	5A Runner-up	71	87.9
21	Fayetteville-Manlius	NY	NY #1	Class A Runner-up	58	71.2
22	Columbus North	IN	MW #4	State Runner-up	80	48.8
23	O'Fallon	IL	--	3A Runner-up	117	55.0
24	Blacksburg	VA	SE #2	AA Champs	19	45.0
25	Saratoga Springs	NY	NY #2	Class A Champs/Fed. Champs	57	17.7
26	Summit	OR	NW #3	5A Champs	83	47.6
27	Central Catholic	OR	--	6A Champs	52	42.0
28	Davis	UT	SW #2	5A Runner-up	54	49.5
29	Nathan Hale	WA	NW #7	3A #3	91	50.8
30	Vista Murrietta	CA	--	CIF Division V #4	146	63.0
31	Seattle Prep	WA	NW #4	3A #4	93	71.2
32	LaGrange (Lyons)	IL	MW #5	3A #3	125	32.0
33	Lewisville Marcus	TX	SO #3	UIL 5A #5	116	62.5
34	College Park	TX	SO #5	UIL 5A #3	95	29.5
35	El Paso Eastwood	TX	SO #4	UIL 5A #4	112	58.4
36	Herriman	UT	SW #4	4A Champs	68*	58.6
37	Los Alamos	NM	SW #3	4A Champs	22	37.8
38	Brentwood	TN	SE #4	Class 3A Champs	52	76.7
39	Belen Jesuit	FL	SE #5	3A Champs	60	43.5
40	Cleveland	NM	SW #5	5A Champs	23	74.7

Mike  
Congratulations!  
Amen!





# Athlete Awards

Anna Mora All-District, All-City, All-Region 2<sup>nd</sup> Team

Carissa Pinion All-District, All-City

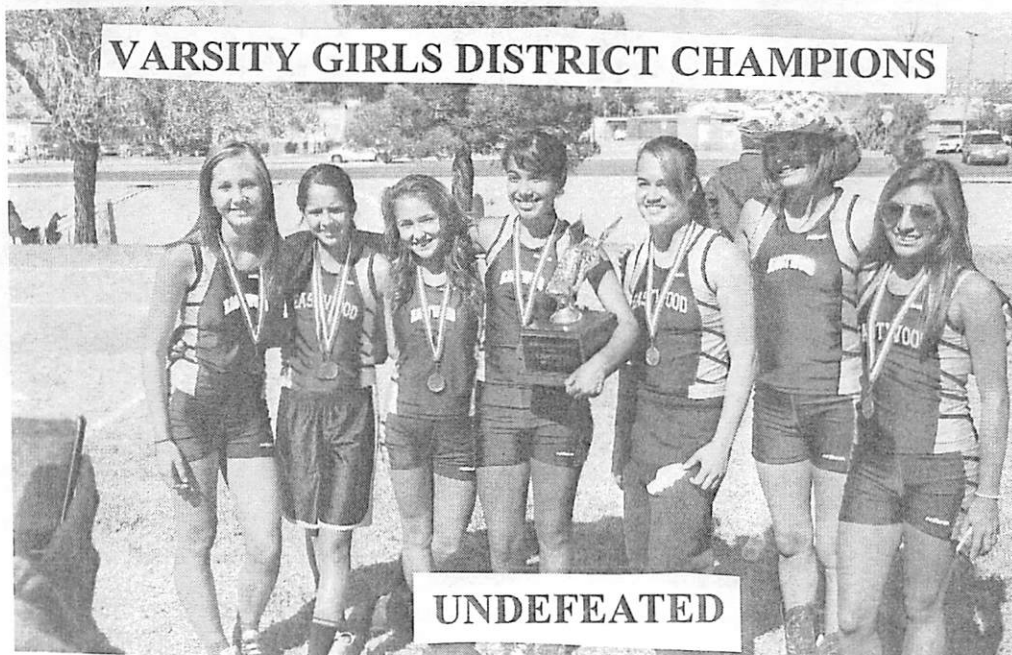
Ryan Saenz All-District, All-City, All-State

Brian Casillas All-District, All-City, All-Region 2<sup>nd</sup> Team, All-State 2<sup>nd</sup> Team

Richard Mora All-District, All-City, All-Region 2<sup>nd</sup> Team, All-State 2<sup>nd</sup> Team

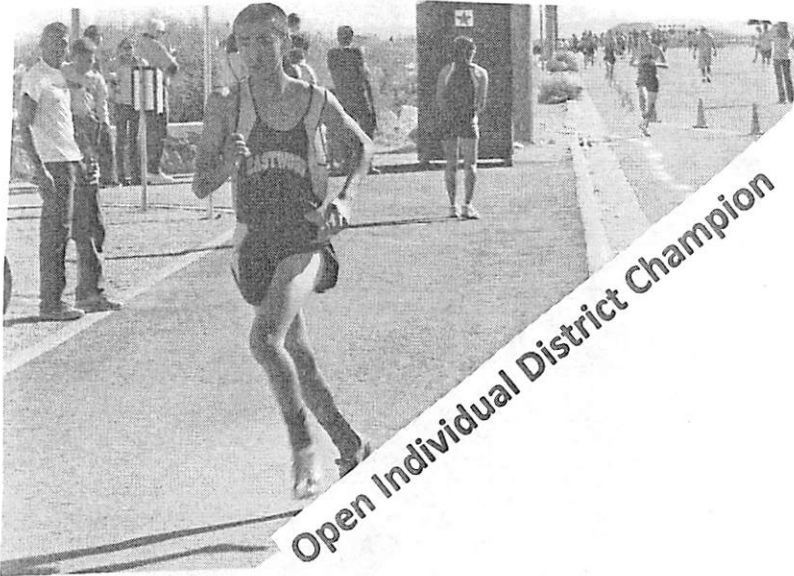
Steven Rios All-District, All-City

Stephen Wallace All-District, All-City

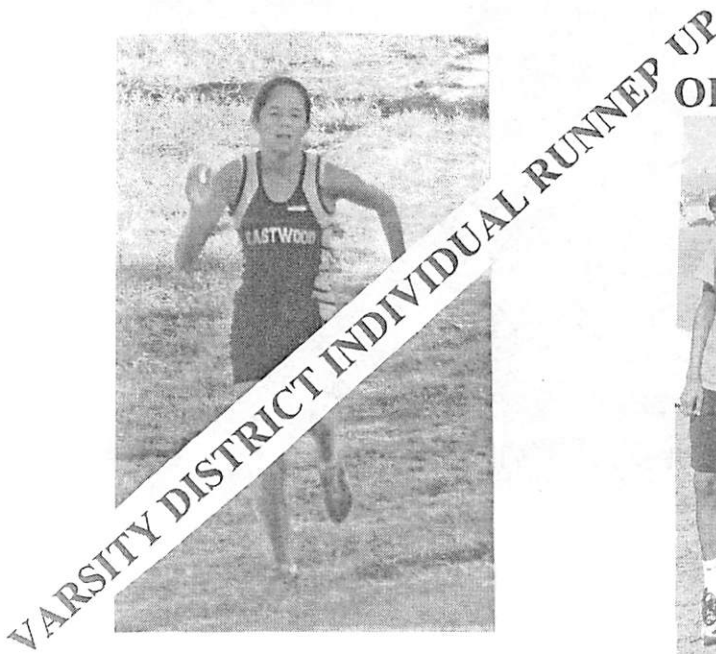
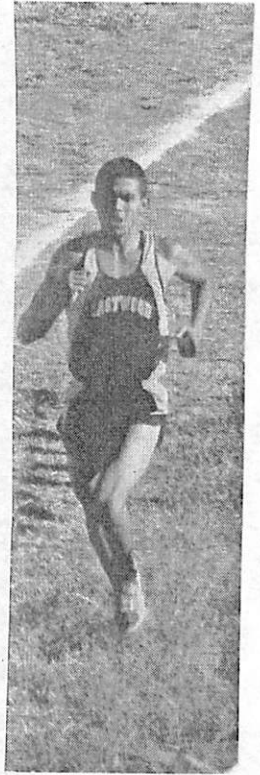


# Athlete Awards

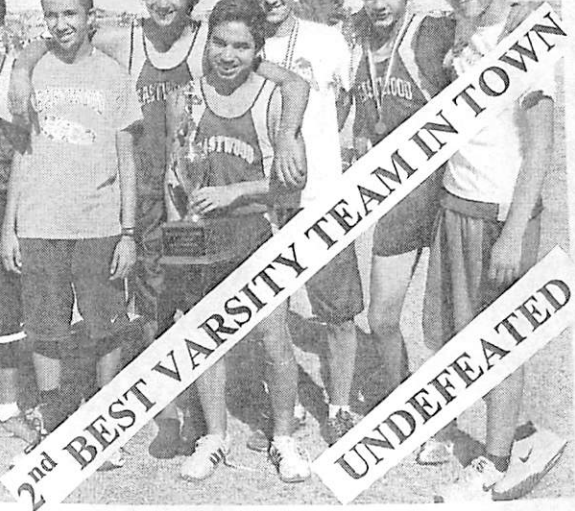
## OPEN GIRLS DISTRICT CHAMPIONS



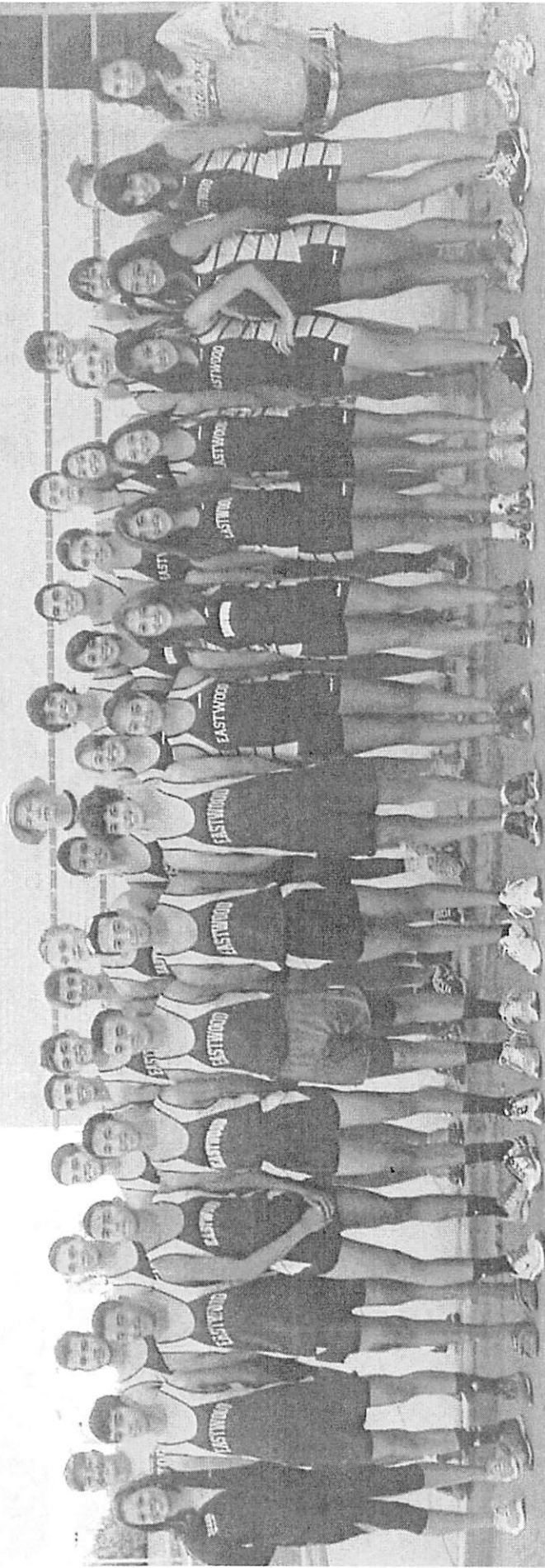
## VARSITY DISTRICT INDIVIDUAL RUNNER UP

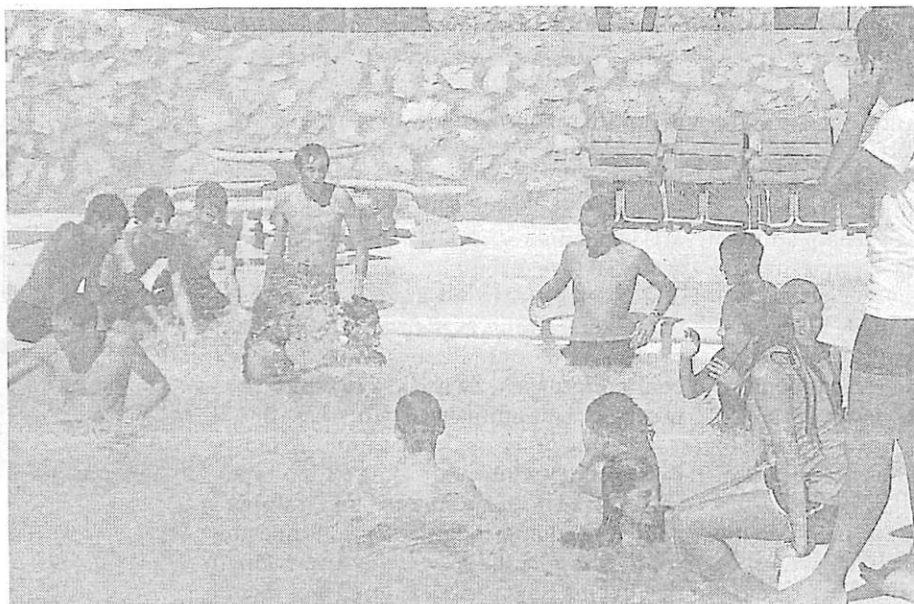


## OPEN BOYS DISTRICT CHAMPIONS









## SUMMER COMMITMENT

It's a commitment that must begin in summer, a season unto itself that can define an entire year. Get a late start and you could be in a hole come fall. Do too little and you could be drained before the end-of-season big meets. Lack consistency and you'll be playing catch-up from the get-go.

As a nation, we're already playing catch-up, says veteran upstate New York high school coach Jim Vermeulen, boys and girls track and cross country at West Genesee High, a team led by sophomore Laura Leff, third at Foot Locker last fall. Vermeulen echoes a widespread realization that Kenyan running prowess, nurtured by a simpler, agrarian culture, starts at an early age. We, as Americans, used to shrink from the Kenyans' impossible-to-match "head start" of running thousands of miles to school, and at high altitude yet. But then, while marveling at Kenyan teens who could run rings around us, we've started to adopt their methods, at least what we can, and U.S. high school performances are blossoming.

The young runners echo Finn's "Fearless." Train with no boundaries, not even the concept of boundaries? Look at what Lukas Verzbicas did as he achieved a 3:59.71 mile and 8:29.46 2-mile while collecting national titles year-round. Train long and hard on hills without let-up? Look at what New Jersey's vaunted Rosa twins, Joe and Jim, did with their 17-mile Sunday workouts covering the state meet cross country course five times, whoosh, whoosh, no stopping. How wonderfully Kenyan!

Look at Finn. As the high school outdoor nationals approached in June, she was a good bet to better her indoor 5,000m time and possibly approach 16:00. Next year, as an 18-year-old senior at West Bloomfield High, who knows, Finn could be running in the mid-15s. She'll still be chasing the African teens, but at least she's in the game.

"A lot of coaches are trying to play catch-up

with the Kenyans," said Vermeulen. "We realize that by the time our kids are 12 years old, they're way behind. Sometimes, we have to push the envelope."

To that end, his star Leff, who ran a 4:48.96 indoor mile last winter and is an accomplished steeplechaser, does most of her training with the West Genesee boys team. There was a period not long ago when elite girls pretty much trained alone. If they weren't pushed, so be it. But Leff and others won't sit still for that. In something of a retro act, they're doing what all-time greats like Mary Decker, Francie Larrieu and Lynn Jennings did before Title IX gave birth to girls teams.

## SURVEY SHOWS NEW CONFIDENCE

For today's elite runners, with so many more opportunities to travel and compete, it's like a different world than 20 years ago. You always have to be "on." That can be a mixed blessing. But coaches are finding you can sustain abundance by training more and am

greater strength. Take 2011 Foot Locker finalist Thomas Graham of Cary Academy outside Raleigh, N.C. Graham, headed for Stanford this fall, trained 80 miles a week the summer of 2011 en route to a ninth-place finish in San Diego. He opened the 2012 spring track season with a 14:11.66 5,000m and 8:56.21 2-mile. Graham's high mileage is paying off and his continuing improvement should pay dividends in college.

Graham told me that as a freshman he sat down with his coaches and

mapped out a plan to add 10 miles per week in training with each year. At the outset, he was doing 50 miles a week. As Graham wraps up his high school career, his weekly volume has nudged up to 85.

Compare that to the training of the Foot Locker ninth-place boys finalists in 1991 and 2001. I went back into my files and found each one did about 50 miles a week. There's nothing wrong with that, but maybe it's not quite Kenyan-like.

It's easy to cherry-pick the numbers, however. The 1994 Foot Locker champion, Matt Downin of New Hampshire, worked up to 35 miles a week over the summer. The 1999 runner-up, Don Sage of Illinois, ran 80 to 90 a week in the summer en route to a 4:00.29 mile in spring. The current trends are clear: More boys finalists are now much closer to Sage than to Downin.

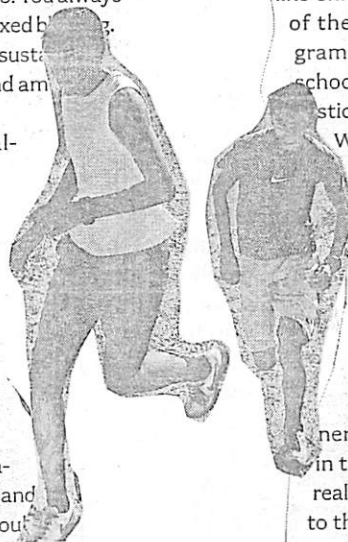
It's not just more mileage. The survey shows today's runners are doing tougher workouts as well.

Take 2011 finalist Malachy Schrobilgen of Oak Park-River Forest High in Illinois. Competing in the same conference with Sage's legendary York team (coach Joe Newton's longstanding answer to the Kenyans), Schrobilgen was spurred to train 70 miles last summer and embrace a wicked "Horn Drill" for intensity. That workout, done on school grounds, is a continuous, repeated 5 minutes hard, 5 minutes easy, 4 hard, 4 easy, 3 hard, 3 easy, 2 hard, 2 easy, 1 hard, 1 easy, with 6 x 1 hard/easy at the end, for a total of 12 to 13 miles.

Referring to his Kenyan counterparts, Schrobilgen, headed for Wisconsin, says, "They're already at an incredible level at my age, which I hope to be at in a couple of years. We're not going to hand anything to them."

The toughened, Kenyan-wise American youth have been welcomed by college coaches like Chris Fox of Syracuse, director of the men's and women's programs, who has seen every high school trend since his own scholastic days as an All-American at West Virginia in the 1970s. As a schoolboy, Fox got caught up in the 100-mile-a-week fashion of the times. He also witnessed the counterweight of that trend — the low mileage, he says, that marked the '80s and '90s.

The top high school runners Fox now encounters are in the 65 to 75 miles-per-week realm in the summer (as opposed to the 45–55 he saw years ago), an observation borne out by the survey. Syracuse has an outstanding freshman class coming in next





# XC Champions Built on Summer Miles

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

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

## SUMMER HEAT CHALLENGE

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

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

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

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

## GOING CAMPING

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

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

## THE TIME IS NOW

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

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

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

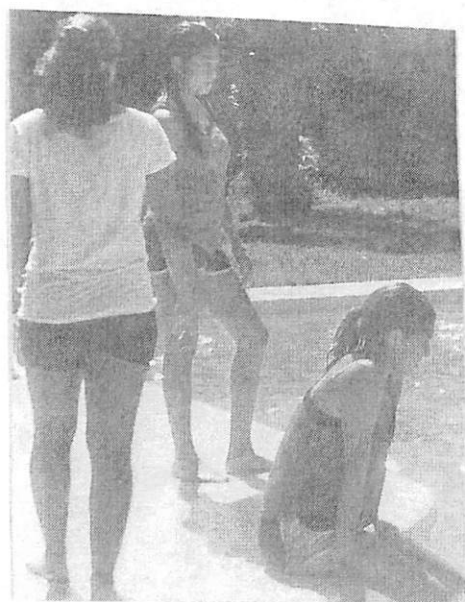


## 5K Road Race Time Trial

8/19/12

Anna Mora 19:48  
Vanessa Parra 21:01  
Cassi Serrano 21:25  
Carissa Pinon 21:39  
Diana Martell 21:50  
Dominique Blancas 22:22  
Eden Buntyn 22:25  
Rhiannon Cleveland 22:50  
Jackie Cuellar 23:12  
Vanessa Miramontes 23:14  
Alana Serrano 24:14  
Hannah Gomez 24:19 (ran sick)  
Sibonne Wheeler 26:46  
Sarah Vasquez 29:53

Ryan Saenz 16:10  
Brian Casillas 16:28  
Richard Mora 16:29  
Steven Rios 16:48  
Caleb Buntyn 16:54  
Stephen Wallace 17:08  
Paul Truax 17:12  
Ruben Campos 17:25  
Jose Silva 17:58  
Esteban Portillo 18:04  
Deric Martinez 18:15?????  
David Muller 19:46  
Caleb Muller 21:24







HIGH SCHOOL

# THE KENYAN SUMMER

By Jonathan Beverly

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

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

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

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

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



## What makes a summer a Kenyan Summer?

### RUN MORE

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

### RUN EVERY DAY

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

### RUN WHEREVER YOU ARE

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

### RUN EVERYWHERE

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

# Girls cross country runners to run same race as boys in 2012

By Evan Mohl  
EL PASO TIMES

Girls high school cross country runners will go the extra mile this season — just like the boys.

The University Interscholastic League, beginning this year, approved to increase the cross country distance for district, regional and state meets from 3,200 meters to 5,000 meters, a difference of a little more than a mile and the exact same length the boys have been running for years.

The change only affects Class 4A and 5A schools, whose athletic directors approved the referendum, while those in Class 3A, 2A and 1A voted against the move.

"It's awesome," Eastwood coach Mike McLain said. "Girls are not weaker than boys, and now it's a true distance race."

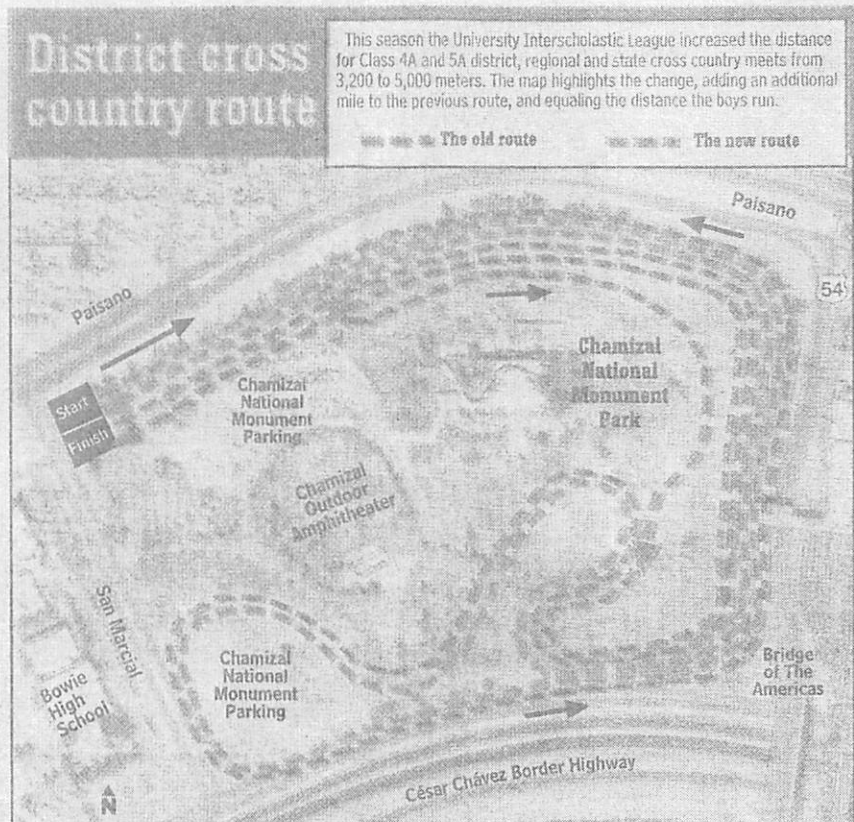
The move actually makes Texas among the norm as girls in most other states, including New Mexico, run a 5K. College women also compete at the longer distance, which has long beleaguered local coaches when it came to recruiting.

Good times in the 3,200 meters — which is actually a track event — don't necessarily predicate success in the 5,000.

"They are actually very difference races so it's difficult to compare times," Del Valle girls cross country coach Valerie Hairston said. "So I think this can help getting kids to college. Now, coaches aren't asking whether this girl can run at the college level, they'll know."

The new distance will impact times by about five to seven minutes, training and the way races are run.

The 3,200 gave advantage to medium sprinters because they could close fast and rely on speed. Now, the race becomes about endurance and strength.



NACHO L. GARCIA JR. / EL PASO TIMES

"Those half-milers, it's not going to be so easy any more," Jefferson coach Alfredo Trejo said. "That kick that they have after two miles might not be there in an endurance race."

Strategy will also come into play more. With additional distance, runners must be more cautious about when to conserve energy and when to go full speed.

As a result, the obstacles, like hills, have more effect, while decisions on positioning and when to make a move become more intricate and complex.

"Two miles is fast," Hairston said. "Now, you have time to focus on your race and not what everyone else does."

There might be a slight adjust-

ment period for the girls, but most believe it won't take long. Many area athletes have competed in 5K races in New Mexico and the Clint Invitational.

Coaches say training won't change much, except more of emphasis on strength. Some schools, like Coronado, Del Valle and El Dorado will add miles to practices.

"I'm excited," said Eastwood sophomore and All-City selection Anna Mora. "We've had some practice and I think we can sneak up on those guys and surprise them a little bit."

Evan Mohl may be reached at [emohl@elpasotimes.com](mailto:emohl@elpasotimes.com); 546-6381. Follow him on Twitter @EvanMohl.

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





FELIX  
CHAVEZ

## 10 major questions that season will answer

As the 2012 fall high school sports campaign gets under way, here are 10 things I am looking forward to in the next few months:

► **Who will stand out this year in cross country?** The Eastwood boys return most of their state meet qualifying squad and should be strong again.

## High school cross country

# 4 area boys teams start year on state top 10 lists

By Evan Mohl  
EL PASO TIMES

The high school cross country season begins this weekend and once again several area teams rank among the best in Texas.

Four El Paso squads — all boys — will start the year in the top 10 in their respective classes, with Eastwood (No. 7 in Class 5A) as a real threat to compete for a state title and possibly more.

"I've always wanted to take a team to the national level and I believe this team has a shot," Troopers coach Mike McLain said.

In some ways, Eastwood could be ranked higher. The Troopers return six of their seven runners that finished sixth at state a year ago and then went on to finish eighth at the Nike South Cross County Regional Championships that included the best teams from the five-state region (Texas, Louisiana, Oklahoma, Arkansas and Mississippi).

It's why ESPN's Dyestat has Eastwood ranked No. 7 in that South region.

"We're ready to dominate," said Brian Casillas, an El Paso Times' All-City selection from a year ago who finished 16th at the state meet.

Casillas and Steven Rios, also an All-City selection, lead the Troopers, along with Ryan Saenz, Richard Mora, Caleb Buntyn and Alex Blanco. They'll be joined by Stephen Wallace, who was moved up from junior varsity.

## Meet details

► **What:** Del Valle/Hanks Cross Country Invitational, the first key high school meet of the season.

► **When:** 9 a.m. Saturday.

► **Where:** Del Valle High School's football field, 850 Bordeaux.

"These guys just love competition," said McLain. "They may not be the most athletically gifted, but they want to outwork everyone."

Jefferson is ranked No. 4 in Class 4A after finishing third at state a year ago. The Silver Foxes lost All-City MVP Joel Flores to North Texas, but return two promising runners in Gerardo Escapita and David Torres, both All-City selections from a year ago.

Escapita finished eighth at the state meet and then went on to have a stellar track season that landed him a bronze medal in the 1,600 meters.

"We lost a big one, but some of our kids have experience," Jefferson coach Alfredo Trejo said. "We'll be competitive."

Burges is ranked No. 8 in 4A. The Mustangs finished seventh at state and return three of their top five runners, including Manny Ortiz, Javier Gaytan and Jorge Quintero.

Tornillo, after finishing 11th at

Please see **Top 10 3C**



EVAN  
MOHL

## Changes at schools highlight questions

As the 2012 fall high school sports campaign gets under way, here are 10 things I am looking forward to in the next few months:

► **Cross country.** El Paso always does well and should once again have good representation at state. Look out for Eastwood teams and Jefferson's Gerardo Escapita.



# Del Valle Invitational Del Valle HS 9/1/12

## Varsity Girls

Anna Mora	20:22	6
Carissa Pinion	20:56	13
Vanessa Parra	21:04	14
Cassandra Serrano	21:33	19
Rhiannon Cleveland	21:41	22
Dominique Blancas	22:01	26
Eden Buntyn	22:13	32

Team 1<sup>st</sup> 64pts 1-5 Time Gap=1:19

## Varsity Boys

Ryan Saenz	15:51	1
Brian Casillas	16:12	3
Steven Rios	16:26	5
Richard Mora	16:29	6
Stephen Wallace	16:53	11
Caleb Buntyn	16:56	12
Alex Blanco	17:48	36

Team 1<sup>st</sup> 25pts 1-5 Time Gap= 62sec

## Open Girls

Jackie Cuellar	21:20	1
Diana Martell	21:50	2
Vanessa Miramontes	23:00	3
Hannah Gomez	23:01	4
Amanda Palacios	24:02	15
Laura Ramirez	24:57	24
Elise McLain	25:02	25
Christina Esparza	25:28	30
Vanessa Medrano	26:04	36
Sarah Vasquez	30:43	94

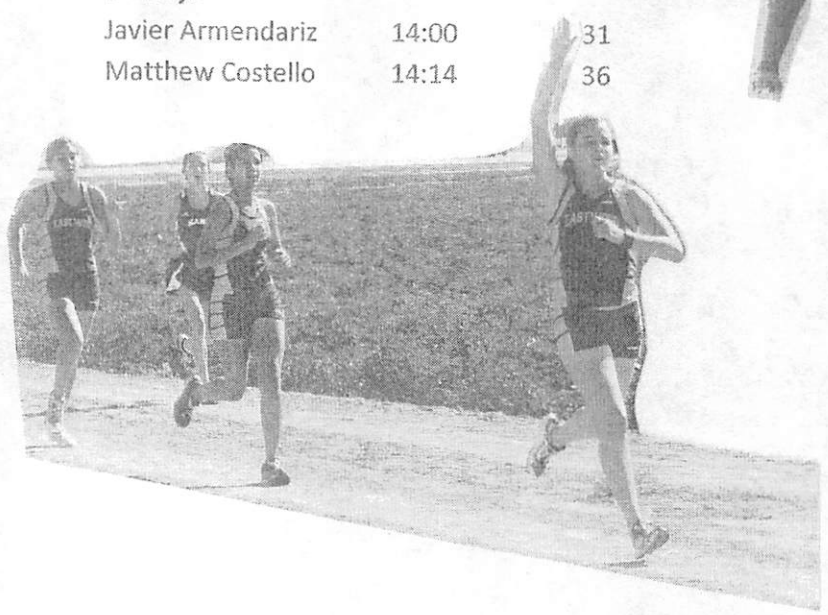
Team 1<sup>st</sup> 23pts 1-5 Time Gap=2:42

Jose Silva	17:20	1
Ruben Campos	17:29	2
Deric Martinez	17:30	3
Paul Truax	17:32	4
Esteban Portillo	17:33	5
David Muller	18:01	8
Chris Wallace	18:27	13
Martin Pandeli	18:36	15
Julio Rodriguez	19:39	34
David Solidad	20:06	41
Tareq Ahram	20:25	48

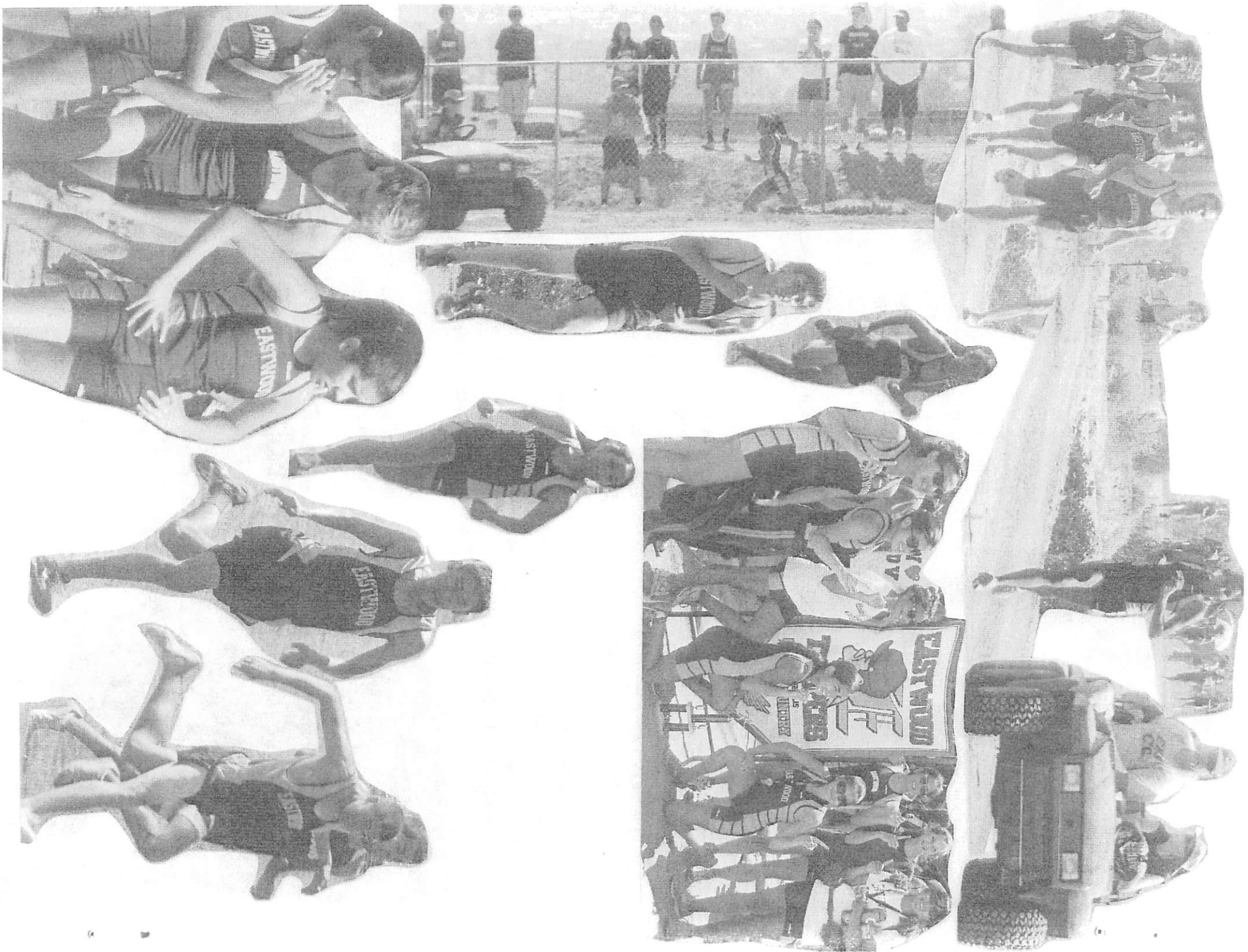
Team 1<sup>st</sup> 15 pts 1-5 Time Gap=13sec

## 9<sup>th</sup> Boys

Javier Armendariz	14:00	31
Matthew Costello	14:14	36







# Patience pays off for race winner

By Evan Mohl  
EL PASO TIMES

A year of experience made a world of difference for Eastwood runner Ryan Saenz.

While most of his competitors, bursting with adrenaline at the year's first high school cross country meet, sprinted out quickly, Saenz patiently kept his pace. Then in the final mile, he roared past everyone to win the Del Valle/Hanks Invitational on Saturday at Del Valle High School.

Saenz's first-place finish — his first varsity individual gold after several top 10 showings last year — led a dominating Eastwood performance, where the Troopers, perhaps underrated at No. 7 in the

state, placed six runners in the top 12 for the team title.

"I've been working and waiting for this for a long time," said Saenz with a smile. "It's a great way to start the season, but I'm even happier of how the team performed."

Saenz actually started in about 30th place. After the first mile, he moved up to about 10th before he began a kick where he blazed past everyone.

Saenz finished in a time of 15 minutes, 51 seconds — 15 seconds ahead of second-place finished Ivan Rodriguez of Del Valle.

"Everyone just started so fast," Saenz said. "I just stayed

relax. I think I just knew what to do since it's my second year of varsity."

Brian Casillas and Steven Rios finished third and fifth, respectively, for Eastwood, while their teammates Stephen Wallace and Caleb Buntyn went 11th and 12th. Socorro placed second, thanks to top-10 finishes by Marco Perez and Edgar Saucedo. Clint had a strong and surprising showing at third.

On the girls side, Jocelyn Caro looked in midseason form. The Socorro senior led virtually the entire mile and finished in 18 minutes, 57 seconds, besting Santa Teresa's Regina Marquez by 31 seconds.

The girls competed at the new 5,000-meter distance.

"It's a good start," Caro said. "I love the new distance. I think it's helpful for me because it's a true distance race."

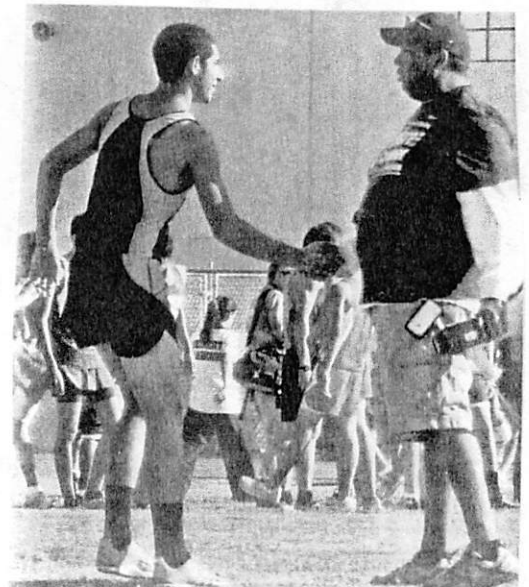
Eastwood won the girls team title with four finishers in the top 20. Anna Mora finished in sixth place, Carissa Pinion in 13th, Vanessa Parra in 14th, and Cassandra Serrano in 19th.

"They impressed me," Eastwood coach Mike McLain. "That's a good performance for them."

Montwood took second led by Andrea Amaro (fifth) and Stephanie Quintero (eighth). Socorro finished third.

Evan Mohl may be reached at [emohl@elpasotimes.com](mailto:emohl@elpasotimes.com); 546-6381. Follow him on Twitter @EvanMohl.

## ► Race results 10C





**2012 UTEP / CISD - 9/7/2012**  
**Lori Fitzgerald Cross Country Invite**  
**Emerald Springs**

**Varsity Girls**

Anna Mora	20:47	5
Vanessa Parra	21:33	11
Diana Martell	21:43	16
Jackie Cuellar	21:47	18
Carissa Pinion	21:50	19
Cassandra Serrano	21:52	20
Rhiannon Cleveland	22:24	34
Eden Buntyn	23:32	59
Dominique Blancas	23:38	62
Vanessa Miramontes	23:42	65

**Team 1<sup>st</sup> 66pts 1-5 Time Gap=63sec**

**Varsity Boys**

Ryan Saenz	15:59	1
Brian Casillas	16:28	3
Steven Rios	16:49	8
Caleb Buntyn	17:06	14
Richard Mora	17:09	17
Jose Silva	17:22	21
Stephen Wallace	17:30	26
Ruben Campos	17:35	30
Alex Blanco	18:16	58
Deric Martinez	18:52	90

**Team 1<sup>st</sup> 40pts 1-5 Time Gap=70sec**

**Open Girls**

Hannah Gomez	23:36	6
Christina Delgado	24:04	12
Elise McLain	24:11	18
Christina Esparza	25:24	37
Amanda Palacios	25:47	47
Laura Ramirez	28:26	106
Vanessa Medrano	29:27	130
Kim Markenson	29:57	145
Sarah Vasquez	32:36	197

**Team 1<sup>st</sup> 97pts 1-5 Time Gap=2:11**

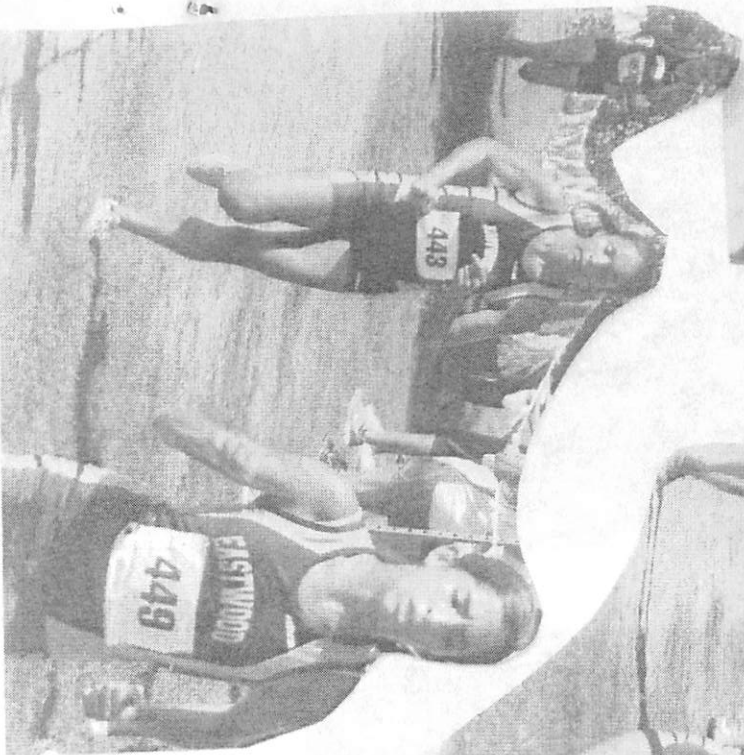
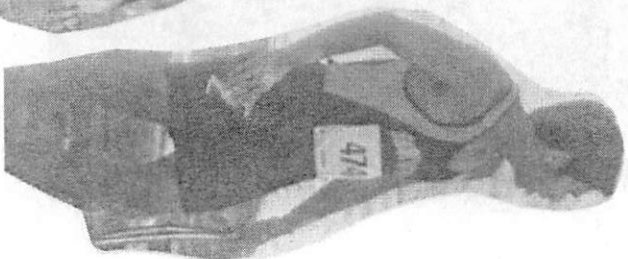
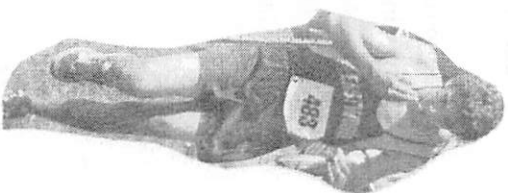
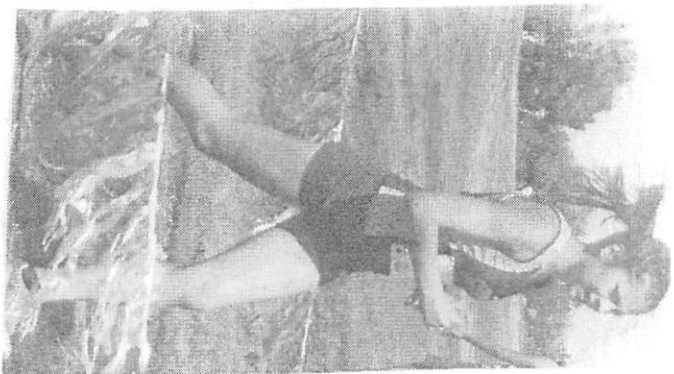
**Open Boys**

Paul Truax	17:55	1
Esteban Portillo	18:04	3
David Muller	18:42	11
Martin Pandeli	18:54	15
Chris Wallace	19:18	23
David Soladad	20:16	64
Julio Rodriguez	20:21	66
Tarq Ahram	21:06	96
Javier Armendarez	21:46	117

**Team 1<sup>st</sup> 52pts 1-5 Time Gap=1:23**



For information about Eastwood Cross Country and Track & Field visit our website at [ehstrack.bravehost.com](http://ehstrack.bravehost.com) Coach McLain [mmmpre@hotmail.com](mailto:mmmpre@hotmail.com)





**Coronado Cross Country  
9/15/2012**

**Varsity Girls**

Hannah Gomez	23:04	32
Dominique Blancas	23:06	33
Vanessa Miramontes	23:12	35
Eden Buntyn	23:14	36
Elise McLain	23:25	38
Christina Delgado	23:41	46
Laura Ramirez	24:31	61

**Team 7<sup>th</sup> 129pts 1-5 Time Gap=21sec**

**Open Girls**

Christina Esparza	25:23	26
Jamie Agan	27:35	58
Marla Ordonez	27:50	61
Kim Markenson	28:22	70

**Varsity Boys**

Paul Truax	17:35	11
David Muller	18:01	25
Esteban Portillo	18:14	32
Alex Blanco	18:36	45
Ruben Campos	18:57	58
Deric Martinez	19:09	65

**Team 3<sup>rd</sup> 153pts Time Gap=1:27**

**Open Boys**

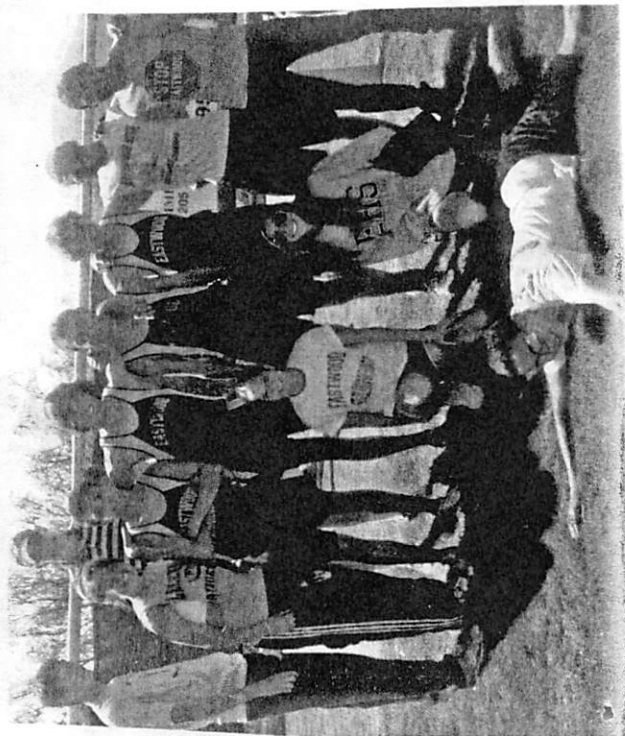
Chris Wallace	19:36	15
David Solidad	20:06	22
Julio Rodriguez	20:33	29
Julian Pedregon	20:56	36

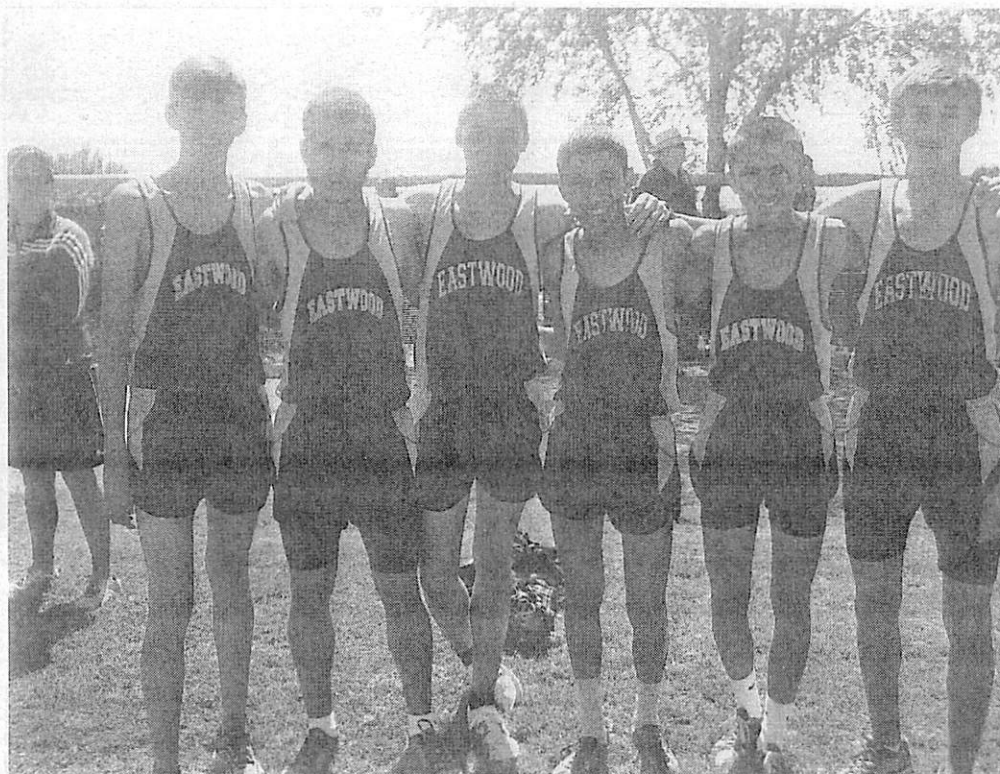
**9<sup>th</sup> Boys**

Javier Armendariz	21:16	7
Matthew Costello	22:46	13

The Coronado boys won the team championship with 112 points, Del Valle was second with 128, followed by Eastwood with 153, El Dorado with 160 and El Paso with 162 for the top five teams.

There were 14 teams competing in the boys division.





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



# Tornillo Toughest Course in Texas!!!!

10/7/2012

## Varsity Girls

Anna Mora	15:05	1
Carissa Pinion	15:25	3
Jackie Cuellar	15:31	5
Diana Martell	15:44	8
Cassi Serrano	15:58	13
Rhiannon Cleveland	16:09	16
Vanessa Parra	16:09	17
Hannah Gomez	16:45	26

Team 1<sup>st</sup> 25pts 1-5 Time Gap=53sec

## Varsity Boys

Ryan Saenz	18:22	1
Brian Casillas	18:34	2
Jose Silva	19:44	6
Steven Rios	19:46	7
Richard Mora	19:52	9
Stephen Wallace	20:10	12
Caleb Buntyn	20:32	15
Paul Truax	20:57	18

Team 1<sup>st</sup> 25pts 1-5 Time Gap=90sec



## Open Girls

Dominique Blancas	16:06	4
Eden Buntyn	16:46	5
Christina Delgado	16:52	6
Elise McLain	16:58	8
Vanessa Miramontes	17:28	14
Laura Ramirez	18:09	22
Christina Esparza	18:37	32
Kim Markenson	19:11	44
Jamie Agan	19:28	50
Marla Ordonez	19:31	54

Team 1<sup>st</sup> 34pts 1-5 Time Gap=1:22

## Open Boys

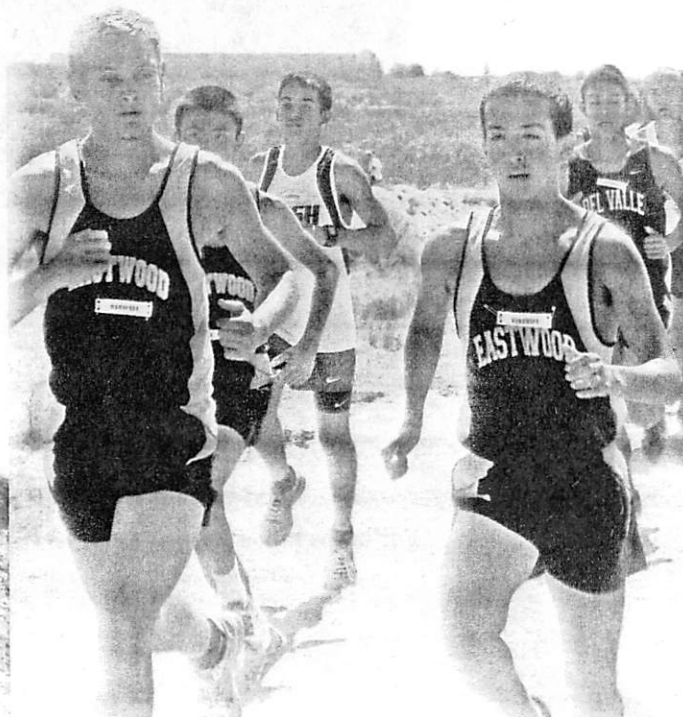
Ruben Campos	20:22	1
David Muller	20:42	3
Alex Blanco	20:56	4
Martin Pandeli	21:30	8
Chris Wallace	21:32	9
Esteban Portillo	21:50	11
David Solidad	22:35	15
Julio Rodriguez	23:15	20
Tareq Ahram	23:19	21
Julian Pedregon	24:13	35

Team 1<sup>st</sup> 23pts 1-5 Time Gap=70sec



## 9<sup>th</sup> Boys

Javier Armendariz	15:19	7
Matthew Costello	16:10	12



# Centennial Invitational - 9/29/2012

## Las Cruces, NM

### Varsity Girls

Anna Mora	19:58	2
Carissa Pinion	21:14	4
Vanessa Parra	21:35	8
Cassi Serrano	21:44	10
Rhiannon Cleveland	21:46	11
Diana Martell	21:47	12
Dominique Blancas	21:57	14
<b>Team 1<sup>st</sup> 31pts 1-5 Time Gap=1:48</b>		

### Varsity Boys

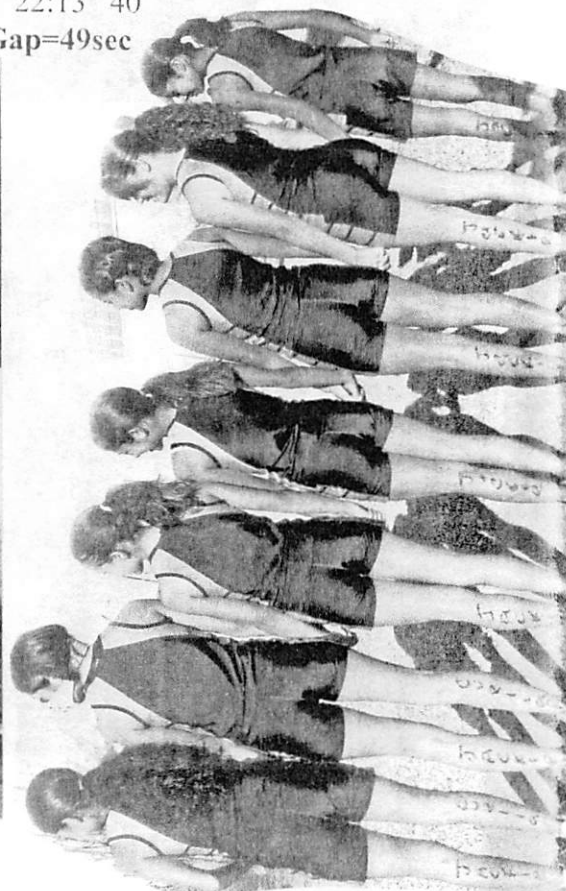
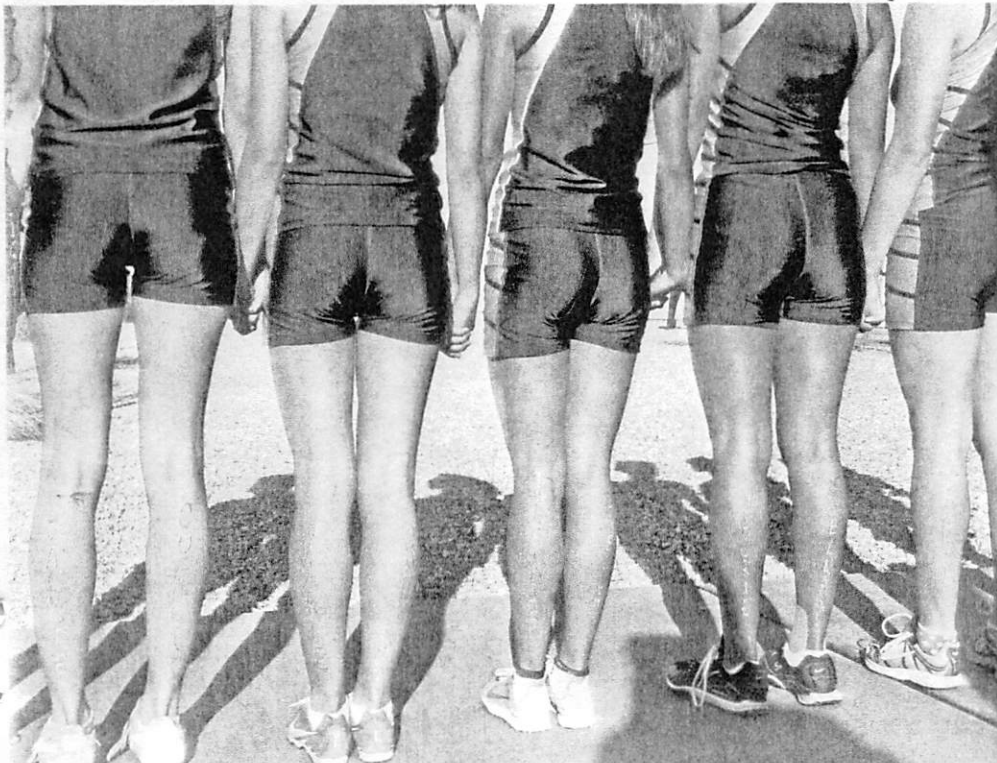
Ryan Saenz	16:24	1
Brian Casillas	16:39	2
Richard Mora	16:52	5
Steven Rios	17:11	7
Stephen Wallace	17:17	8
Caleb Buntyn	17:23	9
Jose Silva	17:44	14
<b>Team 1<sup>st</sup> 23pts 1-5 Time Gap=53sec</b>		

### Open Girls

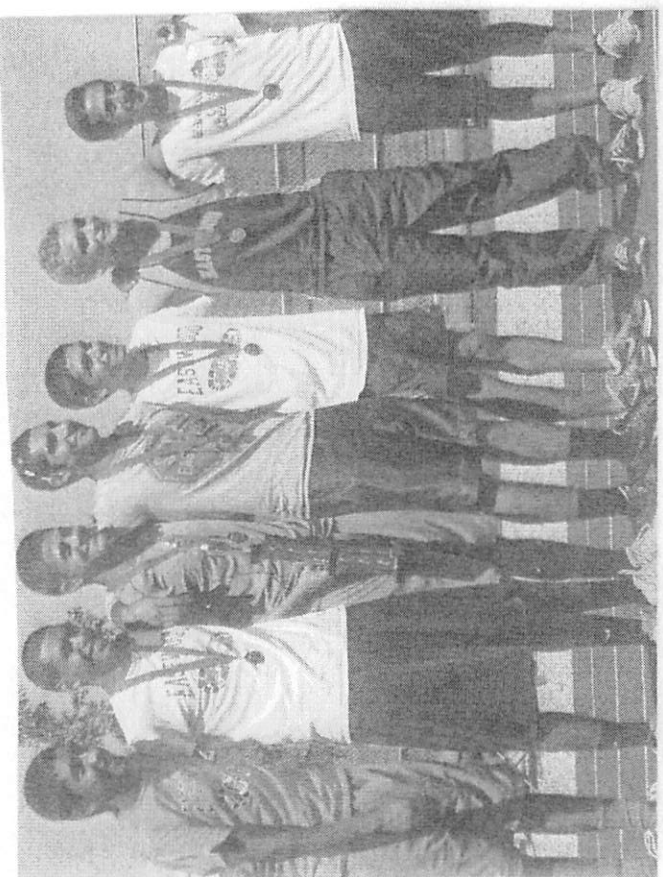
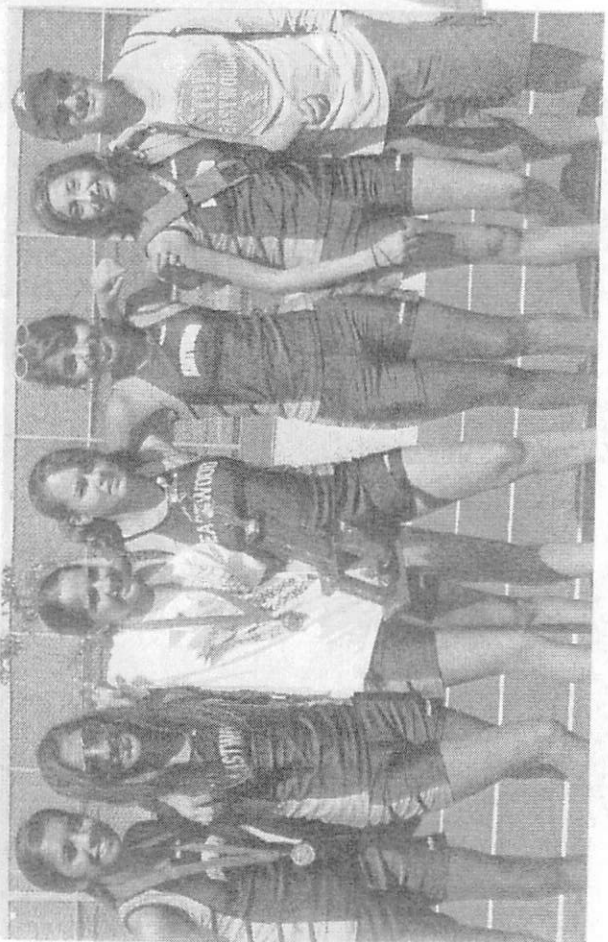
Christina Delgado	22:58	2
Hannah Gomez	23:02	3
Eden Buntyn	23:07	4
Elise McLain	23:21	5
Vanessa Miramontes	23:44	7
Laura Ramirez	24:25	9
Christina Esparza	25:32	15
Amanda Palacios	25:41	16
Jamie Agan	26:50	25
Maria Corona	27:05	28
Kayla Estrada	29:12	41
<b>Team 1<sup>st</sup> 15pts 1-5 Gap=46sec</b>		

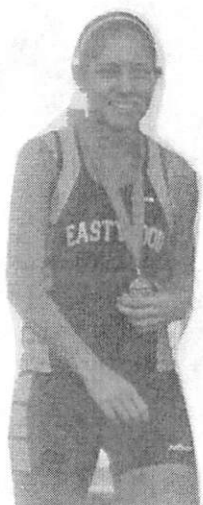
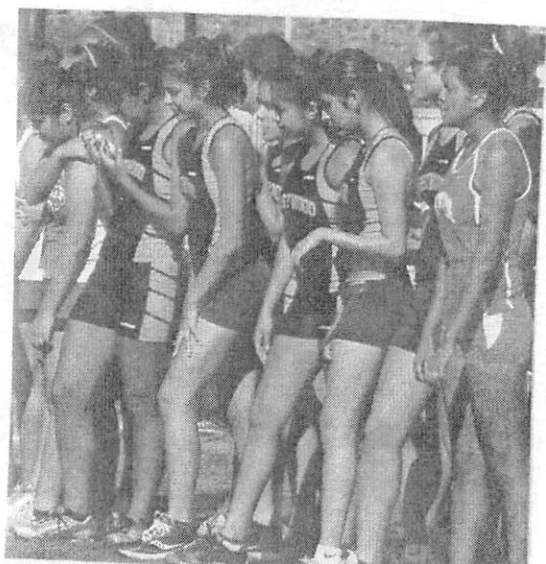
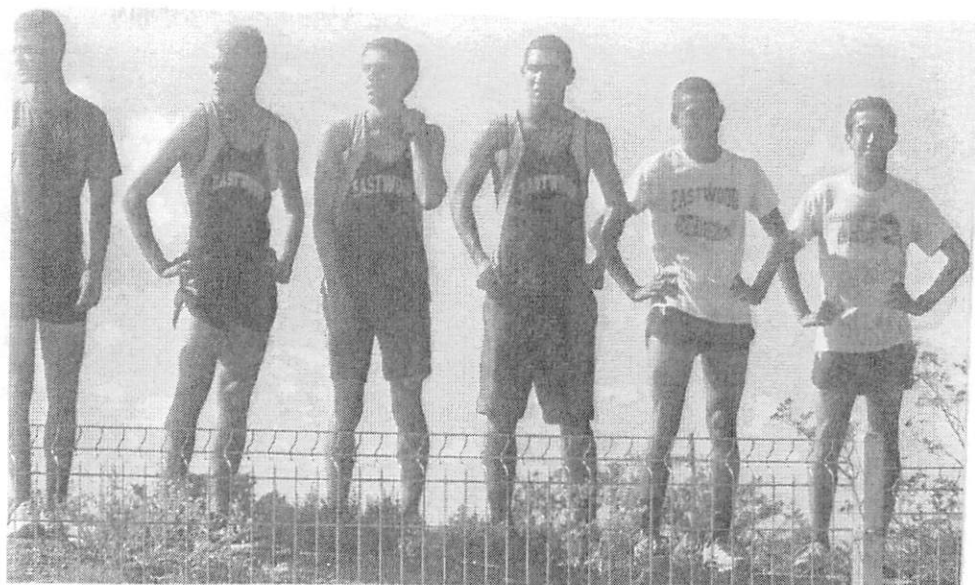
### Open Boys

Paul Truax	17:41	1
Alex Blanco	18:08	2
Ruben Campos	18:09	3
Esteban Portillo	18:25	4
David Muller	18:30	5
Deric Martinez	18:40	6
Chris Wallace	18:55	8
Martin Pandeli	19:01	9
Julio Rodriguez	19:23	11
David Solidad	19:42	15
Tareq Ahram	20:16	20
Julian Pedregon	20:18	21
Javier Armendariz	20:20	22
Matthew Costello	22:13	40
<b>Team 1<sup>st</sup> 15pts 1-5 Gap=49sec</b>		

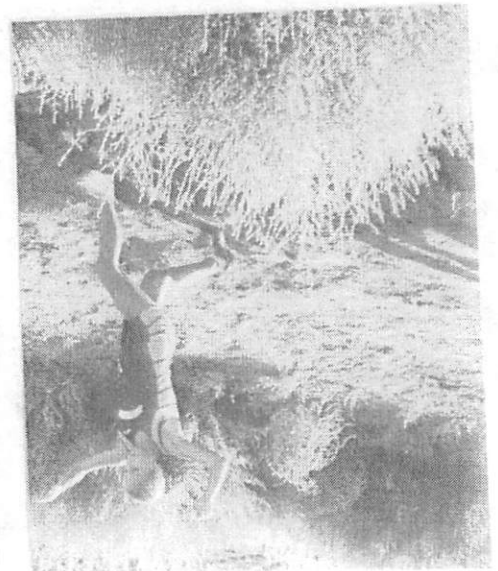
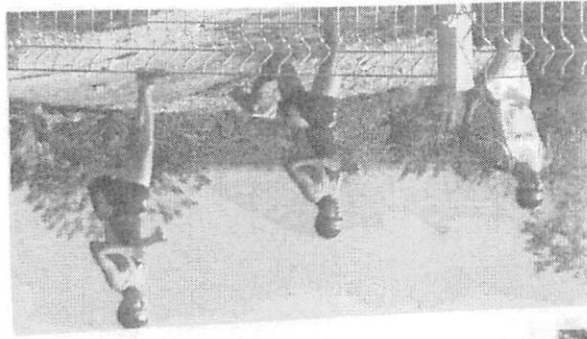
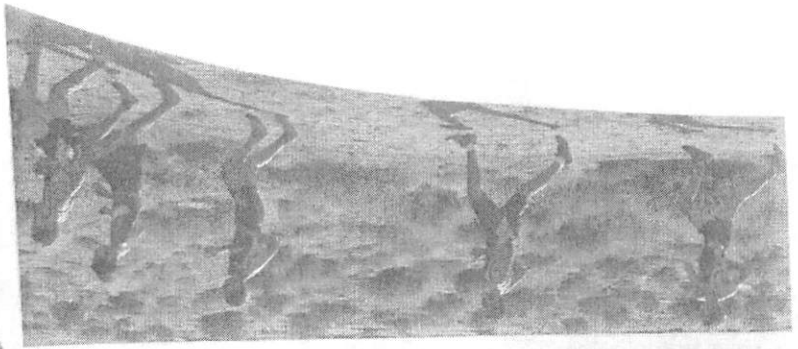
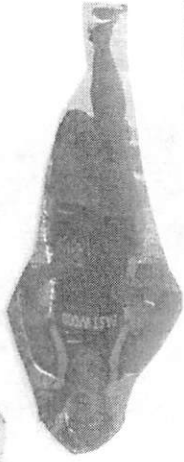


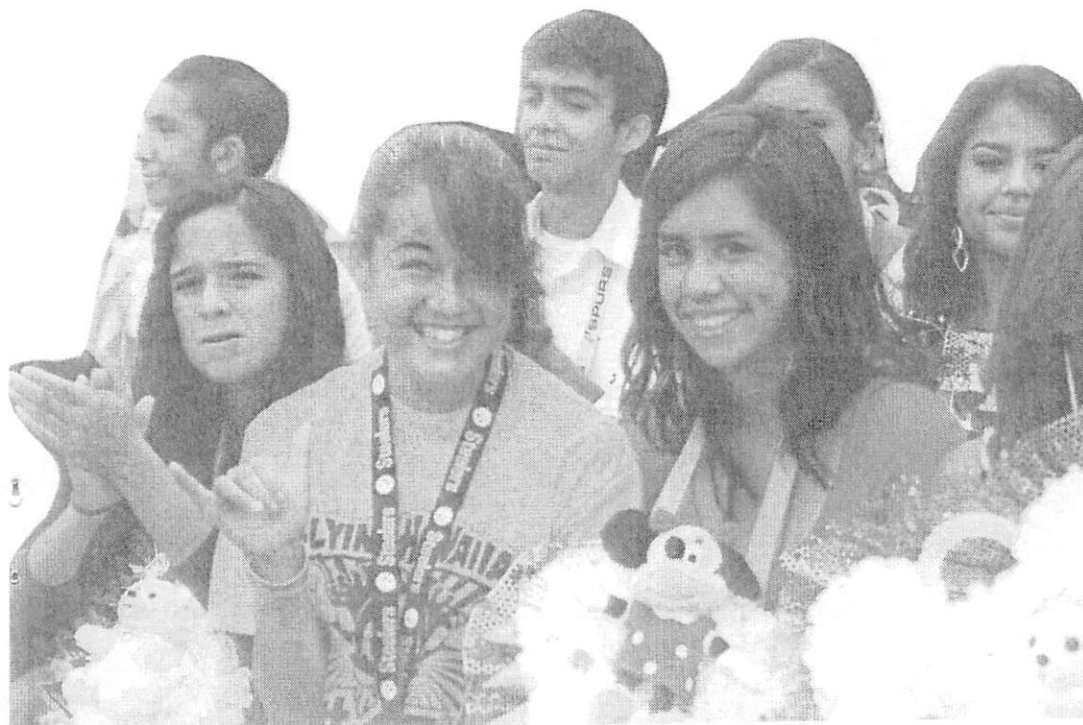




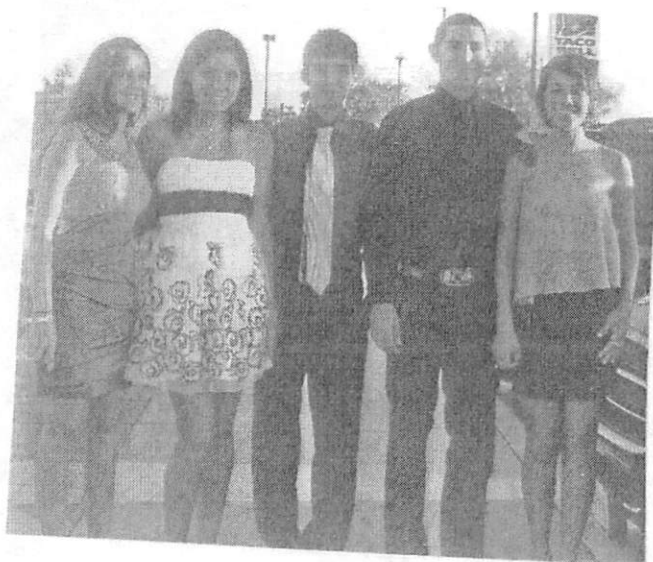












For information about Eastwood Cross Country and Track & Field visit our website  
[ehstrack.bravehost.com](http://ehstrack.bravehost.com) Coach McLain [mmpre@hotmail.com](mailto:mmpre@hotmail.com)

# McNeil HS Cross Country Invite

October 06, 2012

## Gold

30 total teams

Team - El Paso Eastwood

Finish Position - 1

Team Score (places): 86

Team Score

(times):1:21:18.05

Ave Time:16:15.61

<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>
12277	Ryan Saenz	12	5	5	15:53.05	15:53.05	0:00.00
22271	Brian Casillas	11	6	11	15:55.39	31:48.44	0:02.34
32273	Richard Mora	12	14	25	16:13.71	48:02.15	0:20.66
42276	Steven Rios	12	28	53	16:34.40	1:04:36.55	0:41.35
52278	Jose Silva	10	33	86	16:41.50	1:21:18.05	0:48.45
62269	Buntyn Calub	12	37	123	16:44.10	1:38:02.15	0:51.05
72281	Steven Wallace	12	38	161	16:44.15	1:54:46.30	0:51.10

Team - El Paso Eastwood

Finish Position - 11

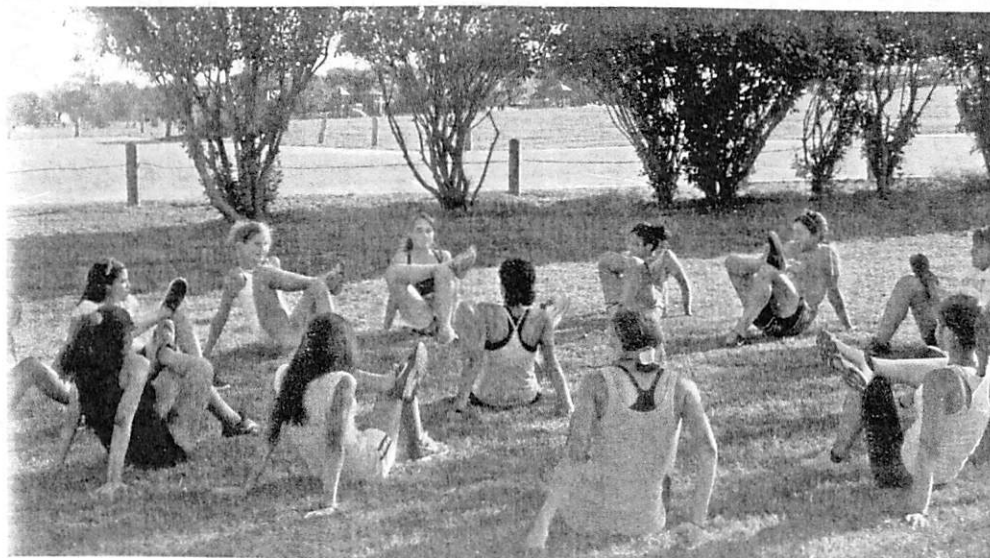
Team Score (places): 284

Team Score

(times):1:41:10.90

Ave Time:20:14.18

<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>
1553	Anna Mora	10	16	16	18:53.44	18:53.44	0:00.00
2555	Carissa Pinion	11	56	72	20:18.38	39:11.82	1:24.94
3554	Vanessa Parra	10	59	131	20:23.71	59:35.53	1:30.27
4550	Diana Martell	9	61	192	20:26.34	1:20:01.87	1:32.90
5546	Rhiannon Cleveland	12	92	284	21:09.03	1:41:10.90	2:15.59
6544	Dominique Blancas	10	100	384	21:14.62	2:02:25.52	2:21.18
7557	Cassandra Serrano	11	114	498	21:34.56	2:24:00.08	2:41.12





# 5A Varsity

Team - El Paso Eastwood B

Finish Position - 3

Team Score (places): 128

Team Score

(times): 1:26:17.30

Ave Time: 17:15.46

Bib No	Name	Year	O'All Place	Cum Place	Time	Cum Time	Time Back
12279	Paul Truax	9	9	9	16:49.26	16:49.26	0:00.00
22270	Ruben Campos	11	15	24	16:58.20	33:47.46	0:08.94
32268	Alex Blanco	12	22	46	17:06.59	50:54.05	0:17.33
42275	Estaban Portillo	12	34	80	17:33.27	1:08:27.32	0:44.01
52274	David Muller	10	48	128	17:49.98	1:26:17.30	1:00.72
62272	Martinez Deric	10	61	189	18:05.90	1:44:23.20	1:16.64
72280	Chris Wallace	10	101	290	18:41.08	2:03:04.28	1:51.82

Team - El Paso Eastwood B

Finish Position - 18

Team Score (places): 523

Team Score

(times): 1:50:08.32

Ave Time: 22:01.66

Bib No	Name	Year	O'All Place	Cum Place	Time	Cum Time	Time Back
1551	Elise McLain	10	68	68	21:32.27	21:32.27	0:00.00
2545	Eden Buntyn	10	79	147	21:39.60	43:11.87	0:07.33
3547	Christina Delgado	12	102	249	21:53.63	1:05:05.50	0:21.36
4549	Hannah Gomez	11	128	377	22:20.40	1:27:25.90	0:48.13
5552	Vanessa Miramontes	10	146	523	22:42.42	1:50:08.32	1:10.15
6556	Laura Ramirez	10	169	692	23:28.54	2:13:36.86	1:56.27
7548	Christina Esparza	10	190	882	24:57.07	2:38:33.93	3:24.80

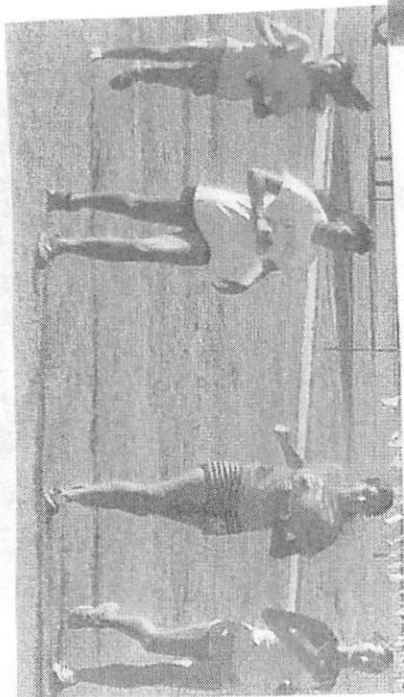
## Eastwood runners face tough field in Round Rock

The Eastwood High school boys cross country team, which is 4-0 as a team this season when it races its top team, will head to the McNeil Cross Country Invitational in Round Rock, Texas, where it will face top competition from around the state.

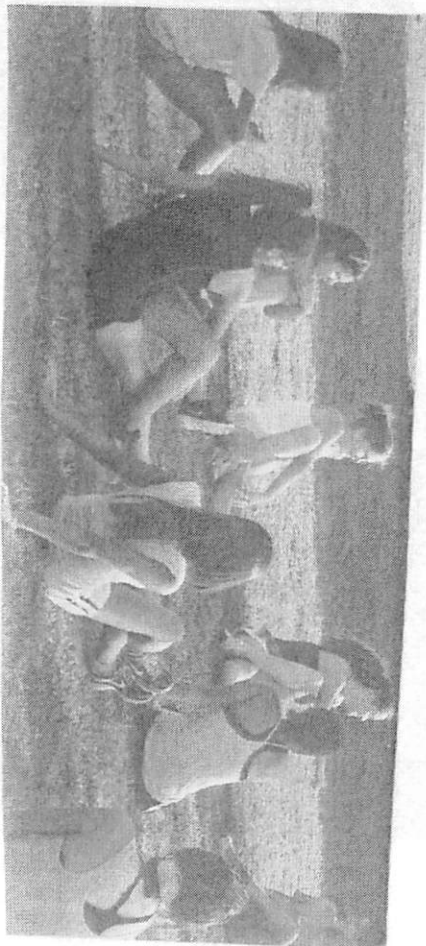
"We want some good competition and this will help us get ready for some big meets down the road, including district and regionals," said Eastwood coach Mike McLain, whose team finished sixth at the Class 5A state cross country meet last year. "I feel we are better than last year and we have a team that has a lot of experience. I'm happy with how we are progressing this year."

Eastwood has been led by Ryan Saenz this season, who has won all four of the races he's been in this year.

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







# Eastwood boys win cross country meet

By Felix Chávez  
and Evan Mohl  
EL PASO TIMES

The Eastwood High boys cross country team won the Gold Division of the 19th annual McNeil Cross Country Invitational in Round Rock, Texas, on Saturday.

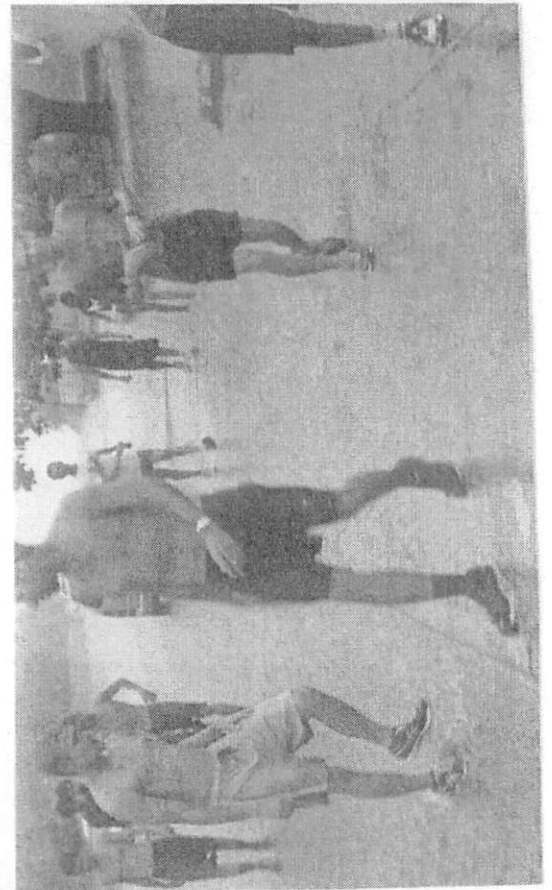
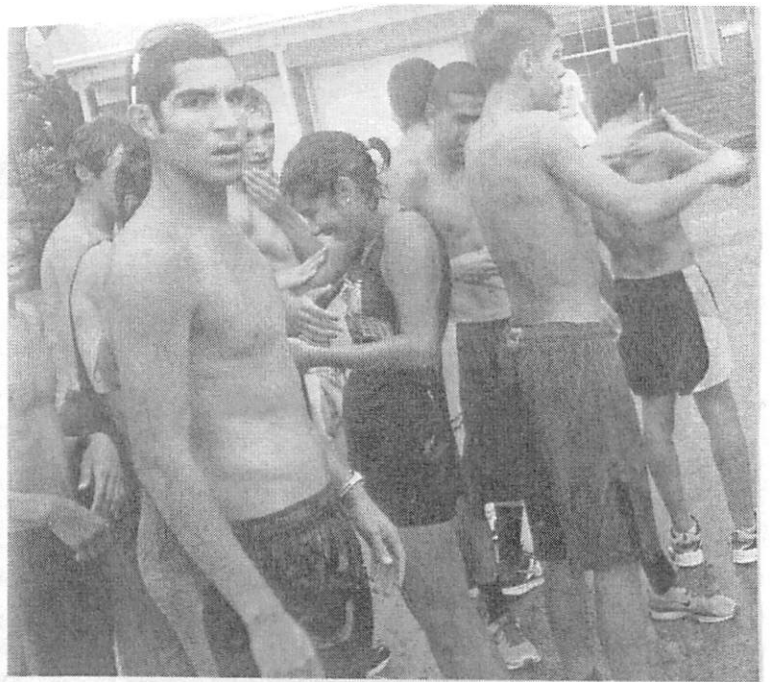
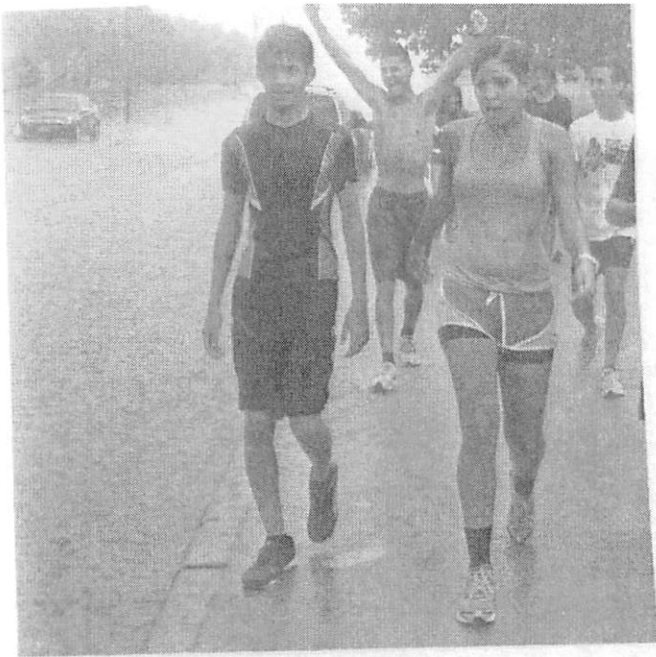
The Troopers won the event with 86 points and defeated 30 teams in the process.

Ryan Saenz was the top Eastwood runner, finishing fifth overall with a time of 15:53.05, while Brian Casillas was sixth at 15:55.39.

Del Valle's Ivan Rodriguez took the top spot in the Class 4A division with a time of 15:54.40. Del Valle finished second as a team with 115 points.







# Burges-Jefferson City Wide Meet -

10/13/2012

## Chamizal

### Varsity Girls

Elise McLain	21:15.10	32
Eden Buntyn	21:16.49	33
Christina Delgado	21:55.67	47
Hannah Gomez	22:24.66	57
Vanessa Miramontes	22:46.92	71
Laura Ramirez	23:53.26	100

Team 8<sup>th</sup> 225pts 1-5 Time Gap=1:31

### Varsity Boys

Paul Truax	16:51.68	12
Ruben Campos	16:55.39	16
Alex Blanco	16:56.70	18
David Muller	17:37.77	44
Esteban Portillo	17:44.33	53
Martin Pandeli	18:04.95	74

Team 1<sup>st</sup> 126pts 1-5 Time Gap=53sec

### Open Girls

Christina Esparza	24:49.22	24
Maria Corona	26:46.18	41

### Open Boys

Julio Rodriguez	18:57.98	10
Julian Pedregon	19:11.79	13
Tarque Ahram	19:26.49	18
Javier Armendariz	19:57.11	29
Matthew Costello	21:48.33	48

Team 2<sup>nd</sup> 61pts 1-5 Time Gap=2:45

## Bulldog, Cougar back on top

By Evan Mohl

EL PASO TIMES

A pair of familiar faces took home gold medals in the last high school cross country meet before district competition begins.

Socorro's Jocelyn Caro and Franklin's Brian Barraza put on dominating performances, easily winning the Burges-Jefferson City Wide Meet on Saturday at the Chamizal National Park.

Both runners won by at least 20 seconds, establishing themselves as contenders at the district meets Oct. 27 on the same course.

"You definitely want to be running well at this time," said Barraza, last year's District 1-5A champion.

Barraza almost didn't run. He rolled his ankle before the start, but decided to give it a go. He ran a 15:20.95, besting Jefferson's Gerardo Escapita by 21 seconds. Del Valle's

### ► Saturday's high school results 10C

Ivan Rodriguez took third.

"We just thought it would be best for me to run and get some miles in," said Barraza, who has now won four races this year.

Barraza, however, did not have to face Eastwood's Ryan Saenz, who is undefeated in El Paso. The dominant Troopers, who finished first at the prestigious Round Rock meet, did not run this week in order to rest. But their junior varsity team still managed to get first place as a team with three runners — Paul Truax, Ruben Campos and Alex Blanco — in the top 20.

Del Valle took second, while El Paso finished third.

Caro's showing in the girls race was impressive. The senior, coming off an eighth-place finish at the Nike South

Invitational, ran an 18:33.76, besting Coronado's Patricia Ablanado by 33 seconds.

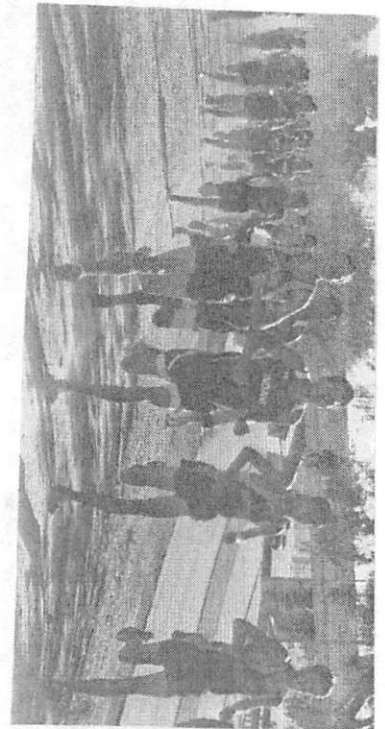
Ablanado, last year's El Paso Times' All-City Girls Cross Country Runner of the Year, won the District 1-5A race last season and beat Caro head-to-head earlier this year.

"Last week gave me a lot of confidence," Caro said. "But Patricia's a great runner, so there's more work to do."

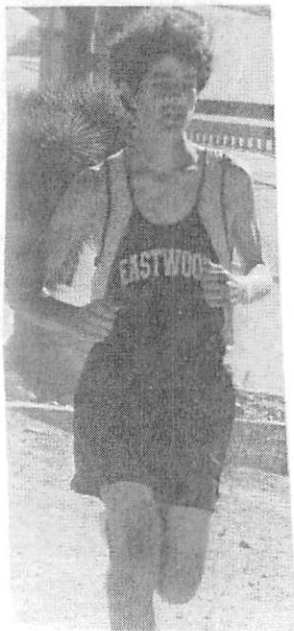
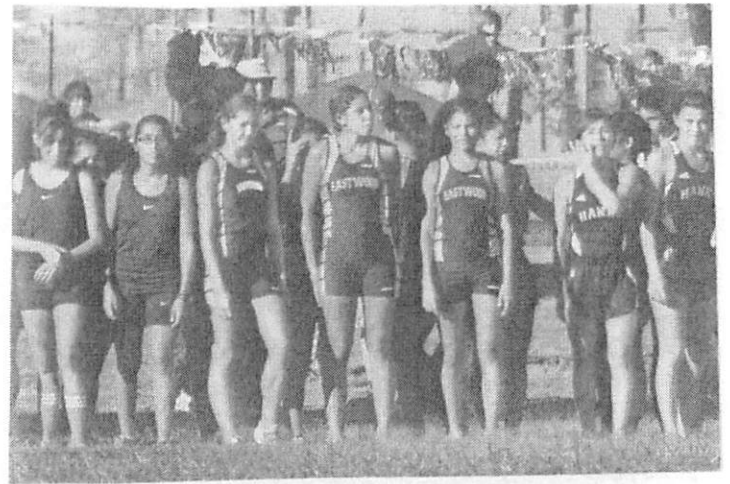
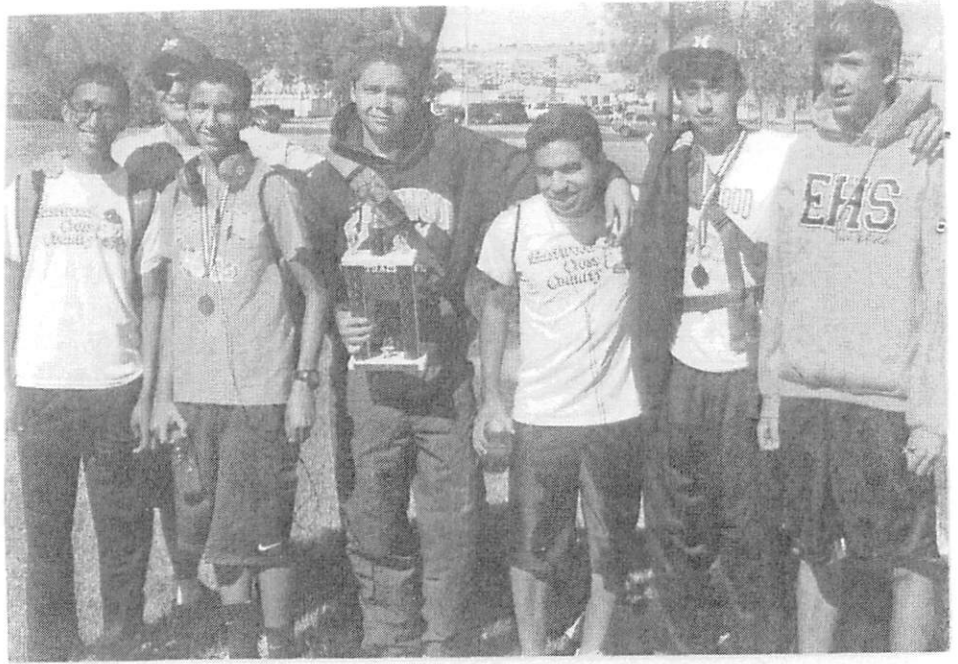
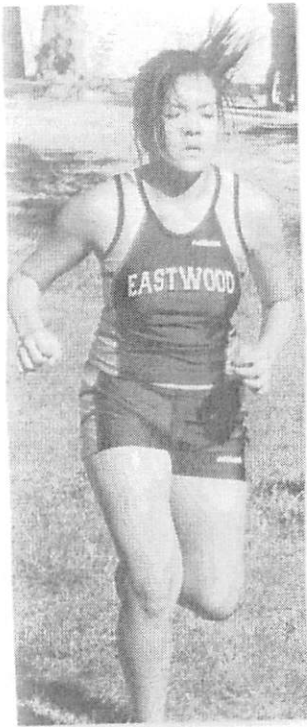
Ablanado, along with Kendra Melendez (fifth place) and Alina Ward (15th), paced Coronado's first-place finish in the team category. The T-Birds just edged Franklin, who was led by Krizia Acosta (sixth) and Jenna Rosales (11th).

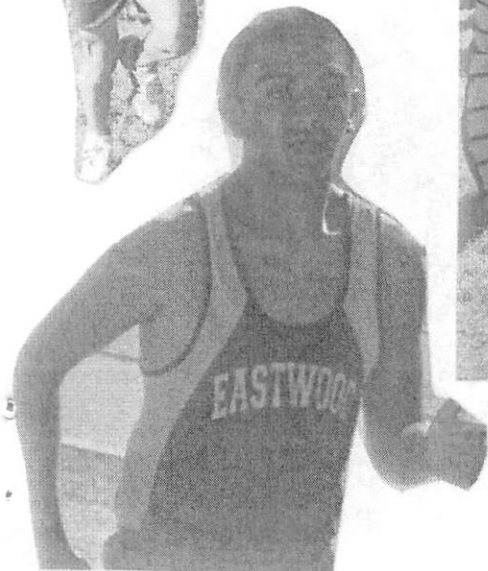
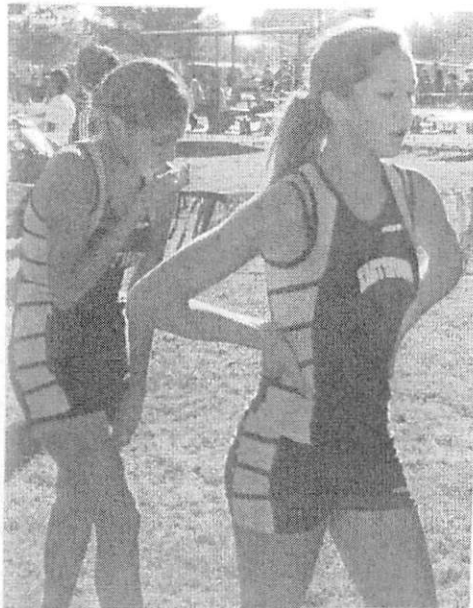
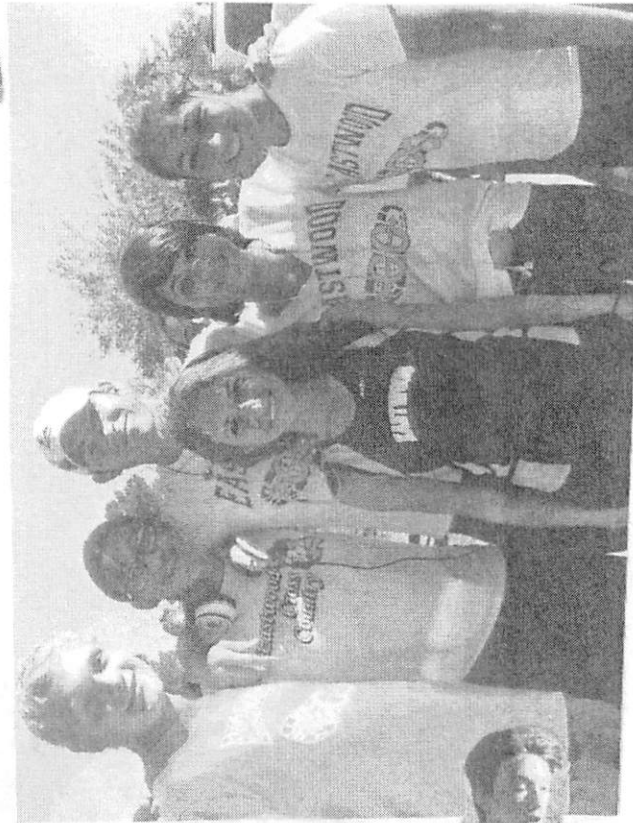
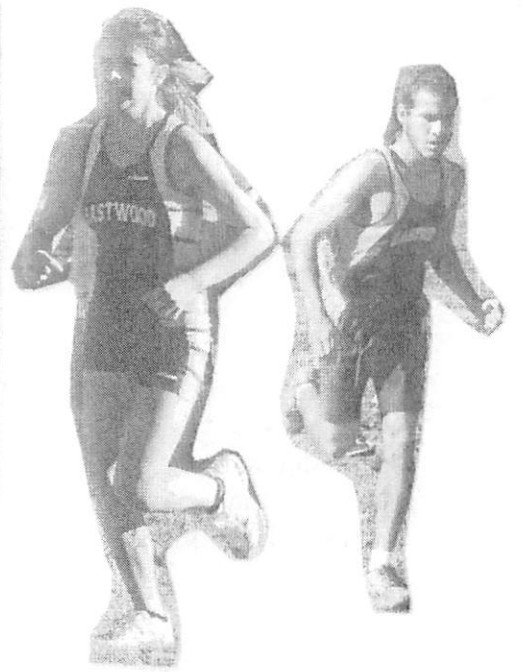
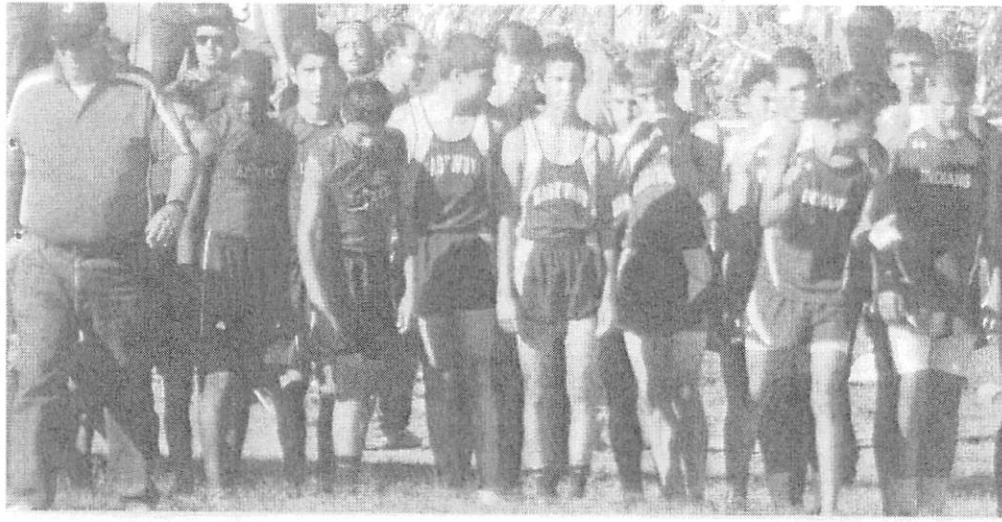
Clint's Cashlee Rayas took third individually.

Evan Mohl may be reached at [emohl@elpasotimes.com](mailto:emohl@elpasotimes.com); 546-6381. Follow him on Twitter @EvanMohl.











*District XC Championships 2012 - 10/27/2012*

*Varsity at Chamizal*

**Varsity Girls**

Anna Mora	18:47.87	2
Carissa Pinion	19:43.65	9
Rhiannon Cleveland	20:12.90	14
Vanessa Parra	20:17.27	15
Diana Martell	20:19.34	16
Dominique Blancas	20:21.74	18
Elise McLain	20:50.81	24

**Team= 1<sup>st</sup> 56pts 1-5 Gap=1:32**

**Varsity Boys**

Brian Casillas	15:43.40	2
Ryan Saenz	15:44.68	3
Richard Mora	15:47.93	4
Steven Rios	16:08.43	5
Stephen Wallace	16:19.46	7
Caleb Buntyn	16:44.78	15
Jose Silva	16:47.78	16

**Team 1<sup>st</sup> 21pts 1-5 Time Gap=36sec**

**New District Record for Team Score**

*Alumni course on Sun Fire*

*1-5A District 9th & Open XC Meet 2012 3.2miles*

*10/20/2012 10/20/2012*

**Open Girls**

Hannah Gomez	22:34	3
Cassi Serrano	22:37	4
Eden Buntyn	22:45	5
Christina Delgado	23:12	6
Vanessa Miramontes	23:14	7
Laura Ramirez	24:09	14
Christina Esparza	24:54	22
Maria Corona	25:38	34
Amanda Palacios	25:56	39

**Team 1<sup>st</sup> 20pts 1-5 Time Gap= 40 sec**

**Open Boys**

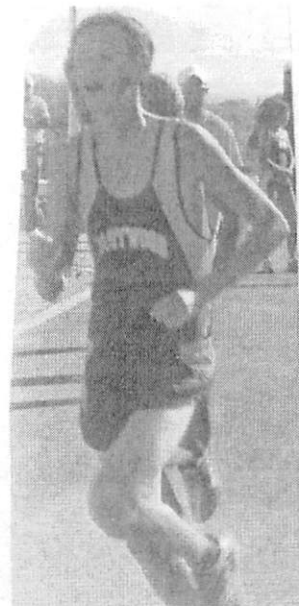
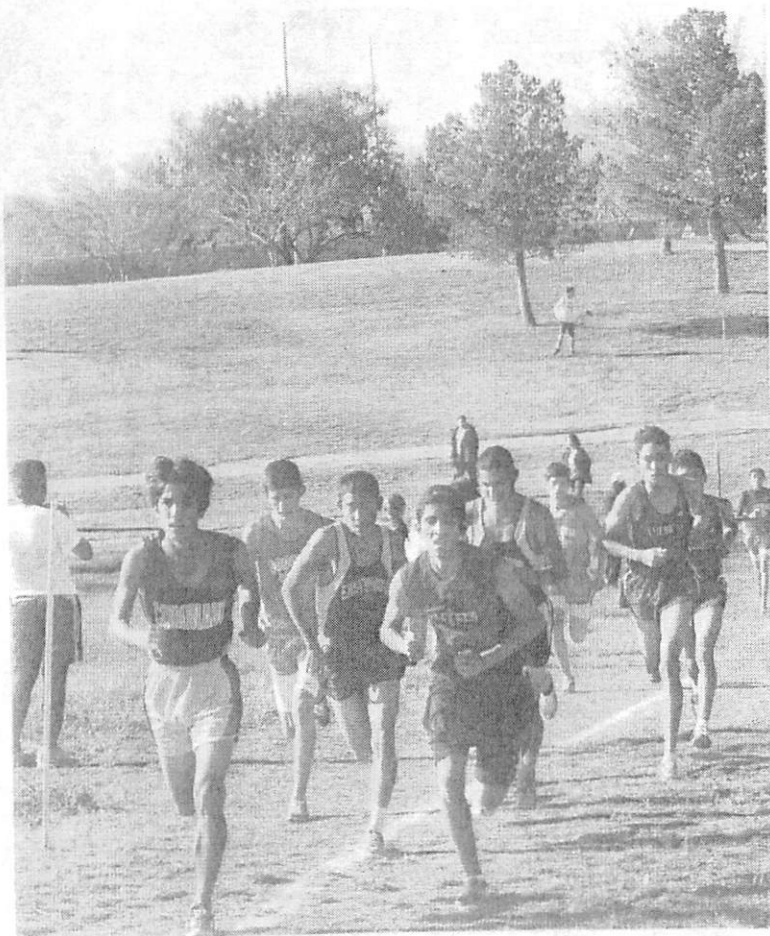
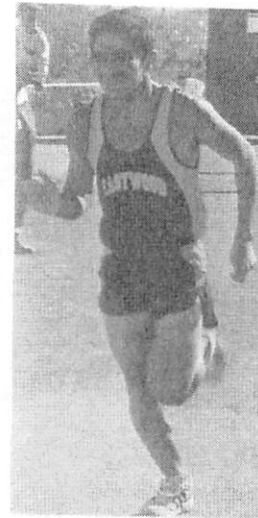
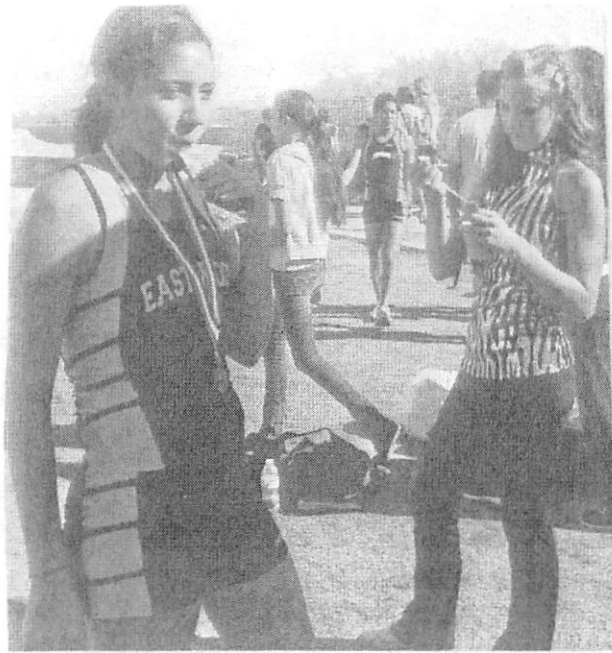
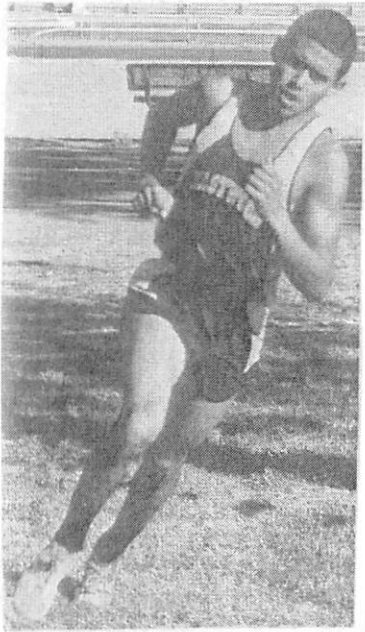
Paul Truax	18:05	1
Alex Blanco	18:13	2
Ruben Campos	18:20	3
Esteban Portillo	18:27	4
Deric Martinez	18:38	6
David Muller	18:57	8
Chris Wallace	18:58	9
Martin Pandeli	19:19	12
Julio Rodriguez	19:38	15
Julian Pedregon	19:41	16

**Team 1<sup>st</sup> 16pts 1-5 Time Gap= 33sec**

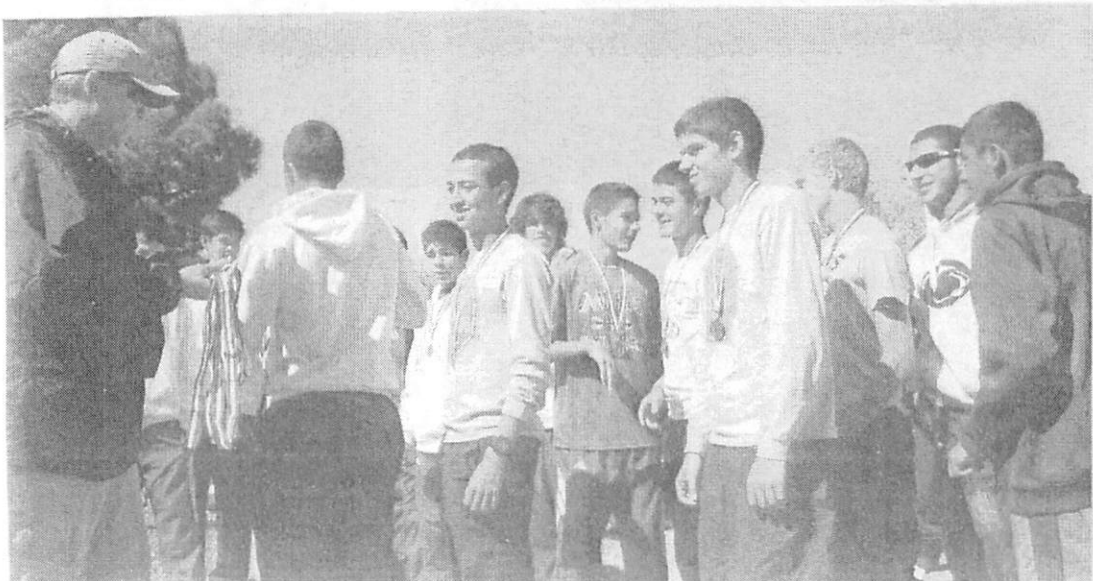
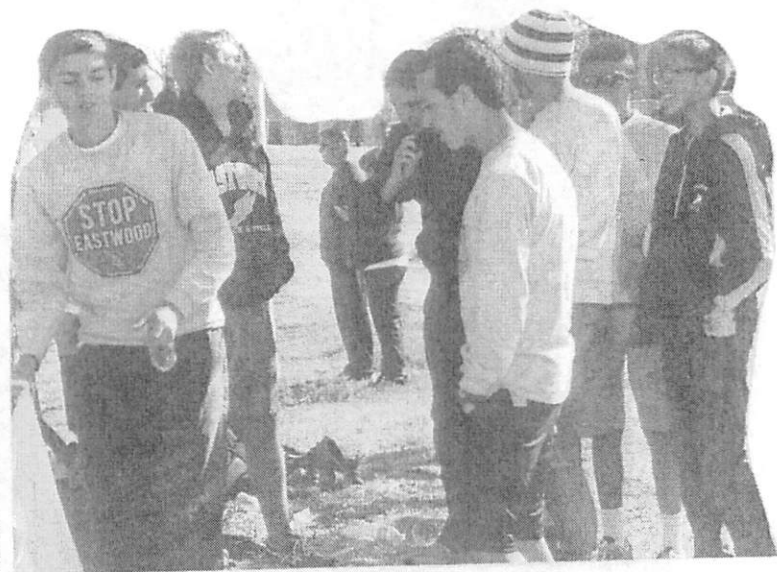
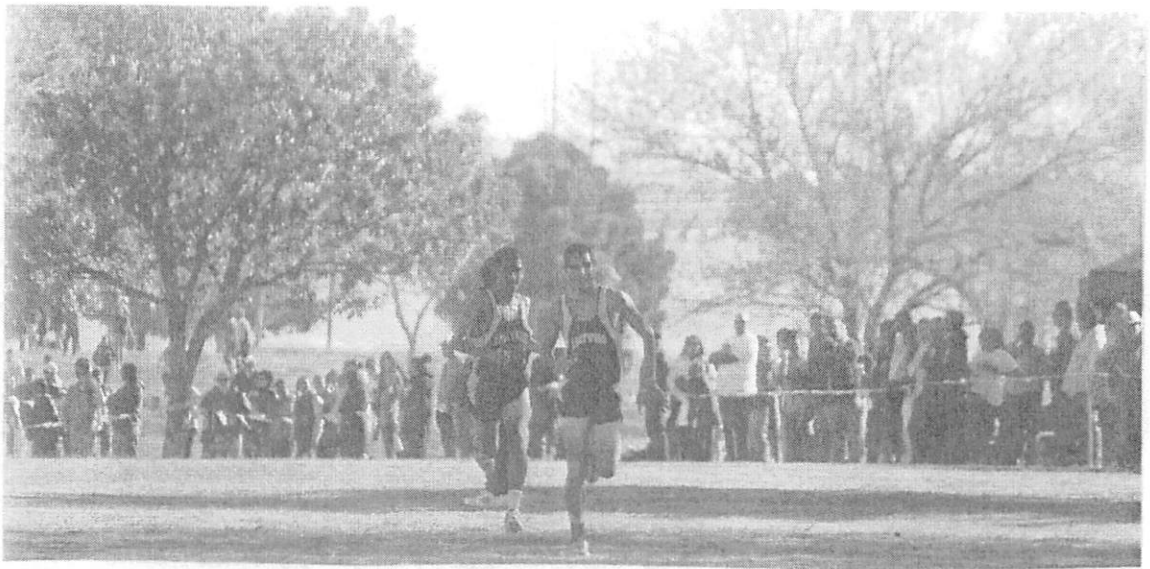
**9<sup>th</sup> Boys**

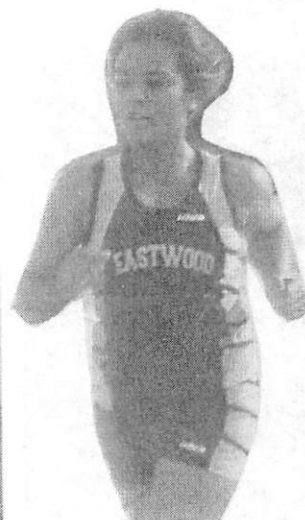
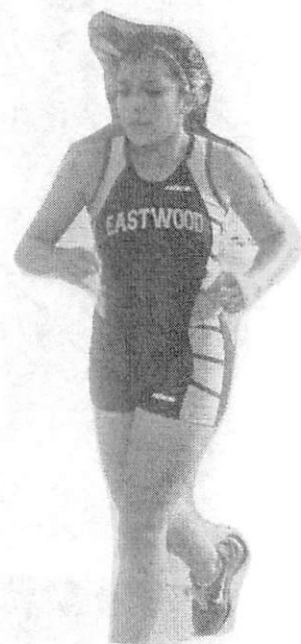
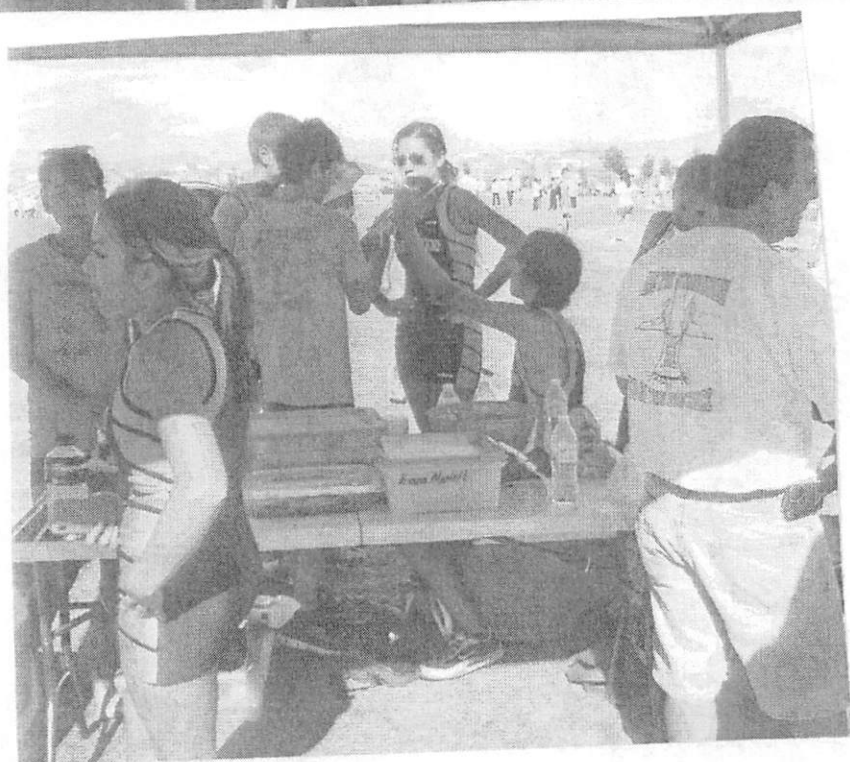
Javier Armendariz	21:00	8
Matthew Costello	21:34	12



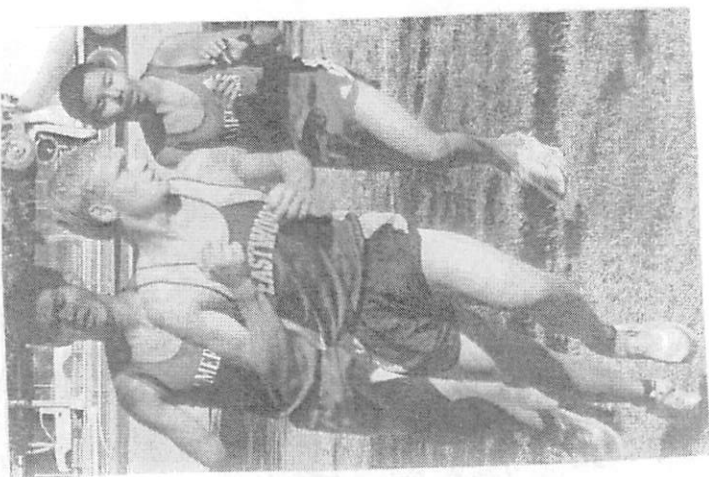
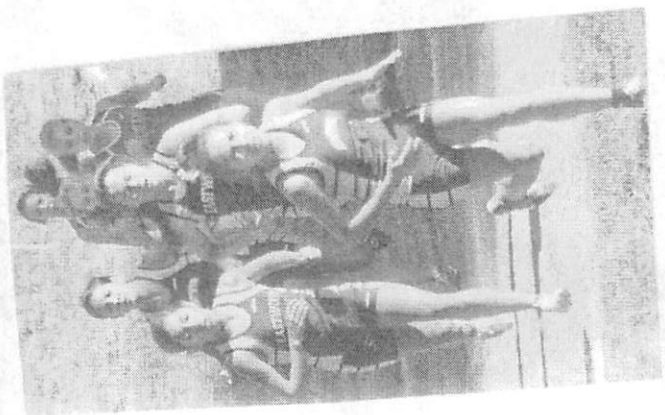
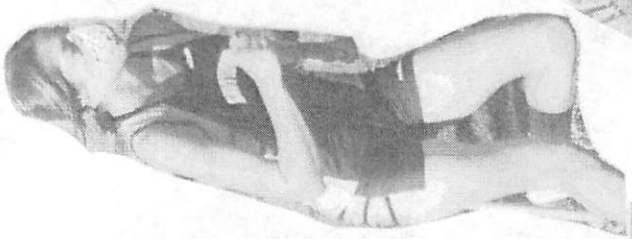
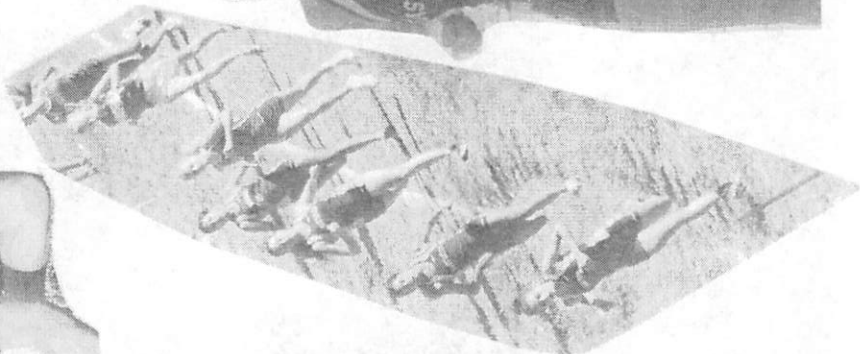
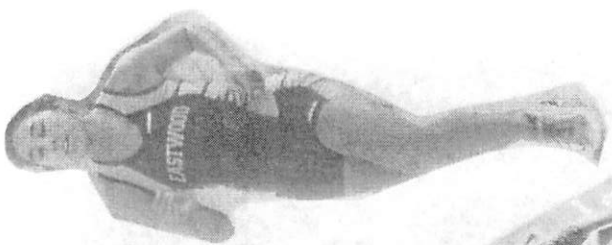
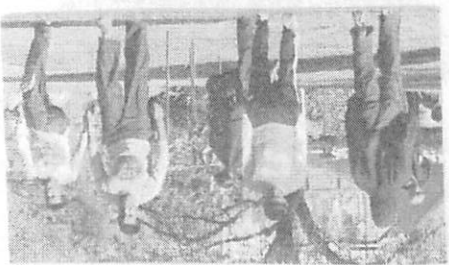
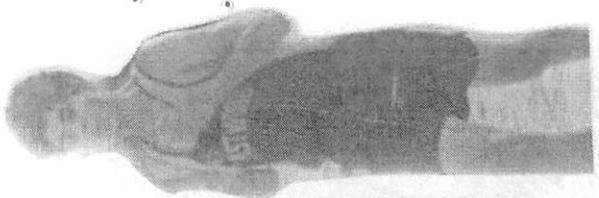












# District 1-SA Boys

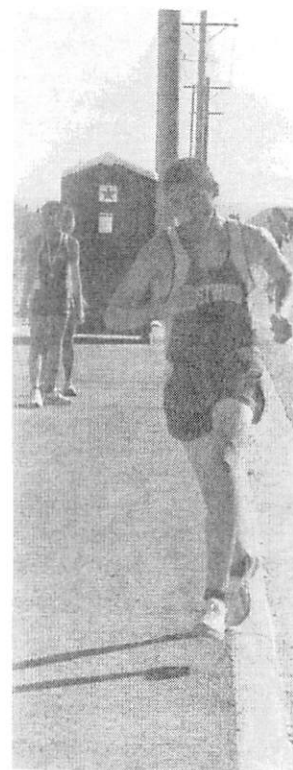
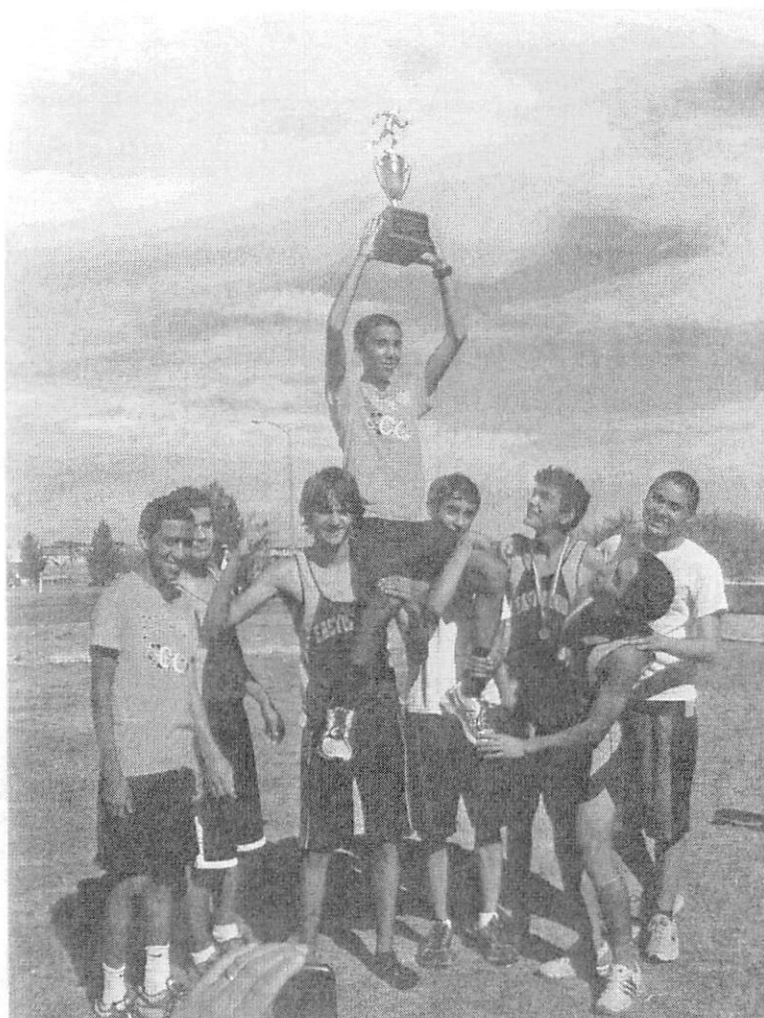
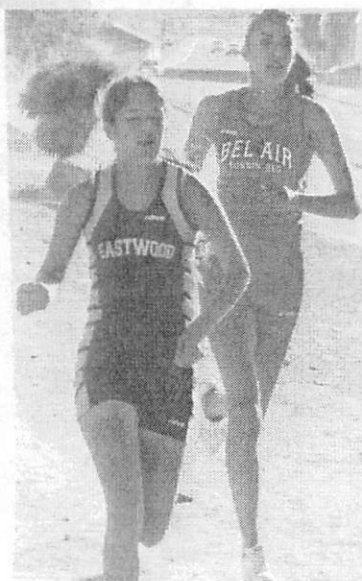
Team (top three go to regionals): 1. Eastwood, 21; 2. American, 84; 3. Socorro, 86; 4. Coronado, 90; 5. El Dorado, 100; 6. Franklin, 162; 7. Montwood, 167; 8. Bel Air, 221.

Individual: 1. Brian Borrero, Franklin, 15:01.58; 2. Brian Ceballos, Eastwood, 15:43.80; 3. Ryan Sienz, Eastwood, 15:44.88; 4. Richard Mora, Eastwood, 15:47.57; 5. Steven Rots, Eastwood, 16:06.43; 6. Rene Pina, El Dorado, 16:11.14; 7. Stephen Valencia, Eastwood, 16:12.46; 8. Cameron Laverly, American, 16:20.46; 9. Marco Perez, Socorro, 16:22.53; 10. Kevin Alcala, American, 16:25.14.

## Girls

Team (top three go to regionals): 1. Eastwood, 56; 2. Coronado, 74; 3. Franklin, 77; 4. Socorro, 101; 5. El Dorado, 137; 6. Bel Air, 154; 7. Montwood, 165; 8. American, 205.

Individual: 1. Kristyn Carr, Socorro, 16:35.67; 2. Anna Mora, Eastwood, 18:47.87; 3. Patricia Abianedo, Coronado, 19:02.37; 4. Jazmine Torres, Socorro, 19:13.78; 5. Krista Parlieres, Bel Air, 19:23.78; 6. Arlin Lopez, Franklin, 19:35.24; 7. Kendra Hernandez, Coronado, 19:39.50; 8. Jenee Rosales, Franklin, 19:40.27; 9. Camisa Pavaon, Eastwood, 19:43.65; 10. Andres Amador, Montwood, 19:54.99.





## Cross country: District championships

# Eastwood boys, girls sweep 1-5A championships

By Felix Chávez  
EL PASO TIMES

The Eastwood boys cross country team has been a model of consistency all season.

Saturday morning was no different as the Troopers won the District 1-5A championship behind five runners who finished in the top 10 at Chamizal National Park.

"Our team really did a nice job as a team," Troopers coach Mike McLain said.

Eastwood scored 21 points, easily outdistancing second-place Americas with 84.

Brian Casillas was the top Eastwood runner, finishing second with a time of 15:43.40.

Franklin's Brian Barraza won the individual title with a time of 15:01.58.

"I'm running well right now," Barraza said.

Eastwood also won the District 1-5A girls title with 56 points, followed by Coronado with 64.

Anna Mora paced the Troopers with a second-place showing in a time of 18:47.87.

Socorro's Jocelyn Caro took top honors ahead of Mora, finishing in an impressive 18:35.87.

"I wanted to win real bad and I knew I had to be focused the whole way," Caro said.

Jefferson's Gerardo Escapita continued his excellent season by winning the District 1-4A boys individual title in a time of 15:53.55.

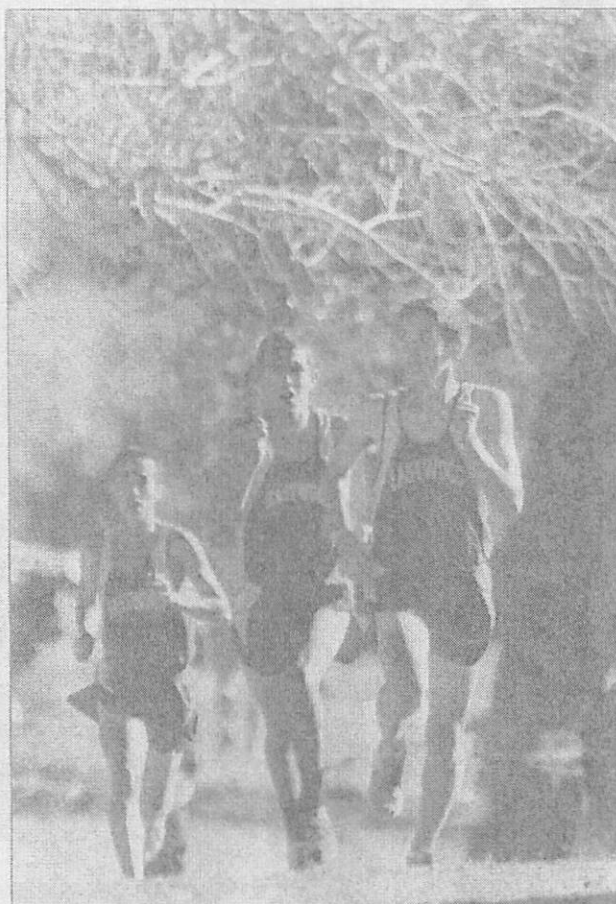
But Austin edged Jefferson for the team title. The Panthers scored 62 points, while Jefferson had 63.

El Paso and Chapin tied for the District 1-4A girls title by scoring 47 points apiece.

Chapin's Vivian Diaz won the individual championship.

In District 2-4A, the Horizon girls won the team title with 47 points, followed by Del Valle with 60. Shannon Luevano of Hanks won the individual title with a time of 19:18.66.

In the boys competition, Del Valle took the team title with 32 points, followed by Ysleta with 82. Conquistadores runner Ivan Rodriguez was the top finisher in a time of



VICTOR CALZADA / EL PASO TIMES

**Eastwood runners** took an early lead in Saturday's District 1-5A cross country meet at the Chamizal.

15:37.67.

The Class 3A meet was held Friday in Clint and the Lions won both the girls and boys events.

Top honors went to siblings from Clint. Cashlee Rayas won the girls title with a time of

13:15.88, while Stetson Rayas finished first on the boys side with a time of 16:50.43.

Felix Chávez may be reached at [fchavez@elpasotimes.com](mailto:fchavez@elpasotimes.com); 546-6167. Follow him on Twitter @fchavezptimes.



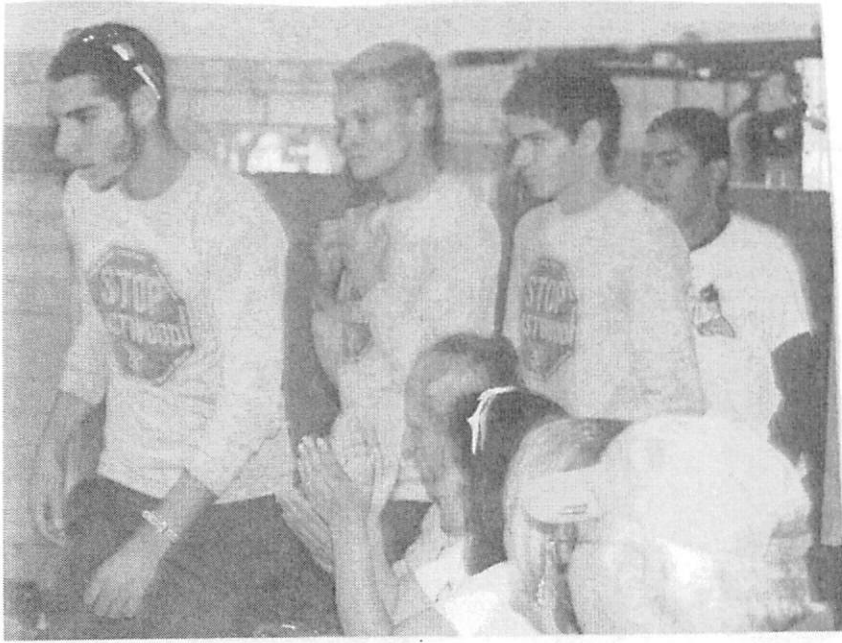
# UIL Region I XC Championships

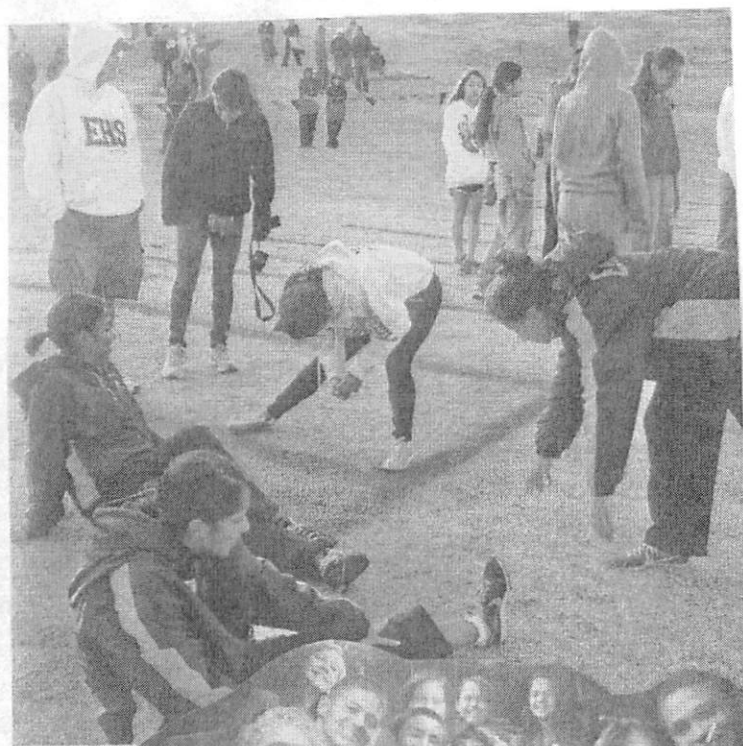
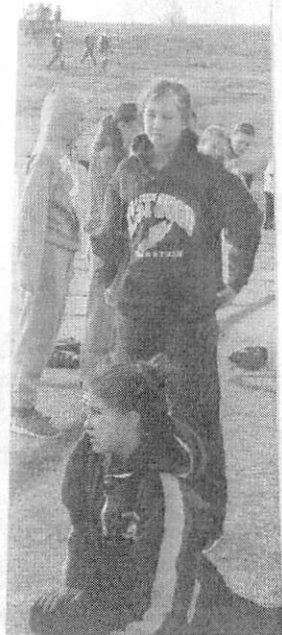
November 03, 2012

Team - El Paso Eastwood		Finish Position - 8					
Team Score (places): 266		Team Score (times):1:37:36.46		Ave Time:19:31.29			
<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>
1734	Anna Mora	10	14	14	18:16.54	18:16.54	0:00.00
2735	Vanessa Parra	10	52	66	19:37.88	37:54.42	1:21.34
3736	Carissa Pinion	11	53	119	19:38.30	57:32.72	1:21.76
4731	Rhiannon Cleveland	12	70	189	19:57.35	1:17:30.07	1:40.81
5730	Dominique Blancas	10	77	<b>266</b>	20:06.39	<b>1:37:36.46</b>	1:49.85
6732	Diana Martell	9	79	345	20:15.50	1:57:51.96	1:58.96
7733	Elise McLain	10	82	427	20:20.90	2:18:12.86	2:04.36
Team - El Paso Eastwood		Finish Position - 3					
Team Score (places): 113		Team Score (times):1:19:21.84		Ave Time:15:52.37			
<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>
11685	Brian Casillas	11	12	12	15:37.41	15:37.41	0:00.00
21686	Richard Mora	12	13	25	15:37.73	31:15.14	0:00.32
31688	Ryan Saenz	12	22	47	15:52.98	47:08.12	0:15.57
41687	Steven Rios	12	28	75	15:58.89	1:03:07.01	0:21.48
51690	Stephen Wallace	12	38	<b>113</b>	16:14.83	<b>1:19:21.84</b>	0:37.42
61684	Buntyn Caleb	12	52	165	16:24.69	1:35:46.53	0:47.28
71689	Jose Silva	10	74	239	16:47.87	1:52:34.40	1:10.46

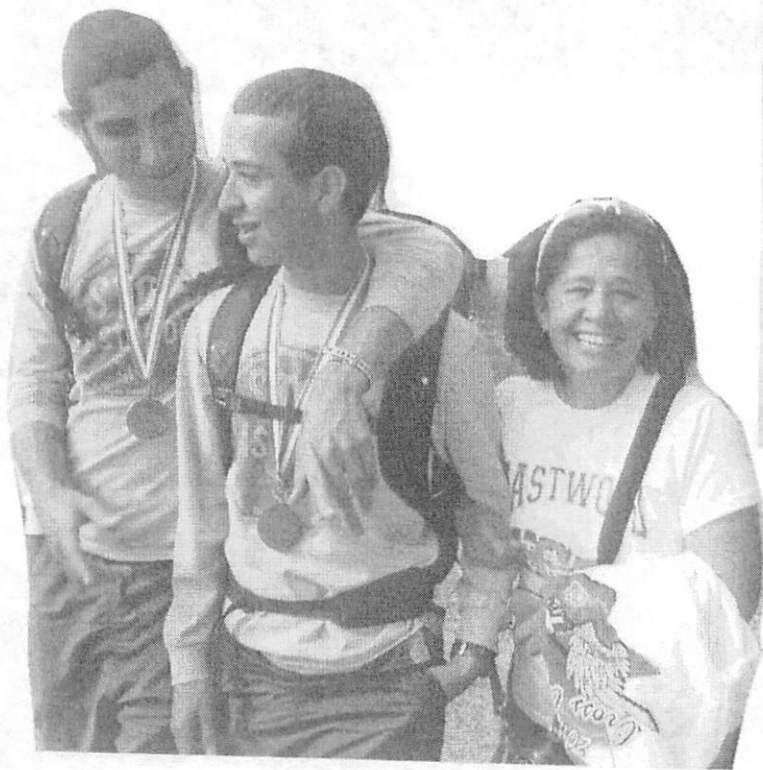
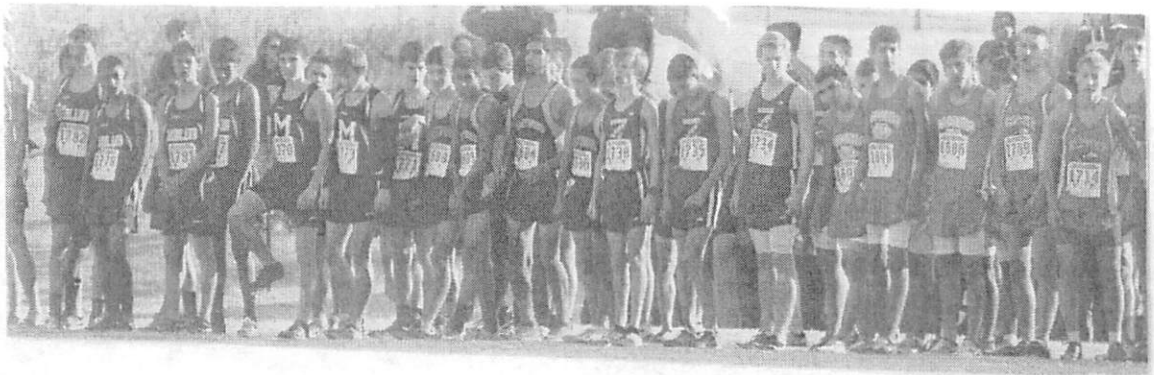












# Escapita wins despite injury

By Evan Mohl  
EL PASO TIMES

Gerardo Escapita didn't know if he would run at the regional cross country meet.

But the Jefferson High junior, who missed all but one practice this week because of an Achilles injury, decided to compete, and in a show of toughness and grit limped away with the Region 1-4A title on Saturday in Lubbock.

Escapita's impressive feat highlighted an impressive meet for El Paso, which will send four teams and eight individuals to the state meet next Saturday in Round Rock.

"It feels good, but it really hurts," said Escapita, who is Jefferson's second region champ in a row. "It's the most pain I've ever felt. At some points, I felt like quitting, but I wanted to do it for my team."

Escapita felt fine at the start, but re-aggravated the injury seconds in. He simply tried to maintain pace with Del Valle's Ivan Rodriguez. Escapita then took off in the final mile.

"What a tough kid," said Jefferson coach Alfredo Trejo.

Rodriguez finished second and helped Del Valle place third. Austin, in its first year without legendary coach Truman Wills, finished second.

Individual qualifiers also included: San Elizario's Michael



Escapita



Caro

Johnson (ninth) and Burges' Javier Gaytan (eighth) and Jorge Quintero (10th). Hank's Shannon Lucvano (ninth) qualified for the girls.

Franklin's Brian Barraza ran a 14:52.77, breaking 15 minutes for the first time and finished second in Class 5A. Barraza stumbled at the start before catching up after the first mile. "Amazing," Barraza said. "It's what I set out to do."

The Eastwood boys, led by Brian Casillas (12th) and Richard Mora (16th), finished third to make its second straight state meet. Socorro's Jocelyn Caro took fourth to earn her a trip to state.

In 3A, Stetson Rayas (10th) paced Clint's third-place finish, while Cashlee Rayas came in third for the girls.

In New Mexico, Santa Teresa boys and girls advanced to state. The boys won the title and the girls took second. Individually, Kristian Gonzalez and Joanna Miranda finished first.

Evan Mohl may be reached at [emohl@elpasotimes.com](mailto:emohl@elpasotimes.com), 546-6381. Follow him on Twitter @EvanMohl.

## Cross country

# El Paso runners race for state meet

By Evan Mohl  
EL PASO TIMES

A slew of area runners will head to the regional high school cross country meets this weekend in Lubbock.

They'll hope to prove once again that El Paso is among Texas' best at the sport as the top three teams and top 10 individuals qualify for the state meet next week in Round Rock, Texas.

"El Paso always is strong," said Del Valle boys coach Orlando Hairston. "And I think this year it's possible we could send a lot, maybe the most in the region."

It starts with the Eastwood boys. This year, the Troopers have won every race running their top team, includ-

► **What:** Texas High School Regional Cross Country Meet.

► **When:** 8 a.m. Saturday.

► **Where:** Mae Simmons

ing the prestigious McNeal Tournament on the state course.

But this will be the toughest one yet with six of the state's top 10 teams residing in Region 1-5A. Southlake Carroll, ranked No. 2 in the nation, who set a regional record with 26 points last year, will be the favorite.

Coach Mike McLain, howev-

## Regionals

Park in Lubbock.

► **Of note:** Top three teams and top 10 individuals qualify for state cross country meet next week in Round Rock.

er, feels confident in his group of Ryan Saenz, Brian Casillas, Richard Mora and Steven Rios, who all went to state last year.

The key for the team will be how that fifth runner fares.

"It's definitely a crowded field with lots of great competition," McLain said. "But if my guys run to their abilities, I like their chances."

The Eastwood girls, led by Anna Mora, may have an outside shot.

Franklin's Brian Barraza, fresh off winning his second District 1-5A title in a row, will be an individual contender, while Socorro's Jocelyn Caro, who finished eighth at the Nike Invitational, is also expected to have a strong showing.

"The regional meet will be a challenge for myself, but I feel like I am running well right now," Barraza said.

In 4A, the Del Valle boys think a state berth is a strong possibility, returning four of their seven runners from last year's team that finished fourth at regionals. The Conquistadores just wrapped up their fifth straight District 2-

4A title and have run well, finishing second at the 4A meet in McNeal.

Ivan Rodriguez, a state veteran, leads Del Valle and could be a regional title contender.

"We feel pretty positive," Hairston said.

Individually, Jefferson's Gerardo Escapita has been to state before, while Burges' Javier Gaytan and Austin's Walter Campa could make an impact.

In 3A, Clint is always strong led by Cashlee Rayas.

In 2A, the Tornillo boys will look for their fourth straight trip to state.

Evan Mohl may be reached at [emohl@elpasotimes.com](mailto:emohl@elpasotimes.com), 546-6381. Follow him on Twitter @EvanMohl.



# UIL Texas State XC Championships

November 10, 2012

Team - El Paso Eastwood

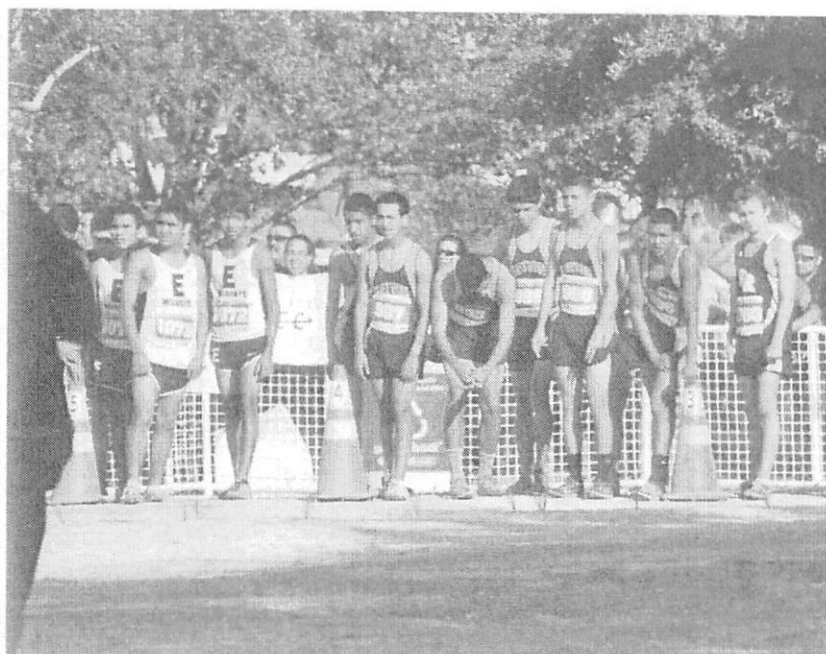
Finish Position - 4

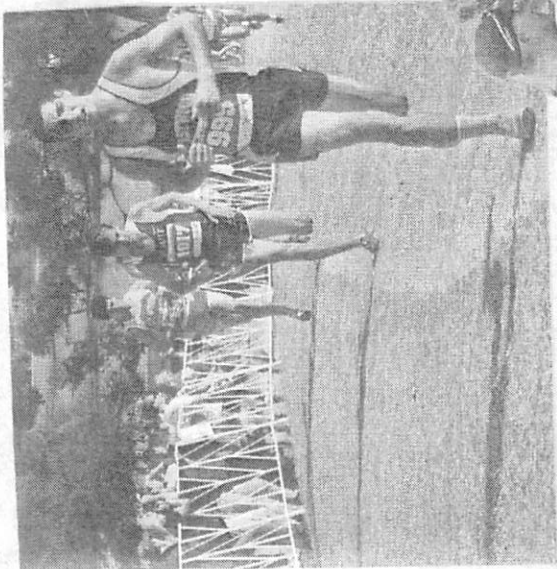
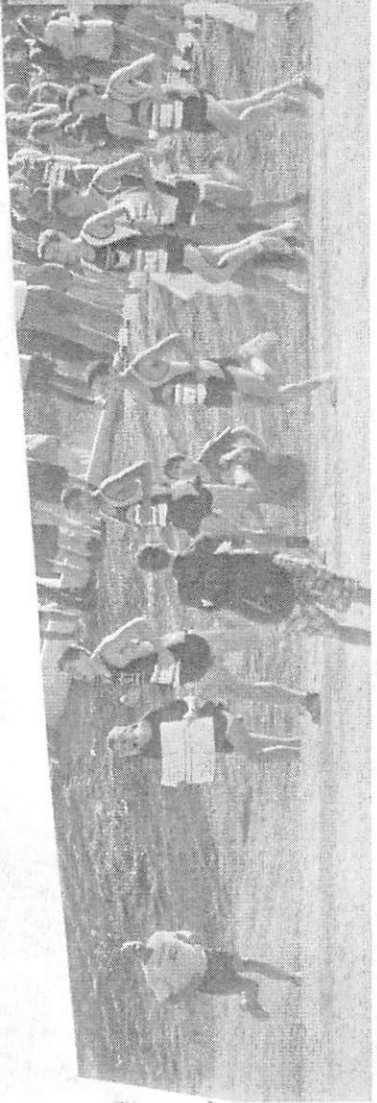
Team Score (places): 112

Team Score  
(times): 1:21:50.01

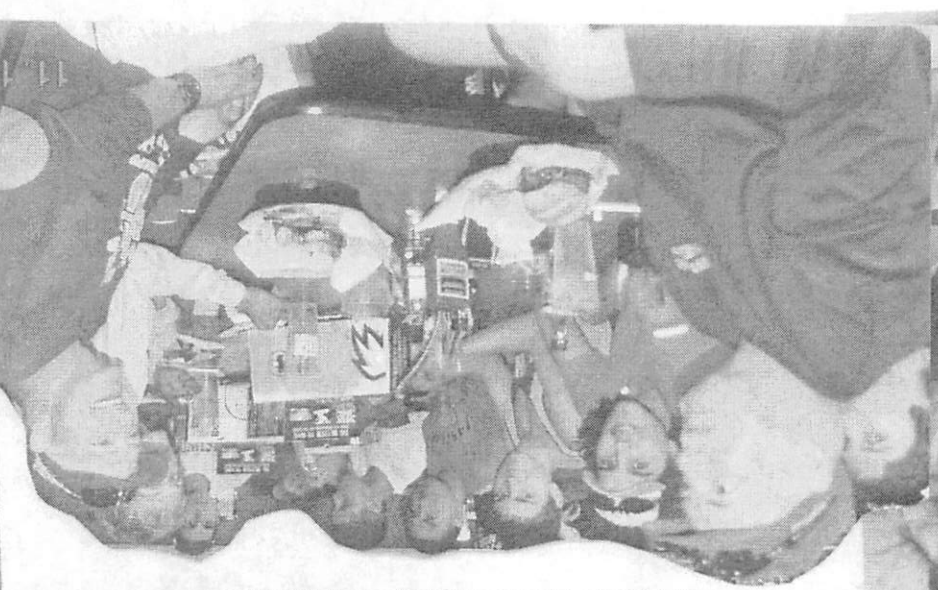
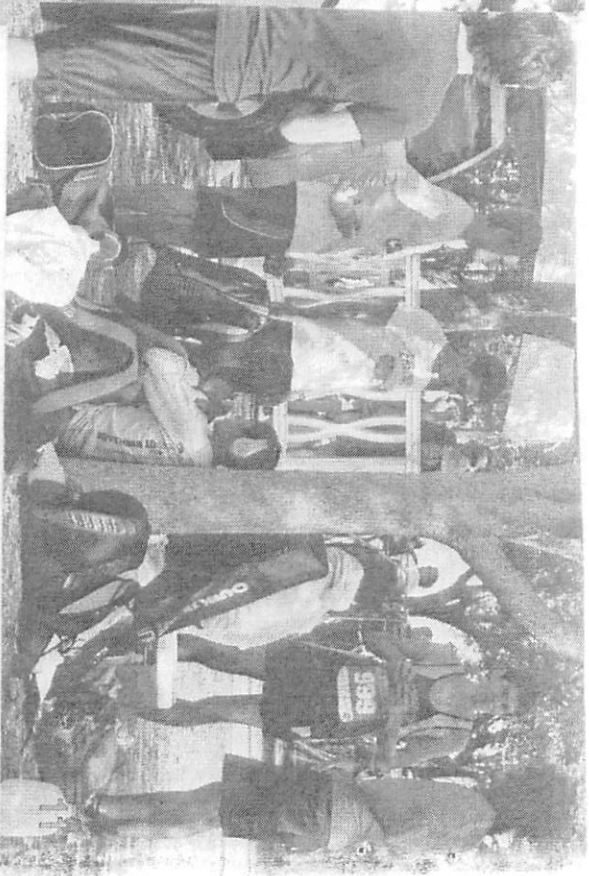
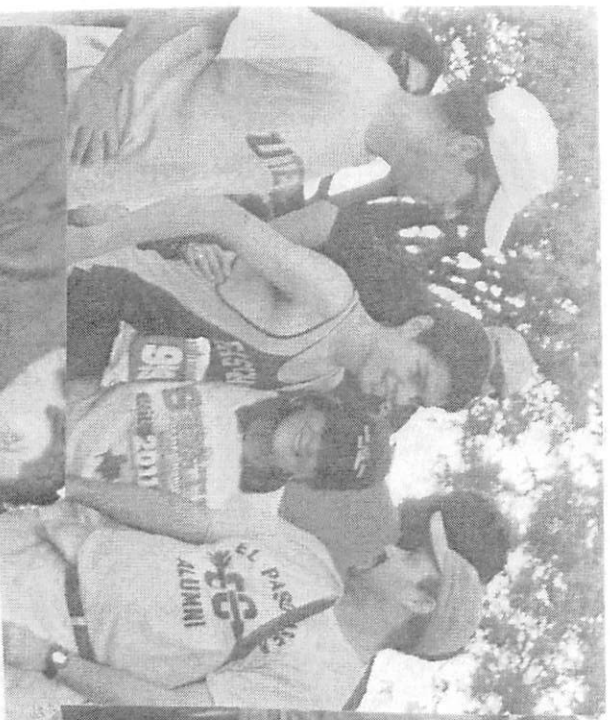
Ave Time: 16:22.00

<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>
1 999	Ryan Saenz	12	9	9	15:55.33	15:55.33	0:00.00
2 997	Richard Mora	12	13	22	16:08.50	32:03.83	0:13.17
3 996	Brian Casillas	11	14	36	16:15.93	48:19.76	0:20.60
4 998	Steven Rios	12	31	67	16:36.45	1:04:56.21	0:41.12
51001	Stephen Wallace	12	45	112	16:53.80	1:21:50.01	0:58.47
61000	Jose Silva	10	54	166	17:03.55	1:38:53.56	1:08.22
7 995	Buntyn Caleb	12	65	231	17:17.54	1:56:11.10	1:22.21



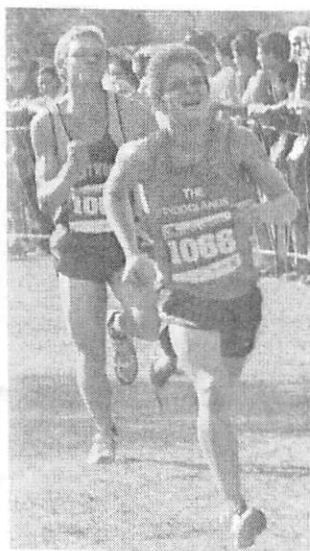
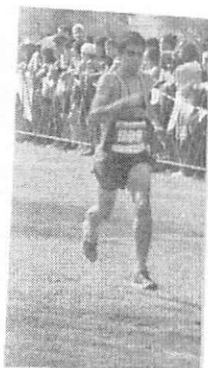
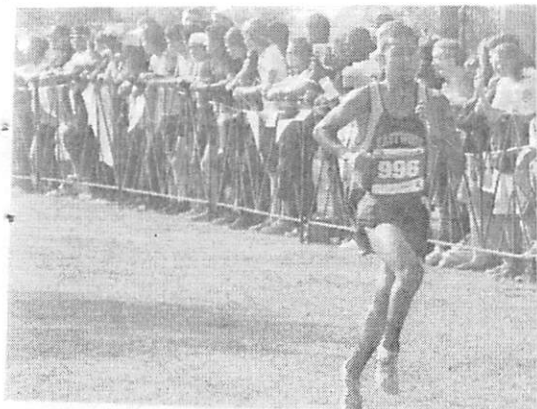






11.10







# Runners

Continued from 1C

top state runners earlier this season at the Nike Invitational and finished eighth.

"I think a top 10 is definitely possible," Caro said.

The Eastwood boys could medal as a team. Led by Ryan Saenz, Richard Mora and Brian Casillas, the Troopers, despite not having their best race, finished third at regionals. They lost by just two points to nationally ranked Levisville Marcus.

El Paso's best chance to win a state title could come in Class 4A. Jefferson's Gerardo Escapita won the regional meet in impressive fashion, overcoming an injury to his Achilles during the race. Escapita would have entered as a favorite, but he did not run on Monday or Tuesday, trying to heal.

"I think I still have a shot," Escapita said. "I think all my training at the beginning of the year will pay off. Kind of like it did at

regionals."

Del Valle's Ivan Rodriguez finished right behind Escapita last week. Rodriguez has beaten Escapita before and he also won a meet at the same course earlier this year against some of the top 4A runners.

Both Escapita and Rodriguez will have to take down defending champion Ryan Teel from Friendswood.

"Ivan didn't have his best race last week, so he'll need to get refocused and run smarter," Del Valle coach Orlando Hainston said.

The Conquistadores, qualifying for the first time under Hainston, could medal while Austin, wearing shirts with legendary coach Truman Wills' face on them, earned second at regionals. The Panthers are led by Walter Campa.

In Class 3A, the Clint boys qualified, while Cashlee Rayas will make another trip to state in the girls' competition.

*Evan Mohl may be reached at [emohl@elpasotimes.com](mailto:emohl@elpasotimes.com); 546-6381. Follow him on Twitter @EvanMohl.*

# Runners set sights on medals at state

By Evan Mohl  
EL PASO TIMES

One of the largest area contingents in recent memory will run at the University Interscholastic League State Cross Country Championships on Saturday in Round Rock, Texas.

Many of them will have chances to medal — a few could even compete for a state title — further substantiating El Paso athletes among the best distance runners in Texas. In all, four teams and eight individuals qualified for a total of 36 competitors from El Paso.

"I can't recall a time when this many teams from El Paso went to the state meet," Eastwood coach Mike McLain said. "It's pretty impressive."

Franklin's Brian Barraza shined at last week's Class 5A region meet, breaking 15 minutes for the first time running against two nationally ranked programs. He finished second, and there's reason to think he could improve this week.

Barraza had not competed against many of those teams before. Now, he knows who to focus on and run with. Franklin coach Jesse Aguilar also noted that Barraza excels on hilly courses, and the state meet has plenty of inclines, including a brutal uphill finish.

"I'm pretty optimistic," Aguilar said. "I think he can definitely medal, and if he can hang with those top guys, who knows what happens at the end."

Socorro's Jocelyn Caro, who finished fourth at regionals, will also be in the mix in Class 5A on the girls side. Caro ran against many of the wood coach Mike McLain said. "I thought the state meet this year was tougher and deeper than last year's event. We gave it a great effort all season long, and it's nice to get this finish at state."

On the girls side, Socorro's Jocelyn Caro placed 11th in Class 5A with a time of 18:25.64. Hanks' Shannon Luevano was 23rd (19:36.52 in Class 4A) and Clint's Cashlee Rayas was 39th (13:00.02 in Class 3A).

*Felix Chávez may be reached at [fchavez@elpasotimes.com](mailto:fchavez@elpasotimes.com); 546-6167. Follow him on Twitter @fchavezetimes.  
Evan Mohl may be reached at [emohl@elpasotimes.com](mailto:emohl@elpasotimes.com); 546-6381. Follow him on Twitter @EvanMohl.*

## Headed to state

### TEAM

► **Eastwood:** Caleb Burnlyn, Brian Casillas, Richard Mora, Steven Rios, Ryan Saenz, Jose Silva, Stephen Wallace.

► **Austin:** Peter Arendondo, Walter Campa, Danny Gonzalez, Juan Guerrero, Gabe Martel, Keegan Rankin, Frankie Tapia.

► **Del Valle:** Christian Brito, Diego Diaz, Luis Hernandez, Abner Palomino, Robert Reyes, Ivan Rodriguez, Jesus Villamontes.

► **Clint:** Christian Garcia, Jose Guillen, Staton Rayas, Benny Rosales, Andres Sanchez, Isaac Sanchez, Carlos Soto.

### INDIVIDUAL

► **Brian Barraza,** Franklin  
► **Jocelyn Caro,** Socorro  
► **Javier Gaytan,** Burges  
► **Jorge Quintero,** Burges  
► **Gerardo Escapita,** Jefferson  
► **Michael Johnson,** San Elizario  
► **Shannon Luevano,** Hanks  
► **Cashlee Rayas,** Clint

Please see **Runners 4C**

## State showing

El Paso put on a clinic at the regional cross country meets last week, qualifying a total of 36 individuals. Many of them should do well at the state championships Saturday.

If Jefferson's Gerardo Escapita is healthy, he could contend for a state title, while Franklin's Brian Barraza, Socorro's Jocelyn Caro, Clint's Cashlee Rayas and Del Valle's Ivan Rodriguez should be in the mix.

The Del Valle, Austin and Eastwood boys squads all have shots for top-three finishes in the team category.

## State

Continued from 1C

race and I was focused throughout."

Added Escapita: "I ran OK. The first mile was tough, but I was pretty happy with how things went. I still could have finished better."

In the boys team competition, Eastwood finished fourth behind Southlake Carroll, The Woodlands and College Park. The Troopers improved from last year's sixth-place finish.

Ryan Saenz was the top Eastwood runner, finishing 14th overall with a time of 15:55.33.

"We're really happy with how we did this year," East-

# NIKE CROSS SOUTH

November 17, 2012

Team - Eastwood Running Club			Finish Position - 4			
Team Score (places): 272			Team Score (times): 1:21:46.52		Ave Time: 16:21.30	
<u>Bib No</u>	<u>Name</u>	<u>O'All Place</u>	<u>Cum Place</u>	<u>Time</u>	<u>Cum Time</u>	<u>Time Back</u>
1451	Brian Casillas	21	21	16:02.87	16:02.87	0:00.00
2454	Ryan Saenz	29	50	16:09.81	32:12.68	0:06.94
3452	Richard Mora	40	90	16:14.19	48:26.87	0:11.32
4453	Steven Rios	68	158	16:26.94	1:04:53.81	0:24.07
5456	Stephen Wallace	114	<b>272</b>	16:52.71	<b>1:21:46.52</b>	0:49.84
6455	Jose Silva	131	403	16:59.97	1:38:46.49	0:57.10
7450	Caleb Buntyn	141	544	17:03.88	1:55:50.37	1:01.01

Team - Eastwood Running Club			Finish Position - 15			
Team Score (places): 517			Team Score (times): 1:42:13.16		Ave Time: 20:26.63	
<u>Bib No</u>	<u>Name</u>	<u>O'All Place</u>	<u>Cum Place</u>	<u>Time</u>	<u>Cum Time</u>	<u>Time Back</u>
1 42	Anna Mora	57	57	19:31.37	19:31.37	0:00.00
2 44	Carissa Pinion	97	154	20:17.27	39:48.64	0:45.90
3 43	Vanessa Parra	104	258	20:26.32	1:00:14.96	0:54.95
4 39	Rhiannon Cleveland	126	384	20:51.24	1:21:06.20	1:19.87
5 41	Elise McLain	133	<b>517</b>	21:06.96	<b>1:42:13.16</b>	1:35.59
6 40	Diana Martell	140	657	21:17.28	2:03:30.44	1:45.91
7 38	Dominique Blancas	145	802	21:32.67	2:25:03.11	2:01.30

## Boys Open Race - Combined 360 total runners

43 Paul Truax Eastwood Running Club 45 17:05.45 17:05.45 5:29/M  
 95 Alex Blanco Eastwood Running Club 45 17:37.05 17:37.05 5:39/M

### Cross country meet

The 2012 cross country season isn't quite done yet. The Eastwood boys and girls teams, along with Socorro's Jocelyn Caro are headed to The Woodlands to run in the prestigious Nike Cross Nationals South Regionals Event on Saturday.

### Strong Troopers

The Eastwood boys cross country team may have nudged themselves into the national conversation.

The Troopers finished fourth at the Nike Cross Nationals South Regionals this past weekend. The top two automatically qualify for nationals, but Eastwood has a slight chance to get an at-large bid.

The meet, one of the toughest in the nation, includes the top runners from five states: Texas, Arkansas, Mississippi, Oklahoma and Louisiana.

"I think it's a slight chance," Eastwood boys coach Mike McLain said. "But the boys ran really well."

Brian Casillas finished 12th for the Troopers, while Ryan Saenz and Richard Mora got 26th and 48th, respectively.

Socorro's Jocelyn Caro also ran well, cementing her status as one of the best in the region. Caro finished 14th, just missing a spot at nationals, and should be able to run at an elite college.





For information about Eastwood Cross Country and Track & Field visit our website  
[ehstrack.bravehost.com](http://ehstrack.bravehost.com) Coach McLain [mmprc@hotmail.com](mailto:mmprc@hotmail.com)



### Strong Troopers

The Eastwood boys cross country team may have nudged themselves into the national conversation.

The Troopers finished fourth at the Nike Cross Nationals South Regionals this past weekend. The top two automatically qualify for nationals, but Eastwood has a slight chance to get an at-large bid.

The race, one of the toughest in the nation, includes the top runners from five states: Texas, Arkansas, Mississippi, Oklahoma and Louisiana.

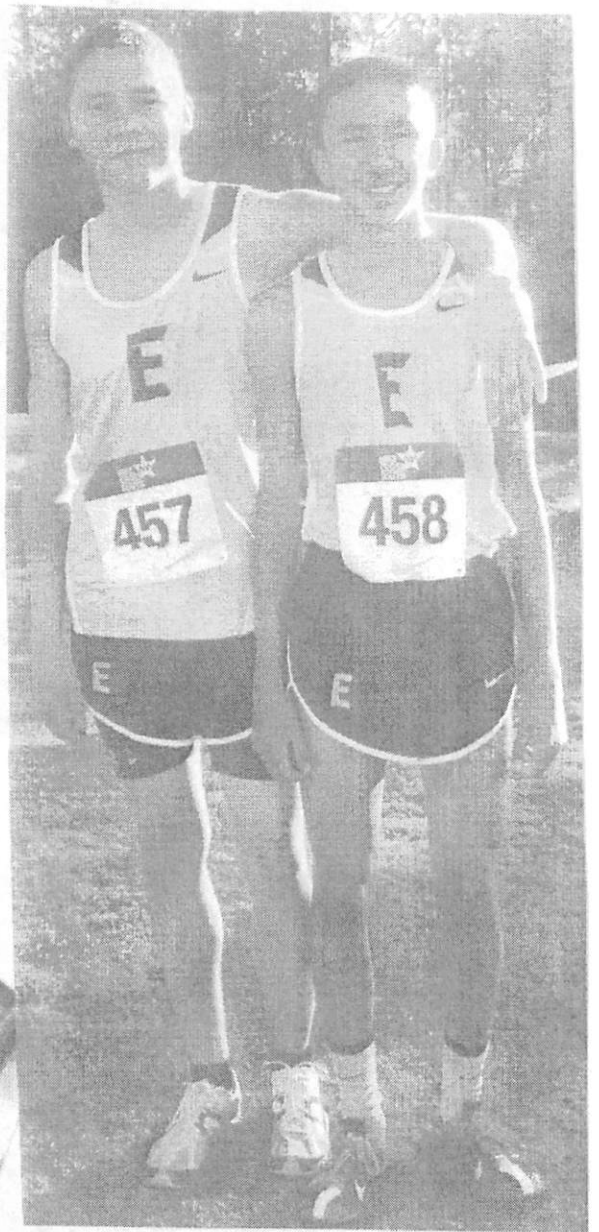
"I think it's a slight chance," Eastwood boys coach Mike McLain said. "But the boys ran really well."

Brian Castles finished 12th for the Troopers, while Ryan Saenz and Richard Mora got 26th and 48th, respectively.

Socorro's Jocelyn Caro also ran well, cementing her status as one of the best in the region. Caro finished 14th, just missing a spot at nationals, and should be able to run at an elite college.







For information about Eastwood Cross Country and Track & Field visit our website  
[ehstrack.bravehost.com](http://ehstrack.bravehost.com) Coach McLain [mmpr@hotmail.com](mailto:mmpr@hotmail.com)





## Turkey 1600m

11/22/12

Ryan Saenz 4:32

Grian Casillas 4:32

Richard Mora 4:35

Stephen Wallace 4:43

Jose Silva 4:54

Paul Truax 4:57



For information about Eastwood Cross Country and Track & Field visit our website  
[ehstrack.bravehost.com](http://ehstrack.bravehost.com) Coach McLain [mmpr@hotmail.com](mailto:mmpr@hotmail.com)

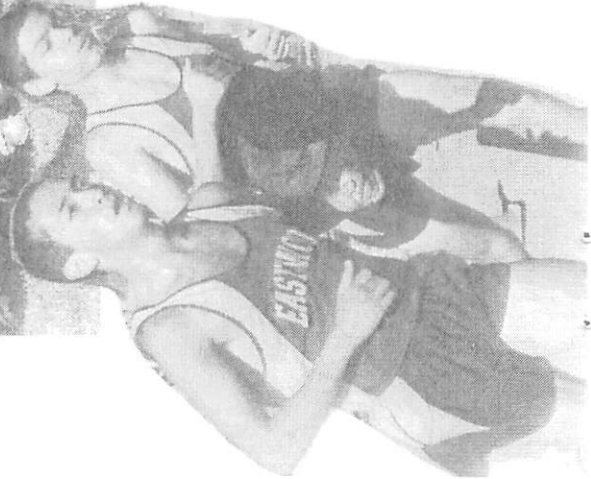
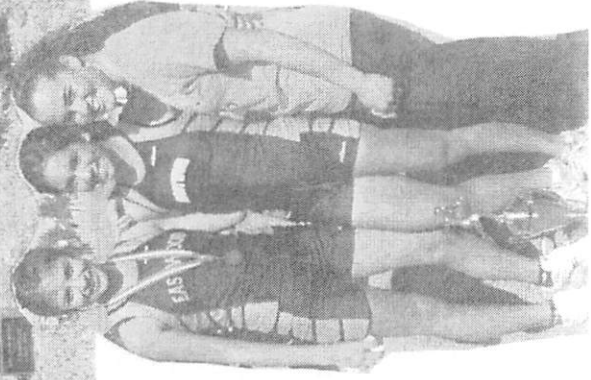
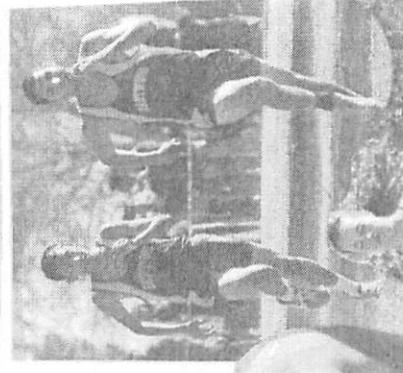
Chris Wallace					101				101
<b>Name</b>	<b>Del Valle</b>	<b>CISD/UTEP</b>	<b>Coronado</b>	<b>Tornillo</b>	<b>Centennial</b>	<b>McNeil</b>	<b>Chamizal</b>	<b>District</b>	<b>Average</b>
<b>Open Girls</b>									
Jackie Cuellar	1								1
Diana Martell	2								2
Hannah Gomez	4	6			3			3	4
Dominique Blancas				4					4
Cassandra Serrano								4	4
Eden Buntyn				5	4			5	4.666667
Christina Delgado		12		6	2			6	6.5
Vanessa Miramontes	3			14	7			7	7.75
Elise McLain	25	18		8	5				14
Christina Esparza	30	37	26	32	15		24	22	26.57143
Amanda Palacios	15	47			16			39	29.25
Maria Corona					28		41	34	34.33333
Laura Ramirez	24	106		22	9			14	35
Kayla Estrada					41				41
Jamie Agan			61	50	25				45.33333
Vaneea Medrano	36	130							83

<b>Name</b>	<b>Del Valle</b>	<b>CISD/UTEP</b>	<b>Coronado</b>	<b>Tornillo</b>	<b>Centennial</b>	<b>McNeil</b>	<b>Chamizal</b>	<b>District</b>	<b>Average</b>
<b>Open Boys</b>									
Jose Silva	1								1
Paul Truax	4	1			1			1	1.75
Ruben Campos	2			1	3			3	2.25
Alex Blanco				4	2			2	2.666667
Deric Martinez	3				6			6	5
Esteban Portillo	5	3		11	4			4	5.4
David Muller	8	11		3	5			8	7
Chris Wallace					8				8
Martin Pandeli	15	15		8	9			12	11.8
Chris Wallace	13	23	15	9				9	13.8
Julian Pedregon			36	35	21		13	16	24.2
Julio Rodriguez	34	66	29	20	11		10	15	26.42857
Matthew Costello					40		48		44



Javier Arnedariz	117	22	29	56
Name	Del Valle	CISD/UTEP	Coronado	Tornillo
9th Boys				Centennial
				McNeil
				Chamizal
				District
				Average

Javier Arnedariz	31	7	7	13.25
Matthew Costello	36	13	12	18.25

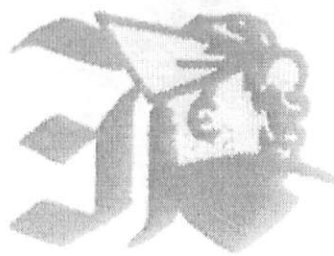


# EASTWOOD CROSS COUNTRY

## MVP's From 1961 to Present

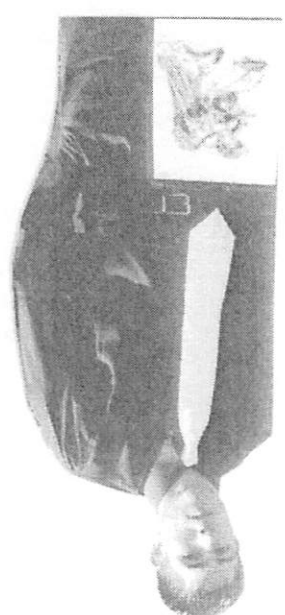
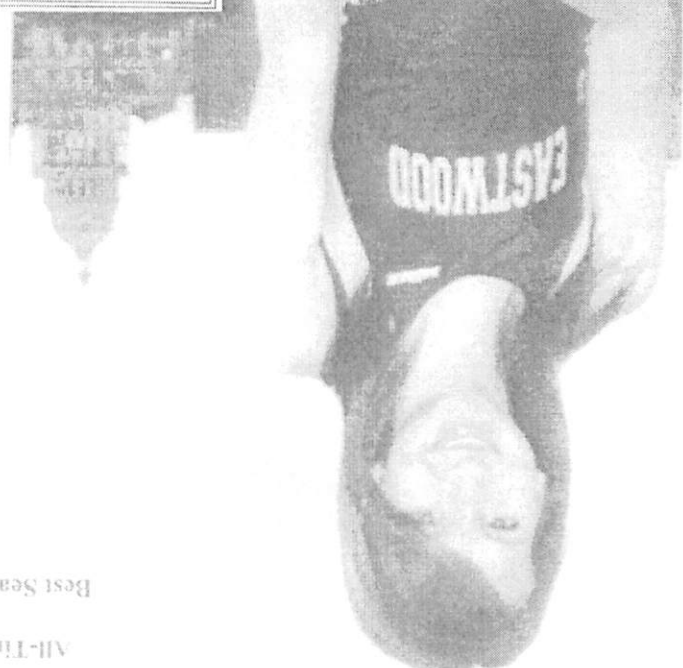
2012 Brian Casillas/Ryan Saenz	2012 Anna Mora
2011 Brian Casillas/Ryan Saenz	2011 Anna Mora
2010 Juan Blanco	2010 Melanie Stires/Ammie Apodaca
2009 Juan Blanco	2009 Melanie Stires/Elyssa Garcia
2008 Connor Buntyn	2008 Elyssa Garcia
2007 marco cassani	2007 Maegen Stires/Jessica Payne
2006 Oscar Solis/Tommy 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	1973
1972 Wayne Soza	1972
1971 Doug Gentry	1971
1970 Walter McCoy	1970
1969 Robert Malphers	1969
1968 Robert Malphers	1968
1967 Charles Gaucin	1967
1966 Bill Debberstein	1966
1965 Bill Debberstein	1965





# EASTWOOD TRACK & FIELD

All-Time Top Ten  
Best Season Averages



Boys	Name	Season Average	Year
1.	Mike Pivarnick	1.25	2005
2.	Ryan Saenz	2.0	2012
3.	Brian Casillas	3.0	2012
4.	Paul Garcia	4.0	2005
5.	Juan Blanco	4.4	2010
6.	Tommy Daniel	4.6	2006
7.	Marco Cassani	4.63	2007
8.	Tony Simmetti	5.3	1990
9.	Eric Flores	7.4	1990
10.	Mike Monies	7.7	1984

Girls	Name	Average Finish	Year
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

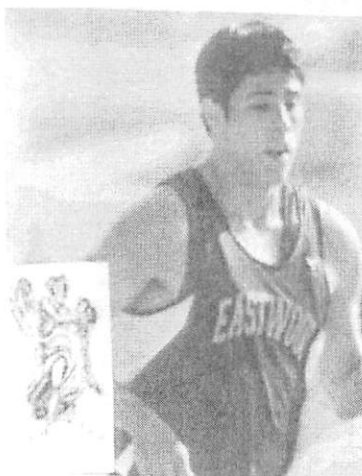




# EASTWOOD TRACK & FIELD



## Boys District Course All Time Top Ten List



## Boys District Course All Time Top Ten List

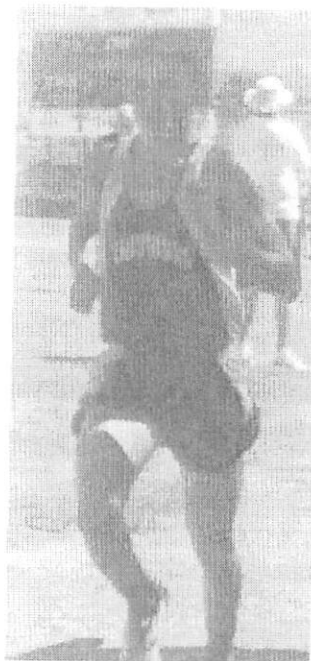
Name	Time	Date
1. Mike Pivarnick	15:38	2005
2. Paul Garcia	15:41	2005
3. Brian Casillas	15:43.40	2012
4. Ryan Saenz	15:44.68	2012
5. Richard Mora	15:47.93	2012
6. Elias Leija-Garza	16:03.55	2011
7. Fernie Garcia	16:07	1999
8. Steven Rios	16:08.43	2012
9. Mike Orzulak	16:12	2005
10. Stephen Wallace	16:19.46	2012

## Girls District Course All Time Top Ten List

### District Course Top Ten

Name	Time	Date Accomplished
1. Anna Mora	18:47.87	2012
2. Carissa Pinion	19:43.65	2012
3. Rhiannon Cleveland	20:12.90	2012
4. Vanessa Parra	20:17.27	2012
5. Diana Martell	20:19.34	2012
6. Dominique Blancas	20:21.74	2012
7. Elise McLain	20:50.81	2012
8. Eden Buntyn	21:16.49	2012
9. Christina Delgado	21:55.67	2012
10. Hannah Gomez	22:24.66	2012

## Boys Regional All-Time Top Ten List



### Name

1. Brian Casillas
2. Richard Mora
3. Mike Pivarnick
4. Mike Montes
5. Juan Blanco
6. Ryan Saenz
7. Joe Messer
8. Steven Rios
9. Marco Cassani
10. Tommy Daniel

### Regional Top Ten

Time	Date Accomplished
15:37.41	2012
15:37.73	2012
15:42	2003
15:43	1984
15:45	2010
15:47.56	2011
15:55	1984
15:58.89	2012
16:01	2007
16:03	2007

## Girls Regional All-Time Top Ten List

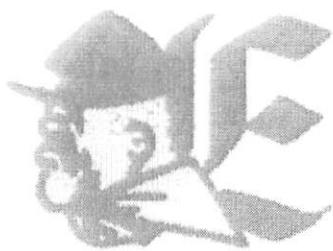
### Name

1. Anna Mora
2. Vanessa Parra
3. Carissa Pinion
4. Rhiannon Cleveland
5. Dominique Blancas
6. Diana Martell
7. Elise McLain
- 8.
- 9.
- 10.

### Regional Top Ten

Time	Date Accomplished
18:16.54	2012
19:37.88	2012
19:38.30	2012
19:57.35	2012
20:06.39	2012
20:15.50	2012
20:20.90	2012

In 2012 Girls started running 5k.

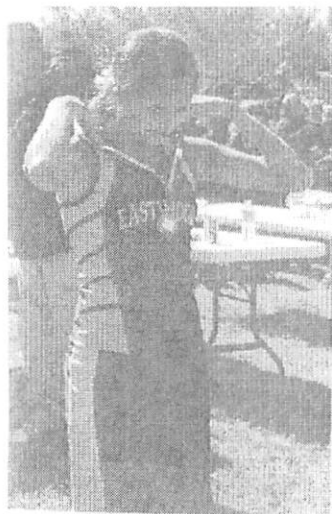


# EASTWOOD TRACK & FIELD

## Girls State Course All-Time Top Ten List

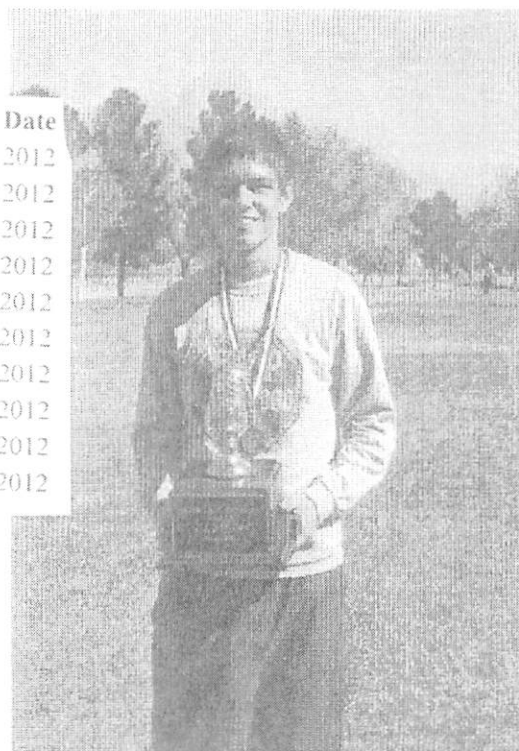
Round Rock Course

Name	State Top Ten Time	Date
1. Anna Mora	18:53.44	2012
2. Carissa Pinion	20:18.38	2012
3. Vanessa Parra	20:23.71	2012
4. Diana Martell	20:26.34	2012
5. Rhiannon Cleveland	21:09.03	2012
6. Dominique Blancas	21:14.62	2012
7. Elise McLain	21:32.27	2012
8. Cassandra Serrano	21:34.56	2012
9. Eden Buntyn	21:39.60	2012
10. Christina Delgado	21:53.63	2012



## Boys State Course All-Time Top Ten List

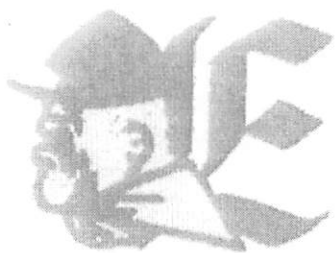
Round Rock Course Run Since 1996



Name	State Top Ten Time	Date Accomplished
1. Ryan Saenz	15:53.05	2012
2. Brian Casillas	15:55.39	2012
3. Richard Mora	16:08.50	2012
4. Steven Rios	16:34.40	2012
5. Elias Leija-Garza	16:40.12	2011
6. Jose Silva	16:41.50	2012
7. Caleb Buntyn	16:44.10	2012
8. Stephen Wallace	16:44.15	2012
9. Paul Truax	16:49.26	2012
10. Ruben Campos	16:58.20	2012

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





# EASTWOOD TRACK & FIELD

## Girls Nike South Course All-Time Top Ten List

The Woodlands Course

### Nike South Top Ten

Name	Time	Date
1. Anna Mora	19:31.37	2012
2. Carissa Pinion	20:17.27	2012
3. Vanessa Parra	20:26.32	2012
4. Rhiannon Cleveland	20:51.24	2012
5. Elise McLain	21:06.96	2012
6. Diana Martell	21:17.28	2012
7. Dominique Blancas	21:32.37	2012
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	16:02.87	2012
2. Ryan Saenz	16:09.81	2012
3. Richard Mora	16:14.19	2012
4. Steven Rios	16:26.94	2012
5. Stephen Wallace	16:52.91	2012
6. Jose Silva	16:59.97	2012
7. Caleb Buntyn	17:03.88	2012
8. Paul Truax	17:05.45	2012
9. Elias Leija-Garza	17:18.47	2011
10. Alex Blanco	17:37.05	2012

Eastwood Track and Field District Championships	Eastwood Cross Country District Championships
<p>2011 Boys</p> <p>2010 Boys</p> <p>2007 Girls</p> <p>2006 Girls</p> <p>2005 Boys District 2nd / 2005 Regionals 3rd Place</p> <p>1990 Boys</p> <p>1988 Boys &amp; Girls</p> <p>1987 Boys &amp; Girls</p> <p>1986 Boys &amp; Girls</p> <p>1985 Boys &amp; Girls</p> <p>1984 Girls</p> <p>1983 Girls</p> <p>1982 Boys &amp; Girls</p> <p>1981 Boys / 1981 Regional 5A Champions</p> <p>1980 Boys</p> <p>1979 Boys &amp; Girls</p> <p>1978 Boys &amp; Girls</p> <p>1977 Boys &amp; Girls</p> <p>1972 Boys</p>	<p>1983 Boys / 1983 Regional 3rd place / 1983 7th place State</p> <p>1984 Boys / 1984 Regional 5A Champs / 1984 3rd place State</p> <p>1986 Boys District 2nd, Regionals 2nd and State 11th.</p> <p>1987 Girls / Regional Champs Girls / 3rd State Girls</p> <p>1988 Girls</p> <p>2006 Girls</p> <p>2007 Girls</p> <p>2008 Girls</p> <p>2009 Girls</p> <p>2010 Girls</p> <p>2011 Boys / 2011 2nd Regionals / 2011 6th State / 2011 8th Nike South</p> <p>2012 Boys &amp; Girls / Boys 3rd Regionals / Boys 4th State / Boys 4th Nike South</p>





# EASTWOOD TRACK & FIELD

[Home Page](#)

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

[Booster Club](#)

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

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

[Upcoming Meets](#)

[Permission Slips](#)

[Physical Packet](#)

[Team Pictures](#)

[Retro Pictures](#)

[Alumni](#)

[Scholarships](#)

[Terri Gents Page](#)

[Forms](#)

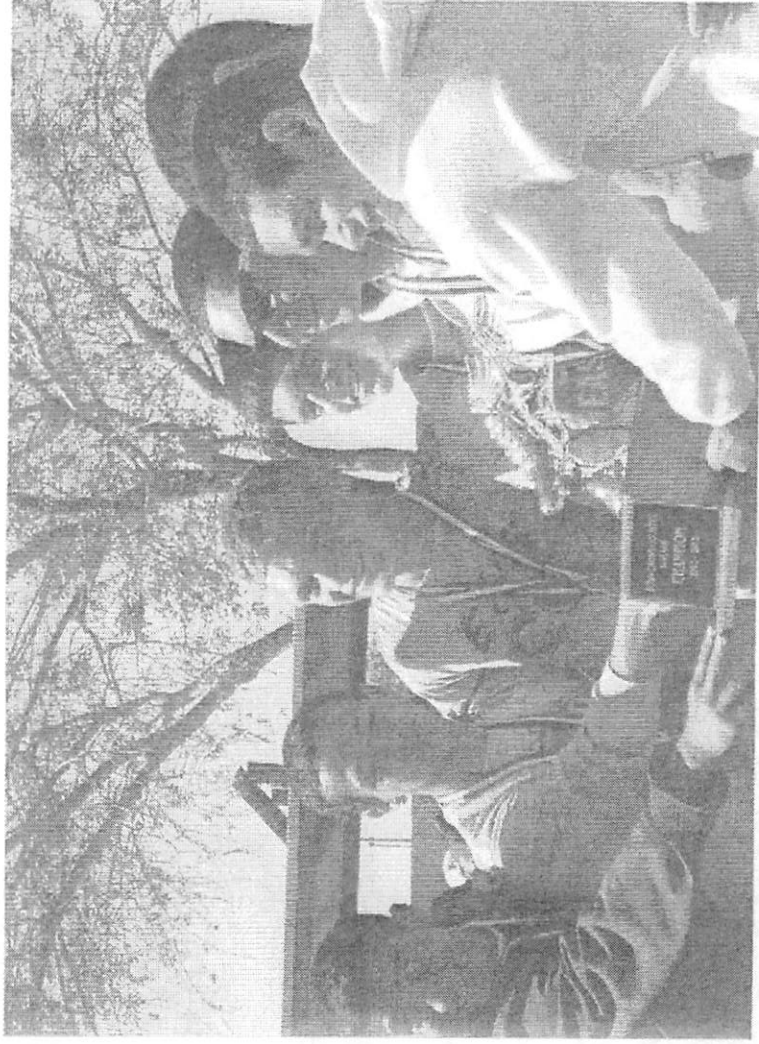
[Eastwood Running Club](#)

[Links](#)

[Finishline Pictures](#)

[Schedule](#)

## EASTWOOD ALL TIME GREAT TEAMS



Boys District Team Averages		
1. 2012	15:56.78	Saenz,Casillas,Mora,Rios,Wallace,Silva,Buntyn
2. 2011	16:14.96	Saenz,Casillas,Mora,Rios,Buntyn,Leija,Blanco
3. 2005	16:16.40	Pivamick,Garcia,Orszulak,Romero,Rivera,Rodriguez
4. 1984	16:18.4	Montes,Messer,Garcia,Frias,Medivil,Aranda,Urrutia
5. 2004	16:46	Pivamick,Molinar,Garcia,Rojas,Rodriguez,Swearingen,Orszulak
6. 2007	16:53.54	Cassini,Daniel,Solis,Blanco,Avila,Buntyn,Arvizo
7. 2006	16:57.68	Solis,Daniel,Cassani,Romero,Buntyn,Hernandez,Rivera
8. 2009	17:07.76	Blanco,Blacksmith,Perez,Alvarado,Salazar,Hernandez,Leija

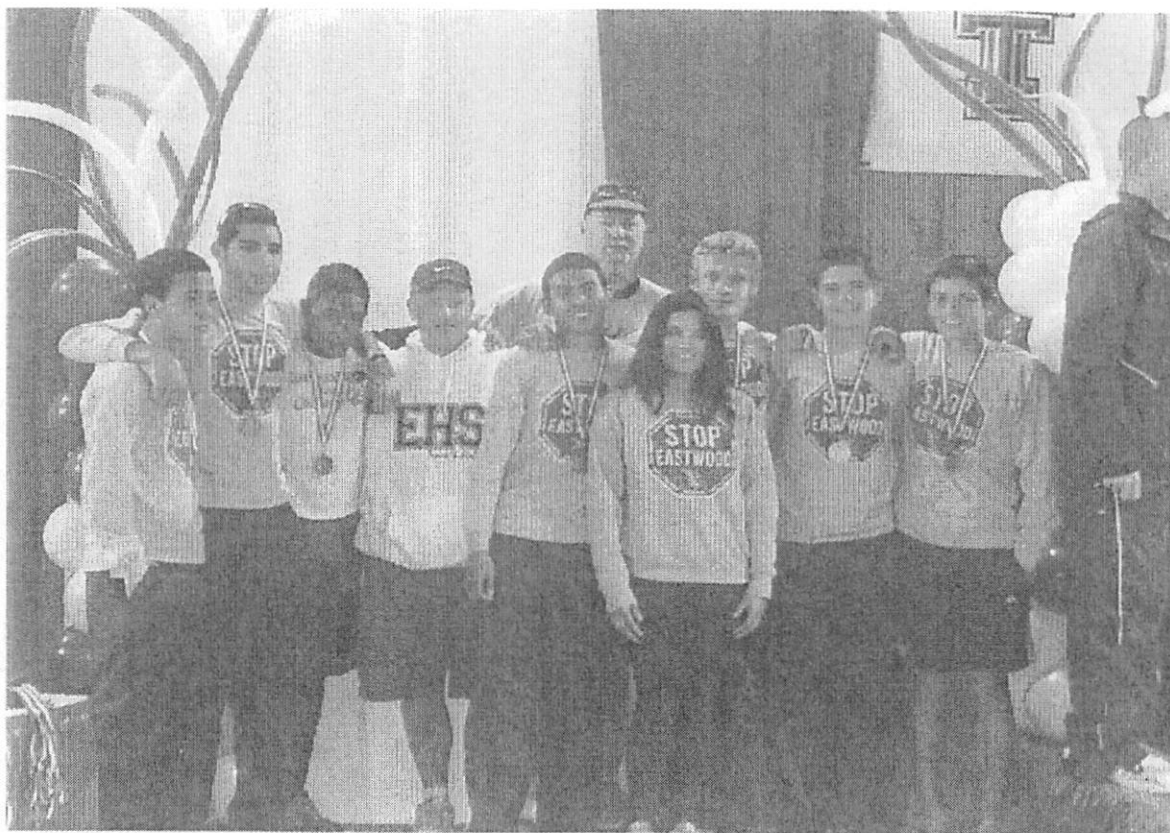


9.1986	17:08	Garcia,Oropeza,Agness,Sotelo,Cordova
10.2003	17:12.60	Pivarnick,Molinar,Abrams,Orszulak,Swearingen
11.2010	17:12.65	Blanco,Saenz,Perez,Casillas,Rios,Leija,Salazar
12.2008	17:26.92	Buntyn,Hernandez,Blanco,Alvarado,Walsh,Arvizo,Blacksmith



Girls District Team Averages		
1.1987	?	Otoole,Sanchez,sarabia,Gutierrez,Wordyla,Rojo
2. 2012	19:52.21	Mora,Pinion,Parra,Cleveland,Martell,Blancas,McLain
3.1986	?	Gutierrez12:14,Sanchez12:14,Rojo12:32,Ryanal12:50
4.1988	13:15.8	Sanchez,Sarabia,Gutierrez,Silva,Rojo
5. 2006	13:22.80	Stires,Payne,Mylius,Hernandez,Cevera,Aguirre,Macias
6. 2007	13:23.21	Payne,Stires,Garcia,Stires,Cevera,Mylius,Davila
7. 2009	13:24.49	Stires,Garcia,Delgado,Baca,Regalado,Apodaca,Stewart
8. 2011	13:29.28	Mora,Cuellar,Parra,Apodaca,Pinion,Miramontes
9. 2005	13:34.20	Stires,Salazar,Cevera,Aguirre,Macias,Atkinson,Lopez

10. 1985	13:42.4	Sanchez,Stone,Rubio,Kinisley,McNichol
11. 2010	13:43.91	Stires,Apodaca,Baca,Lara,Stewart,Cuellar,Pinion
12. 2008	13:44.01	Garcia,Stires,Stewart,Davila,Apodaca,Macias,Regalado
13. 2004	13:53.94	Salazar,Stires,Lopez,Cesar,Aguirre,Sandoval,Meza



Boys Region Team Averages		
1.2012	15:56.78	Casillas,Mora,Saenz,Rios,Wallace,Buntyn,Silva
2.2011	16:04.41	Casillas,Saenz,Rios,Leija-Garza,Buntyn,Mora,Blanco
3.1984	16:13	Montes,Messer,Garcia,Arranda,Frias,Mendivil,Urruita
4.1986	16:17.4	Garcia,Oropeza,Agness,Urrutia,Sotelo,Cordova,Flores
5.2007	16:21.19	Cassini,Daniel,Solis,Buntyn,Blanco,Avila,Arvizo
6.1983	?	?
7.2006	16:48.65	Solis,Daniel,Cassani,Romero,Buntyn,Hernandez,Rivera
8.2004	16:55.40	Pivamick,Garcia,Molinar,Swearingen,Rojas,Orszulak,Rodriguez
9.2006	16:57.68	Solis,Daniel,Cassani,Romero,Buntyn,Hernandez,Rivera

10.1998	17:00	
11.2005	17:06.4	Pivarnick,Garcia,Orszulak,Romero,Rivera,Rodriguez
12.2009	17:19.92	Blanco,Perez,Alvarado,Blacksmith,LeijaGarza,Salazar,Hernandez
13.2000?	?	



Girls Regional Team Averages		
9. 1987	?	Otoole 11:23,Gutierrez 12:04, Sarabia 12:14
1.2012	19:31.29	Mora,Parra,Pinion,Cleveland,Blancas,Martell,McLain
2. 2010	12:28.39	Stires,Apodaca,Lara,Baca,Stewart,Cuellar,Pinion
3. 2006	12:31.93	Payne,Mylius,Stires,Garcia,Aguirre,Cevera,Macias
4. 2007	12:32.42	Stires,Payne,Stires,Cevera,Garcia,Mylius,Davila
5. 2009	12:38.15	Stires,Garcia,Delgado,Baca,Davila,Apodaca,Regalado
6. 2011	12:48.43	Mora,Apodaca,Parra,Pinion,Cuellar,Blancas,Miramontes



7. 2008	12:54.93	Stires, Apodaca, Garcia, Stewart, Macias, Regalado, Davila
8. 1988	?	
10. 1986	?	



Boys State Team Averages		
1. 2012	16:22	Saenz, Mora, Casillas, Rios, Wallace, Silva, Buntyn
4. 1984	16:34.8	Montes, Messer, Garcia, Urrutia, Arranda, Mendivil, Frias
2. 2011	16:46.40	Casillas, Garza, Saenz, Rios, Mora, Buntyn, Blanco
3. 1983	?	
5. 1986	18:21.2	Oropeza, Agness, Cordova, Sotelo, Garcia, Flores

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



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



Boys Nike Team Averages		
1.2012	16:21.30	Casillas,Saenz,Mora,Rios,Wallace,Silva,Buntyn
2.2011	17:10.26	Casillas,Saenz,Rios,Garza,Buntyn,Mora,Blanco

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





Girls Nike Team Averages

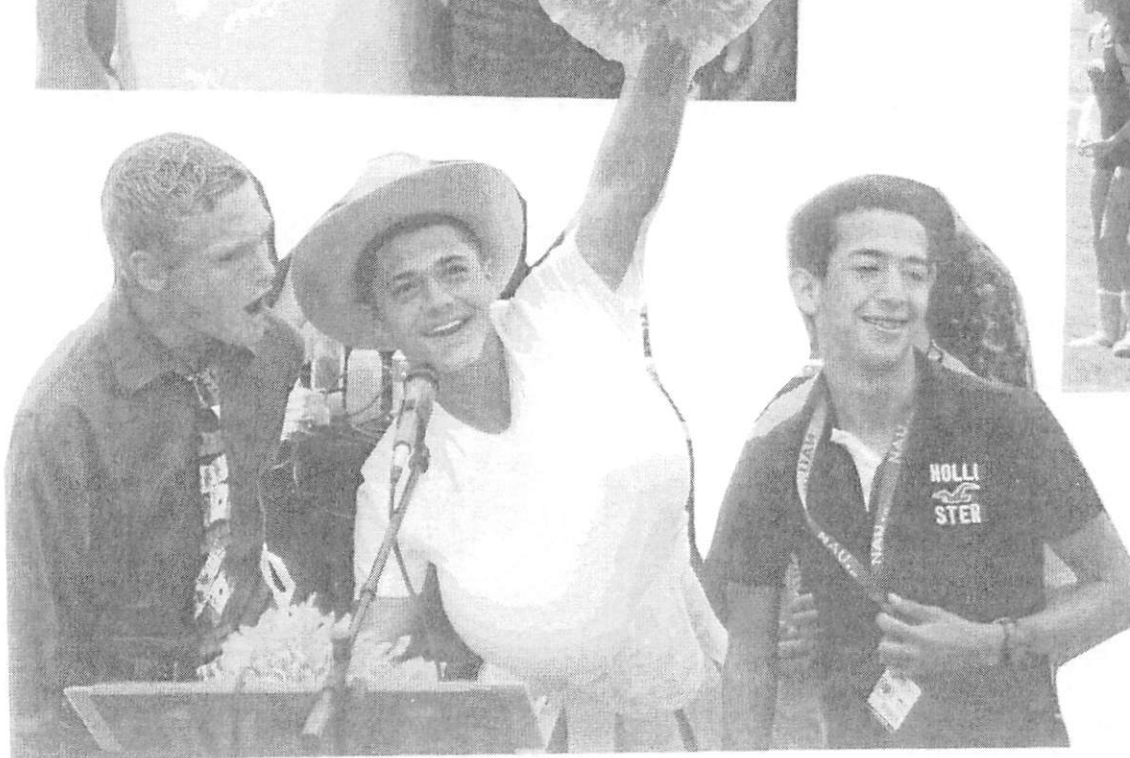
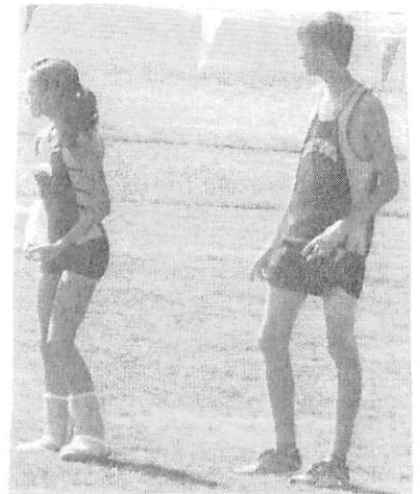
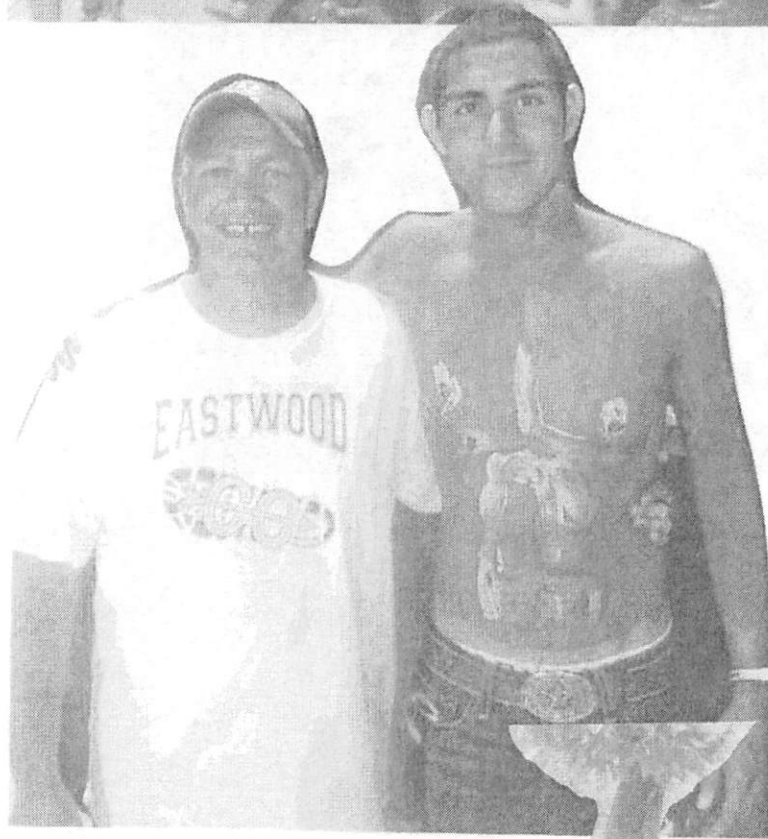
I. 2012	20:26.63	Mora, Pinion, Parra, Cleveland, McLain, Martell, Blancus
---------	----------	--

**Innovative Learning Academy**

Character. Education. Inspiration.

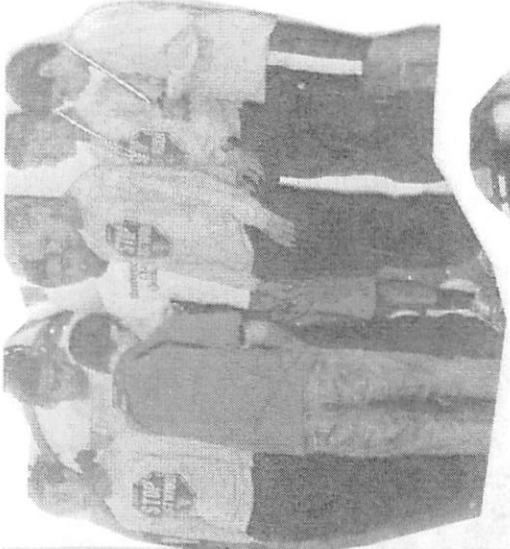
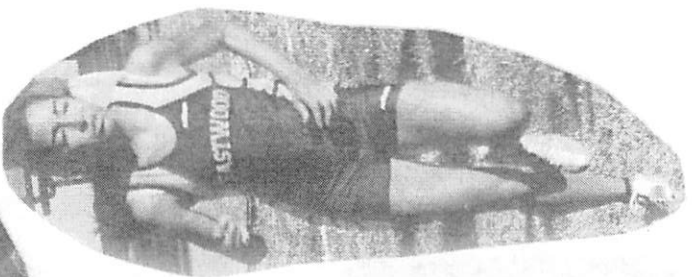
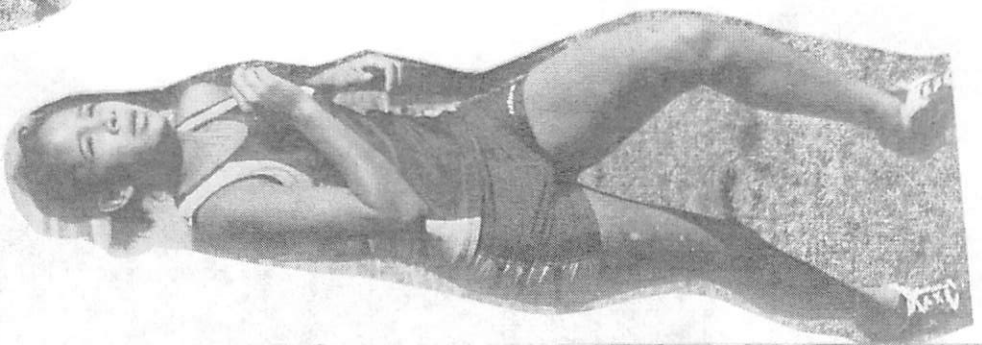
3500 McRae  
El Paso, TX 79925629-0007  
629-0009  
innovativelearning1@yahoo.comIrene Buntyn  
School Superintendent

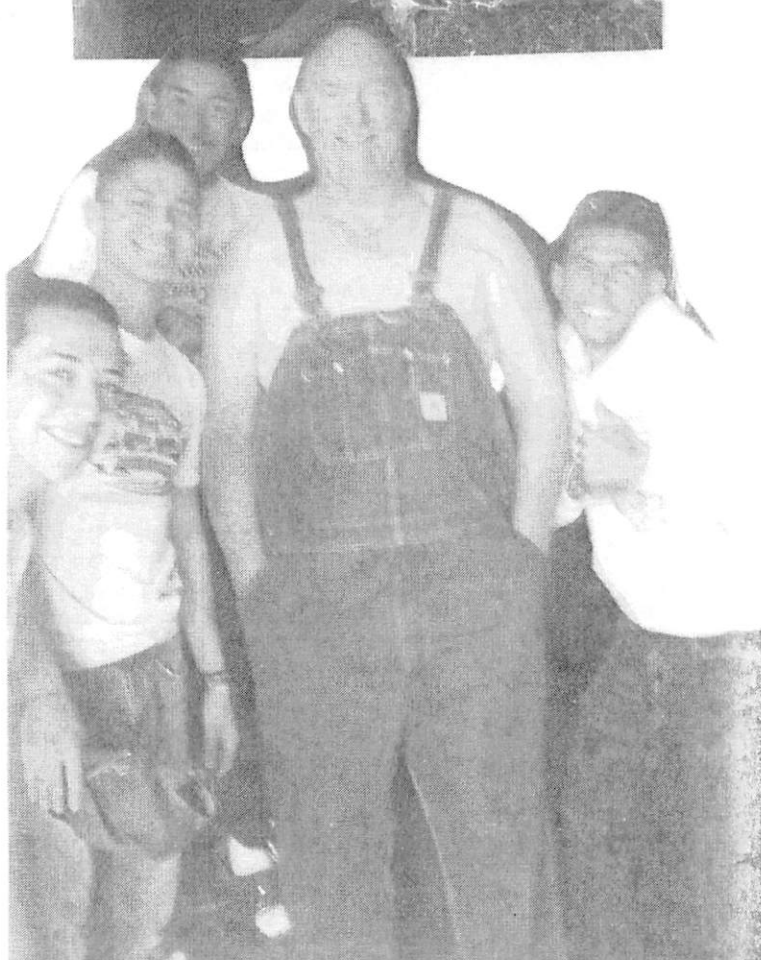
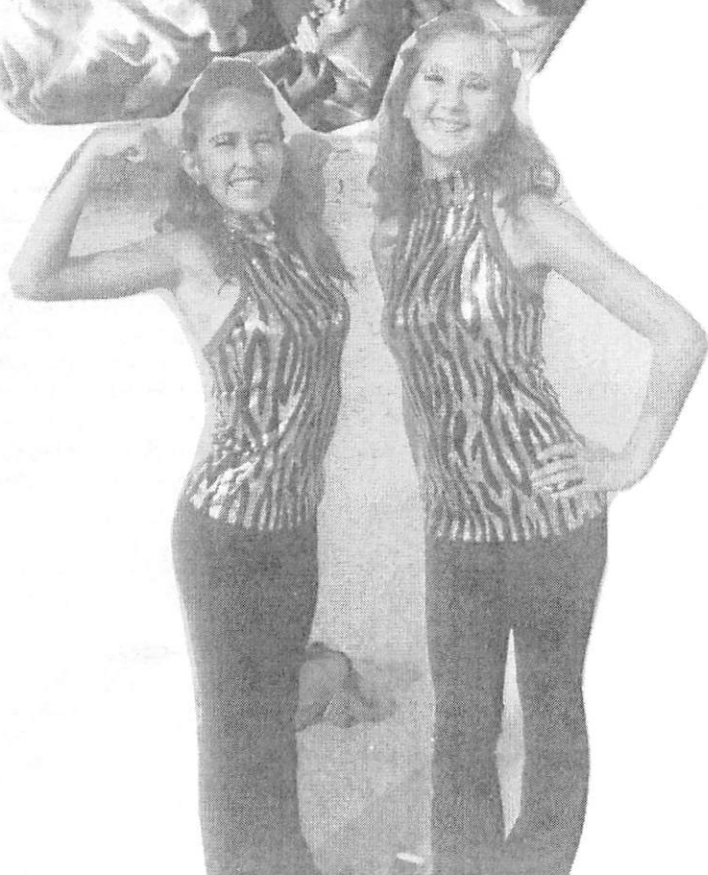
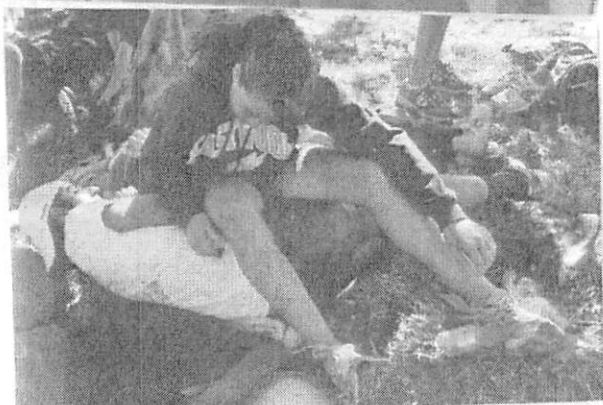
Innovative Learning Academy















# To a Young Runner

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

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

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

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

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

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

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

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

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

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

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



# Dazzling Freshman Disappearing as Seniors

Former National Champ Janet Leet discusses Dazzling Freshman Disappearing as Seniors

10/06/10 -

Week 1 with Janet- Goal Setting

Week 2 with Janet- The Plan

Week 3 with Janet- Racing Strategies

Week 4 with Janet- Iron Deficiencies



Week #5 - Dazzling Freshman Disappearing as Seniors

## THE PERFECT STORM

*Female runners who dazzle us as freshman, but disappear as seniors!*

Janet Smith Leet

[www.runsub5.com](http://www.runsub5.com)

We see it all the time, these lightning fast girls that come on the running scene and display an amazing talent their freshman year but by their senior year they have faded in the results. Why is it that these young 7th, 8th grade, and freshman and sophomore woman can run so fast early on but then disappear later in their high school and college careers? IT DOES NOT HAVE TO BE LIKE THAT. A strong message to the young female athletes, coaches, and parents – boys mature differently than girls and because of that girls training needs to be accommodating. If this is happening to someone you know or yourself you need to read on. THERE IS HOPE!!!!

What needs to be CLEARLY understood is the biology of a young female runner. Cross country running is an aerobic event. What that means is that oxygen is required by the body to create energy to run the race. When a young girl goes through maturity, the oxygen transport system is compromised, just like in low Ferritin levels that I wrote about last week. When the young women's menstrual system is turned on, the body steals oxygen from other organs. Oxygen is stolen from other sources so there is not much less left over for aerobic exercise. On top of all that, the young woman's body begins to change. Her pelvis expands affecting what is called the Q-angle. She can put on some weight, which is extremely common. She needs to now relearn how to navigate this new body. Combine the decreased oxygen levels with the body change and the weight increase and the result is a BEAUTIFUL WOMAN NOT A DEFEATED ATHLETE. This young woman now requires more energy

off until that hip was better. She lost her freshman track season. I told Megan freshman track means nothing especially if it costs her future. Megan did not like it but knew inside it was the right decision. Patience is a virtue and Megan came out on the other side stronger and better for it. She worked hard and did drills and multi-joint stretches and strengthening sessions to train her body to deal with the changes. Everything was done to create a positive learning environment both physically and emotionally. Megan came back her sophomore year stronger and better for it. She placed in the top 5 at her state meet in both cross country and track. She is currently in her junior year and showing incredible promise.

It is very important that when a young girl goes through maturity she is handled with care. She is more than an athlete, she is a person. Instead of pushing through that time and ignoring subtle signs of danger, STOP AND LISTEN carefully to her. She will tell you and teach you something very important in her own way. Proceed with caution. Back off the training and make the correct adjustments. Nothing is worth risking the athlete's health. NO POINTS ON THE BOARD can justify that. Remember, this is JUST HIGH SCHOOL RUNNING. Coaches, don't be afraid to ask for help if you don't know how to proceed. No one knows everything. I consult with many different coaches, doctors and mentors all the time for different issues my clients present. Information sharing is critical. My athletes have taught me more about the sport than any textbook or college course ever has.

The evolving young female athlete from childhood to womanhood does not only have to fight through low energy levels due to possible low iron stores, but also, a changing body with a wider pelvis, additional weight, and worse yet, raging hormones. I call this "THE PERFECT STORM". She looks in the mirror and her body is changing. She is not as lean as she was before. Her pants don't even fit her. Is that why she is not running as fast? She tells herself, "If I only lose 5 lbs I can be back to the runner I once was". I hope you are following along because what you are seeing is the potential beginning of life-long disordered eating habits and/or eating disorders. It is very important for coaches and parents to help guide the young woman through this time in a positive way. Help build her self esteem and confidence. Don't break her down. Be there for her, don't turn your back. If she is handled with care and compassion she will come through this time with a higher level of confidence, a strong self esteem, and a will to fight. A confident athlete will always perform better than a broken one.

Hailey came to me her senior year a broken athlete. She was defeated emotionally and physically. But, she knew she had more in her. All it took from me was to approach her at a cross country meet and tell her, "I know who you are and that race was not you. I have watched you run since your freshman year and you have a tremendous talent. You need to get checked out medically because I suspect a low iron storage issue." I walked away and those three little sentences gave Hailey hope again. It did not take long to get her to start believing in herself again. It actually took longer for her body to heal physically from the damage done from past abuses. We found Hailey a good college home, under a coach who cares about her, not only as an athlete but even more as a person. It has taken a year of healing the body correctly and Hailey currently is back to training full time. Her spirit continues to grow and new love for the sport has developed. She is on her way.

We tend to quickly forget about that young female athlete who dazzled us her freshman year but disappeared by her senior year. Whatever happened to Sally Que, oh we are onto Jane Doe. Sally Que is a senior now who was told in her freshman year she was going to get a scholarship and be the big name in the state for the next 4 years. The pressure alone from that is unbelievable. These young athletes are people too. They are developing women who have to deal with so much change inside their bodies and out. Get your young athletes iron tested early and often. Listen to all their little aches and pain (they are telling you a story). Respond appropriately and error on the side of caution over pushing ahead. Create a training environment that builds a young athletic woman's confidence up, instead of tearing it down. Don't get on her because she put on a few pounds. She already knows it because she lives it. If weight becomes an issue then get her the proper help needed. DON'T TURN YOUR BACK!

to perform the same task that she did before. Accommodations need to be understood and made to get the young female athlete through this time. The research says it can take 12 – 18 months or longer for her to get on the other side and back to performing where she was before the process started. A level of understanding by all, accommodations by the coach in training and racing, along with continual positive reinforcement to the athlete is all it takes to get this young beautiful new woman running fast again.

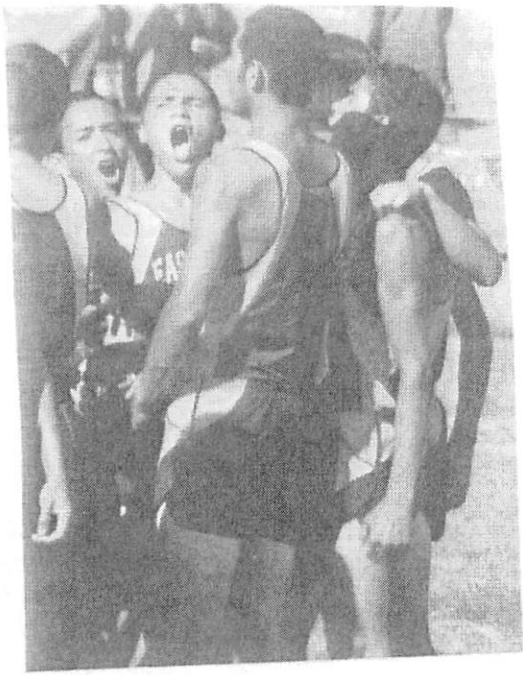
Hailey's body was doing what it was supposed to do - GO THROUGH A MATURITY. It was changing and so was she as a person. Hailey's support crew did not understand this, so instead of backing off certain areas they were pushing and forging ahead because her future scholarship was on the line. I don't doubt that Hailey's iron deficiency was already well underway. Hailey's hips were expanding, changing how she had to apply her running mechanics (called Q angle). Her coaches did not understand this and kept pushing her even harder though this time. She was complaining of many aches and pains. The decision to continually force ahead cost Hailey many fractures and serious injuries. Now add in the strong wave of confusing emotions all girls get going through during this change and we get an athlete with a poor self body image. Why not, because this was not the body she had when she ran 4:57? Her body is bigger now so that must be why she is not as fast, right? Wrong. Hailey fought this by quietly dealing so she could get the old body back. I hope you are following this because the result of lack of understanding natural biology in one herself as a athlete is

Hailey was this beautiful runner who broke 5 minutes in the mile as a freshman and won her state meet. She had a running resume loaded with youth national titles and some incredible fast times for her age. Everyone was so excited for Hailey and plans were being made for her future. If she can break 5 minutes in the mile as a freshman what is she going to do by her senior year? Well, Hailey was that athlete I described earlier. She struggled to run a 5:20 mile by the end of her junior year. She ended her senior year in a boot, had an extreme iron deficiency, was suffering from mono, and had a defeated mental attitude. This young BEAUTIFUL woman with so much in front of her as a freshman saw herself as a failure by her senior year. Did it really have to be like that? NO



THANK YOU SENIORS!!!!!!







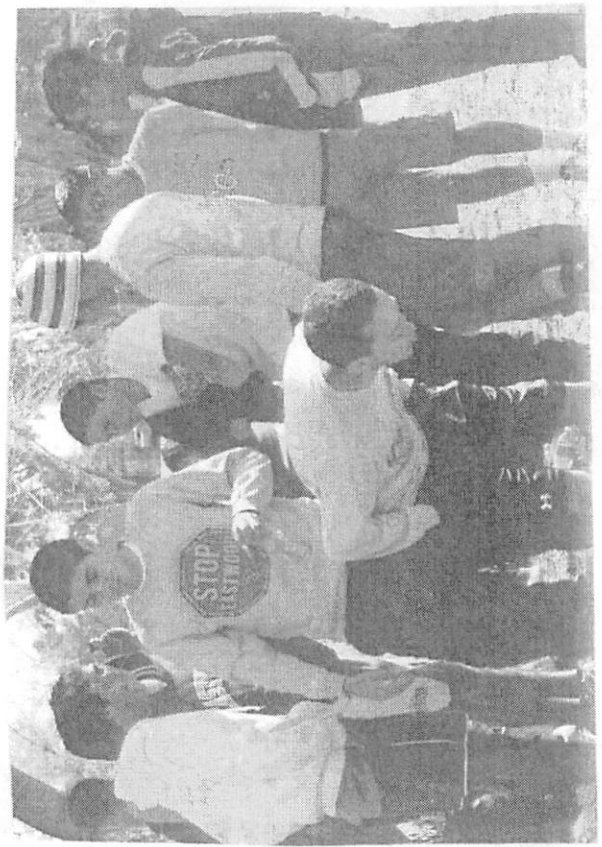
"Our family does the work"

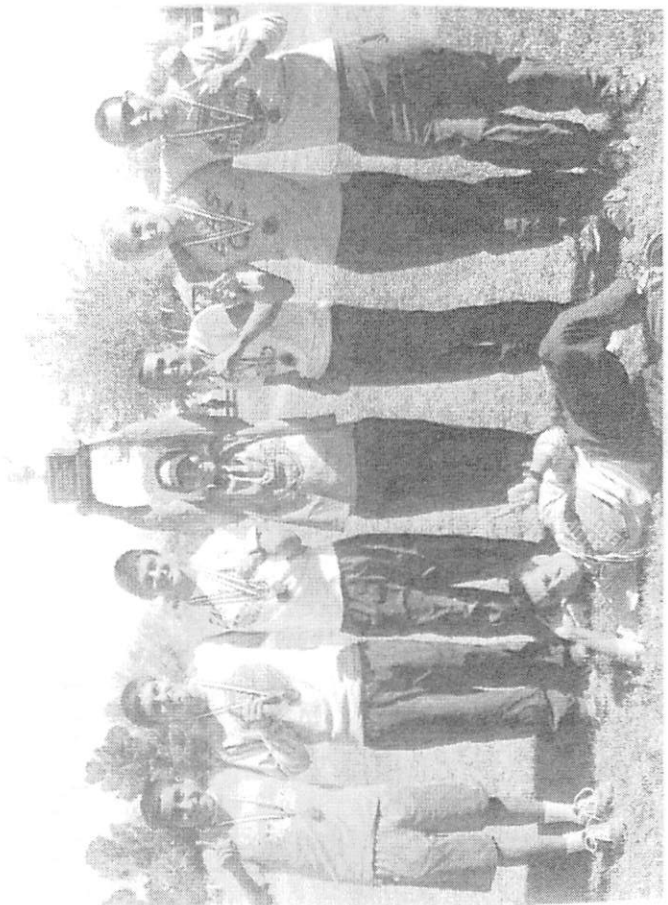
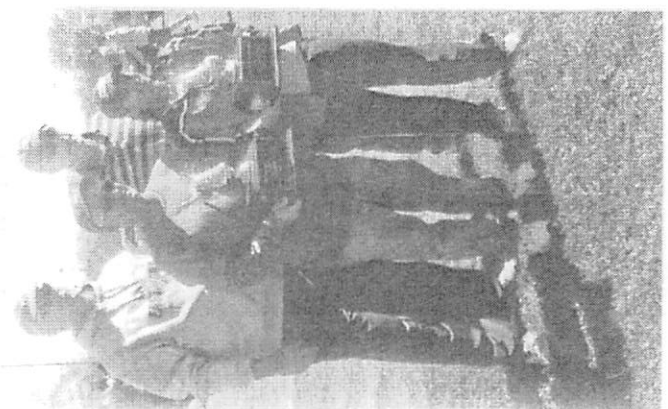
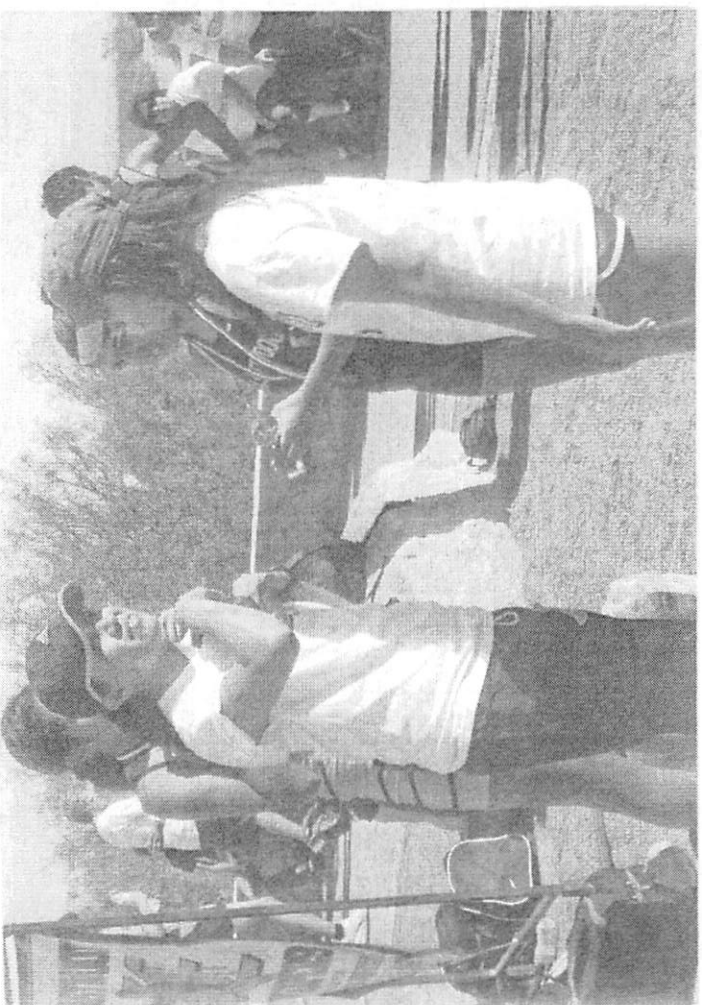
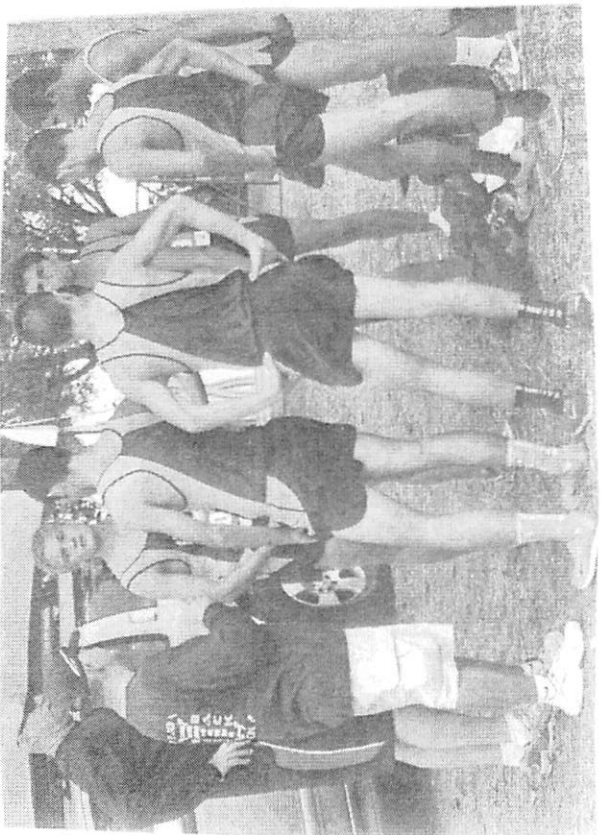
Tim Allen

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 under- stood 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 had about 30. "The playing field is not level. We're basically a big 4A school," he said.

However, things are different at Eastwood High School, which barely made the cut to remain a Class 3A 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 throws 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

We can never forget who we are. We are the smallest SA school, we have to work harder than other schools. We have to care about our teammates & watch over them.





Eastwood Ranked #35 in the Nation!!!

## New Rankings Pre-NXN

joe messer (joetheknife68@hotmail.com)

Fri 11/29/12 11:32 AM

Mike McClain (mmpre@hotmail.com)

Pre NXN Finals Rankings. EW at #35

Rk	School	St	NXN	State Notes
1	Christian Brothers Academy	NJ	NE #1	Non-Public A/B
2	Southlake Carroll	TX	SO #1	5A Champs
3	North Central	WA	NW #1	3A Champs
4	York (Elmhurst)	IL	MW #1	3A Champs
5	American Fork	UT	SW #1	5A Champs
6	Arcadia	CA	--	CIF Division 1
7	Chantilly	VA	SE #3	AAA Champs
8	St. Xavier	KY	SE #1	3A Champs
9	Cardinal O'Hara	PA	NE #2	AAA Runner-up
10	West Chester Henderson	PA	NE #3	AAA Champs
11	Kimaikin	WA	NW #2	3A Runner-up
12	Carmel	IN	MW #2	State Champs
13	Highland-Milford	MI	--	Division 1 Ch.
14	Bismarck	ND	HL #1	AA Champs
15	St. Xavier	OH	MW #3	Division I Ch.
16	Dowling Catholic	IA	HL #2	4A Champs
17	Don Bosco Prep	NJ	NE #4	Non-Public A
18	California (Whitter)	CA	--	CIF Division
19	Carlsbad	CA	--	CIF Division
20	Woodlands	TX	SO #2	5A Runner-up
21	Fayetteville-Manlius	NY	NY #1	Class A Runner-up
22	Columbus North	IN	MW #4	State Runner-up
23	O'Fallon	IL	--	3A Runner-up
24	Blacksburg	VA	SE #2	AA Champs
25	Saratoga Springs	NY	NY #2	Class A Champ
26	Summit	OR	NW #3	5A Champs
27	Central Catholic	OR	--	6A Champs
28	Davis	UT	SW #2	5A Runner-up
29	Nathan Hale	WA	NW #7	3A #3
30	Vista Murrietta	CA	--	CIF Division
31	Seattle Prep	WA	NW #4	3A #4
32	LaGrange (Lyons)	IL	MW #5	3A #3
33	Lewisville Marcus	TX	SO #3	UIL 5A #5
34	College Park	TX	SO #5	UIL 5A #3
35	El Paso Eastwood	TX	SO #4	UIL 5A #4
36	Herriman	UT	SW #4	4A Champs
37	Los Alamos	NM	SW #3	4A Champs
38	Brentwood	TN	SE #4	Class 3A Champ
39	Belen Jesuit	FL	SE #5	3A Champs
40	Cleveland	NM	SW #5	5A Champs

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





**VICTOR R.  
MARTINEZ**

## Follow me on the path to running my first 5K

The other day I was called something that I have never been called before — a runner.

I was jogging with my wife and son on Sunday at Marty Robbins Park when a nice lady walking on the path said, "Let's move over for the runners."

If she was referring to my wife, Rosie, and my son Deric, she was correct. Both are dedicated runners with plenty of medals, trophies and race bibs to prove it.

But me a runner? — pffft.

I'm a high-school basketball official and I hate to run. I mean, I'll run up and down the court trying to get in the best position to make a call but that's it.

If you know me, the only running I do is either to the fridge or the bathroom.

But that is about to change.

I am officially training to run the first 5K of my life.

For years, I've watched my son Deric, a sophomore long distance runner at state-ranked Eastwood, run hundreds and hundreds of miles.

I have always encouraged him, but never joined him. His mother, Rosie, who qualified for the UIL Texas State Track and Field Meet while in high school, has run by his side for many years until she couldn't keep up with him anymore.

For years they attempted unsuccessfully to get me to run with them.



**VICTOR R.  
MARTINEZ**

## Where's the pride, respect in sports?

I've often wondered why some people cheer against their hometown teams.

I understand the competitiveness of wanting to beat your rival, but once the game is over, life exposes the true character of a person.

I'm not sure if it's just an El Paso thing or if this happens everywhere else, but the lack of city pride at the youth and high-school level of athletics is downright disheartening.

Having coached and traveled to many out-of-town tournaments where other El Paso teams are also competing, I know firsthand how some teams will not cheer for other Sun City teams.

Maybe I have a small-town mentality when it comes to supporting the locals, but why not cheer for a city rival when they're up against a team from Breau Bridge, La., or, at the very least, clap for another hometown team?

Maybe it's just petty jealousy.

Young athletes look to their coaches for guidance on how to act in a sportsmanlike manner. If coaches act respectfully, more than likely, that's how kids will respond.

It's tough getting beaten by a hometown team that you've competed hard against all season, but once the game is over, loyalty should go to the city you're from.

► St. Mary's sophomore



**Olivia Lara  
(Eastwood):**  
Placed 29th  
at the Heart-  
land Confer-  
ence Champi-  
onships last  
season with a time of 26:31.

### MEN'S CROSS COUNTRY

► Texas A&M-Commerce



**freshman  
Elias Garza  
(Eastwood)  
and freshman  
Luis Romero  
(Montwood):**  
Helped the Li-

ons win the Southern Arkansas Lois Davis Invitational on Oct. 6. Garza was fourth overall with a time of 25:59 and Romero was sixth in 26:08.

► UTEP sophomore Juan



**Blanco (East-  
wood):**  
Named to the  
All-Conference  
USA third  
team after fin-  
ishing 18th at  
the C-USA Championships on  
Oct. 29 in Hattiesburg, Miss.  
Crossed the finish of the 8K  
race in 25:27.8.

### Area digest

#### Seniors will continue competing in college

► **Elias Leija-Garza** of Eastwood will join the cross country and track and field teams at Colby College in Kansas. Leija-Garza was an El Paso Times' All-City first-team selection as a senior.

► **Atziry Apodaca** of Eastwood will run cross country and track at Western New Mexico. She was an El Paso Times' All-City honorable mention selection last fall.

I've seen El Paso high-school teams ignore the accomplishments of other teams by turning their heads as another team walks up to receive their first-place trophies and medals. Not even a single clap to acknowledge someone else's achievement.

Worst yet, other high-school teams would get up and walk away before the awards ceremony was over, not granting the courtesy of watching to other El Paso teams.

What's wrong with applauding another team's success? It's OK to be happy for another team's success, especially if that team is from your hometown.

This lack of respect — and sportsmanship — is a poor reflection of the person, coach, team and the city.

# Run, Felipe, run

## El Pasoan organizes his own one-man marathon

By Aaron Bracamontes  
EL PASO TIMES

Most runners train for a marathon from sunrise to sunset. Rookie runner Felipe Truax trains in weather ranging from freezing to blistering hot.

Most runners sign up to travel to a marathon. Truax has chosen to make up his own in El Paso.

Truax is not most marathon runners.

The 45-year-old El Paso businessman will run his own, one-man marathon on June 30 throughout East El Paso.

The "First Annual Felipe Truax Marathon and Menudazo" will begin at 4:44 a.m. in his front yard, and end more than 26 miles later in his backyard. He estimates it will take four-and-a-half hours to complete the 26.2 mile route.

"I'm going to have some kids (from the Eastwood Track Club) run up to three miles with me at a time," he said. "There will never be more than four people running."

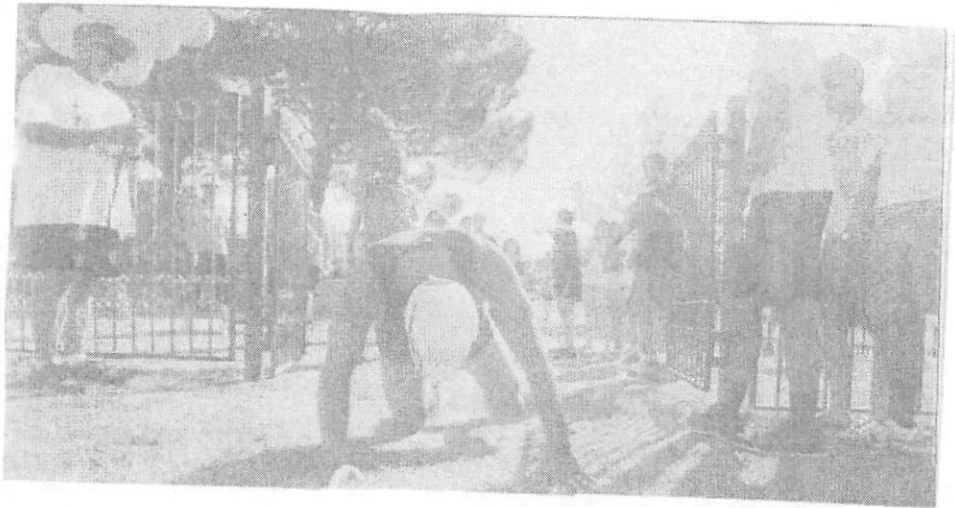
The run will also serve as a fundraiser for the track club. Truax sought and received donations from businesses and individuals.

Mike McClain, coach of the Eastwood Track Club and Eastwood High School's cross country and track and field teams, said he is happy that Felipe Truax is trying to help the club raise money so it can compete in marquee races such as the Nike Cross Country Invitational.

"When we went down there, I saw that all the other teams are rich schools and they go to these invitationals every year," McClain said. "We would like to be on a national stage like that, but not every member of my team has parents who are millionaires."

To thank Truax for raising money for the team, the runners will return the favor and do a few miles with him.

"It's hard enough to do a two-mile run by yourself, much less a 26-mile



For information about Eastwood Cross Country and Track & Field visit our website  
[ehstrack.bravehost.com](http://ehstrack.bravehost.com) Coach McLain [mmmpre@hotmail.com](mailto:mmmpre@hotmail.com)