

EASTWOOD



EL CROSS COUNTRY STATE CHAMPION



Beau Bagley
Oct 8, 2014 9:16 p.m.

EL PASO, TX -- Here's a streak that puts most to shame... The Eastwood cross country team hasn't lost a single meet to another El Paso school... in four years! They are a running dynasty and the boys are ranked 4th in the state this season and both squads are ranked #1 in the city. The Troopers say the success is all about family.

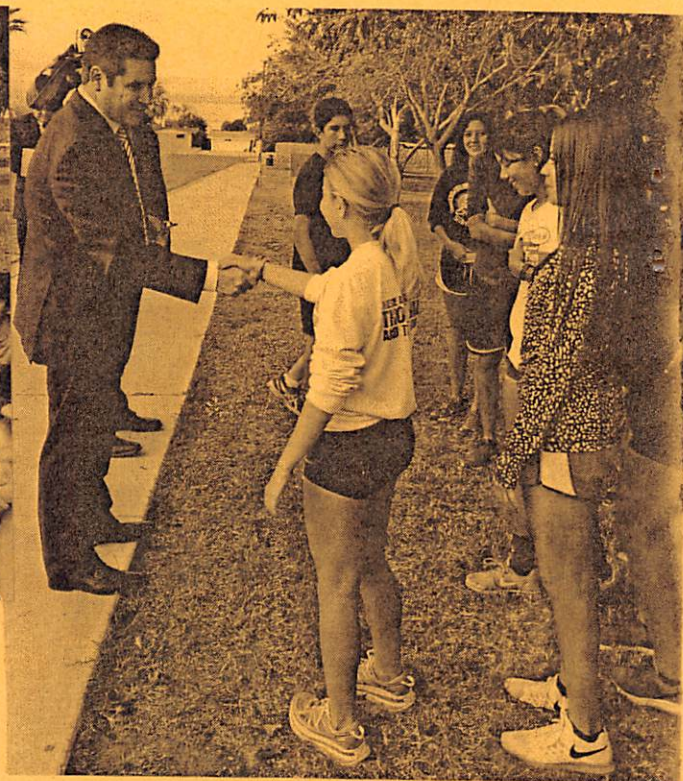
"It's amazing, especially with the kind of work we put in during the summer, during workouts. We get along with one another, we support each other and it's just a really team, family feeling," said sophomore Daniel Bernal. Senior Anna Mora added, "Everyone on this team has a strong work ethic. They just want to continue to work hard and make Coach McClain proud. Just keep doing great. They don't want to lose it."

Daniel and Anna have the top boys and girls times in the city so far this season, and next up is district in two weeks at the Chamizal.

2014 Yearbook

**"TO GET WHAT WE'VE NEVER HAD, WE MUST DO WHAT
WE'VE NEVER DONE."**

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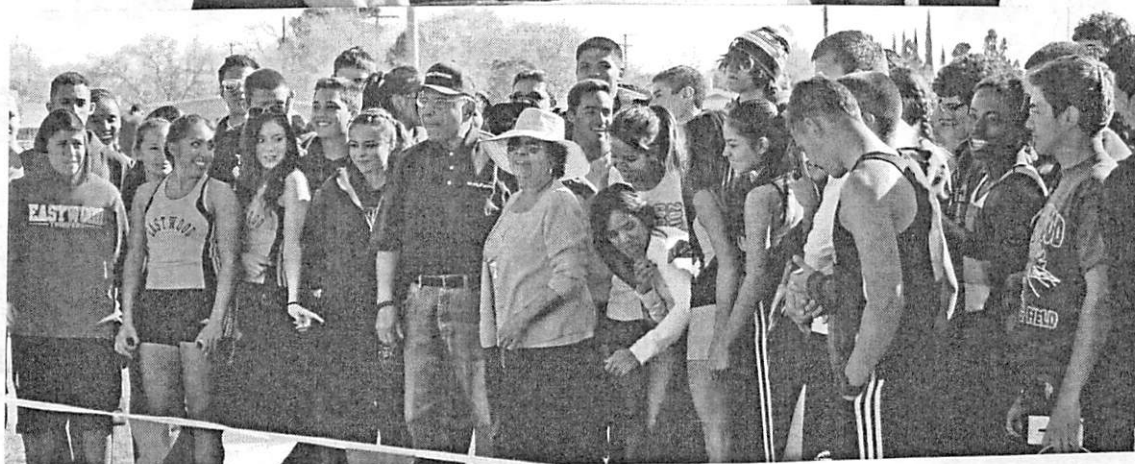
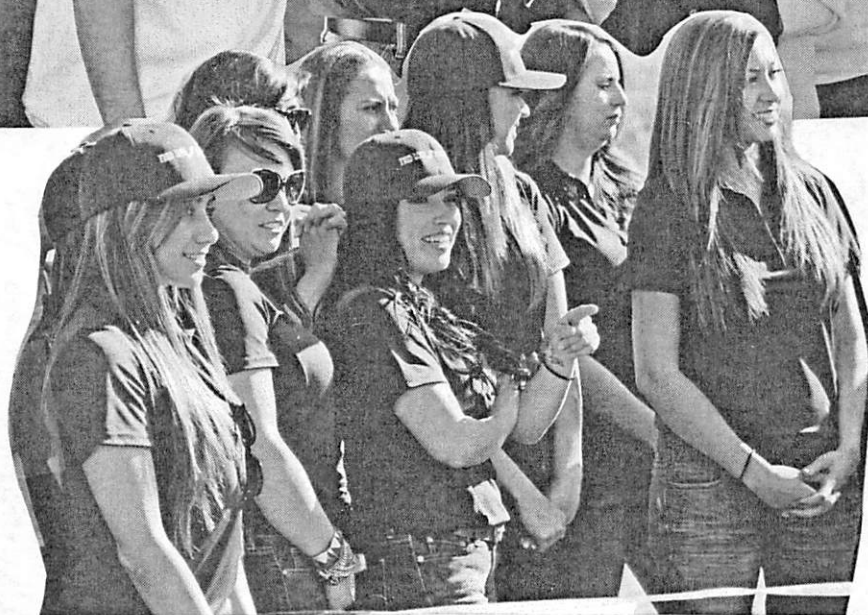
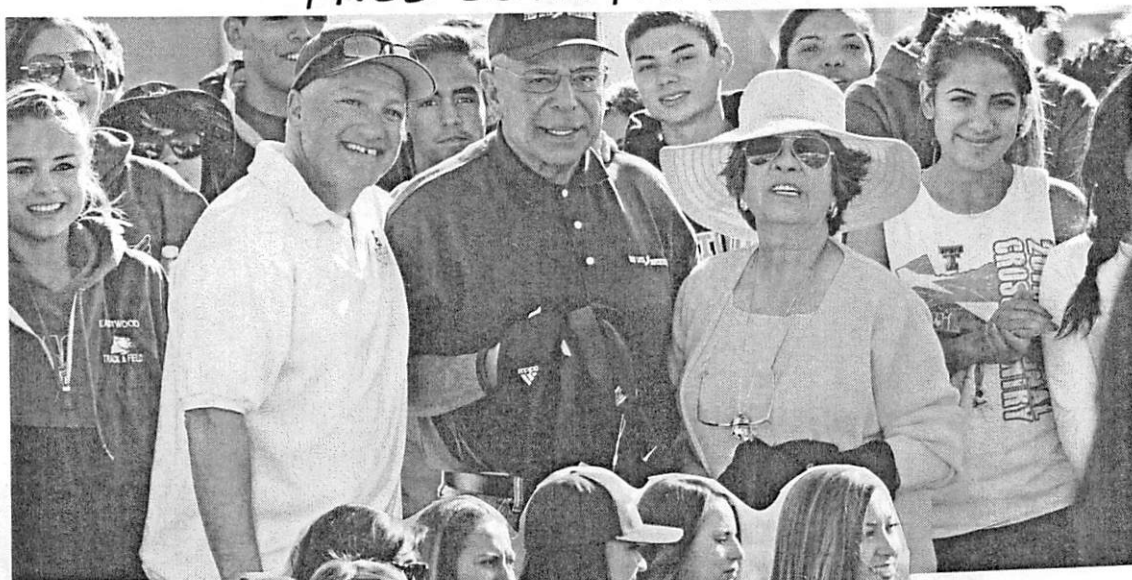


To get what we've
ever had, we must do
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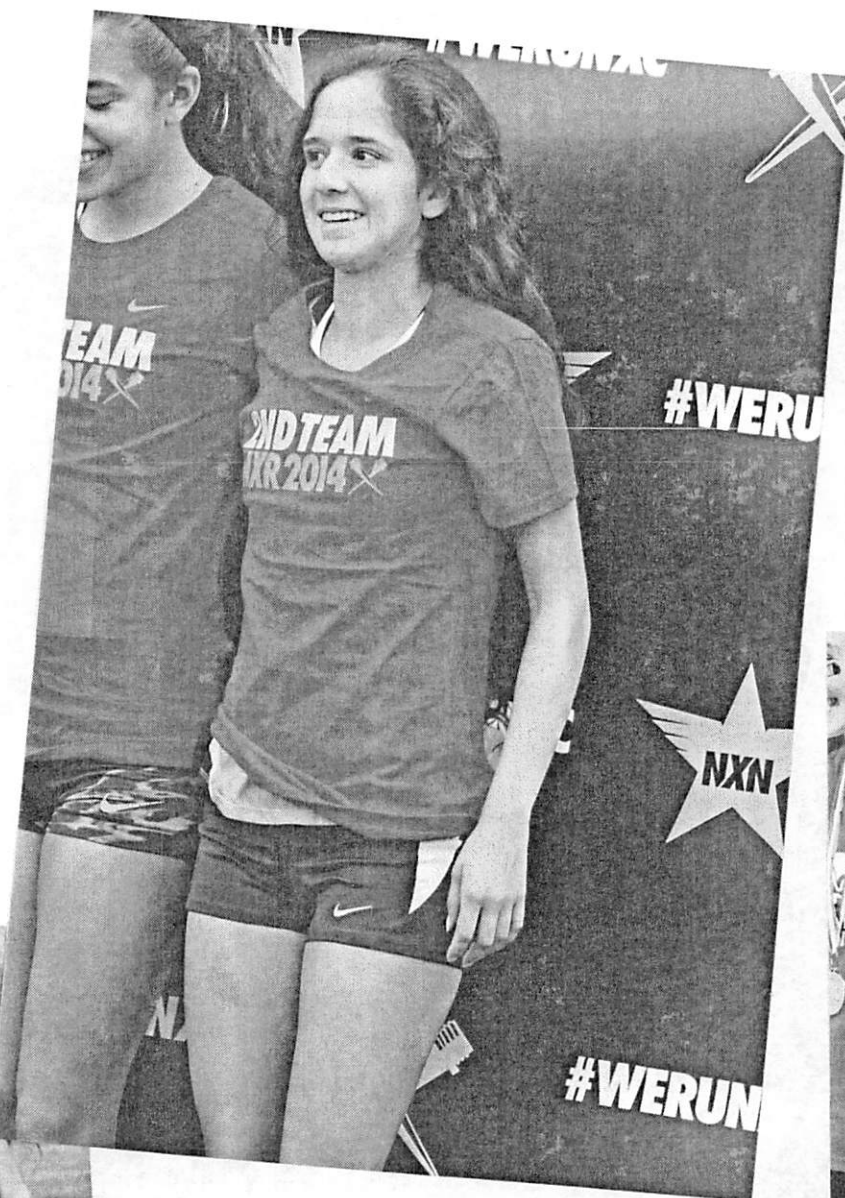
ANONYMOUS

*Eastwood Track would like to say THANK
YOU!!!!!! To the entire*

FRED LOYA FAMILY



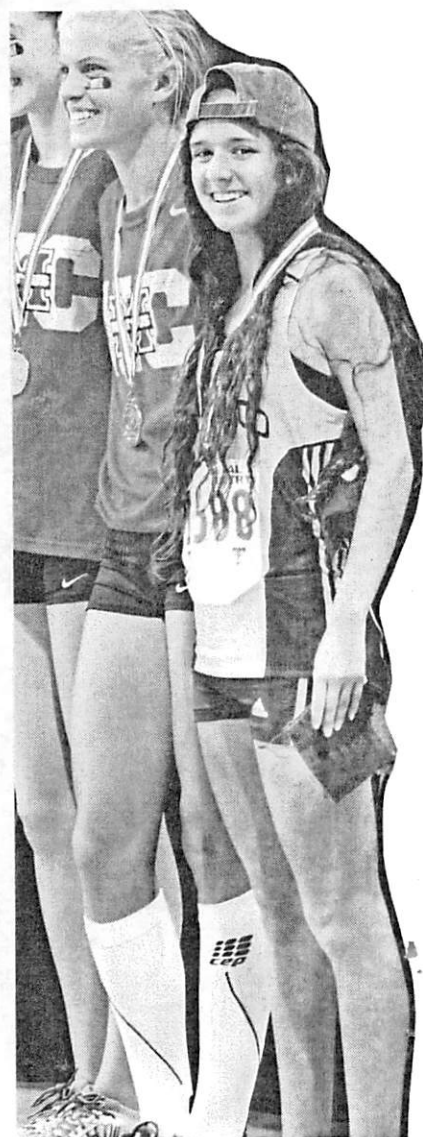
2014 Girls Cross Country MVP



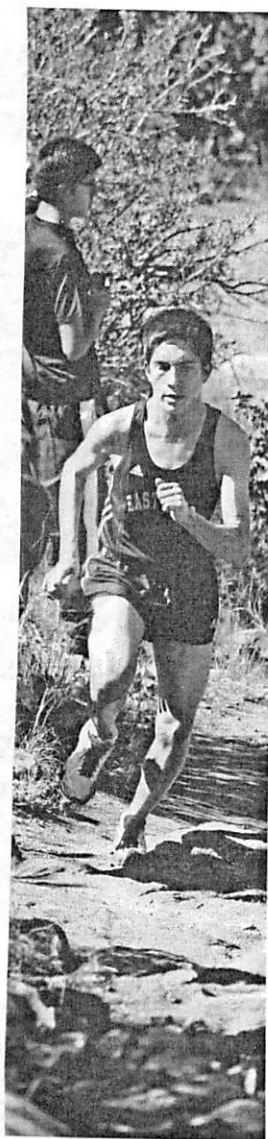
Anna Mora

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

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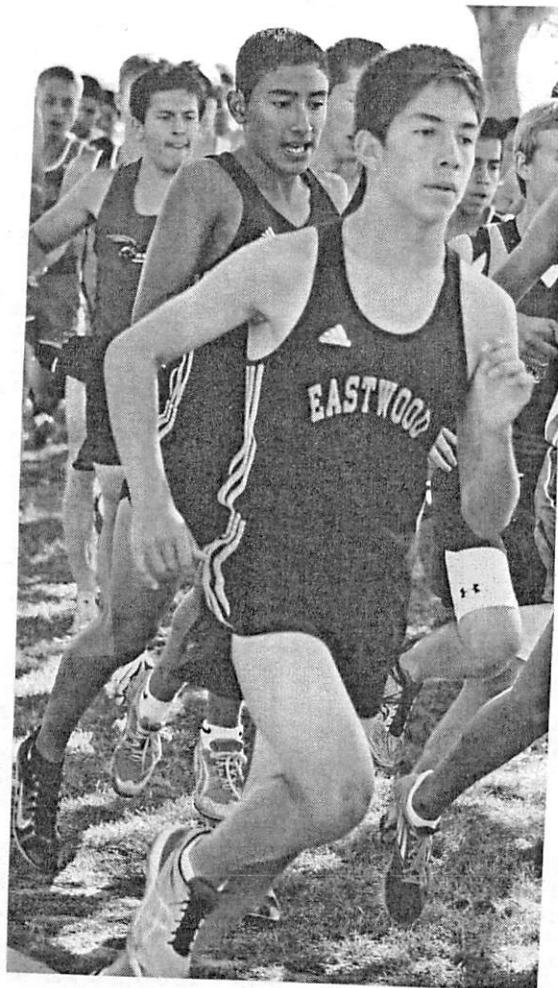


2014 Boys Cross Country MVP's



Daniel Bernal

(#7 All-Time District Course)
(#1 All-Time Regional Course)
(#4 All-Time State Course)
(#7 All-Time Nike South Course)



Jose Silva

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

Bernal, Mora pace Troopers

Consistent, determined: Super sophomore leads veteran Eastwood squad to state meet

By Felix Chávez

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The Eastwood Troopers had plenty of older, experienced boys runners coming into the 2014 high school cross country season.

But it was sophomore Daniel Bernal who helped pave the way.

Because of his efforts, Bernal has been named the El Paso Times' Boys All-City Cross Runner of the Year.

"It was a fun season and I really enjoyed being on this team," Bernal said. "I learned so much from

my teammates and I learned a lot from coach McLain. I just tried to go out there every week and compete to the best of my ability."

Bernal won the District 1-6A title in a time of 15:51.05, finished sixth at regionals in a time of 14:59.28, and was 13th at the state meet in 15:57.46.

Last season, Bernal wasn't even on the varsity.

"Daniel was very strong for us all season long and he was very consistent," Troopers coach Mike McLain said. "He was very focused and very determined for

BERNAL » PAGE 6



RUDY GUTIERREZ — EL PASO TIMES

Daniel Bernal and Anna Mora are the El Paso Times Boys and Girls Cross Country All-City Runners of the Year.

Hard work pays off: Senior wins District 1-6A crown, finishes 8th at her first state meet

By Felix Chávez

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Over the course of her high school cross country career, Eastwood's Anna Mora improved every year and ran with a fierce determination that helped her become one of the state's very best.

But it was her senior season in which Mora really emerged as a standout and because of her efforts, she has been named the El Paso Times' Girls Cross Country All-City Runner of the Year.

"It was a great season in so

Inside: All-City Cross Country teams, Coaches of the Year c6

many ways," Mora said. "Our team did great and I was able to make it to state for the first time and that mean a lot. I wanted to make state so bad and this year I was really focused. Last year at regionals, I felt and that eliminated my chances of making state. Not making state as a junior motivated me to do even better this year."

Mora, who won the District 1-6A championship, finished

MORA » PAGE 6

Bernal

FROM PAGE 1

us throughout the season. He has a bright future for us."

Bernal led Eastwood to a District 1-6A championship and its third trip to the state meet in four years.

He helped the team navigate through a very tough schedule that included meets in Grapevine, Texas, Silver City, Las Cruces, Lubbock and Casa Grande, Ariz.

"It was a learning experience for me this year," Bernal said. "As a freshman, my season ended after district. But this year, there were a few more weeks and I can use this season as a building block for next year. ... I can still do better."

Prior to being a competitive runner, Bernal tried his hand at swimming. But running became his love and now he's turned into one of the city's best with two years still left on the varsity level.

"Being a part of this program makes you better," he said. "We have a really competitive team and going to tough meets out of town and running against the good runners here in town makes you better. ... Going forward, I want to continue to be better and help us stay among the state's best."

Bernal also has his sights set on running on the collegiate level.

"I want to be the best I can be and maybe one day I will even coach," Bernal said. "Running is important to me and while it's a lot of hard work, it's fun for me and I love the competition."

Felix Chávez may be reached at 546-6167.

Mora

FROM PAGE 1

1-6A championship, finished fourth at regionals to qualify for the state meet. At the state meet, she had one of her best showings, finishing eighth with a time of 18:09.59.

"Anna is a really talented runner and she is a tremendous competitor," Eastwood coach Mike McLain said. "What stands out about Anna is how team oriented she is. Anna wants to do the very best for the school, for her teammates and she will help them to get better. I was so happy for her to get the chance to run at state and she ran really well."

Mora's success and determination earned her teammates' respect.

"Anna is so tough and determined," Eastwood boys runner Daniel Bernal said. "When she puts her mind to something, she can do it. She is a good leader for us and she ran so well this year and was really consistent."

After the state meet, Mora turned heads with an eighth-place finish at the Nike Cross Nationals South Regionals. She ran the 5K race in 18:22.58.

With that finish, Mora is receiving more interest from colleges. She plans to visit Texas Tech, Portland and East Central in Oklahoma among others.

"I'm excited about the opportunity to run at the next level," Mora said. "I'm going to keep an open mind of where I want to go. It will be a new challenge at the next level but one that I am looking forward to. Running at the next level has always been a goal of mine and the Nike meet was very helpful for me."

Felix Chávez may be reached at 546-6167.

2014 Girls Cross Country Captains



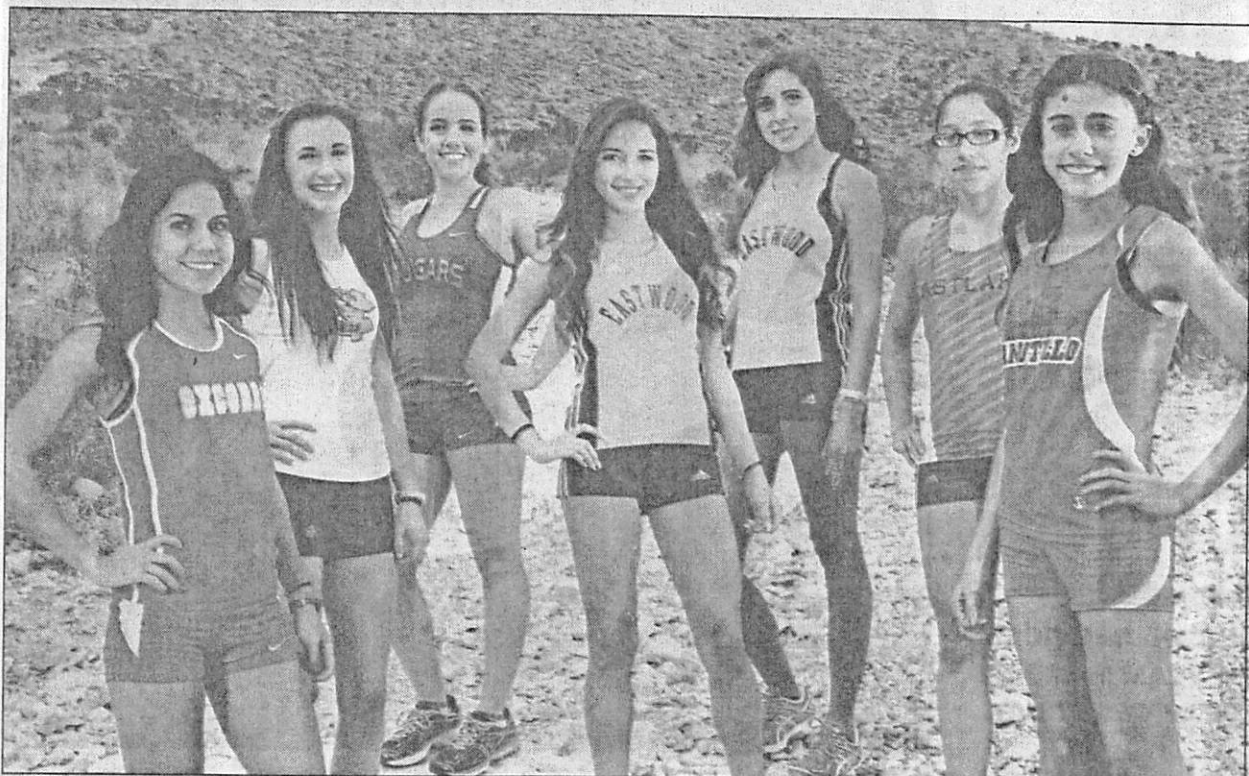
Alexus Ordaz Elise McLain Vanessa Parra

(#11 All-Time Regional Course)
(#7 All-Time State Course)
(#10 All-Time Nike South Course)

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

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

All-City Girls Cross Country team



PHOTOS BY RUDY GUTIERREZ — EL PASO TIMES

The El Paso Times All-City Girls Cross Country team members are, from left: Stephanie Quintero, Socorro; Rachel Gallivan, Chapin; Brianna Armendariz, Franklin; Vanessa Parra, Eastwood; Eden Buntyn, Eastwood; Anisa Burciaga, Canutillo.

Troopers dominate; freshmen emerge

By Victor R. Martinez
vmartinez@elpasotimes.com
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GIRLS ALL-CITY

FIRST TEAM

The big news in girl's cross country in 2014 was the emergence of several young runners and the continued city dominance of the Eastwood High School girl's program.

Several freshmen and sophomores had a major impact on their schools' success, including Jefferson freshman Breona Pinkney — who was third to help the Foxes to a silver medal at the District 1-5A meet — and Andress freshman Jordan Pinson — who led the Eagles to a team bronze medal at district and a spot at the Region 1-5A meet.

Hanks freshman Andrea Abeyta placed third at the District 2-5A meet and helped Hanks to a team silver medal and ninth-place finish at the Region 1-5A meet.

Aimee Hernandez, senior Eastlake: Two-time All-City; won four meets this season; District 2-5A champion was seventh at regionals (18:10.88) and 10th at state.

Vanessa Parra, senior, Eastwood: Class 6A state meet qualifier; third at District 1-6A meet; 23rd at regional meet in 18:22.21, third fastest in city.

Stephanie Quintero, senior, Socorro: District 1-6A runner-up; 27th at the Region 1-6A meet; time of 18:30.02 was city's fourth fastest.

Anisa Burciaga, sophomore, Canutillo:

At the UIL State Cross Country Championship, three El Paso runners finished in the top 10 to earn All-State honors.

Eastwood senior Anna Mora placed eighth in Class 6A while Canutillo sophomore Anisa Burciaga fin-

nished ninth and Eastlake senior Aimee Hernandez was 10th in Class 5A.

Rachel Gallivan, junior, Chapin: District 1-5A champion; 27th at Region 1-5A meet; 19:11.35 was the city's seventh best.

Eden Buntyn, senior, Eastwood: Senior leader for Troopers; eighth at District 1-6A meet; 50th at the Region 1-6A in 19:11.60.

Brianna Armendariz, junior, Franklin: Consistent throughout season; fourth at District 1-6A race; 59th at regional meet in 19:19.66.

ished ninth and Eastlake senior Aimee Hernandez was 10th in Class 5A.

Mora, the El Paso Times female Runner of the Year for the second straight year, was untouchable when running in the city this season finishing with three meet

SECOND TEAM

Mireille Hernandez, senior, Eastlake; Yara Cortez-Alaniz, senior, Hanks; **Jacqueline Lopez, senior, Socorro;** Breona Pinkney, freshman, Jefferson; **Michelle Estrada, sophomore, Mountain View;** Ocean Stevens, junior, Clint; **Andrea Abeyta, freshman, Hanks.**

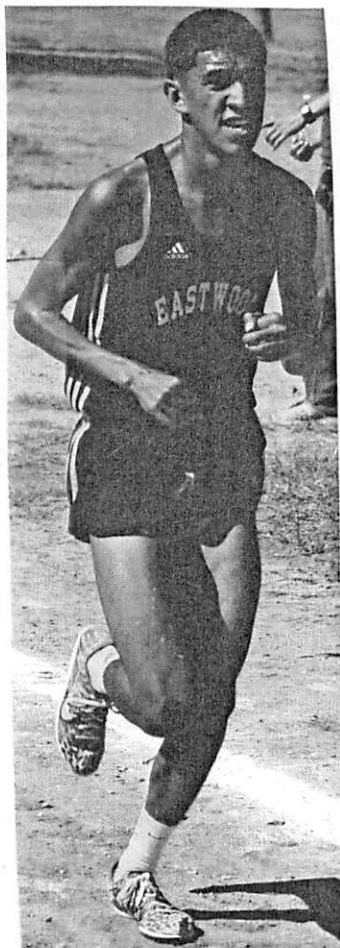
HONORABLE MENTION

Jordan Pinson, freshman, Andress; Sarah Lopez, senior, Horizon; **Ashley Pargas, sophomore, San Elizario;** Emily Estrada, senior, Mountain View; **Elise McLain, senior, Eastwood;** Lilly Fernandez, freshman, Eastwood.

championships. Her season best was 17:10.85 (a full minute over the runner with the city's second best time) at the regional course at Mae Simmons Park.

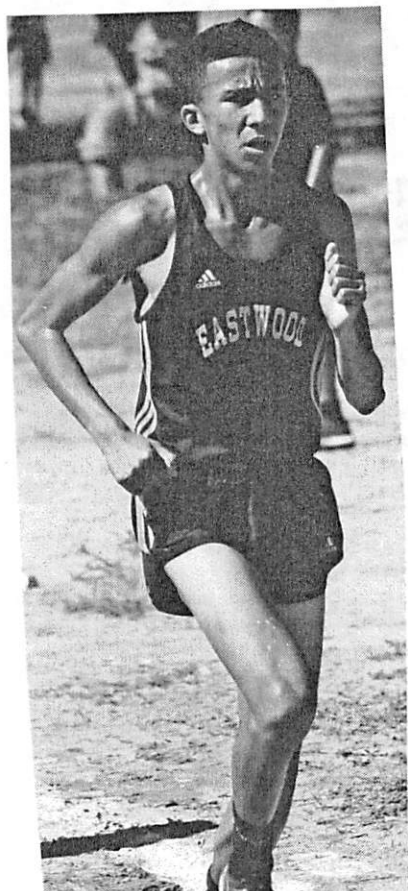
Victor R. Martinez may be reached at 915-546-6128.

2014 Boys Cross Country Captains



Deric Martinez

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



Paul Truax

(#10 All-Time District Course)
(#13 All-Time Regional Course)
(#9 All-Time State Course)
(#13 All-Time Nike South Course)



Chris Wallace

(#17 All-Time District Course)
(#11 All-Time Regional Course)
(#11 All-Time State Course)
(#10 All-Time Nike South Course)

All-City Boys Cross Country team



PHOTOS BY RUDY GUTIERREZ — EL PASO TIMES

The El Paso Times All-City Boys Cross Country team members are, from left: Juan Vazquez, Austin; Michael Johnson, San Elizario; Stephen Alvarez, Socorro; Javier Gaytan, Burges; Jose Silva, Eastwood; Stetson Rayas, Clint; Deric Martinez, Eastwood.

State titles highlight season

By Victor R. Martinez

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@vrmart on Twitter

The San Elizario, Tornillo, Cathedral, Eastwood and the Socorro boys were ranked in the top 10 of the Cross Country Coaches Association of Texas the entire season.

The San Elizario and Clint boys finished one-two in the Class 4A division, Austin's boys finished fourth in Class 5A and advanced to the state meet as did the Eastwood boys who won a silver medal at the Region 1 Class 6A meet.

In all, El Paso's boys produced two team state champions and four UIL All State runners — Clint senior Stetson Rayas (fifth in Class 4A at the state meet), San Elizario senior Michael Johnson (ninth in Class 4A), San Elizario sophomore Ulises Cardoza (10th in Class 4A) and Eastwood senior Jose Silva (10th in Class 6A).

There were several new faces on the cross country scene this season including Eastwood sophomore Dan-

BOYS ALL-CITY

FIRST TEAM

Jose Silva, senior, Eastwood: Two-time All-City; best time of 15:15.12 at the Region 1-6A meet at Mae Simmons Park in Lubbock where he finished 11th.

Stephen Alvarez, junior, Socorro: Had second fastest 5K time in the city (15:00.70) at the Region 1-6A meet; finished 17th at the Class 6A state meet.

Michael Johnson, senior, San Elizario: Two-time All-City; five meet wins this season; second at the Region 1-4A meet in Lubbock; ninth at the Class 4A state meet.

Juan Vazquez, senior, Austin: Led Panthers to state meet with

second-place finish at the Region 1-5A meet; his 15:12.91 in 5K was fourth-best in city; 12th at state. **Javier Gaytan, senior, Burges:** Third at the Region 1-5A meet in 15:17.49; placed 18th in his second state appearance.

Deric Martinez, senior, Eastwood: 16th at Region 1-6A meet in 15:19.54, seventh-fastest in city.

Stetson Rayas, senior, Clint: Three meet wins; fourth at the Region 1-4A meet in 15:23.60 and fifth at the Class 5A state meet.

SECOND TEAM

Ulises Cardoza, sophomore, San Elizario; **Adam Cortez,** sopho-

more, Franklin; **Louie Barba,** junior, Cathedral; **Matt Munoz,** junior, Eastwood; **Cristian Hernandez,** junior, Socorro; **Cameron Lavery,** senior, Americas; **Eric Peters,** junior, Cathedral.

HONORABLE MENTION

Ricardo Castaneda, senior, Jefferson; **Paul Truax,** junior, Eastwood; **Chris Wallace,** senior, Eastwood; **Richard Zuniga,** senior, Socorro; **Erick Arambula,** sophomore, San Elizario; **Adrian Morales,** sophomore, Tornillo; **Abraham Perez,** senior, Americas.

iel Bernal who won three meets and raced to a city best 14:59.28 to finish sixth at the Region 1-6A meet in Lubbock. He finished the season in 13th place in the Class 6A state meet.

For most of the season, Bernal was the No. 1 runner on the city's best team and for that is the El Paso Times male Runner of the Year.

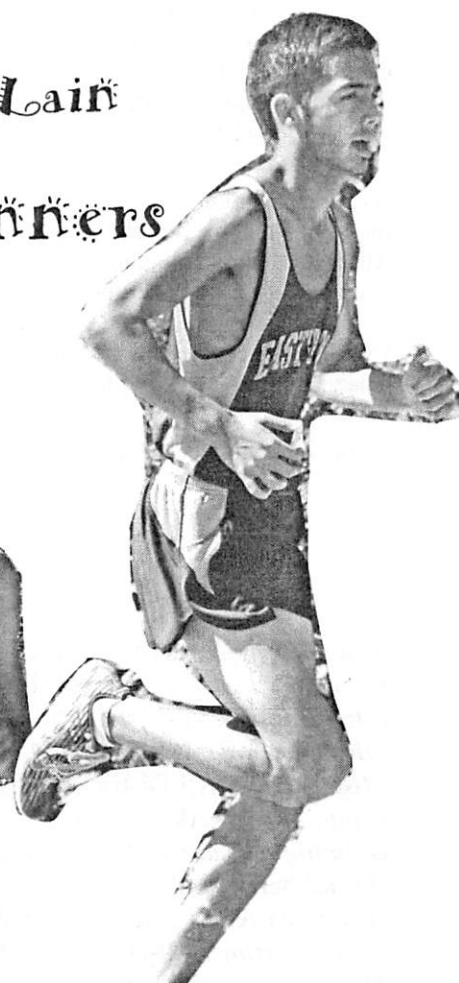
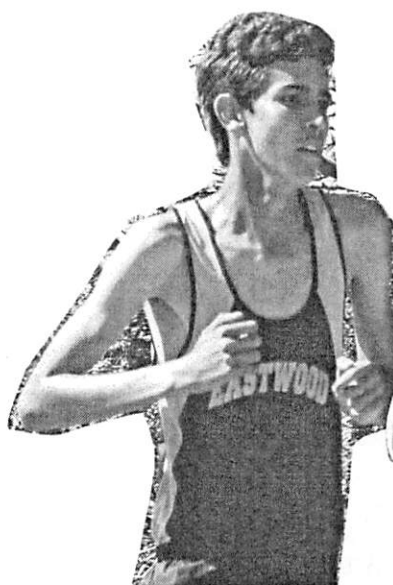
Victor R. Martinez may be reached at 546-6128.

2014 Newcomers of the Year



Lilly Fernandez James McLain

2014 Most Improved Runners



Emily Delgado Javi Armendariz Matt Costello Noah
Ward

2014 Obstacle Award

(This Award is not given every year, only when a clear example of an athlete having to overcome a major obstacle is present)



Tareq Ahram



Eden Buntyn

As a Soph Tareq was not always making the best decisions. For this reason he was not allowed to run for a year and that would have been it for most people. Tareq asked if he could come back to the team, after explaining to him that he could only come back after he spent the entire track season working out after school by himself everyday and could not miss practice, HE DID JUST THAT! Tareq then lost his mother after already being without his father. After clearing one OBSTACLE, an even bigger one stood in his way, one that most of us could not overcome at this young age!. However he did overcome it, by having good grades and a very good cc season. I hope Tareq always remembers what he is capable of achieving even in the darkest of times!

As a freshman Eden came out for the cross country and could not even jog to the park. After deciding that she was not strong enough for cc, she told me that she was going to run on her own this year to get stronger and would come out for cc her soph year, YA RIGHT! Heard that before!!!! To my amazement I would drive by the park and see her jogging all by herself, WOW!!! She decided to come out for track her freshman year after several months of work on her own, she still could not do more that 1/3 of the workout. By midseason she completed her first full workout as the entire team applauded her. Eden went on to become one of the hardest working runners I have ever had, becoming an all-district/all-city runner. The OBSTACLE of having little talent was crushed by her amazing will to work and to believe in herself!

These are both stories that I will continue to tell my athletes as long as I coach!!!

Athlete Awards

Anna Mora –All-District,All-City,All-Region,All-State,All-Nike South, City MVP

Vanessa Parra-All-District,All-City,All-Region 2nd Team

Eden Buntyn- All-District,All-City

Lilly Fernandez-All-District,All-City

Elise McLain-All-District,All-City

Diana Martell-All-District

Dominique Blancas-All-District

Daniel Bernal-All-District,All-City,All-Region,All-State,City Co-MVP

Jose Silva-All-District,All-City,All-Region,All-State,City Co-MVP

Deric Martinez-All-District,All-City,All-Region 2nd Team

Matt Munoz-All-District,All-City

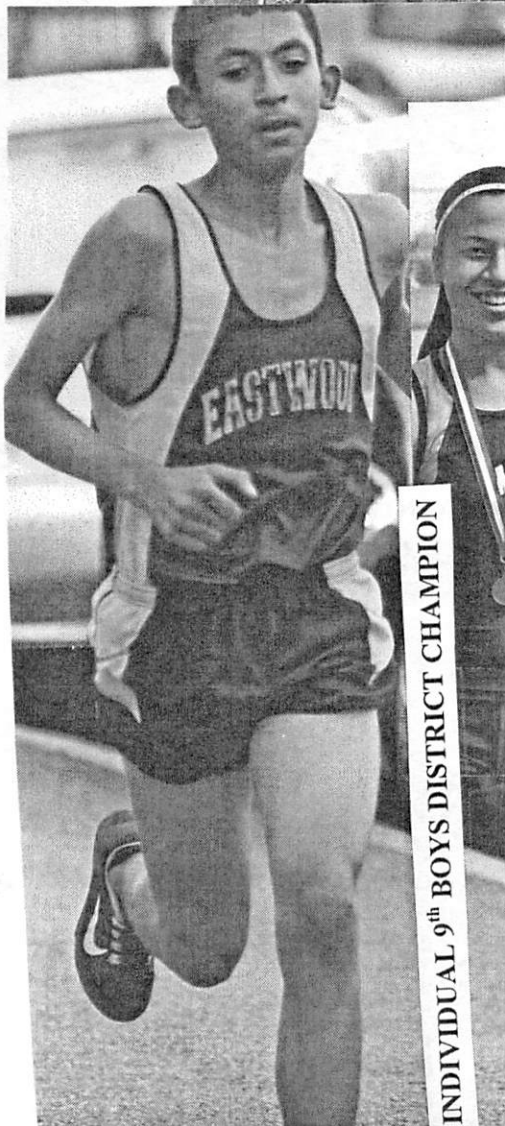
Paul Truax-All-District,All-City

Chris Wallace-All-District,All-City

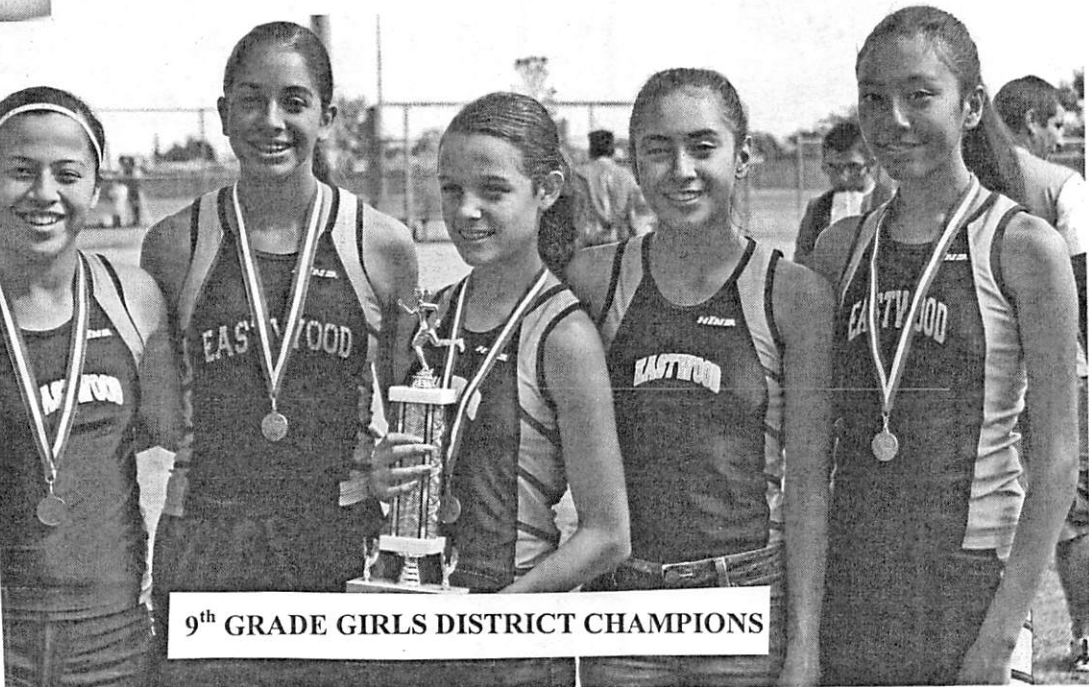
For the 2nd year in a row Eastwood won ALL 6 DISTRICT TITLES, we are the only school to ever accomplish this feat in the large school division.

2014 Athlete/Team Awards

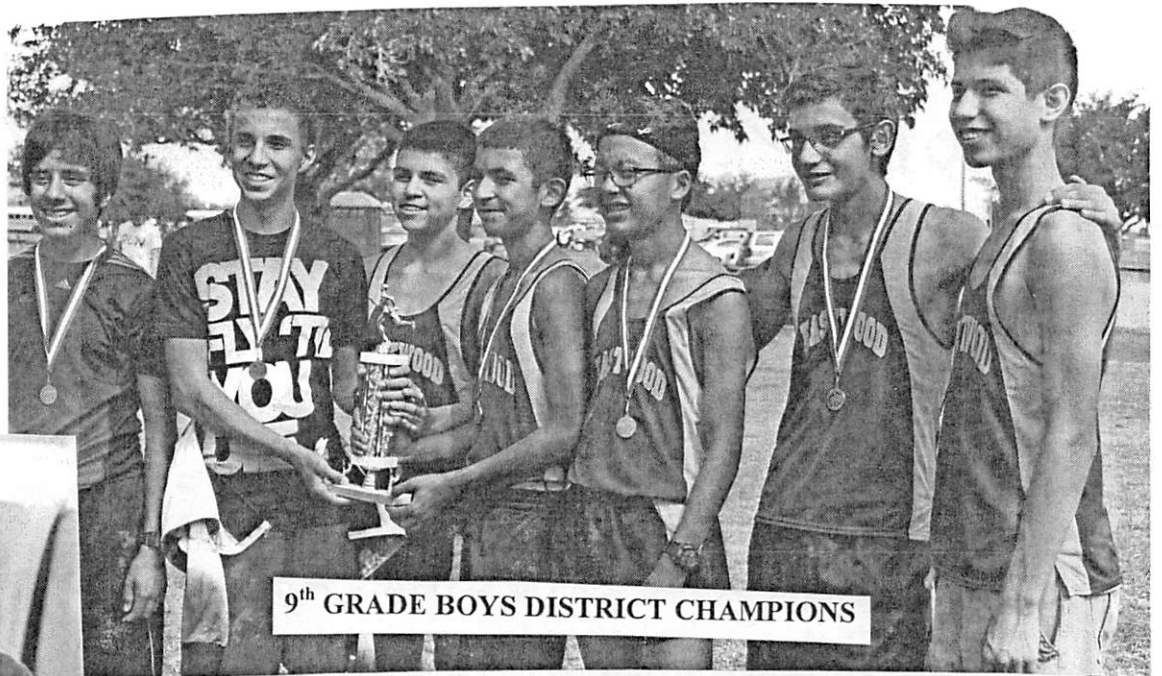
FIRST TIME EVER that one team won all 6 district TEAM championships as well as ALL 6 INDIVIDUAL district championships.



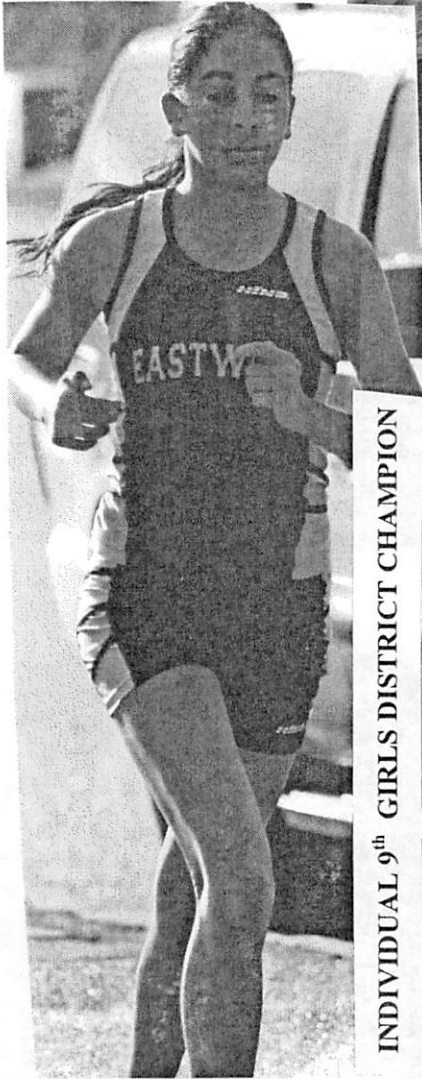
INDIVIDUAL 9th BOYS DISTRICT CHAMPION



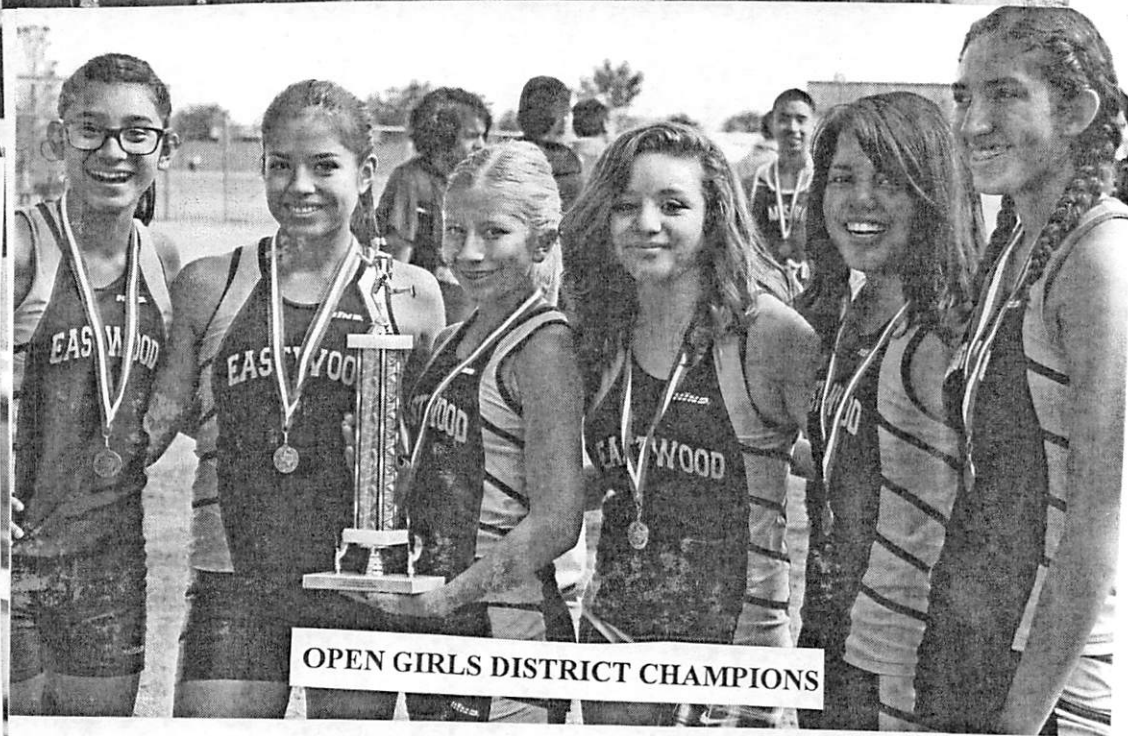
9th GRADE GIRLS DISTRICT CHAMPIONS



9th GRADE BOYS DISTRICT CHAMPIONS



INDIVIDUAL 9th GIRLS DISTRICT CHAMPION

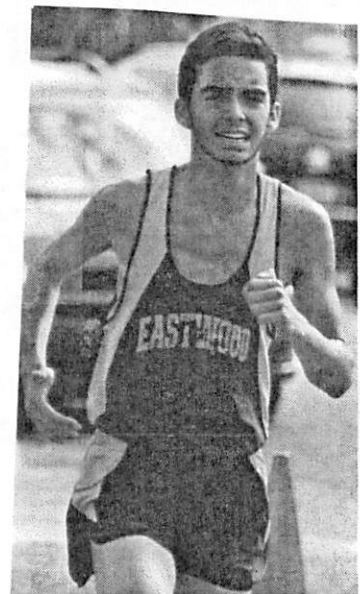


OPEN GIRLS DISTRICT CHAMPIONS

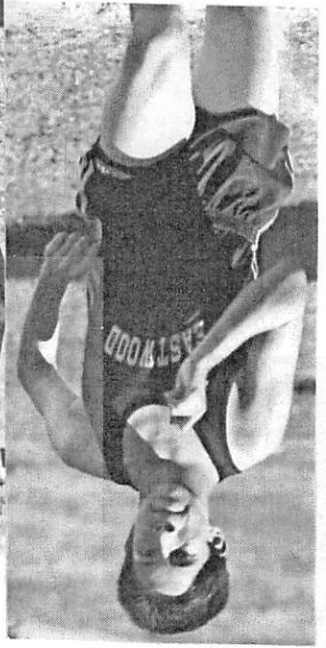


INDIVIDUAL OPEN GIRLS DISTRICT CHAMPION

INDIVIDUAL OPEN BOYS DISTRICT CHAMPION



INDIVIDUAL VARSITY BOYS DISTRICT CHAMPION



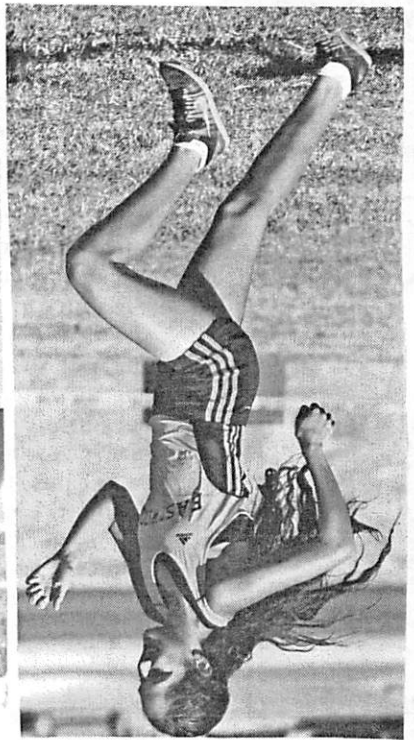
VARSVITY BOYS DISTRICT CHAMPIONS, 4th YEAR IN A ROW UNDEFEATED!



VARSVITY GIRLS DISTRICT CHAMPIONS, 3rd YEAR IN A ROW UNDEFEATED!



INDIVIDUAL VARSITY GIRLS DISTRICT CHAMPION



OPEN BOYS DISTRICT CHAMPIONS



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

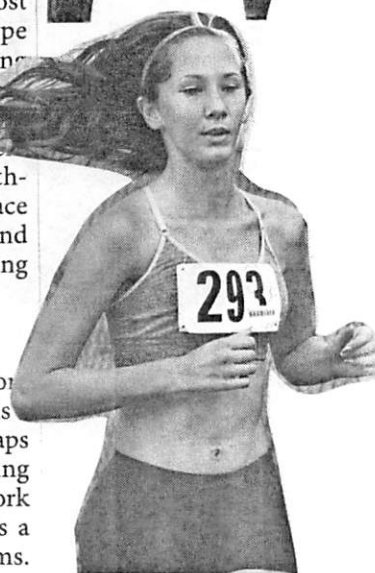
to how they approach this time of year. All have a summer program for their athletes to follow. They rely on their team to hold fellow teammates accountable for the work and to not miss workouts. This time of year is crucial to team building and goal setting. The athletes have to rely more on each other 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 the 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

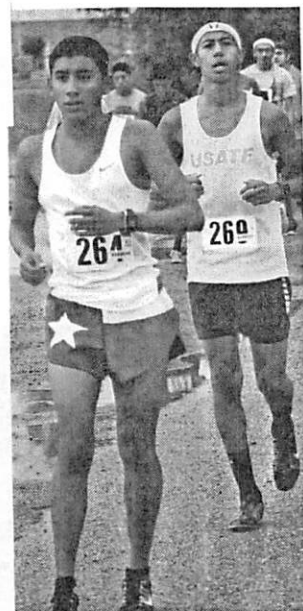


THE TIME IS NOW

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.







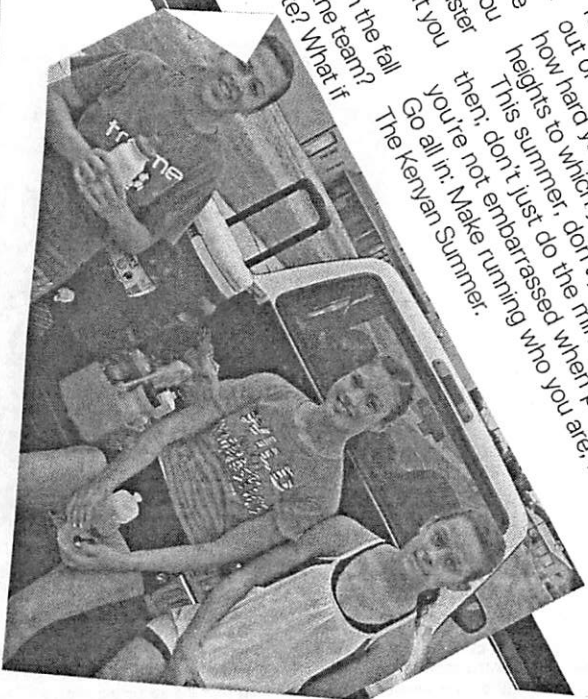


HIGH SCHOOL

By Jonathan Beverly

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

Kenians 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.

Enstrack.bravehost.com
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Five boys teams among top 10

Eastwood, San Elizario, Horizon, Tornillo, Cathedral ranked in Texas coaches' preseason poll

By Victor R. Martinez
vmartinez@elpasotimes.com
@vrmart on Twitter

The rest of Texas is finally catching on to just how competitive and successful the El Paso cross country scene has become.

Five area boys high school teams have cracked the Top 10 in the Cross Country Coaches Association of Texas' 2014 preseason poll.

Eastwood is ranked No. 5 in Class 6A, San Elizario is No. 5 in Class 4A, and Horizon is ranked No. 7 in Class 4A despite being reclassified as a 5A school. Tornillo comes in at No. 4 in Class 3A and

Cathedral is No. 4 in the private school division.

No area girls team was ranked. "What other sport in El Paso has teams ranked in the Top 10 at almost every level?" said Eastwood coach Mike McLain. "It really says something about what El Paso cross country is doing as a whole. We are all achieving at a great level."

The season starts with two meets Aug. 30 at Del Valle High School and at Veterans Park.

Eastwood, which has advanced to the UIL State Cross Country Championship two out of the past three years, is also ranked No. 5 by Texas MileSplit.

"I think one of the reasons we are starting to be noticed and ranked so well is that the cross country teams are making a great effort to go compete against schools across the state," McLain said. "We're going all the way to Southlake Carroll (near Dallas) this year; other teams are going to McNeil (Round Rock, near Austin) and Nike South (Houston). We are really venturing out and going a long way to be able to compete against those schools so they can know what we're capable of."

Tornillo's coach J agrees.

thing," he said. "We placed fifth at state last year (in Class 2A) and one team left to another classification so that left us at four. Our goal is to knock somebody out when we get to Austin. We may have a shot, but we'll see."

Tornillo has advanced to the state meet four out of the past five years.

"I really don't like being ranked this high," Garcia said. "It puts a target on your back from the very beginning. The schools in our district will really be prepared for

STATE RANKED

Five area boys high school teams have cracked the Top 10 in the Cross Country Coaches Association of Texas' 2014 preseason poll.

■ Eastwood is ranked No. 5 in Class 6A.

■ San Elizario is ranked No. 5 in Class 4A, and Horizon was ranked No. 7 in the same class.*

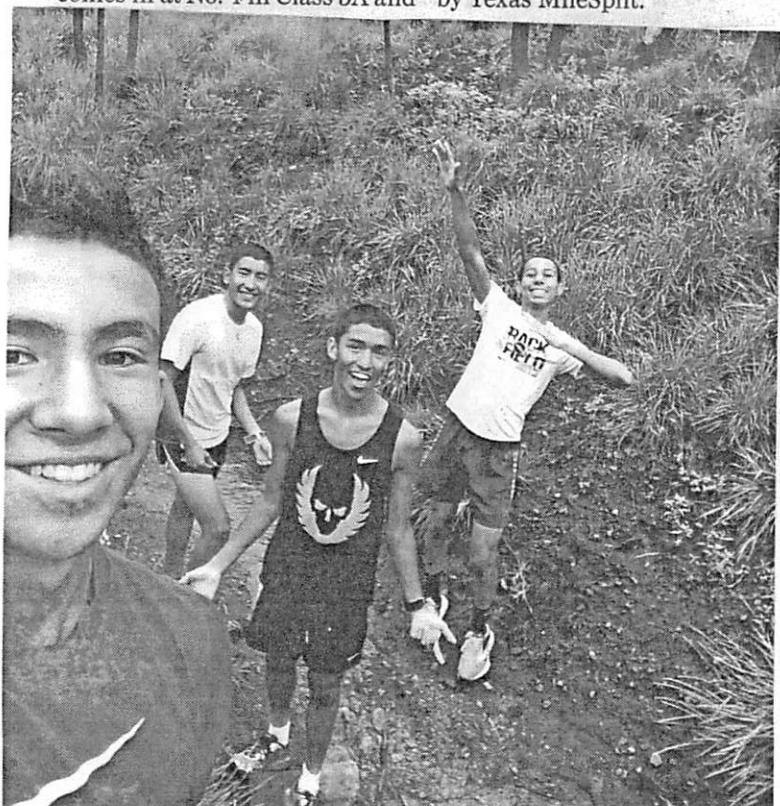
■ Tornillo is at No. 4 in Class 3A.

■ Cathedral is No. 4 in the private school division.

Preseason XC Countdown: Boys #5

2014 TX Preseason XC Countdown Series / August 18, 2014 9:00 AM

poll does not



After the 2013 fall season ended at the region meet instead of at states, Eastwood may be driven to advance this fall.

If you go strictly by returning 5K times, Eastwood actually ranks first in the state. However, that ranking comes with a few red flags: 4 of the top 5 returning runners ran their fastest times at the same invitational, and the Troopers were unable to advance out of Region 1 last fall. This team also lost 2 of its top 3 from 2013, although those were the only seniors (there are 3 more in the projected top 7 for the upcoming season). There are also some factors in Eastwood's favor: they ranked 4th in the state in the 5-man 3200 rankings, with all 5 guys under 10:15, and they had 6 boys under 4:50 in the 1600, ranking 5th in the state for that 5-man average. The Troopers rank 9th in the state for returning 3-mile times, which stems from the regional, so their actual ranking probably falls between 9th and 1st. This is a team with a very strong 4-man pack up front, and signs point to that pack growing larger this fall. If they can keep their top 5 within 40 seconds of #1 runner, Jose Silva, this team has the potential to be a state contender.

2nd Annual Rudy Alvarez XC Invitational - 8/30/2014 4.95K

Boys 5k Varsity

1 Bernal, Daniel	15:32.90
2 Silva, Jose	15:43.34
6 Wallace, Chris	15:52.71
8 Martinez, Deric	15:59.62
9 Truax, Paul	16:03.05
23 McLain, James	16:57.71
32 Pedregon, Julian	17:33.37

1 Eastwood High School 26 1 2 6 8 9 20 29
Average: 15:50.33

Girls 5k Varsity

1 Mora, Anna	19:02.65
5 Buntyn, Eden	20:01.37
7 Parra, Vanessa	20:13.21
10 McLain, Elise	20:45.11
11 Martell, Diana	20:48.27
12 Blancas, Dominiqu	20:52.24
13 Ordaz, Alexis	20:55.27
17 Miramontes, Vaness	21:03.74
23 Serrano, Cassi	21:36.96

1 Eastwood High School 27 1 4 5 8 9 10 11
Average: 20:10.13

Boys 5k Open

2 Armendariz, Javi	17:25.52
5 Costello, Matthew	17:51.68
6 Frienhahn, Ruben	17:52.21
15 Rodriguez, Julio	18:45.78
17 Cazares, Leo	18:47.05
18 Ahram, Tarq	18:49.43
22 Gonzalez, Edgar	18:58.87
24 Godfrey, Dylan	19:04.68
32 Lozoya, Peter	19:28.93
39 Wallace, Adam	19:45.21
40 Pallares, Eddie	19:45.84
43 Ward, Noah	19:52.24
48 Rodriguez, Carlos	19:59.58
50 Armijo, Gabriel	20:02.34
64 Chinolla, Chris	20:34.02
108 Jimenez, Noah	23:54.18
111 Cataldi, Brandon	24:21.11
113 Tinajero, Isaiah	24:34.24
138 Uribe, Frbricio	32:44.55

1 Eastwood High School 43 2 5 6 14 16 17 21
Average: 18:08.45

Girls 5k Open

3 Martinez, Samantha	21:43.55 3
4 Herrera, Hannah	22:00.81 4
5 Vega, Miranda	22:12.49 5
6 Fernandez, Lilly	22:15.40 6
7 Macias, Virginia	22:50.11 7
16 Lezama, Ariana	23:45.62 14
23 Ramirez, Laura	24:16.40 21
29 King, Sabrina	24:50.62
32 Delgado, Emily	25:12.27
43 Aguilera, Kathleen	26:05.81
102 Chinolla, Cat	32:12.78

1 Eastwood High School 25 3 4 5 6 7 14 21
Average: 22:12.48



CROSS COUNTRY

2nd Annual Rudy Alvarez XC Invitational at Del Valle

GIRLS

Team

1 Eastwood, 27; 2 Onate, 54; 3 Socorro, 64; 4 El Dorado, 117; 5 Bel Air, 129; 6 Coronado, 159; 7 Ysleta, 185.

Individual

1 Anna Mora, Eastwood, 19:02.65; 2 Stephanie Quintero, Socorro, 19:28.02; 3 Meghan Aguilera, Onate, 19:55.68; 4 Aimee Hernandez, Eastlake, 19:59.34; 5 Eden Buntyn, Eastwood, 20:01.37; 4 Irene Fernald, Las Cruces, 20:11.52; 7 Vanessa Parra, Eastwood, 20:13.21; 8 Renee Baldwin, Onate, 20:22.65; 9 Jacqueline Lopez, Socorro, 20:28.34; 10 Elise McLain, Eastwood, 20:45.11; 11 Diane Martell, Eastwood, 20:48.27; 12 Dominique Blancas, Eastwood, 20:52.24; 13 Alexis Ordaz, Eastwood, 20:55.27; 14 Leeza Gutierrez, Del Valle, 20:56.58; 15 Marilyn Orozco, San Elizario, 20:58.52; 16 Ashley Pargas, San Elizario, 21:02.49; 17 Vanessa Miramontes, Eastwood, 21:03.74; 18 Janet Ponce, Americas, 21:05.49; 19 Ocean Stevens, Clint, 21:19.78; 20 Jacynda Manning, Onate, 21:25.05.

BOYS

Team results

1 Eastwood, 26; 2 Socorro, 55; 3 Cathedral, 64; 4 Americas, 127; 5 San Elizario, 131; 6 El Dorado High, 141; 7 Del Valle, 202; 8 Coronado, 207; 9 Eastlake, 210; 10 Bel Air, 271; 11 Lydia Patterson, 291; 12 Ysleta, 365.

Individual

1 Daniel Bernal, Eastwood, 15:32.90; 2 Jose Silva, Eastwood, 15:43.34; 3 Michael Johnson, San Elizario, 15:47.65; 4 Stephen Alvarez, Socorro, 15:48.65; 5 Louie Barba, Cathedral, 15:49.27; 6 Chris Wallace, Eastwood, 15:52.71; 7 Christian Hernandez, Socorro, 15:58.37; 8 Deric Martinez, Eastwood, 15:59.62; 9 Paul Truax, Eastwood, 16:03.05; 10 Richard Zuniga, Socorro, 16:25.37; 11 Stetson Rayas, Clint, 16:27.34; 12 Eric Peters, Cathedral, 16:27.68; 13 Ryan Smith, Cathedral, 16:31.90; 14 Esteban Esquivel-Reyes, Cathedral, 16:34.08; 15 Abraham Perez, Americas, 16:34.62; 16 Thomas Salas, Onate, 16:36.40; 17 Gerardo Lopez, Socorro, 16:36.74; 18 Manuel Casillas, Onate, 16:37.87; 19 Cameron Laverty, Americas, 16:39.96; 20 Nathan Aguilar, El Dorado, 16:40.46.

CROSS COUNTRY

BOYS

1. Eastwood

2. Socorro

3. Cathedral

4. San Elizario

5. Americas

6. Austin

7. Chapin

8. Clint

9. Del Valle

10. Jefferson

GIRLS

1. Eastwood

2. Socorro

3. Chapin

4. Mountain View

5. Horizon

6. Hanks

7. Eastlake

8. El Dorado

9. Jefferson

10. Andress





ROBERT MORA — SPECIAL TO THE TIMES

Eastwood senior Anna Mora led the Troopers to a team championship. Mora also won the individual gold in a time of 19 minutes, 2.65 seconds.

Troopers take team, individual race honors

By Victor R. Martinez
vmartinez@elpasotimes.com
@vrmart on Twitter

New season, same results.

Eastwood's boys and girls cross country teams took team and individual honors at the Rodolfo Alvarez Invitational at Del Valle High School on a hot and muggy Saturday morning.

The Trooper boys ran a tight pack and took five of the top 10 spots led by newcomer, sophomore Daniel Bernal, who took control of the 3.1 mile race in the final 400 meters to out-kick senior teammate Jose Silva.

"It was an incredible feeling, I did not expect this at all," said Bernal who finished in 15:32.90. "I was expecting to be right behind Jose in the last mile. I just kept driving forward."

Eastwood's top five — Bernal, Silva, Chris Wallace, Deric Martinez and Paul Traux — finished within 31 seconds of each other.

Socorro finished second followed by Cathedral, Americas and San Elizario.

San Elizario's Michael Johnson placed third in 15:47.65.

"Being a sophomore and leading this team is something amazing that I take with pride and respect," Bernal said of the Troopers, who are ranked No. 5 in the state.

shoes. That made it difficult for us."

Centennial won the team title just ahead of Franklin. Alamogordo was a distant third.

"It's my last year and I've been looking forward to it," Gaytan said. "Hopefully, we'll have a good season."

Victor R. Martinez may be reached at 546-6128.

lin's Adam Cortez. Mustang teammates Will Friot-Knight placed fourth (17:20.74) and Chris Ezarraga fifth in 17:43.57. Chapin's Jakob Coombes was third (17:17.35).

"The course was really, really rocky," Gaytan said. "One of our teammates twisted an ankle jogging the course. We had to take off our spikes and had to wear regular running

Las Cruces Centennial, Alamogordo and Santa Teresa.

Santa Teresa's Joanna Miranda won the rocky 3.1 mile race in 20:36.65 followed by Horizon's Sarah Lopez (20:49.00) and Armendariz (20:55.70).

Burges senior Javier Gaytan won the individual gold in the boy's race in a time of 16:45.32, just two seconds ahead of Frank-

wood's Buntyn was fifth. Across town at the Chapin Invitational, the Franklin girls won the team title led by Brianna Armendariz and Jenna Rosales, who finished third and seventh. Chapin finished second followed by

The Eastwood girls were just as dominate placing four - Anna Mora, Eden Buntyn, Vanessa Parra and Elise McLain — in the top 10.

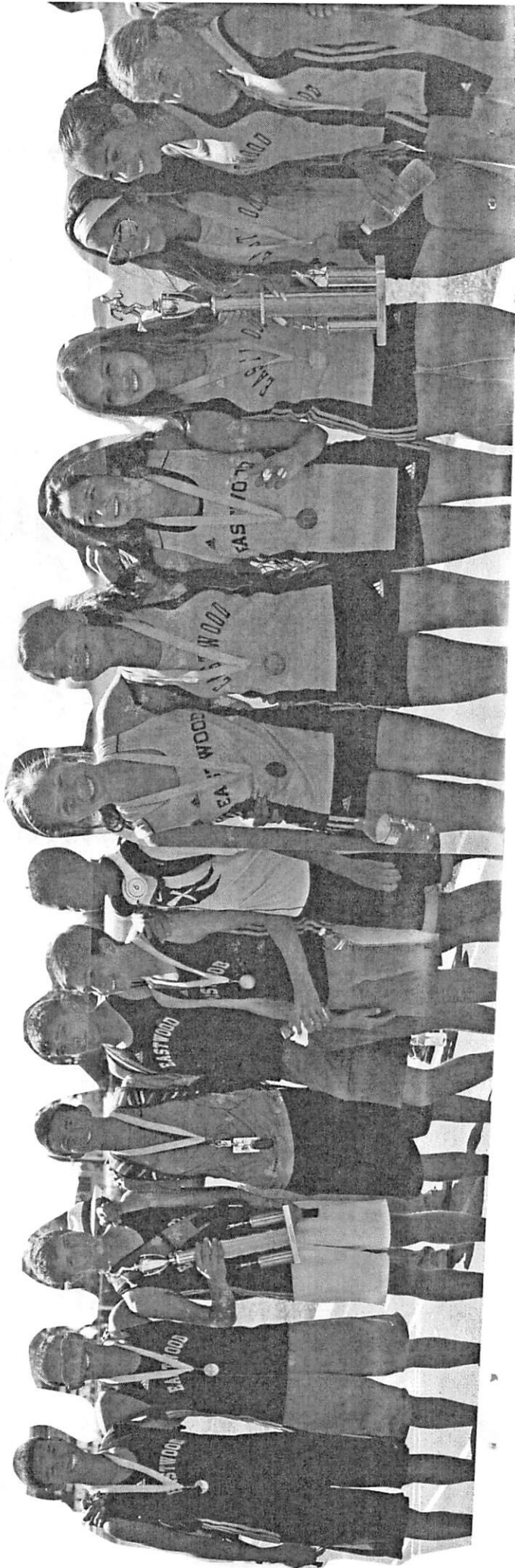
The Trooper girls were paced by Mora, the senior All-City runner, who ran away with the race finishing in 19:02.65, 26 seconds ahead of Socorro senior Stephanie Quintero.

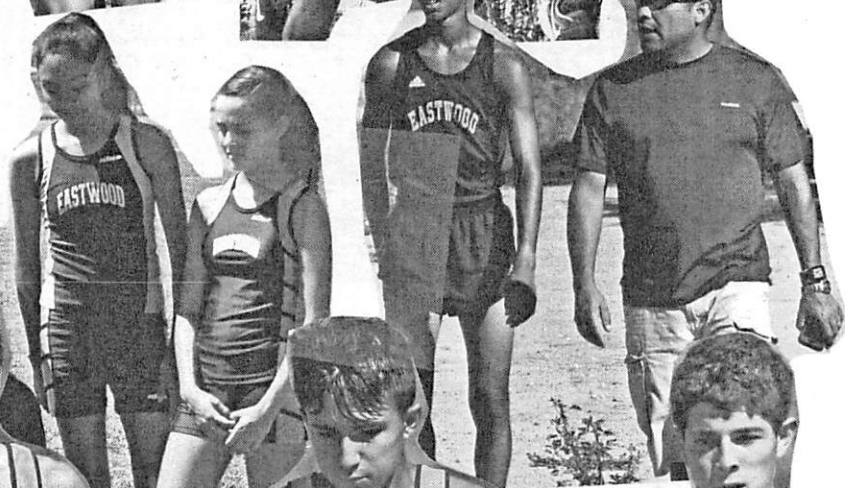
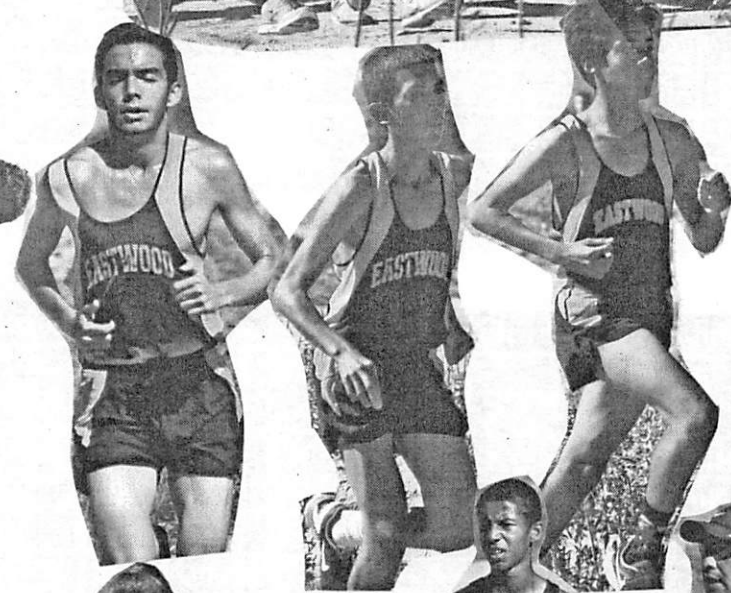
"This was a lot easier then our summer workouts," Mora said. "The girls looked great together, I know they are going to do amazing."

Las Cruces Oñate was second followed by Socorro, El Dorado and Bel Air.

Oñate's Meghan Aguilera was third, Eastlake senior Aimee Hernandez was fourth and East-

RACE » PAGE 4





Southlake Carroll Inv.

Finish Position - 12 VARSITY GIRLS

Team Score (places): 348		Team Score (times): 1:42:17.38		Ave Time: 20:27.48	
Bib No	Name	Year	O'All Place	Cum Place	Time
1383	Anna Mora	12	6	6	18:42.69
2385	Vanessa Parra	12	55	61	20:21.66
3371	Eden Buntyn	12	57	118	20:24.03
4370	Dominique Blancas	12	110	228	21:18.48
5381	Elise McLain	12	120	348	21:30.52
6384	Alexus Ordaz	10	(133)	(481)	21:39.35
7382	Vanessa Miramontes	12	(139)	(620)	21:47.65

Team - El Paso Eastwood

Finish Position - 3 VARSITY BOYS

Team Score (places): 110		Team Score (times): 1:20:08.76		Ave Time: 16:01.75	
Bib No	Name	Year	O'All Place	Cum Place	Time
12536	Daniel Bernal	10	10	10	15:42.15
22549	Jose Silva	12	11	21	15:46.58
32542	Deric Martinez	12	23	44	16:05.34
42550	Paul Truax	11	27	71	16:10.11
52545	Matt Munoz	11	39	110	16:24.58
62552	Chris Wallace	12	(40)	(150)	16:25.01
72540	James McLain	10	(81)	(231)	17:06.50

Southlake Carroll

At the Southlake Carroll Meet at Meadowmeare Park Saturday morning, five of the top 10 6A boys cross country teams in Texas and Oklahoma's defending 6A state Jenks High School competed in the 41-team meet.

Jenks won the 51-team meet with 50 points placing its top five in 6th, 7th, 8th, 9th and 20th place. Southlake Carroll, the three-time defending state champion and ranked No. 1 in Texas, was second with 70 points followed by Eastwood (No. 5 in the state) with 110 points.

Eastwood sophomore Daniel Bernal was the top El Paso runner placing 10th in 15:42.12 just edging out senior teammate Jose Silva (11th, 15:46.82).

Socorro finished a distant fourth with 217 points. Stephen Alvarez was Socorro top finisher, placing 15th in 15:49.98.

There were 360 runners in the boys division.

Eastwood senior Anna Mora was the top runner for the girls, placing a very impressive sixth (18:42.69) in a strong field of 311.

As a team, Eastwood's girls finished 12th and Socorro 16th out of 42 teams.

Victor R. Martinez may be reached at 546-6128.

SOUTHLAKE CARROLL INVITE RUN FAR

BOYS TEAMS

1, Jenks (Oklahoma), 50; 2, Southlake Carroll, 70; 3, Eastwood, 110; 4, Socorro, 217; 5, Lewisville Hebron, 259; 6, Comal Canyon, 22; 7, Northwest Nelson, 265; 8, Dallas Jesuit, 307; 9, Plano West, 311; 10, Frisco Wakeland, 338.

INDIVIDUALS

1, Carter Blunt, Frisco Independence, 15:02.76; 2, David Strome, Colleyville Heritage, 15:19.31; 3, Alex Rogers, Comal Canyon, 15:29.00; 4, Eli Canal, Southlake Carroll, 15:30.20; 5, Jason Vincze, Plano West, 15:32.83. EL PASO RUNNERS: 10, Daniel Bernal, Eastwood, 15:42.15; 11, Jose Silva, Eastwood, 15:46.58; 15, Stephen Alvarez, Socorro, 15:49.98; 23, Cristian Hernandez, Socorro, 16:04.50; 24, Deric Martinez, Eastwood, 16:05.34.

GIRLS TEAMS

1, Southlake Carroll, 95; 2, Lewisville, 126; 3, Frisco Liberty, 187; 4, Antonian College, 190; 5, Comal Canyon, 217; 12, Eastwood, 348; 19, Socorro, 563.

INDIVIDUALS

1, Laura Fairchild, Lewisville Hebron, 18:25.10; 2, Anna Elkin, Lewisville Hebron, 18:37.35; 3, Haleigh Galvan, Antonian College Prep, 18:37.66; 4, Binta Ka, N. Richland Hills Richland, 18:40.94; 5, Jaci Smith, Edmond North, 18:42.24; 6, Anna Mora, Eastwood, 18:42.69.

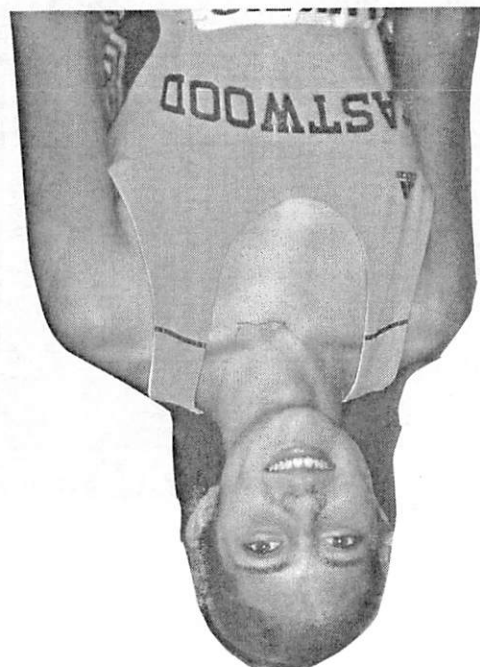


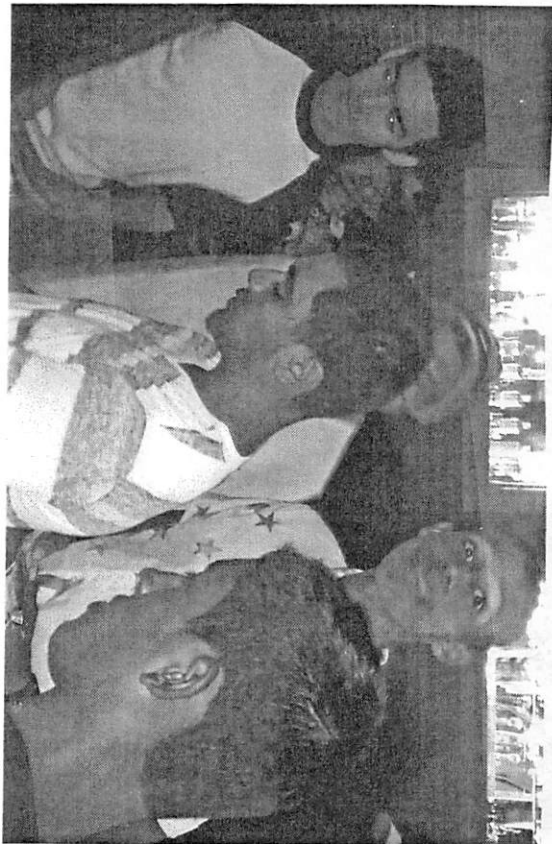
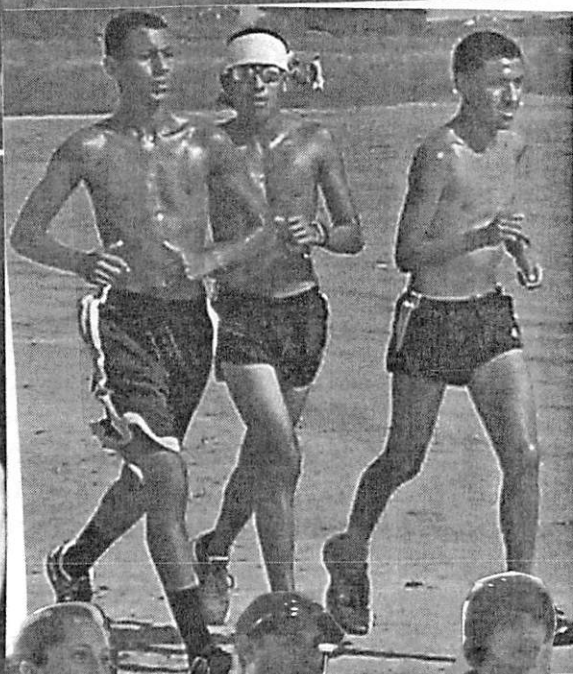
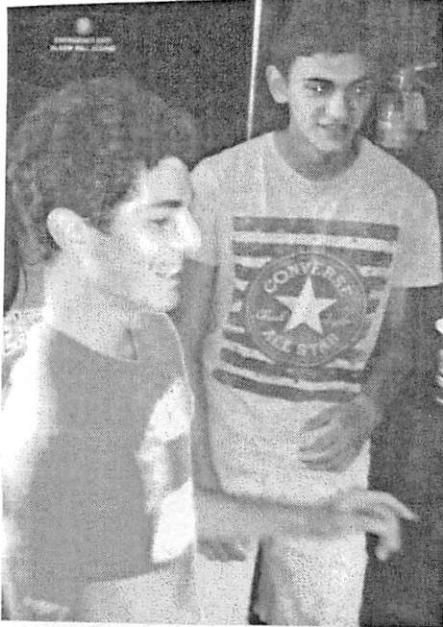
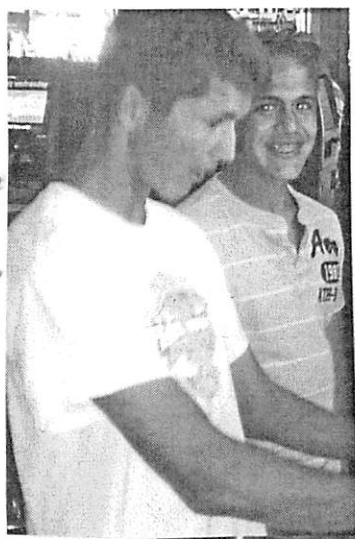
Team - El Paso Eastwood				Finish Position - 3 OPEN GIRLS				
Team Score (places): 83				Team Score (times):1:49:37.11		Ave Time:21:55.42		
	<u>Bib No</u>	<u>Name</u>	<u>Year</u>	<u>O'All Place</u>	<u>Cum Place</u>	<u>Time</u>	<u>Cum Time</u>	<u>Time Back</u>
1	376	Hannah Herrera	11	8	8	21:31.65	21:31.65	0:00.00
2	389	Cassandra Serrano	12	12	20	21:42.53	43:14.18	0:10.88
3	373	Lilly Fernandez	10	15	35	21:50.71	1:05:04.89	0:19.06
4	379	Diana Martell	11	21	56	22:06.72	1:27:11.61	0:35.07
5	378	Virginia MacIas	10	27	83	22:25.50	1:49:37.11	0:53.85
6	380	Samantha Martinez	10	(28)	(111)	22:30.00	2:12:07.11	0:58.35
7	390	Miranda Vega	9	(29)	(140)	22:30.32	2:34:37.43	0:58.67
8	387	Daniella Ruiz	10			23:07.97	2:57:45.40	1:36.32
9	386	Laura Ramirez	12			23:55.41	3:21:40.81	2:23.76
10	375	Francis Hernandez	9			24:02.09	3:45:42.90	2:30.44
11	377	Ari Lezama	10			24:35.45	4:10:18.35	3:03.80



Team - El Paso Eastwood				Finish Position - 3 OPEN BOYS				
Team Score (places): 113				Team Score (times):1:31:26.48		Ave Time:18:17.30		
	<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	2534	Javier Armendariz	11	11	11	17:57.32	17:57.32	0:00.00
2	2546	Julian Pedregon	12	15	26	18:02.88	36:00.20	0:05.56
3	2538	Ruben Friesenhahn	11	18	44	18:04.63	54:04.83	0:07.31
4	2537	Matthew Costello	11	33	77	18:37.81	1:12:42.64	0:40.49
5	2539	Dylan Godfrey	9	36	113	18:43.84	1:31:26.48	0:46.52
6	2543	Edgar Gonzalez	9	(55)	(168)	19:14.38	1:50:40.86	1:17.06
7	2548	Julio Rodriguez	12	(63)	(231)	19:25.76	2:10:06.62	1:28.44
8	2544	Leo Cazeraz	10			19:42.28	2:29:48.90	1:44.96
9	2541	Peter Lozoya	10			19:47.03	2:49:35.93	1:49.71
10	2551	Adam Wallace	9			20:23.45	3:09:59.38	2:26.13
11	2553	Noah Ward	10			21:10.63	3:31:10.01	3:13.31







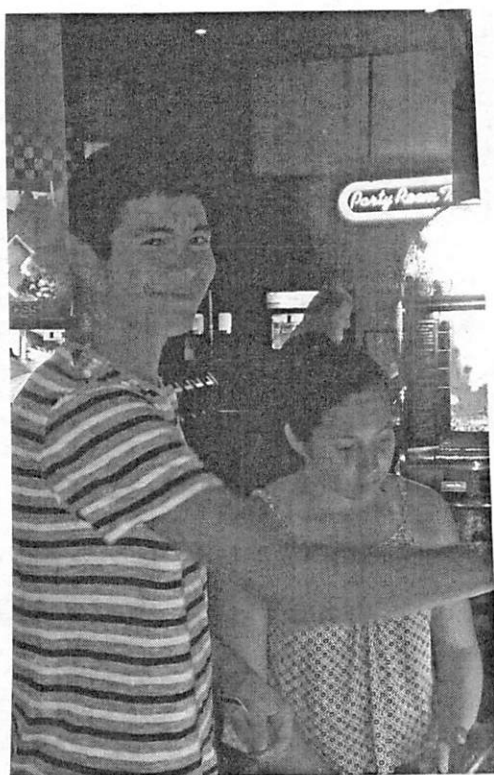
Coaching Legends 5K
9/5/2014
Clint ISD & Horizon XC Meet 2014
Horizon City Golf & Conference Center

Women 5k Run CC

74 Ordonez, Marla Sr Eastwood Hig 23:50.80
85 Delgado, Emily So Eastwood Hig 24:17.51
130 King, Sabrina Fr Eastwood Hig 25:34.61
208 Chinolla, Cat Fr Eastwood Hig 30:05.01

Men 5k Run CC

82 Cataldi, Brandon So Eastwood Hig 18:42.44 79
152 Pallares, Eddie Fr Eastwood Hig 19:48.09 138
154 Rodriguez, Carlos So Eastwood Hig 19:49.43 140
192 Porras, Chris So Eastwood Hig 20:59.79 162
207 Chinolla, Chris Fr Eastwood Hig 21:29.47 172
219 Tinajero, Isaiah Fr Eastwood Hig 22:21.88 177
228 Jimenez, Noah Fr Eastwood Hig 22:42.30 181
235 Soto, Damian Fr Eastwood Hig 23:31.39
250 Uribe, Frbricio So Eastwood Hig 28:39.78



Cathedral 9/13/2014 Course 3.11

Girls 5k Varsity

13 Miramontes, Vanessa	21:09.98
15 Fernandez, Lilly	21:14.54
20 Serrano, Cassi	21:32.58
23 Martell, Diana	21:50.44
38 Macias, Virginia	22:38.30

2 Eastwood High School 102 13 15 18 21 35
Average: 21:41.17

Boys 5k Open

10 Armendariz, Javi	16:57.37
36 Pedregon, Julian	18:07.85
37 Costello, Matthew	18:08.44
47 Godfrey, Dylan	18:24.78
100 Ahram, Tarq	20:12.9

9 Eastwood High School 215 9 34 35 44 93
Average: 18:22.28

Girls 5k Open

3 Vega, Miranda	22:06.72
8 Ramirez, Laura	23:15.35
13 Ruiz, Daniella	23:23.55
14 Lezama, Ariana	23:33.59
15 Delgado, Emily	23:47.52
71 Aguilera, Kathleen	27:39.28

1 Eastwood High School 53 3 8 13 14 15 60
Average: 23:13.35

Boys 5k Run CC Open

3 Fienhahn, Ruben	18:08.37
13 Lozoya, Peter	19:06.82
16 Rodriguez, Julio	19:13.19
22 Cataldi, Brandon	19:21.90
25 Ward, Noah	19:29.73
39 Rodriguez, Carlos	19:55.51
68 Porras, Chris	21:19.22
117 Uribe, Frbricio	27:48.20

2 Eastwood High School 71 3 11 14 20 23 34 59
Average: 19:04.01

Girls 5k Frosh

2 King, Sabrina	23:20.67
9 Sandoval, Skylar	25:05.95
11 Chinolla, Cat	25:32.77

Boys 5k Frosh

2 Armijo, Gabriel	18:48.09
4 Wallace, Adam	19:16.24
5 Gonzalez, Edgar	19:22.83
9 Pallares, Eddie	19:32.30
16 Molina, Jake	20:58.50
19 Chinolla, Chris	21:15.55
23 Gamboa, Deric	21:44.44
29 Tinajero, Isaiah	22:32.14
37 Soto	23:13.04

1 Eastwood High School 36 2 4 5 9 16 18 21
Average: 19:35.60

"Shorter courses really confuse the kids," he said. "That's why teams like us and Eastwood like to go out of town and race those teams on their courses." It eventually comes down to how good your team is, no matter the course.

"If they're ready, they're ready," Barros said. "When it comes down to district and regionals, the course doesn't matter. Whoever makes it, makes it; whoever doesn't, doesn't. No excuses. If you really want to be good, you need to train for the regional course and that's what we are working for, that regional course in Lubbock."

Victor R. Martinez may be reached at 546-6128.

"We ran a very tough out-of-town meet last week and we're all pretty tired so we needed a course that's not too tough," said Socorro coach Jeff Barros who along with Eastwood ran well at Southlake Carroll. "We're still trying to recover."

When building a schedule, Barros said he considers the competition and the course.

"We look for great competition like Eastwood and other schools," he said. "I like to race them every other week because we don't want to be racing too fast every week and we don't want a tough course every week, either."

Barros said he also looks for legitimate 3.1 mile courses.

Socorro's boys (ranked No. 2 in El Paso) and girls (No. 3) have run the Coronado course for 14 years.

This time, they will be running at Veterans Park along with No. 1 Eastwood, No. 3 Cathedral, No. 5 San Elizario, No. 6 Jefferson and No. 7 Burges.

Top girls teams at Veterans include No. 1 Eastwood, No. 2 Horizon, No. 3 Socorro and No. 8 San Elizario.

By Victor R. Martinez
vmartinez@elpasotimes.com
@vrmart on Twitter

Coming off grueling, competitive out-of-town meets, the Americas and Socorro boys cross country teams were looking to build off the experience they gained.

Consider it done.

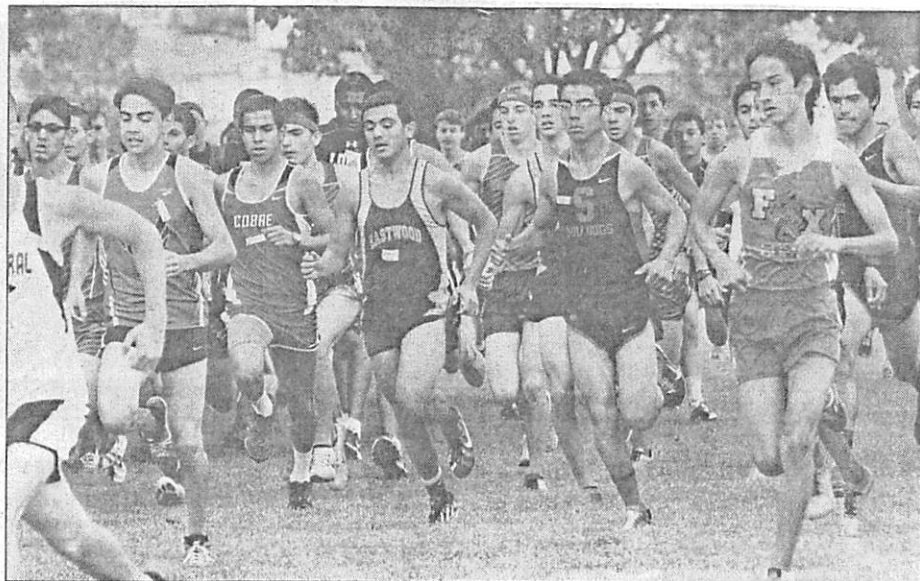
Socorro, on the heels of a fourth-place finish at Southlake Carroll, won its first meet of the season Saturday morning, placing all five runners in the top 14 scoring spots for 38 points at the Cathedral/Loretto Invitational.

Cathedral was second with 63 points and San Elizario was third with 103.

"We just wanted to come out here and stay together as close as we could as a pack, and I think we executed that pretty well," said Socorro's Stephen Alvarez, who placed third overall in 16:22.41 on a flat grassy course at Veterans Park. "The purpose of going to those out-of-town meets is to prepare for regionals. It won't seem as tough because we've already raced against those top teams in the region. We know we can hang with those guys."

San Elizario's Michael Johnson picked up his second meet win of the season, outkicking Las Cruces Oñate's Thomas Salas in the final 400 meters.

"I got a little confused out there because my coach told me on the second lap that it was the last lap, so I started



Varsity boys start off Saturday at the annual Cathedral/Loretto Invitational at Veterans Park in Northeast El Paso.

my move to the finish line," said Johnson, who finished in 16:20.17. "When I didn't see the opening, I knew that we had one more loop to go."

The Eagles boys finished third with 103 points.

The Oñate girls took team and individual honors.

The Knights' low score of 66 was more than enough to outdistance Eastwood's junior varsity (102). Both Eastwood's varsity boys and girls teams took the meet off.

Oñate's Meghan Aguilera won the meet in 19:34.59, followed by Santa Teresa's Britani Gonzales (19:43.81).

Across town at the Kendall Kidd Invitational at Coronado High School, the Americas boys used a strong performance from Cameron Laverty (third in 17:03.86) and Brian Lujan (sixth in

17:27.49) to win their first meet of the season.

"We were up in Albuquerque last week, and when you come off a road trip it's always tough to come back and run well," said Americas coach Ken Lucero. "Some coaches want to rest their team after a trip like that, but we trained real hard this week. It's a tough course and we just challenged ourselves to see what we could do coming back."

Austin was second and Chapin was third.

"Some of the better teams weren't here, but this was a great confidence-booster for us," Lucero said. "It's good for us to do well in meets like this. They ran well, they got a trophy and they built their confidence, so it was a good day for them."

It was also a good day for Clint senior Stetson Rayas, who won individual honors in a time of 16:38.52. Franklin's Adam Cortez was second (16:46.74).

"It was a tough course with all the hills, but you just have to fight through it and get through it," Rayas said. "The competition was great today and the Franklin runner was pushing me pretty hard. We worked together and we both had a good race."

Eastlake's Aimee Hernandez won her second straight meet, in a time of 20:31.35.

"The course was a little hard for everyone because there are a lot of hills, but I think that's what pushes us," she said. "One more hill complete means one less you have to do. You just have to

CATHEDRAL/LORETTO MEET AT VETERANS PARK

GIRLS
TEAM
1. Onate, 66; 2. Eastwood (JV), 102; 3. Mountain View, 110; 4. Horizon, 119; 5. Santa Teresa, 123; 6. Centennial, 133; 7. Montwood, 202; 8. San Elizario, 208; 9. Bel Air, 216; 10. Cobre, 236; 11. Burges, 243; 12. Mayfield, 277; 13. Las Cruces, 293.

INDIVIDUALS
1. Aguilera, Meghan, Onate, 19:34.59; 2. Gonzales, Britani, Santa Teresa, 19:43.81; 3. Baldwin, Renee, Onate, 19:46.31; 4. Fernald, Irene, Las Cruces, 19:54.65; 5. Marquez, Regina, Santa Teresa, 19:56.10; 6. Miralinda, Joanna, Santa Teresa, 20:23.68; 7. Estrada, Michelle, Mountain View, 20:42.77; 8. Jones, Skylar, Cobre, 20:58.08; 9. Lopez, Sarah, Horizon, 21:07.08; 10. Estrada, Emily, Mountain View, 21:08.27; 11. Manning, Jacinda, Onate, 21:08.78; 12. Salazar, Leah, Centennial, 21:09.24; 13. Miramontes, Vanessa, Eastwood, 21:09.98; 14. Renteria, Michelle, Horizon, 21:12.59; 15. Fernandez, Lilly, Eastwood, 21:14.54; 16. Hanson, Corinne, Centennial, 21:17.09; 17. Enriquez, Karla, Horizon, 21:25.52; 18. Gutierrez, Leeza, Del Valle, 21:25.82; 19. Larisch, Sammantha, Silver, 21:32.36; 20. Serrano, Cassi, Eastwood, 21:32.58; 21. Orozco, Marilyn, San Elizario, 21:45.18; 22. Estrada, Priscilla, Mountain View, 21:50.18; 23. Martell, Diana, Eastwood, 21:50.44; 24. Torres, Samantha, Bel Air, 21:55.04; 25. Pargas, Ashley, San Elizario, 21:58.61.

BOYS
TEAMS
1. Socorro, 38; 2. Cathedral, 63; 3. San Elizario, 103; 4. Jefferson, 153; 5. Montwood, 162; 6. Onate, 169; 7. Centennial, 174; 8. Del Valle, 181; 9. Eastwood (JV), 215; 10. Santa Teresa, 227; 11. Bel Air, 303; 12. Silver Consolidated, 325; 13. Horizon, 329; 14. Fabens, 369; 15. Mayfield, 401; 16. Deming, 413; 17. Cobre, 439; 18. Mountain View, 454; 19. Las Cruces, 477; 20. Ysleta, 540.

INDIVIDUALS
1. Johnson, Michael, San Elizario, 16:20.17; 2. Salas, Thomas, Onate, 16:22.41; 3. Alvarez, Stephen, Socorro, 16:22.9; 4. Gaytan, Javier, Burges, 16:26.96; 5. Barba, Louie, Cathedral, 16:28.13; 6. Hernandez, Cristian, Socorro, 16:45.51; 7. Zuniga, Richard, Socorro, 16:46.20; 8. Castaneda, Ricardo, Jefferson, 16:53.07; 9. Arambula, Erick, San Elizario, 16:53.90; 10. Armendariz, Javi, Eastwood, 16:57.37; 11. Ramirez, Alan, Socorro, 16:58.29; 12. Casillas, Manuel, Onate, 16:58.96; 13. Euzaraga, Chris, Burges, 17:05.03; 14. Smith, Ryan, Cathedral, 17:06.00; 15. Elvira-Reyes, Esteban, Cathedral, 17:07.78; 16. Lopez, Gerardo, Socorro, 17:08.54; 17. Cardoza, Ulises, San Elizario, 17:11.96; 18. Peters, Eric, Cathedral, 17:13.56; 19. Flores, Mike, Horizon, 17:24.66; 20. Lozoya, Ricardo, Cathedral, 17:28.28; 21. Lara, Bryan, Montwood, 17:29.01; 22. Guerrero, Matthew, Santa Teresa, 17:29.64; 23. Chaires, Raymond, Montwood, 17:39.33; 24. Whiting, Dominic, Jefferson, 17:43.45; 25. Montes, Luis, Mayfield, 17:44.22.

CROSS COUNTRY

BOYS

1. Eastwood
2. Socorro
3. Cathedral
4. San Elizario
5. Americas
6. Austin
7. Chapin
8. Clint
9. Del Valle
10. Jeffers

GIRLS

1. Eastwood
2. Socorro
3. Eastlake
4. Chapin
5. Mountain View
6. Horizon
7. Hanks
8. Franklin
9. San Elizario
10. Jefferson

2014 Cobre Invitational

Girls JV

- | | |
|----------------------|-------|
| 1 Diana Martell | 22:59 |
| 2 Cassi Serrano | 23:09 |
| 3 Hannah Herrera | 23:17 |
| 4 Lilly Fernandez | 23:45 |
| 5 Samantha Martinez | 24:00 |
| 6 Miranda Vega | 24:02 |
| 7 Daniella Ruiz | 25:06 |
| 8 Virginia Macias | 25:21 |
| 11 Sabrina King | 26:03 |
| 14 Emily Delgado | 27:01 |
| 16 Ariana Lezama | 27:39 |
| 17 Laura Ramirez | 27:56 |
| 25 Cat Chinolla | 29:26 |
| 38 Kathleen Aguilera | 32:36 |
| 45 Alyssa Tellez | 35:00 |
| 50 Kristina Cuevas | 37:13 |

Team Scores

- 1 Eastwood High 15

Girls Varsity

- | | |
|-----------------------|-------|
| 2 Anna Mora | 21:09 |
| 6 Eden Buntyn | 21:47 |
| 9 Dominique Blancas | 22:46 |
| 11 Alexis Ordaz | 23:47 |
| 12 Vanessa Miramontes | 23:48 |
| 13 Elise McLain | 23:52 |
| 17 Vanessa Parra | 24:08 |

Team Scores

- 1 Eastwood High 37

Boys Varsity

- | | |
|------------------|-------|
| 1 Daniel Bernal | 16:57 |
| 3 Jose Silva | 17:24 |
| 4 Matt Munoz | 17:40 |
| 5 Paul Truax | 17:51 |
| 7 Deric Martinez | 18:10 |
| 8 Chris Wallace | 18:20 |
| 12 James McLain | 18:47 |

Team Scores

- 1 Eastwood High 20

Boys JV

- | | |
|---------------------|-------|
| 2 Javi Armendariz | 18:54 |
| 3 Ruben Frienhahn | 19:26 |
| 4 Julian Pedregon | 19:38 |
| 5 Dylan Godfrey | 19:54 |
| 6 Tarq Ahram | 19:56 |
| 7 Matthew Costello | 20:05 |
| 8 Peter Lozoya | 20:44 |
| 9 Gabriel Armijo | 20:46 |
| 11 Noah Ward | 20:48 |
| 13 Julio Rodriguez | 20:57 |
| 15 Anthony Molina | 21:07 |
| 16 Carlos Rodriguez | 21:08 |
| 17 Leo Cazares | 21:17 |
| 20 Adam Wallace | 21:36 |
| 27 Jake Molina | 22:36 |
| 28 Chris Porras | 22:47 |
| 29 Eddie Pallares | 23:00 |
| 32 Chris Chinolla | 23:26 |
| 40 Damian Soto | 24:22 |
| 51 Noah Jimenez | 25:21 |
| 65 Fibricio Uribe | 30:51 |

Team Scores

- 1 Eastwood High 20

Saturday Cobre Invitational GIRLS

INDIVIDUAL

1. Renee Baldwin, Ocate, 20:49; 2. Anna Mora, Eastwood, 21:09; 3. Skylar Jones, Cobre, 21:36; 4. Amerhyst Aguirre, Ocate, 21:38; 5. Irene Fernald, Las Cruces High, 21:43; 6. Eden Buntyn, Eastwood, 22:47; 7. Monika Chavez-Valtierra, Gadsden, 22:20; 8. Corinne Hanson, Centennial, 22:34; 9. Dominique Blancas, Eastwood, 22:46; 10. Leah Salazar, Centennial, 22:56; 11. Alexis Ordaz, Eastwood, 23:47; 12. Vanessa Miramontes, Eastwood, 23:48; 13. Elise McLain, Eastwood, 23:52; 14. Samantha Larisch, Silver, 23:57; 15. Corrine Girfiths, Ocate, 24:06.

TEAM

1. Eastwood, 37; 2. Ocate, 51; 3. Centennial, 73; 4. Bel Air 127; 5. Cobre, 129

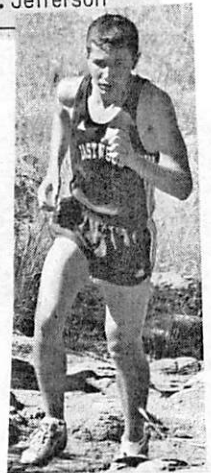
BOYS

INDIVIDUAL

1. Daniel Bernal, Eastwood, 16:57; 2. Thomas Salas, Ocate, 17:16; 3. Jose Silva, Eastwood, 17:24; 4. Matt Munoz, Eastwood, 17:40; 5. Paul Truax, Eastwood, 17:51; 6. Luis Quirino, Chaparral, 18:03; 7. Deric Martinez, Eastwood, 18:10; 8. Chris Wallace, Eastwood, 18:20; 9. Manuel Casillas, Ocate, 18:26; 10. John Qurnutt, Ocate, 18:34; 11. Gage Ortiz, Mayfield, 18:43; 12. James McLain, Eastwood, 18:47; 13. Luis Montes, Mayfield, 18:53; 14. Oscar Medina, Centennial, 19:02; 15. Darren Smith, Centennial, 19:16.

TEAM

1. Eastwood, 20; 2. Ocate, 72; 3. Centennial, 88; 4. Silver, 127; 5. Bel Air, 141





CROSS COUNTRY

Eastwood, Socorro, win meets out of town

By Victor R. Martinez
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El Paso's two top ranked boys teams — No. 1 Eastwood and No. 2 Socorro — went on the road and won team championships Saturday.

Cobre Invitational

The state's 4th-ranked Eastwood boys, the Trooper girls and Bel Air Highlanders made a two-hour drive from El Paso to Bayard, N.M., near Silver Lake, to compete in the Cobre Invitational at Bataan Memorial Park.

Both Eastwood teams survived a steep, hilly, rocky course on the foothills of the Gila Mountains and returned home with team championships.

The Eastwood boys came five points short of a perfect score by losing all its five scoring runners to the top seven.

Eastwood was first with 20 points, Las Cruces Oñate second (72 points) and Las Cruces Centennial was third (88 points). Bel Air placed fifth with 141 points.

Sophomore Daniel Bernal paced the Troopers with his second individual championship of the season in a time of 16:57.

ning boys varsity) helped the team with its pack running.

"There are less runners between us so it helps us run in a pack which will help us at regionals, God willing at state and at Nike South," he said.

The Eastwood girls also had a strong showing, finishing 2-6-9-11-12 for 37 points and a team championship. Las Cruces Oñate was second with 51 points followed by Las Cruces Centennial and Bel Air.

Oñate freshman Renee Baldwin won individual honors in a time of 20:49. Eastwood senior Anna Mora was second in 21:09. Two other Troopers finished in the top 10 - senior Eden Buntyn (21:47) in sixth and senior Dominique Blancas in 9th (22:46).

Victor R. Martinez may be reached at 915-546-6128.

Meets

FROM PAGE 1

Las Cruces Oñate freshman Thomas Salas (17:16) was second followed by Eastwood teammates senior Jose Silva (17:24), junior Matt Munoz (17:40) and junior Paul Truax (17:51).

Senior Deric Martinez was fifth for Eastwood and seventh overall in a time of 18:10. Eastwood's sixth man, Chris Wallace, placed 8th in 18:20.

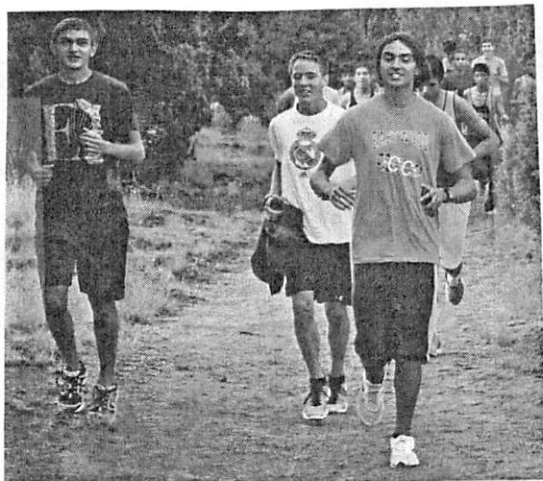
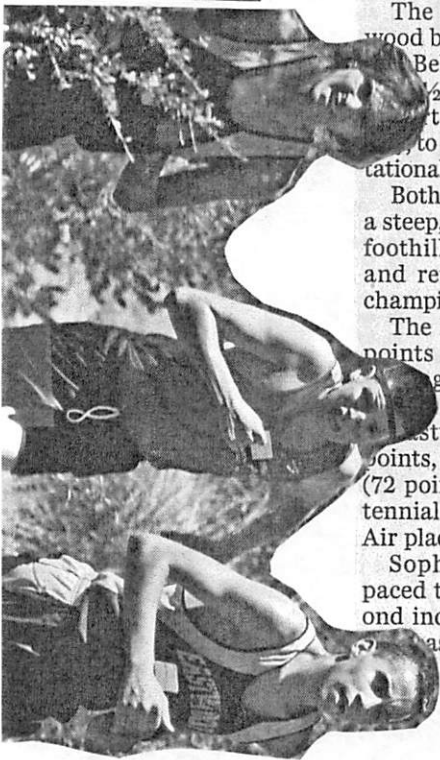
"It was a real challenging course," Eastwood's Silva said. "First it was a lot of grass and then all of a sudden it was like running up very steep, rocky stairs. You had to make sure you managed your pace and managed your energy throughout the course."

Silva said small meets like Cobre (68 athletes run-

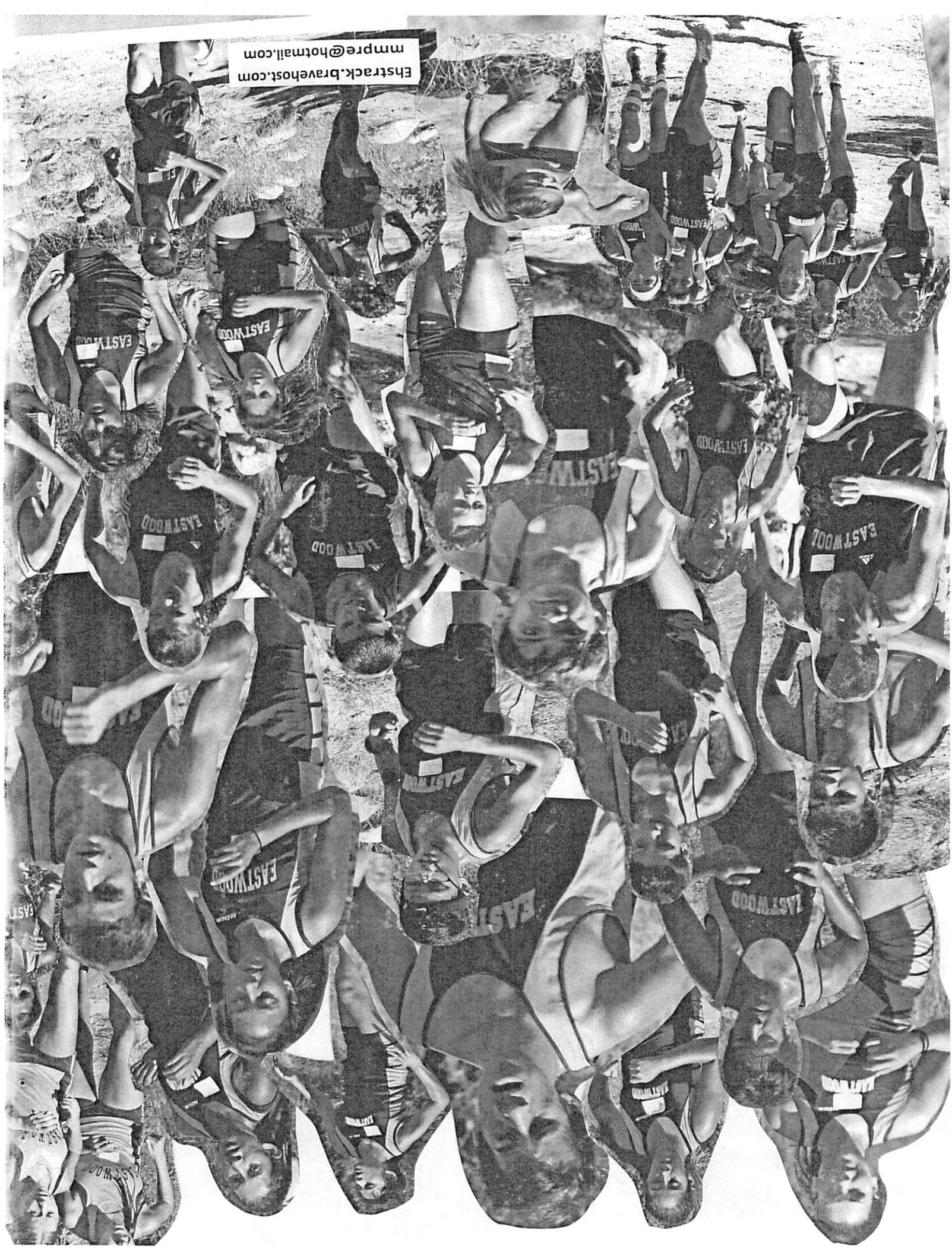


COURTESY PHOTO

Eastwood sophomore Daniel Bernal won his second meet of the season winning the Cobre Invitational. The Trooper boy and girls also won team championship on Saturday.







CROSS COUNTRY	
Las Cruces Public Schools Invitational at Onate High School (2.9 miles)	
GIRLS	
TEAM	
1, Eastwood, 48:2, Onate, 55:3, Santa Teresa 103:4, Alamogordo, 116:5, Los Lunas, 132:6, Caminito, 170:7, Bel Air, 176:8, Belen, 212:9, Irvine, 243:10, Gadsden, 254:11, Las Cruces, 321:12, Mayfield, 342.	
INDIVIDUALS	
1 Mora, Anna, Eastwood, 17:56.39; 2 Marquez, Rejina, Santa Teresa, 18:11.74; 3 Aguilera, Meghan, Onate, 18:17.03; 4 Gonzales, Britani, Santa Teresa, 18:18.41; 5 Baldwin, Renee, Onate, 18:23.48; 6 Aguirre, Amberly, Onate, 18:39.24; 7 Alcaraz, Joana, Santa Teresa, 18:52.59; 8 Chavez, Valherra, Monita, Gadsden, 18:57.66; 9 Buntyn, Eden, Eastwood, 19:05.75; 10 Burdiga, Anna, Caminito, 19:09.98; 11 Jones, Skyler, Coeur, 19:20.86; 12 Parra, Vanessa, Eastwood, 19:24.63; 13 Munoz, Cassia, Alamogordo, 19:27.59; 14 McLain, Elise, Eastwood, 19:38.24; 15 Ortiz, Aleida, Eastwood, 19:40.65; 16 Pinney, Brenda, Jefferson, 19:42.55; 17 Weldon, Marissa, Los Lunas, 19:50.79; 18 Miramontes, Vanessa, Eastwood, 20:04.26; 19 Blancas, Dominique, Eastwood, 20:15.70; 20 Torres, Samantha, Bel Air, 20:18.15.	
BOYS	
TEAMS	
1, Eastwood, 29:2, Cathedral, 72:3, Onate, 123:4, Belen, 156:5, Alamogordo, 168:6, Jefferson, 170:7, Santa Teresa, 207:8, Caminito, 215:9, Bel Air, 225:10, Silver, 272:11, Los Lunas, 321:12, Irvine, 334:13, Mayfield, 334:14, Chaparral, 397:15, Gadsden, 398:16, Las Cruces, 401:17, Coeur, 401.	
INDIVIDUALS	
1 Valenzuela, Aaron, Belen, 14:49.01; 2 Bernal, Daniel, Eastwood, 15:04.91; 3 Silva, Jose, Eastwood, 15:12.82; 4 Truax, Paul, Eastwood, 15:23.21; 5 Munoz, Matt, Eastwood, 15:24.12; 6 Martinez, Deric, Eastwood, 15:25.76; 7 Wallace, Chris, Eastwood, 15:33.71; 8 Garcia, Jared, Belen, 15:35.01; 9 Castaneda, Ricardo, Jefferson, 15:37.59; 10 Barra, Louie, Cathedral, 15:38.34; 11 Salas, Thomas, Onate, 15:39.71; 12 Castillas, Manuel, Onate, 15:53.32; 13 Quirino, Luis, Chaparral, 15:54.36; 14 Peters, Eric, Cathedral, 16:00.40; 15 Esquivel-Reyes, Esteban, Cathedral, 16:01.20; 16 Lozoya, Ricardo, Cathedral, 16:02.17; 17 Smith, Ryan, Cathedral, 16:14.60; 18 Guerrero, Matthew, Santa Teresa, 16:25.24; 19 Whitting, Dominic, Jefferson, 16:29.91; 20 McLain, James, Eastwood, 16:32.66.	

2.9 mile course add 40 sec for boys 50 sec for girls to convert to 5k time.

Cruces Public Schools Invitational 2014 9/27/2014 Onate High School

Women 2.9 Mile Run CC Varsity

1 Mora, Anna	17:56.39
9 Buntyn, Eden	19:05.75
12 Parra, Vanessa	19:24.63
14 McLain, Elise	19:36.24
15 Ordaz, Alexis	19:40.83
18 Miramontes, Vanessa	20:08.28
19 Blancas, Dominique	20:15.70

1 Eastwood High School 48 1 9 11 13 14 16 17

Average: 19:08.77

Men 2.9 Mile Run CC Varsity

2 Bernal, Daniel	15:04.91
3 Silva, Jose	15:12.82
4 Truax, Paul	15:23.21
5 Munoz, Matt	15:24.12
6 Martinez, Deric	15:25.76
7 Wallace, Chris	15:33.71
20 McLain, James	16:32.66

1 Eastwood High School 20 2 3 4 5 6 7 20

Average: 15:18.17

Women 2.9 Mile Run CC Junior Varsity

2 Martell, Diana	19:39.21
3 Fernandez, Lilly	20:11.00
4 Serrano, Cassi	20:13.63
5 Vega, Miranda	20:43.57
6 Macias, Virginia	21:08.03
7 Martinez, Samantha	21:22.28
9 Ruiz, Daniella	21:35.91
11 Ramirez, Laura	21:53.34
14 King, Sabrina	22:05.81
21 Lezama, Ariana	22:28.56
27 Tellez, Brianna	23:00.34
33 Delgado, Emily	23:29.50
36 Chinolla, Cat	23:40.12

Men 2.9 Mile Run CC Junior Varsity

2 Armendariz, Javi	16:37.14
4 Frienhahn, Ruben	16:45.18
7 Pedregon, Julian	17:07.36
9 Godfrey, Dylan	17:24.93
10 Costello, Matthew	17:25.90
13 Armijo, Gabriel	17:33.06
14 Ahram, Tarq	17:47.88
20 Molina, Anthony	18:03.63
23 Lozoya, Peter	18:09.56
29 Cataldi, Brandon	18:20.12
30 Cazares, Leo	18:23.01
35 Eddie Pallares	18:27.65
42 Porras, Chris	18:44.59
47 Rodriguez, Julio	18:51.86
52 Ward, Noah	19:07.76
54 Wallace, Adam	19:11.71
65 Chinolla, Chris	19:40.27
77 Tinajero, Isaiah	20:15.39
89 Jimenez, Noah	20:45.66
91 Soto, Damian	20:48.89
124 Uribe, Frbricio	24:41.29

1 Eastwood High School 25 2 3 5 7 8 11 12

Average: 17:04.1

81 Tellez, Alyssa	27:57.20
83 Cuevas, Kristina	28:44.30

1 Eastwood High School 20 2 3 4 5 6 7 9

Average: 20:23.09

Teams seek best competition at out-of-town meets

By Victor R. Martinez
vmartinez@elpasotimes.com
@vrmart on Twitter

EL PASO TIMES' TOP TEN

Boys

1. Eastwood.
2. Socorro.
3. Cathedral.
4. Americas.
5. San Elizario.
6. Austin.
7. Chapin.
8. Clint.
9. Jefferson.
10. Franklin.

Girls

1. Eastwood.
2. Socorro.
3. Mountain View.
4. Chapin.
5. Franklin.
6. Horizon.
7. Clint.
8. Montwood.
9. Burges.
10. Eastlake.

ver City and will race Oct. 3 at the Desert Twilight Cross Country Meet/Nike Cross National (NXN) Pre-Southwest in Casa Grande, Ariz.

"It's really a good experience for us," said senior Jose Silva. "In past years, we only got to race against the really good teams like Hebron, Southlake Carroll and Marcus once and that was at regionals so we really didn't know what to expect or how to run against them."

This week, Eastwood's boys and girls will race in the Las Cruces Public Schools Invitational.

"Going to the Carroll Invitational really helped us out with race tactics and how to manage a race," Silva said. "It really helped the guys without much experience like our seven guy (James McLain), how he

ning in Lubbock, the same course the team hopes to race on during the Region 1 meet on Oct. 31.

"Half our team hasn't run that course so it'll be a good experience for them to see it and run it before the regional meet," he said. Eastwood, the state's No. 4 Class 6A boys team, has run at Southlake Carroll, Sil-

put in and all the long runs they do," said Manny Rodriguez, Austin High School's head coach. "It's great for them to see different teams from around the state and see what's out there, especially the teams in our region. It benefits us to see who could be our competition at regionals."

The Panthers will be run-

team to get out and race against the top teams in your region and the rest of the state," said American coach Ken Lucero. "It's a good measuring stick to see where you stand heading into the district and regional meets."

The Trailblazers have run at the UNM Lobos Invitational in Albuquerque and will race at the Nike South Invitational.

"That's a real big one," he said. "It's one of the biggest regular season meets in the nation. The Woodlands will be there, Southlake Carroll, Marcus, Socorro all the best teams in Texas will be there except for Eastwood. We can really see where we stand against the region's best."

Victor R. Martinez may be reached at 546-6128.

SUNDAY, SEPTEMBER 28, 2014

CROSS COUNTRY

Eastwood sweeps Oñate on the track

By Victor R. Martinez

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LAS CRUCES » The Eastwood Troopers have been doubling down all season.

For the third time this year, the boys and girls cross country teams won team titles, taking the Las Cruces Public Schools Invitational at Oñate High School Saturday morning.

Running a short (2.9 miles), for the most part flat, desert course, Eastwood's girls 1-9-11-13-14 finish was good for 48 points, seven points better than host Oñate to win the meet. Santa Teresa was third with 103 points.

The boys were just as impressive scoring a season best 20 points. Belen senior Aaron Valenzuela ruined the Troopers bid for a perfect score of 15 winning the meet in 14:49.81.

"I heard about Eastwood and I know they're really good," said Valenzuela, who finished second at last year's Class 5A New Mexico cross country state meet. "I just wanted to come out and run with them, I knew I could hang with them."

Boy did he ever.

Valenzuela lead from start to finish and withstood Eastwood sophomore Daniel Bernal's final kick. Bernal was second in 15:04.91 followed by teammate Jose Silva (15:12.82), Paul Traux (15:23.21), Matt Munoz (15:24.13), Deric Martinez (15:25.76) and Chris Wallace (15:33.71).

The gap between Eastwood's scoring runners (first through fifth) was only 20 seconds.

"We've been working on staying together as a pack all season, even in pre-season workouts we would run together," said Traux, a junior who is running in his second year of varsity. "It's all about communication and team work. We're glad its all coming together."

Eastwood senior Anna Mora won her second meet of the season, finishing in a time of 17:56.39 well ahead of Santa Teresa's Regina Marquez (18:11.74) and Las Cruces Oñate's Meghan Aguilera (18:17.03).

"It was a really good race for me," Mora said. "The course ran really nice. But individually, the wins don't mean anything to me right now. I just want to my team to do well."

Senior Eden Buntyn was the only other top 10 finisher for Eastwood finishing in ninth (19:05.75).

"The girls packed and worked together really well today," Mora said. "The girls need to pack run because if they do that, they can push each other to keep going and have an amazing finish."





2014 Desert Twilight

10/03/14

11	<u>Jose SILVA</u>	Sweep	15:24.83	34	4:58.3	4:49	5:03	5:31
13	<u>Daniel BERNAL</u>	Sweep	15:28.52	38	4:59.5	4:50	5:12	5:25
19	<u>Matt MUNOZ</u>	Sweep	15:35.60	45	5:01.8	4:50	5:11	5:33
34	<u>Deric MARTINEZ</u>	Sweep	15:47.83	57	5:05.8	4:49	5:11	5:46
41	<u>Paul TRUAX</u>	Sweep	15:50.42	1:00	5:06.6	4:50	5:19	5:40
67	<u>Chris WALLACE</u>	Sweep	16:15.87	1:25	5:14.8	4:50	5:22	6:02
123	<u>James MCLAIN</u>	Sweep	16:59.22	2:09	5:28.8	5:12	5:37	6:09

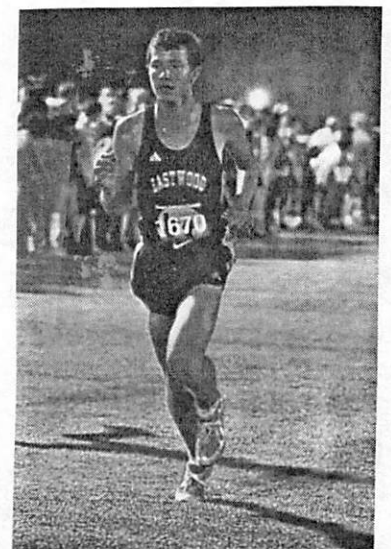
2nd El Paso Eastwood 104pts 15:37 Team Avg.

13 Anna MORA Sweep 17:54.24 1:12 5:46 5:29 5:54 6:30

10	<u>Vanessa PARRA</u>	Champ	19:26.17	1:06	6:16	6:05	6:25	6:54
12	<u>Eden BUNTYN</u>	Champ	19:38.00	1:17	6:20	6:07	6:31	06:58
23	<u>Diana MARTELL</u>	Champ	19:59.99	1:39	6:27	6:17	6:45	6:56
26	<u>Elise MCLAIN</u>	Champ	20:04.49	1:44	6:28	6:17	6:45	7:01
35	<u>Dominique BLANCAS</u>	Champ	20:20.93	2:00	6:33	6:17	6:46	7:17
46	<u>Alexus ORDAZ</u>	Champ	20:39.88	2:19	6:40	6:21	6:55	7:22
58	<u>Vanessa MIRAMONTES</u>	Champ	20:53.49	2:33	6:44	6:23	7:01	7:28

1st Eastwood 103pts 19:53.91 Team Avg. With Anna 19:12.89 With Anna and Lilly 19:06.39

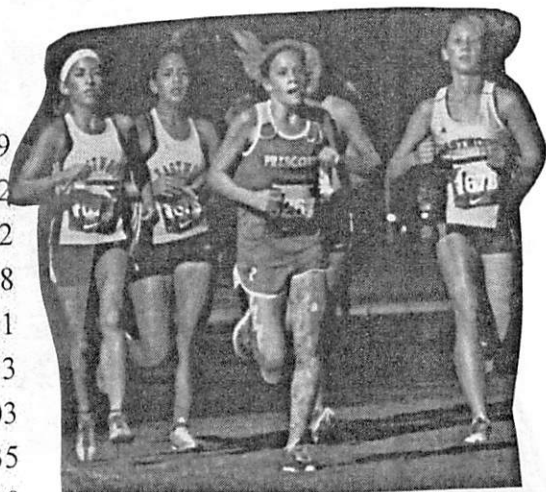
2	<u>Javi ARMENDARIZ</u>	Open	17:05.12	8	5:30	5:20	5:39	6:05
7	<u>Ruben FRISENHAHN</u>	Open	17:34.26	37	5:40	5:24	5:54	6:15
8	<u>Matthew COSTELLO</u>	Open	17:34.46	37	5:40	5:40	5:52	6:01
10	<u>Dylan GODFREY</u>	Open	17:40.14	43	5:42	5:24	5:54	6:21
11	<u>Julian PEDREGON</u>	Open	17:40.77	43	5:42	5:23	5:58	6:19
14	<u>Tarq AHRAM</u>	Open	18:03.36	1:06	5:49	5:27	5:55	6:39
15	<u>Gabrial ARMIJO</u>	Open	18:04.64	1:07	5:49	5:27	6:03	6:33





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21 <u>Leo CAZARES</u>	Open 18:10.71 1:13 5:51 5:40 6:01 6:29
30 <u>Peter LOZOYA</u>	Open 18:38.39 1:41 6:00 5:41 6:14 6:42
36 <u>Noah WARD</u>	Open 18:42.80 1:4 6:02 5:41 6:09 6:52
53 <u>Eddie PALLARES</u>	Open 19:18.37 2:21 6:13 5:58 6:30 6:48
54 <u>Julio RODRIGUEZ</u>	Open 19:25.70 2:28 6:16 5:41 6:23 7:21
55 <u>Chris CHINOLLA</u>	Open 19:25.92 2:29 6:16 6:04 6:27 6:53
57 <u>Chris PORRAS</u>	Open 19:29.62 2:32 6:17 5:40 6:45 7:03
68 <u>Anthony MOLINA</u>	Open 19:51.47 2:54 6:24 5:43 6:31 7:35
80 <u>Brandon CATALDI</u>	Open 20:14.45 3:17 6:31 5:48 6:55 7:30

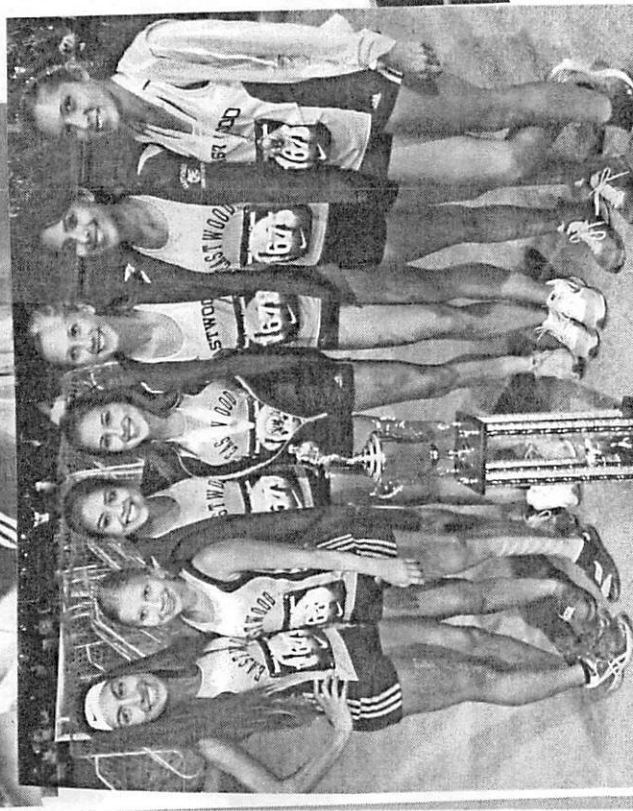


6th Eastwood 170pts 17:30.8 Team Avg.

3 <u>Lilly FERNANDEZ</u>	Open 19:34.99 12	6:19	6:15 6:24 6:54
11 <u>Miranda VEGA</u>	Open 20:29.21 1:06	6:36	6:31 6:54 7:03
15 <u>Cassandra SERRANO</u>	Open 21:12.41 1:49	6:50	6:22 7:06 7:43
16 <u>Samantha MARTINEZ</u>	Open 21:15.21 1:52	6:51	6:38 7:06 7:30
19 <u>Hannah HERRERA</u>	Open 21:26.16 2:03	6:54	6:31 7:10 7:44
21 <u>Laura RAMIREZ</u>	Open 21:32.24 2:09	6:56	6:31 7:04 7:56
24 <u>Virginia MACIAS</u>	Open 21:38.64 2:15	6:58	6:42 7:15 7:40
28 <u>Daniella RUIZ</u>	Open 22:08.84 2:45	7:08	6:22 7:30 8:15
37 <u>Sabrina KING</u>	Open 22:37.01 3:14	7:17	6:57 7:44 7:54
48 <u>Emily DELGADO</u>	Open 23:00.84 3:37	7:25	6:49 7:42 8:29
66 <u>Ariana LEZAMA</u>	Open 23:50.59 4:27.65	7:41.5	7:02 8:13 8:34
71 <u>Cat CHINOLLA</u>	Open 24:12.89 4:49	7:48	7:19 8:23 8:29



2nd Eastwood 84pts 20:45.4 Team Avg.





Desert Twilight Classic

In Casa Grande, Ariz. Friday night, the Eastwood girls won the championship division of the Nike Southwest Invitational posting a score 103 points.

Twenty teams and 136 girls ran in the championship division. Eastwood outpointed Prescott, Ariz. (130 points) and Salpointe Catholic, (153 points) to win the title.

Senior Vanessa Parra paced the Troopers finishing 10th overall in a time of 19:26.17. Eden Buntyn was 12th (19:38.00), followed by Diana Martell (19:59.99, 22nd) and Elise McLain (20:04.49, 26th).

All City runner and Eastwood senior Anna Mora ran individually in the sweepstakes division with the elite runners and finished 13th out of 153 runners in a time of 17:54.24.

The Eastwood boys also raced in the 25-team, 178-runner sweepstakes division and finished second 30 points behind Desert Vista, the two-time Arizona state cross country runner-ups.

Eastwood senior Jose Silva lead the Trooper pack finishing 12th in a time of 15:24.83. Sophomore Daniel Bernal was 13th (15:28.52) and junior Matt Munoz was 16th (15:35.60).

The 1-5 split for Eastwood was 26 seconds.

Desert Twilight Classic in Casa Grande, Ariz.

GIRLS

CHAMPIONSHIP DIVISION

TEAMS

1, Eastwood, 103; 2, Prescott, 130; 3, Salpointe Catholic, 153; 4, Desert Mountain, 176; 5, Tempe, 181.

INDIVIDUAL

1, Taylor Taite, Murrieta Mesa, 18:20.09; 2, Jordan Twombly-Ellis, Prescott, 18:45.68; 3, Alexis Nichols, Chandler, 18:48.88; 10, Vanessa Parra, Eastwood, 19:26.17; 12, Eden Buntyn, Eastwood, 19:38.00; 23, Diana Martell, Eastwood, 19:59.99; 26, Elise McLain, Eastwood, 20:04.49; 35, Dominique Blancas, Eastwood, 20:20.93.

SWEEPSTAKES DIVISION

1, Kaitie Rainsberger, Air Academy, 16:41.62; 2, Danielle Jones, Desert Vista, 16:42.98; 3, Bridgette Doucet, Canyon Del Oro, 16:55.95; 13, Anna Mora, Eastwood, 17:54.24.

BOYS

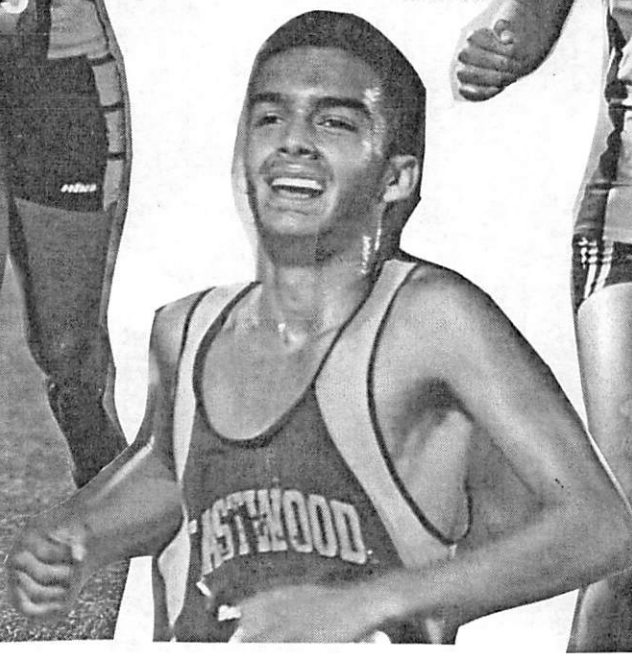
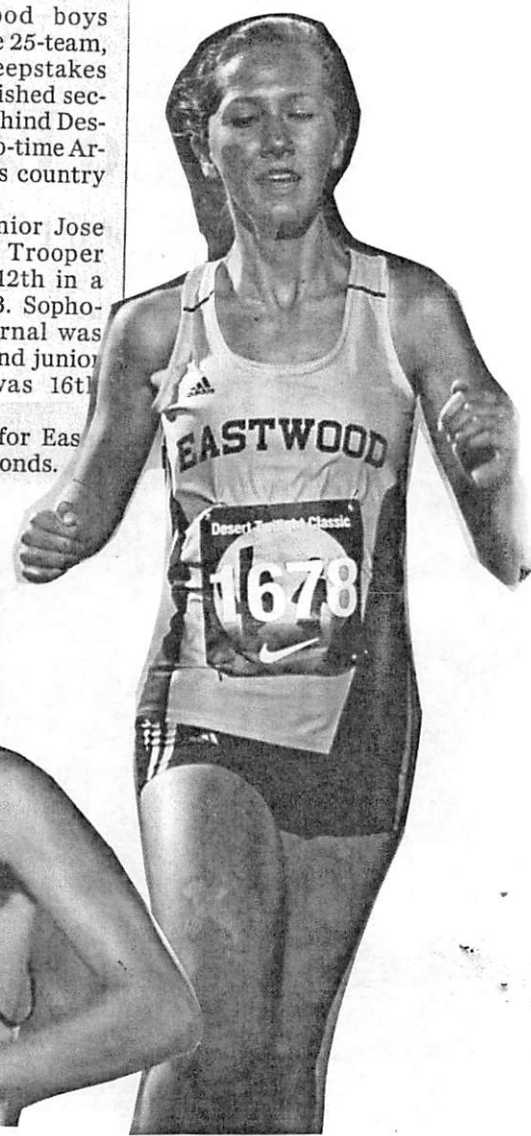
SWEEPSTAKES DIVISION

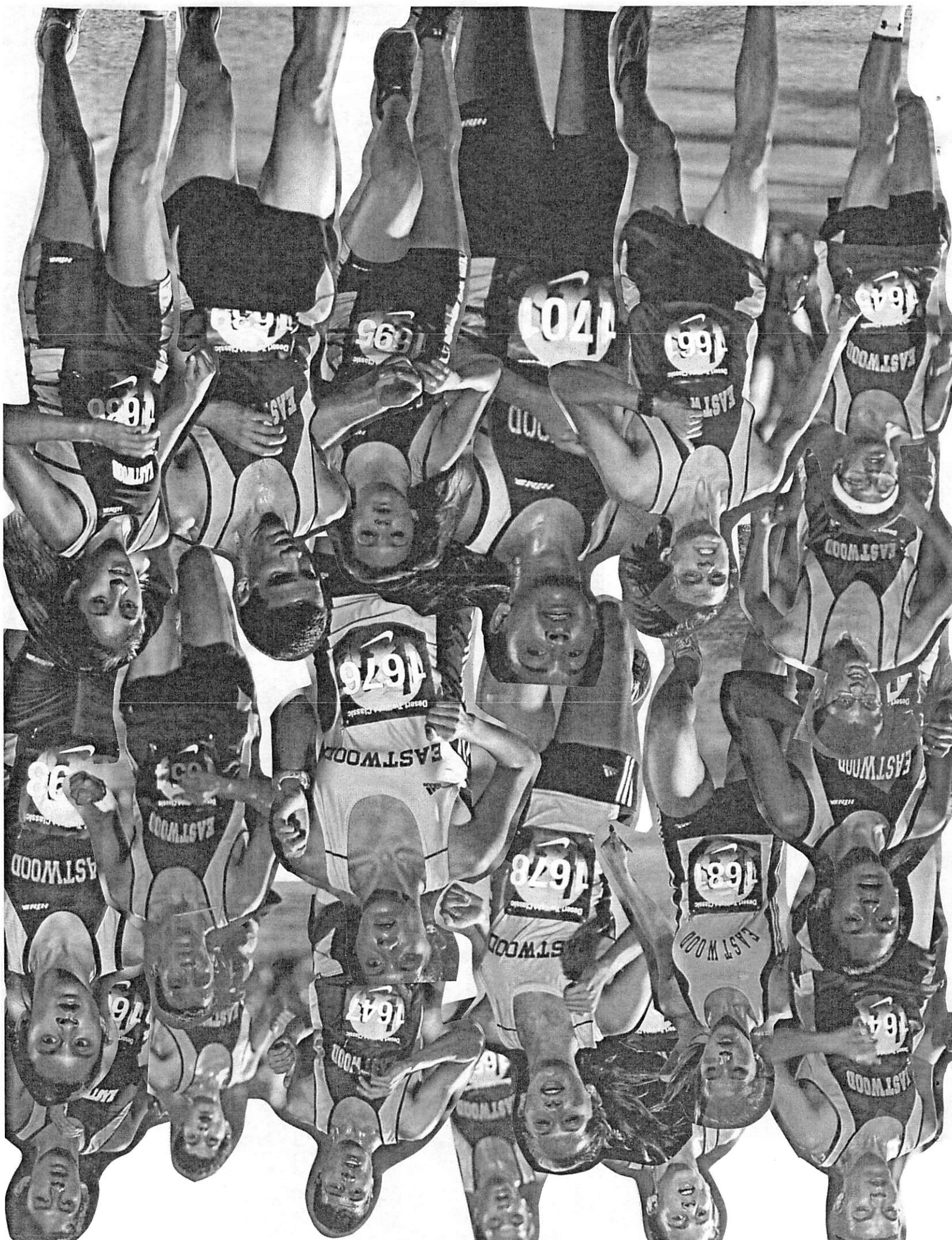
TEAMS

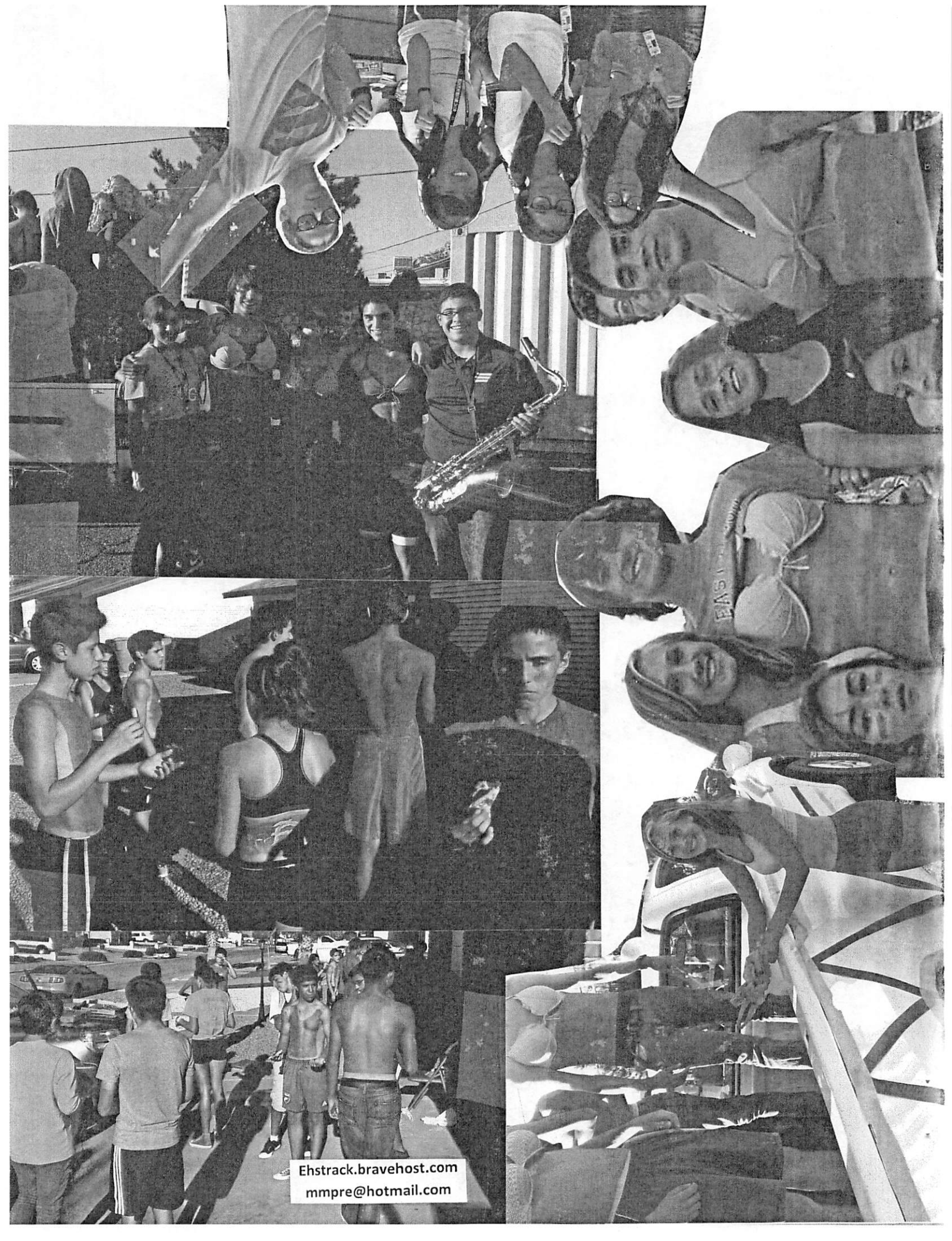
1, Desert Vista, 74; 2, Eastwood, 104; 3, Corona del Sol, 186; 4, Durango, 187; 5, Rio Rancho, 206.

INDIVIDUAL

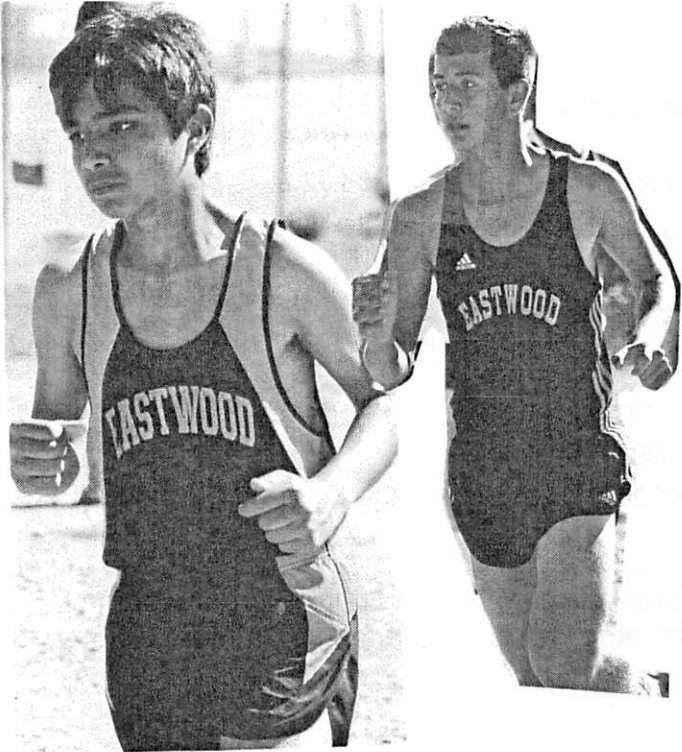
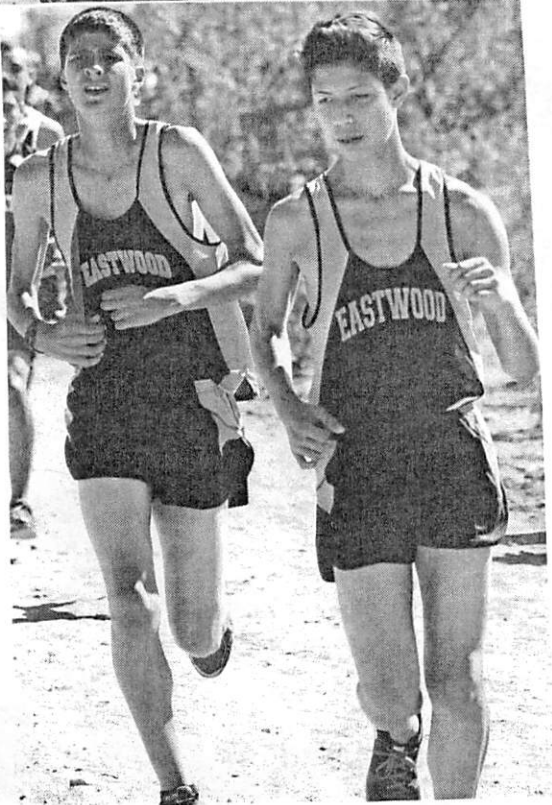
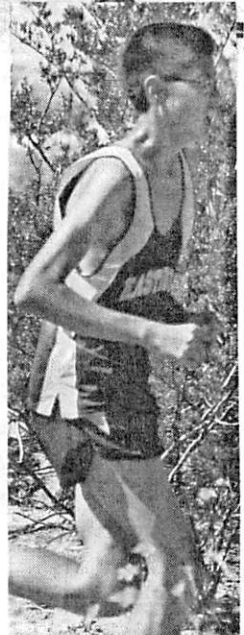
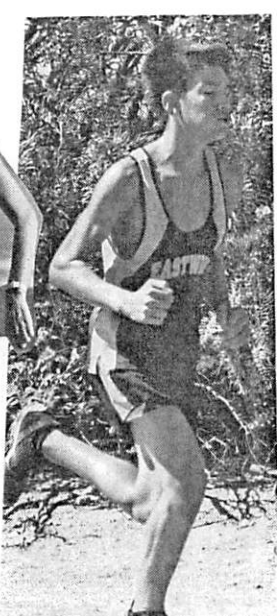
1, Carlos Villarreal, Rio Rico, 14:49.98; 2, Marcus Wheeler, Corona Del Sol, 14:53.34; 3, Tyler Day, Mesquite, 14:59.47; 11, Jose Silva, Eastwood, 15:24.83; 13, Daniel Bernal, Eastwood, 15:28.52; 19, Matt Munoz, Eastwood, 15:35.60; 34, Deric Martinez, 15:47.83; 41, Paul Truax, Eastwood, 15:50.42.







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Eastwood's girls won another team championship with 90 points. Eastlake was second with 123 points and Chapin third with 130 points in the final tuneup before the district cross country meets Oct. 25 on the same course.

Girls 5k Run CC Varsity

12 Martell, Diana	20:19.93
19 Fernandez, Lilly	20:56.36
20 Serrano, Cassi	20:57.26
21 Miramontes Vanessa	21:00.17
39 Martinez, Samantha	21:44.51
40 Ordaz, Alexis	21:44.89

1 Eastwood High School 90 11 15 16 17 31 32
Average: 20:59.65

Boys 5k CC Varsity

63 Armendariz, Javi	17:47.48
79 Pedregon, Julian	18:01.40
81 Armijo, Gabriel	18:03.
96 Godfrey, Dylan	18:15.03
98 Costello, Matthew	18:16.04
106 Ahram, Tarq	18:26.26

13 Eastwood High School 400 60 76 78 92 94 101 112
Average: 18:04.77

Girls 5k Run CC Open

1 Macias, Virginia	22:11.09
2 King, Sabrina	22:21.51
3 Ruiz, Daniella	22:29.50
7 Ramirez, Laura	23:09.20
16 Lezama, Ariana	23:50.79
23 Delgado, Emily	24:16.45
46 Chinolla, Cat	25:55.86

1 Eastwood High School 25 1 2 3 6 13 16 32
Average: 22:48.42

Boys 5k Run CC Open

1 Frienhahn, Ruben Eastwood Hig	18:03.99	1
9 Lozoya, Peter Eastwood Hig	18:53.52	8
14 Rodriguez, Julio Eastwood Hig	19:03.09	13
32 Pallares, Eddie Eastwood Hig	19:55.70	24
33 Porras, Chris Eastwood Hig	20:01.08	25
37 Chinolla, Chris Eastwood Hig	20:10.50	28

2 Eastwood High School 71 1 8 13 24 25 28 31
Average: 19:11.48

Eastwood won despite resting five of its top seven runners.

"Our JV team is just as good as our varsity team because they help us and make us better," she said. "Our team has really worked hard since the summer and we all push each other and we make each other better by working as a team. That's what really helps us persevere."

Burges Inv.

CROSS COUNTRY

Burges/Jefferson Meet at the Chamizal National Memorial

GIRLS

TEAM

1 Eastwood, 90; 2 Eastlake, 123; 3 Chapin, 139; 4 Horizon, 147; 5 Hanks, 151; 6 Santa Teresa, 177; 7 Franklin, 198; 8 Jefferson, 223; 9 Andress, 225; 10 Canutillo, 257; 11 El Dorado, 270; 12 Montwood, 271; 13 Del Valle, 276; 14 Bel Air, 282; 15 Burges, 336; 16 Gadsden, 386; 17 Coronado, 402; 18 Ysleta, 504; 19 Chaparral, 508.

INDIVIDUALS

1 Marquez, Regina Santa Teresa 19:17.46; 2 Hernandez, Aimee Eastlake 19:17.71; 3 Armendariz, Brianna Franklin 19:38.25; 4 Gonzales, Britani Santa Teresa, 19:41.06; 5 Estrada, Michelle Mountain View 19:41.68; 6 Chavez Valtierra, Monika, Gadsden 19:42.38; 7 Cortez-Alaniz, Yara Hanks 19:53.86; 8 Gallivan, Rachel Chapin 20:12.01; 9 Burciaga, Anisa Canutillo 20:14.93; 10 Abeyta, Andrea Hanks 20:17.70; 11 Miranda, Joanna Santa Teresa 20:19.18; 12 Martell, Diana Eastwood 20:19.93; 13 Pargas, Ashley San Elizario 20:31.28; 14 Pinson, Jordan Andress 20:36.68; 15 Stevens, Ocean Clint 20:36.98; 16 Renteria, Michelle Horizon 20:49.14; 17 Hernandez, Mireille Eastlake 20:51.87; 18 Estrada, Priscilla Mountain View 20:52.21; 19 Fernandez, Lilly Eastwood 20:56.36; 20 Serrano, Cassi Eastwood 20:57.26; 21 Miramontes, Vanessa Eastwood 21:00.17; 22 Reyes, Paola Lydia Patter 21:05.01; 23 Enriquez, Karla Horizon 21:08.80; 24 Hurtado, Caroline Eastlake 21:13.86; 25 Pinkney, Breona Jefferson 21:17.02.

BOYS

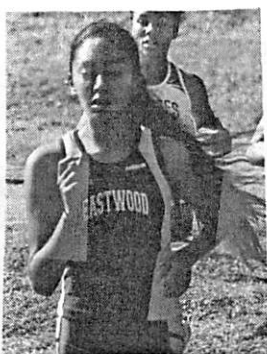
TEAMS

1 Cathedral, 60; 2 San Elizario, 136; 3 Americas, 144; 4 Austin High 174; 5 Chapin 180; 6 Clint, 201; 7 Del Valle, 225; 8 Jefferson, 251; 9 Franklin, 257; 10 Montwood, 271; 11 Eastlake, 284; 12 Santa Teresa, 318; 13 Eastwood, 400; 14 Horizon, 407; 15 Andress, 423; 16 Tornillo, 433; 17 Burges, 437; 18 Bel Air, 466; 19 Coronado, 469; 20 Gadsden, 483; 21 Hanks 522; 22 Irvin, 577; 23 Canutillo, 581; 24 Mountain View, 602; 25 Chaparral, 637; 26 Riverside, 639; 27 LPI, 687; 28 Parkland, 783.

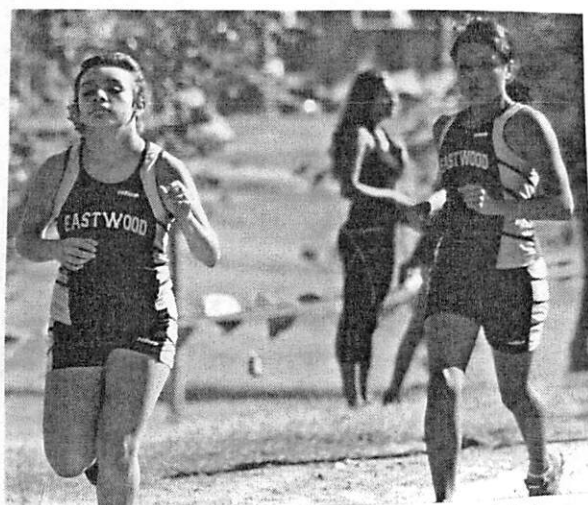
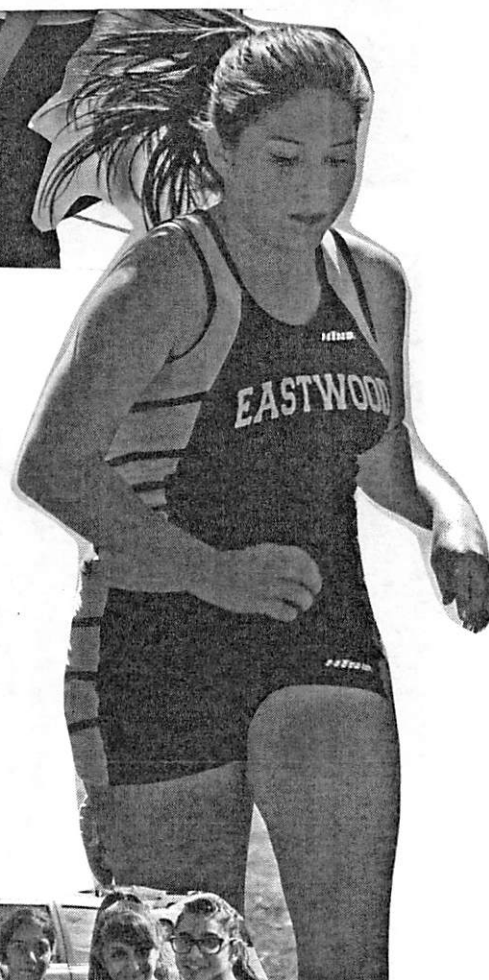
INDIVIDUAL

1 Johnson, Michael San Elizario, 15:55.40; 2 Vasquez, Juan Austin, 15:57.34; 3 Rayas, Stetson, Clint, 15:58.13; 4 Barba, Louie, Cathedral, 16:13.47; 5 Gaytan, Javier, Burges, 16:14.08; 6 Pantoja, Juan, Gadsden, 16:15.76; 7 Peters, Eric Cathedral, 16:20.04; 8 Cortez, Adam, Franklin, 16:25.91; 9 Castaneda, Ricardo, Jefferson, 16:29.88; 10 Cardoza, Ulises, San Elizario, 16:32.16; 11 Esquivel-Reyes, Esteban, Cathedral, 16:36.38; 12 Torres, Ernest, Andress, 16:37.39; 13 Perez, Abraham, Americas, 16:39.87; 14 Quirino, Luis, Chaparral, 16:44.62; 15 Lujan, Brian, Americas, 16:47.29; 16 Contreras, David, Del Valle, 16:47.70; 17 Moreno, Sebastian El Dorado, 16:49.49; 18 Boswell, Matthew, Chapin, 16:50.46; 19 Diaz, Carlos, El Paso, 16:51.70; 20 Lozoya, Ricardo, Cathedral, 16:53.86; 21 Arambula, San Elizario, 16:59.23; 22 Smith, R Cathedral, 17:00.73; 23 Whiting, Jefferson, 17:01.81; 24 Sepulveda, Chapin, 17:02.66; 25 Sandoval, Eastlake, 17:03.03.

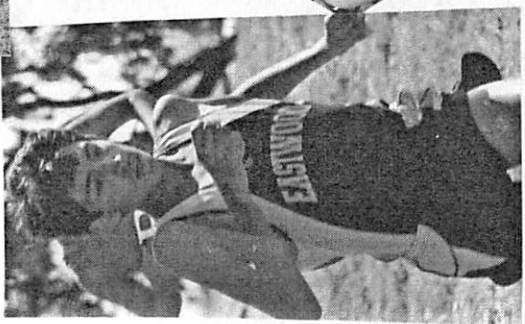
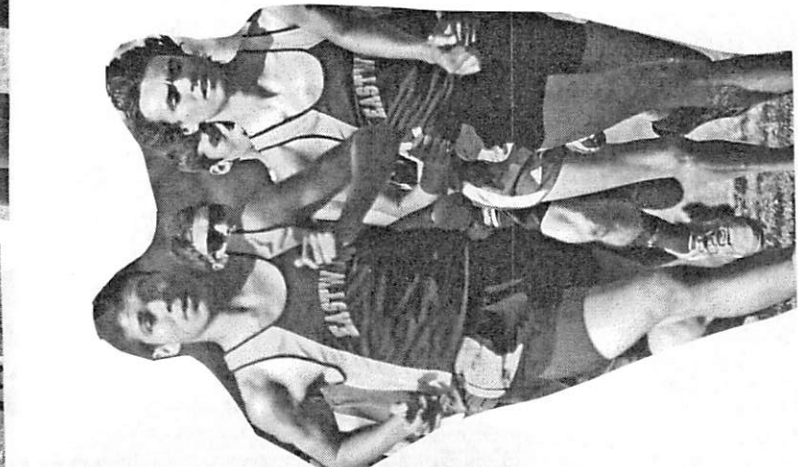
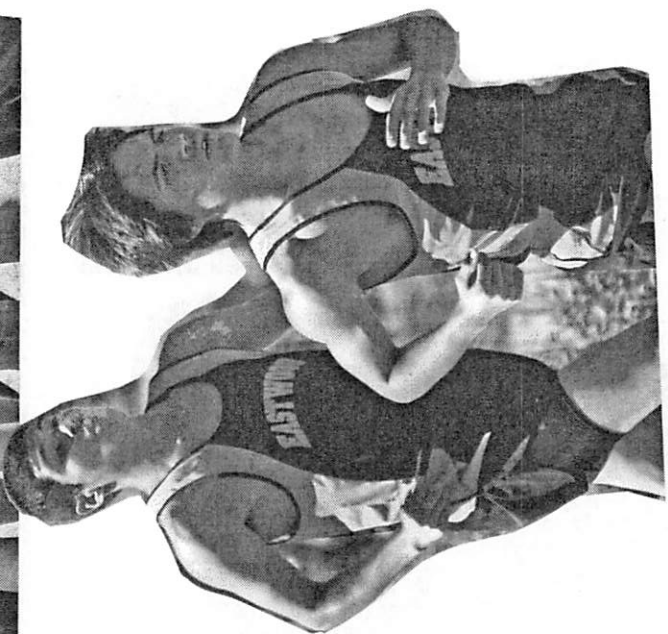
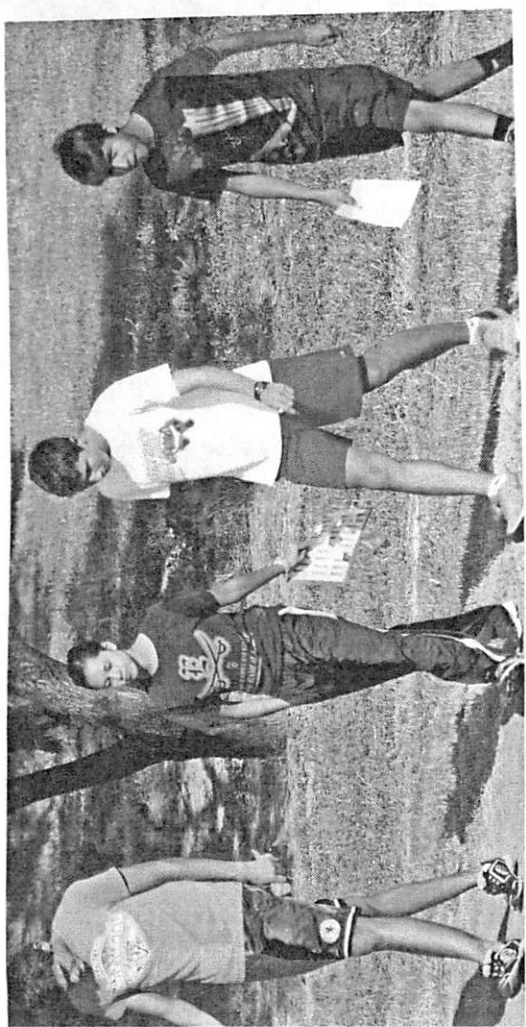


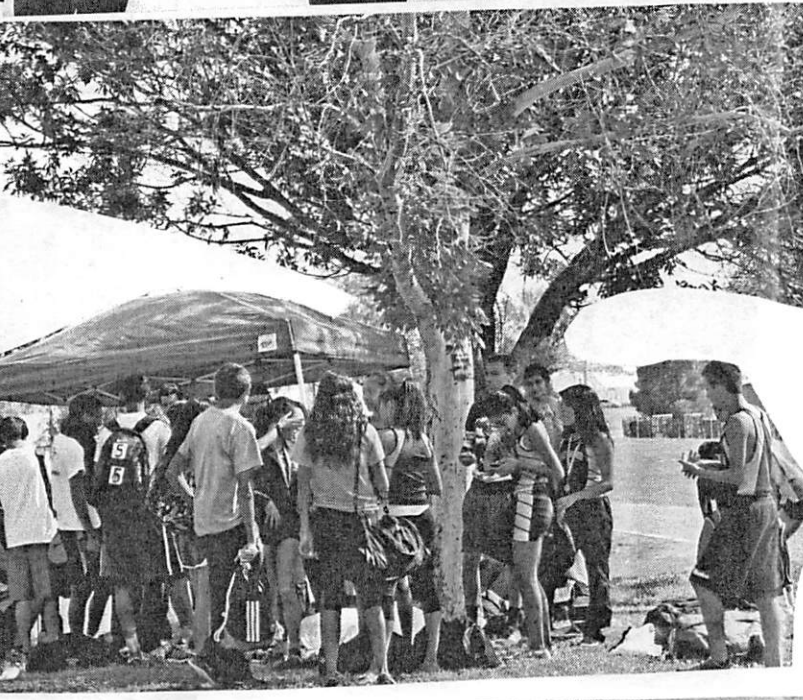
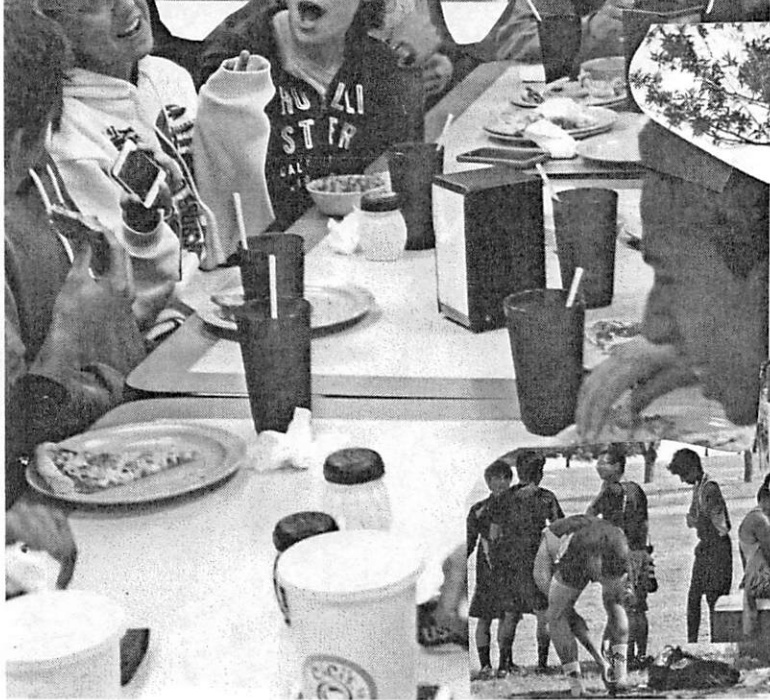


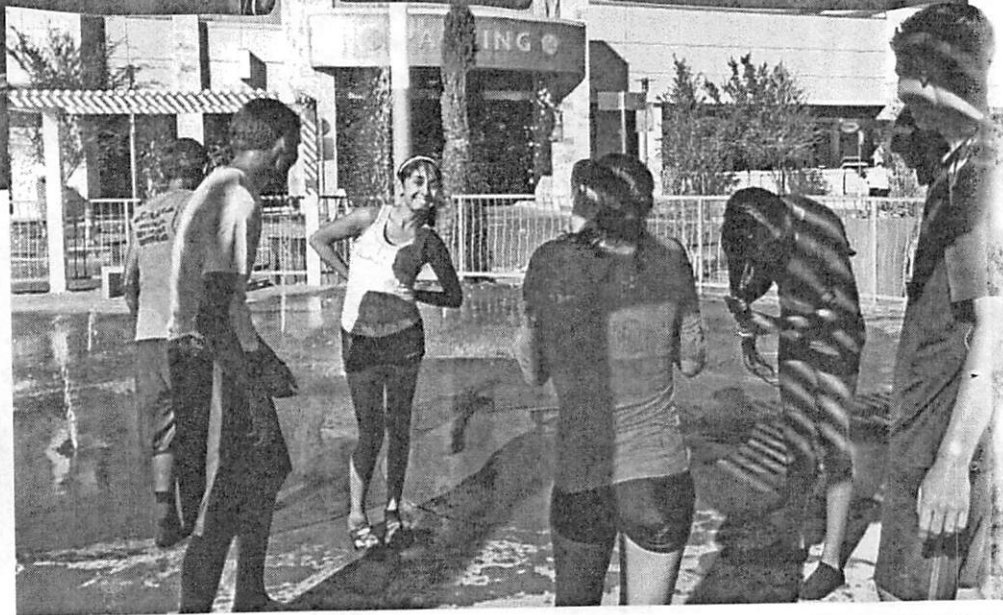
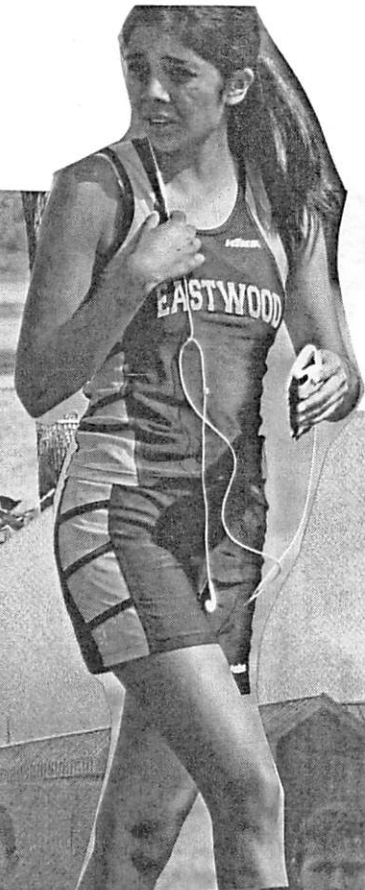
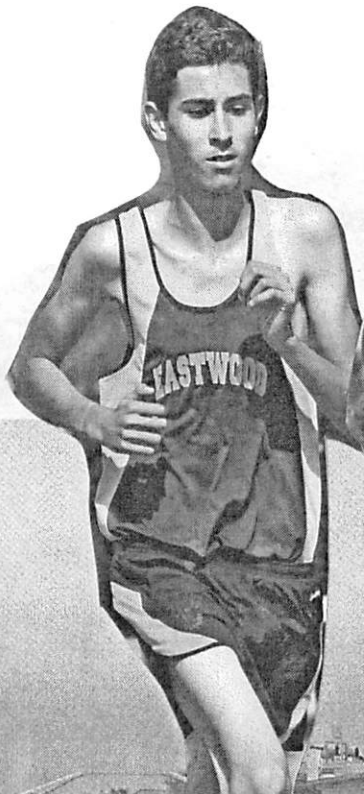
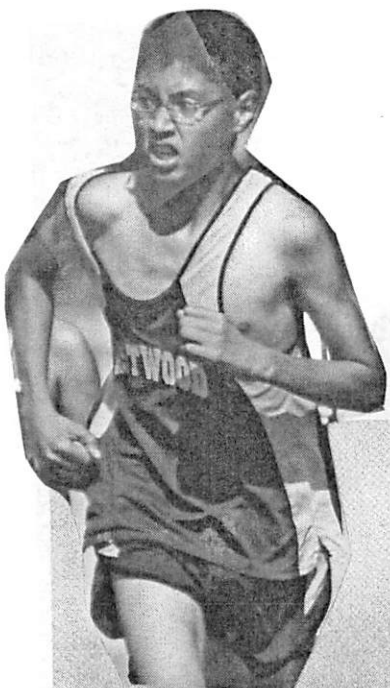
Eastwood junior Diana Martell, who has the tenth fastest time in the city, was running in only her third varsity meet of the season.



"I was very nervous because at this point of the season, the competition gets a lot tougher," said Martell, who was the top Trooper runner, finishing in 12th place (20:19.93) in a field of 153 runners. "I had high expectations for me and my team and I knew we were going to pull through and get a win because of all the hard work we've put in this season."







Cross-country district meet previews continue

It's hard to ignore the Eastwood High cross country program's success. Three consecutive District 1-5A titles for the boys and the girls have won seven of the past eight district meets.

FULL STORY ON PAGE C3



Eastwood boys on verge of 4th-straight district title; girls go for 3rd-in-a-row

By Victor R. Martinez

vmartinez@elpasotimes.com
@vrmart on Twitter

It's hard to ignore the success the Eastwood High School cross country program has experienced in the past four years.

Three consecutive District 1-5A championships for the boys and the girls have won seven in the past eight district meets, including the past two.

Eastwood's boys and girls are the favorites to write their names in the history books as the first teams to win a district championship in Class 6A.

"I look at the district meet as a dress rehearsal for regionals and to see what works and what doesn't work," Eastwood coach Mike McLain said. "If we have a bad race, it's not the end of the world, it's just a bad race and you move on from it and learn from it."

The Eastwood boys — Daniel Bernal, Jose Silva, Matt Munoz, Deric Martinez, Paul Truax, Chris Wallace and James McLain — are ranked No. 4 in the state in Class 6A.

"I really don't think the places we finish are that important," McLain said. "What is important is they learn to run as a team and they learn to support each other. If you are running for other people and not just yourself, you're going to run better. It's easy to let one person down, which is yourself, but it's more difficult to let six other people down."

Their biggest challenge will come from Socorro which is ranked No. 10 in the state.

"We have to go out and



COURTESY PHOTO

Eastwood seniors Anna Mora, and Eden Buntyn hope to lead the girl's cross country team to its third consecutive district championship on Saturday.

DISTRICT CHAMPIONSHIP

What: District 1-6A, 1-5A, 2-5A and 3-4A cross country meets.

When: Rolling schedule starting at 9 a.m. Saturday with District 3-4A girls then boys, 2-5A, 1-5A and 1-6A.

Where: Chamizal National Memorial, 800 S. San Marcial.

At stake: The top three teams and the top 10 individuals in each district qualify for the Region 1 cross country meet Oct. 31 at Mae Simmons Park in Lubbock.

run the races we're used to running and not run anybody else's race," said Socorro coach Jeff Barros. "From that, we'll see what happens."

The Bulldogs, which will rely on juniors Stephen Alvarez and Cristian Hernandez and senior Richard Zuniga, will attempt to unseat the Troopers by going out fast and holding on at the end.

"We go out fast all the time, that's what we want to do," Barros said. "We're front runners. We like to do that because that's what they do at regionals so we have to get used to that."

Americas appears to have the inside track in

the third and final spot to the regional meet Oct. 31 in Lubbock.

"I'm expecting our guys to do well," Trailblazers coach Kenny Lucero said. "They've worked really hard. We really didn't have a good pre-district meet coming back from Houston. We kind of changed up our workout schedule that week and the boys felt it."

Lucero chuckled when asked about being in the same district with two of the state's top 10 teams.

"In other years, we might win district," he said, only half joking. "But competition just makes us better. It makes the level of

competition in El Paso better when we have that kind of quality."

He said El Paso coaches need to embrace the statewide success local teams are having.

"In the long run, it's going to make us better and make us strive to work harder so it's a good thing," he said. "One day, hopefully, we'll be able to beat those guys."

Individually, Eastwood's Daniel and Silva will battle Alvarez from Socorro for district honors.

Challenging Eastwood's girls will also be the Socorro Bulldogs with Franklin and El Dorado fighting it out for the last spot to regionals.

"The girls are ready to go," Barros said of the Bulldogs. "They are feeling well and ready for a strong performance. We want a first, second or third just trying to qualify for the next level."

Eastwood senior Anna Mora is the heavy favorite but could be challenged by Socorro senior Stephanie Quintero and Franklin junior Brianna Armendariz.

A district championship for Eastwood's boys on Saturday would also complete its fourth year in row of being undefeated in the city and a girl's championship would mean a third consecutive unbeaten year for them in city meets.

"We respect all the teams in our district," McLain said. "The goal is for all the district teams to help each other get better and to race well at regionals as a city."

Victor R. Martinez may be reached at 546-6128.

XC District Championships - 10/25/2014
Chamizal

Girls 5k Run CC 1-6A Girls Varsity

1 Mora, Anna	19:03.43	6:18 / 12:34
3 Parra, Vanessa	20:07.14	6:23 / 13:06
5 Martell, Diana	20:25.90	6:31 / 13:30
7 Fernandez, Lilly	20:32.02	6:29 / 13:24
8 Buntyn, Eden	20:33.24	6:24 / 13:23
9 McLain, Elise	21:09.46	6:33 / 13:42
10 Blancas, Dominique	21:16.68	6:33 / 13:42
1 Eastwood High School	24 1 3 5 7 8 9 10	
Average:	20:08.35	

Boys 5k Run CC 1-6A Boys Varsity

1 Bernal, Daniel	15:51.05	5:12 / 10:29
2 Silva, Jose	16:01.43	5:12 / 10:30
4 Truax, Paul	16:10.55	5:12 / 10:38
6 Munoz, Matt	16:37.90	5:12 / 10:41
7 Wallace, Chris	16:39.43	5:12 / 10:47
8 Martinez, Deric	16:41.93	5:12 / 10:42
22 McLain, James	17:41.14	5:21 / 11:24
1 Eastwood High School	20 1 2 4 6 7 8 22	
Average:	16:16.08	

CROSS COUNTRY

District 1-6A Cross Country District Meet
at Chamizal National Memorial

GIRLS

TEAM

1, Eastwood, 24; 2, Socorro, 52; 3, El Dorado, 83; 4, Franklin, 116; 5, Montwood, 133; 6, Americas, 135; 7, Coronado, 169.

INDIVIDUALS

1, Anna Mora, Eastwood, 19:03.43; 2, Stephanie Quintero, Socorro, 19:54.24; 3, Vanessa Parra, Eastwood, 20:07.14; 4, Brianna Armendariz, Franklin, 20:19.68; 5, Diana Martell, Eastwood, 20:25.90; 6, Jacqueline Lopez, Socorro, 20:26.87; 7, Lilly Fernandez, Eastwood, 20:32.02; 8, Eden Buntyn, Eastwood, 20:33.24; 9, Elise McLain, Eastwood, 21:09.46; 10, Dominique Blancas, Eastwood, 21:16.68.

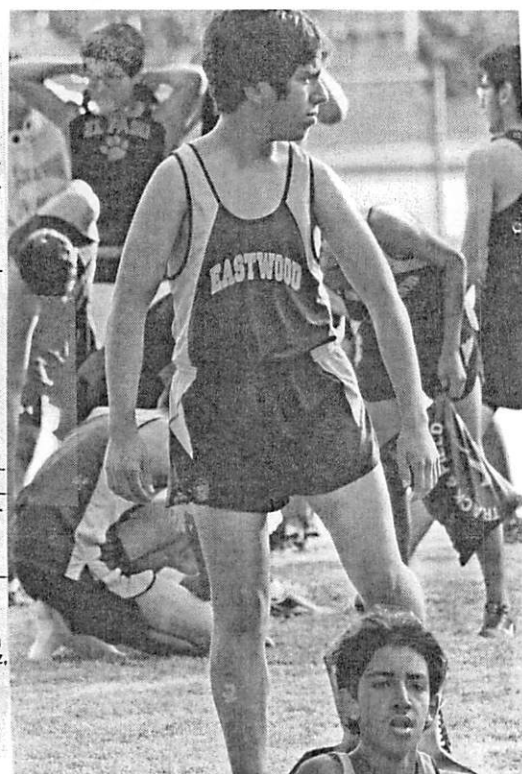
BOYS

TEAM

1, Eastwood, 20; 2, Socorro, 46; 3, Americas, 98; 4, Franklin, 119; 5, Montwood, 138; 6, Coronado, 139; 7, El Dorado, 142.

INDIVIDUALS

1, Daniel Bernal, Eastwood, 15:51.05; 2, Jose Silva, Eastwood, 16:01.43; 3, Stephen Alvarez, Socorro, 16:04.99; 4, Paul Truax, Eastwood, 16:10.55; 5, Adam Cortez, Franklin, 16:17.87; 6, Matt Munoz, Eastwood, 16:37.90; 7, Chris Wallace, Eastwood, 16:39.43; 8, Deric Martinez, Eastwood, 16:41.93; 9, Richard Zuniga, Socorro, 16:45.05; 10, Cristian Hernandez, Socorro, 16:48.11.



10/18/201

1-6A Sub-Varsity District CC Meet - 10/18/2014
Veterans Park

Girls 5k Run CC 9th

1 Vega, Miranda	21:01.46
2 King, Sabrina	22:06.71
3 Sandoval, Skylar	23:05.34
4 Tellez, Brianna	23:42.25
8 Chinolla, Cat	24:01.25
1 Eastwood High School	17 1 2 3 4 7
Average:	22:47.41

Boys 5k Run CC 9th

1 Armijo, Gabriel	18:34.91
2 Molina, Anthony	18:56.33
4 Wallace, Adam	19:03.20
6 Pallares, Eddie	19:42.21
7 Chinolla, Chris	19:53.75
10 Jimenez, Noah	20:54.69
12 Soto, Damian	21:25.71
1 Eastwood High School	17 1 2 3 5 6 8 9
Average:	19:14.08

Girls 5k Run CC Open

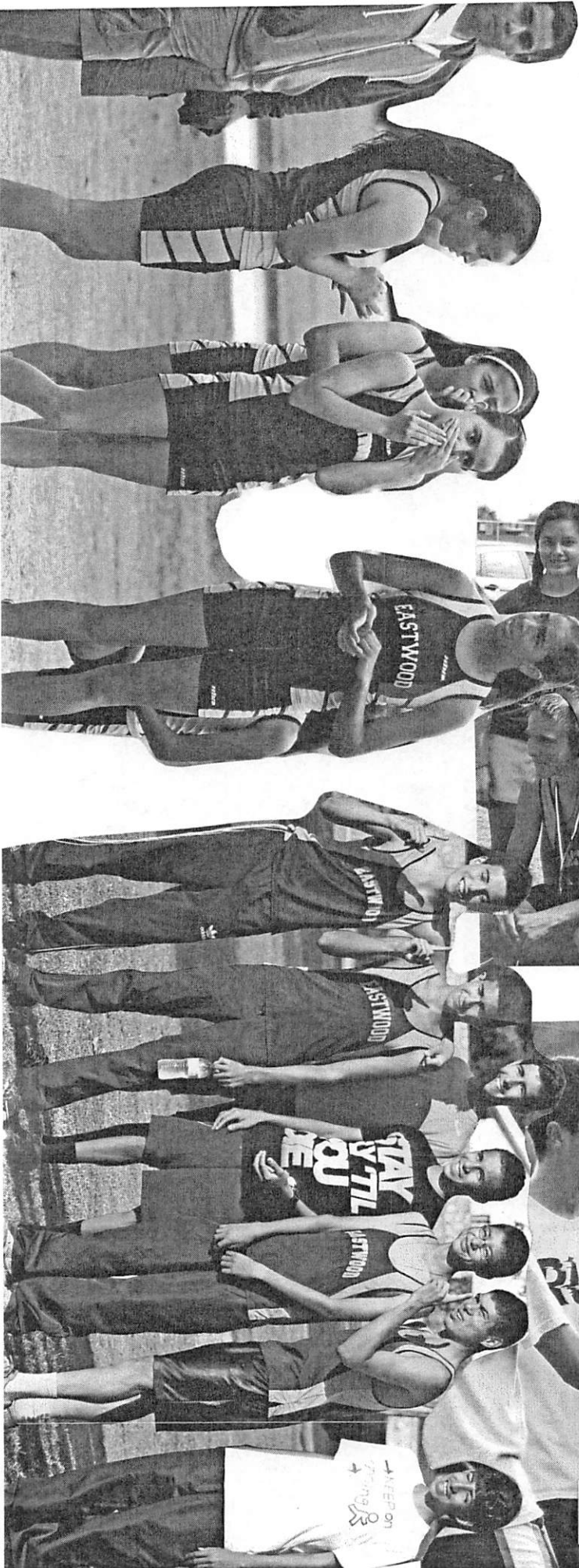
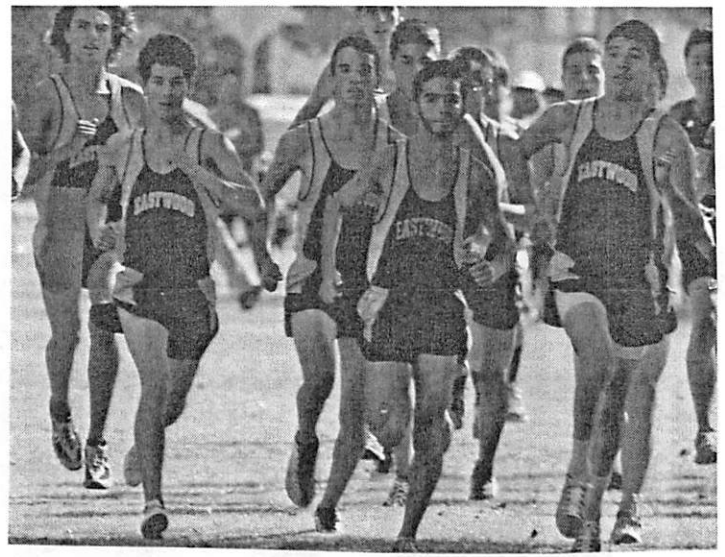
1 Ordaz, Alexis	20:32.28
2 Serrano, Cassi	20:59.25
3 Miramontes, Vanessa	21:01.34
4 Macias, Virginia	21:32.84
5 Martinez, Samantha	21:44.16
6 Ruiz, Daniella	21:50.98
9 Delgado, Emily	22:49.05
11 Ramirez, Laura	23:26.01
12 Lezama, Ariana	23:41.89
38 Aguilera, Kathleen	26:40.78
55 Sam Garcia	32:04.07
1 Eastwood High School	15 1 2 3 4 5 6 8
Average:	21:09.98

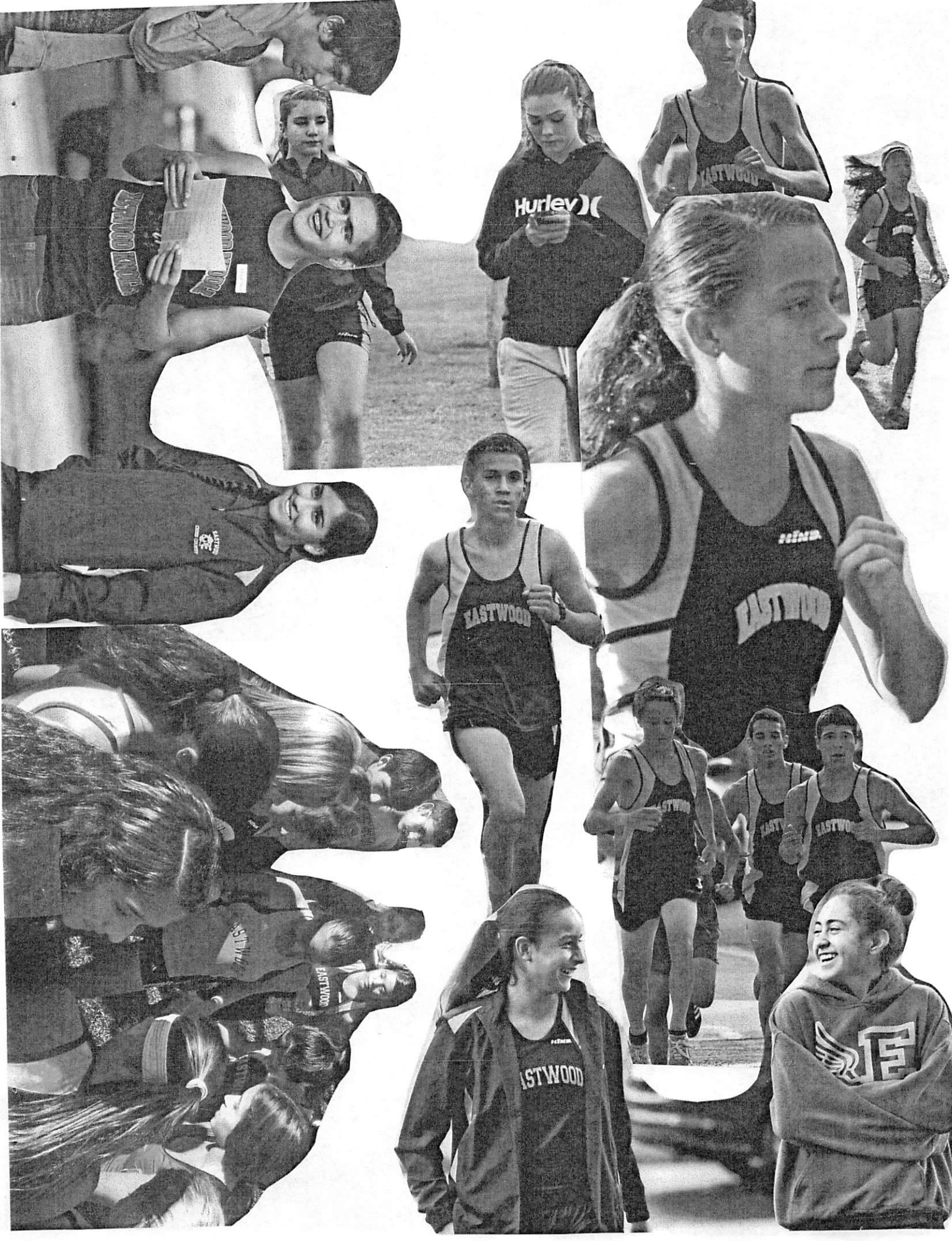
Boys 5k Run CC Open

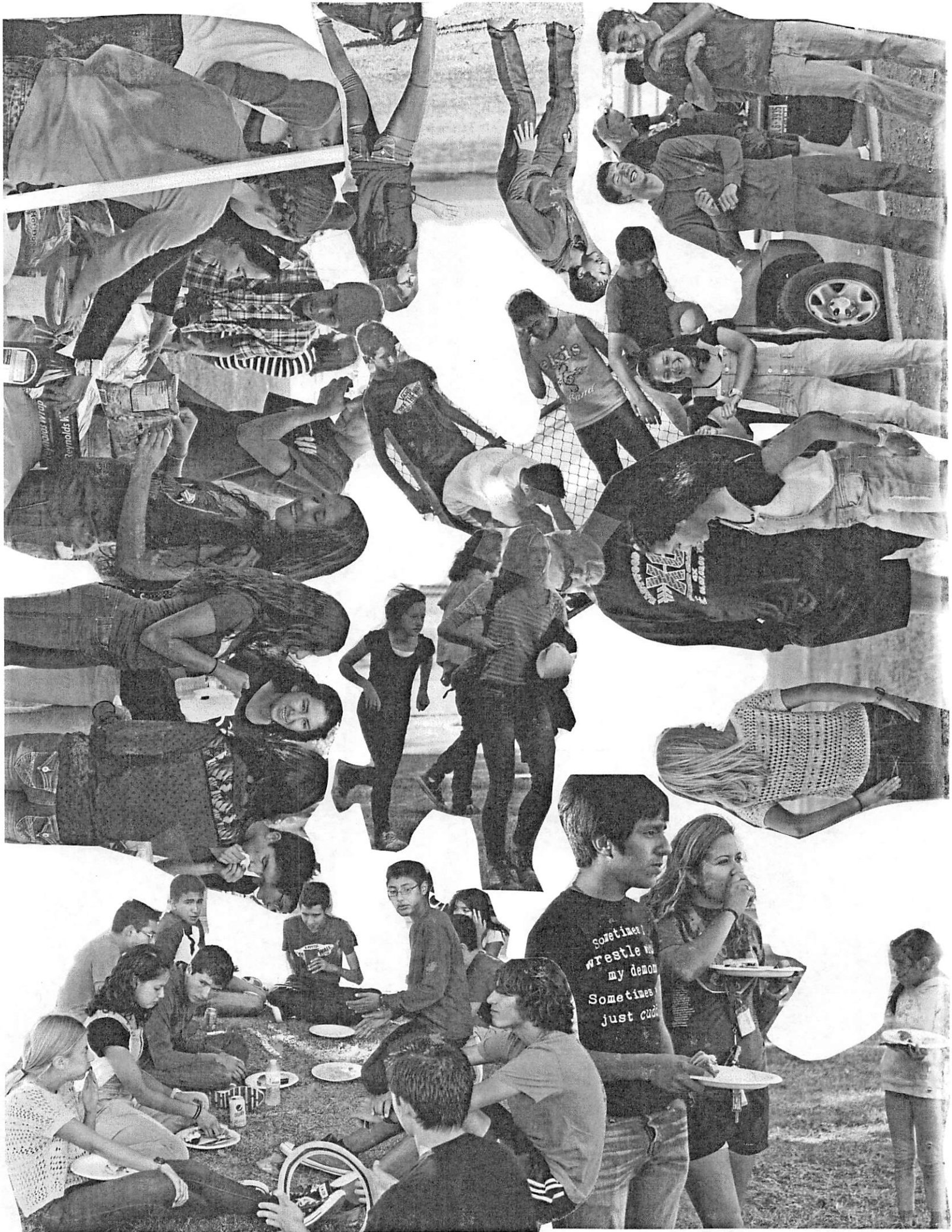
1 Armendariz, Javi	17:50.08
2 Godfrey, Dylan	18:08.31
3 Costello, Matthew	18:12.77
4 Frienhahn, Ruben	18:18.91
5 Cazares, Leo	18:36.17
6 Ahram, Tarq	18:41.89
9 Lozoya, Peter	18:54.63
10 Rodriguez, Julio	19:00.43
15 Cataldi, Brandon	19:22.34
16 Porras, Chris	19:30.95
18 Ward, Noah	19:36.89
50 Uribe, Frbricio	24:36.81
1 Eastwood High School	15 1 2 3 4 5 6 9
Average:	18:13.25











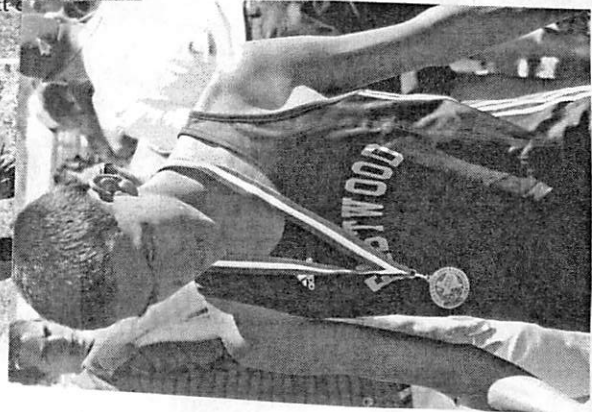
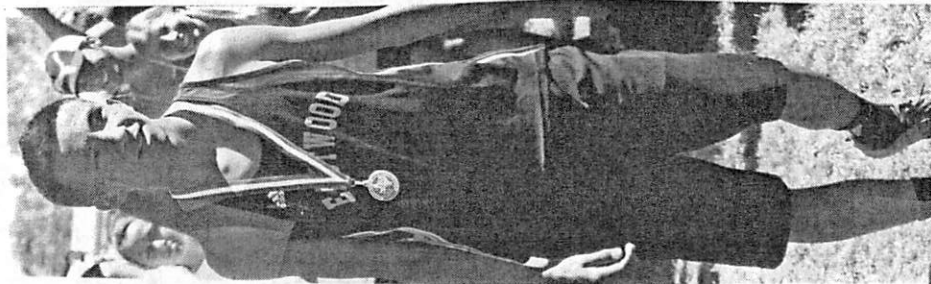
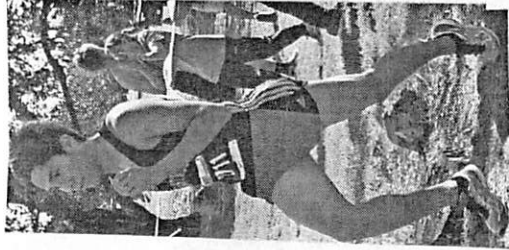
CROSS COUNTRY POLL

BOYS

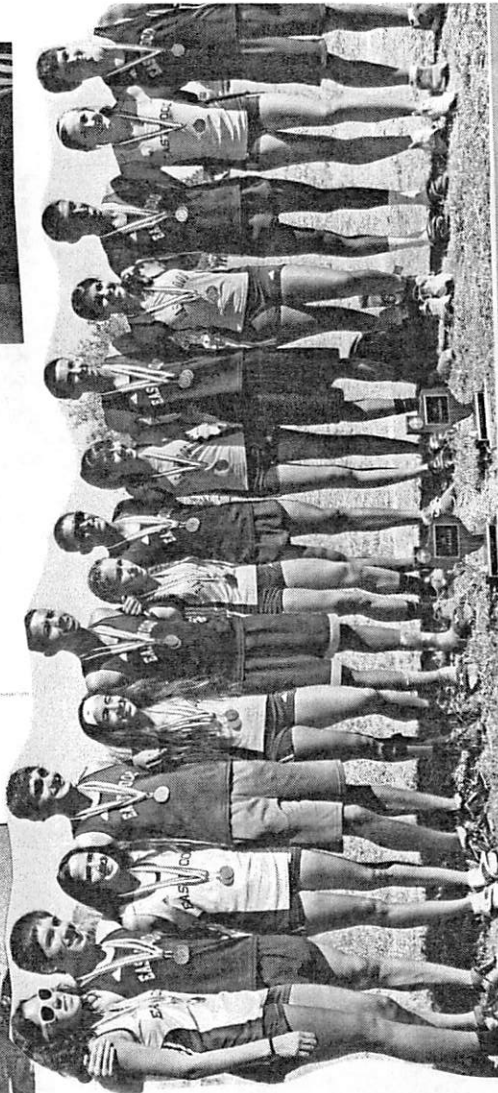
1. Eastwood
2. Socorro
3. Cathedral
4. Americas
5. San Elizario
6. Austin
7. Chapin
8. Clint
9. Canutillo
10. Jefferson

GIRLS

1. Eastwood
2. Socorro
3. Chapin
4. Mountain View
5. Horizon
6. Franklin
7. San Elizario
8. Montwood
9. Clint
10. Hanks



The cross country team dominates district



District 1-6A

The final race of the day resembled a meteorite falling to earth. The pack resembled a large mass, but as the race kept going pieces

broke off until what remained was the Eastwood team and a few other speeding runners.

The Trooper-ite placed six runners in the top eight, led by sophomore Daniel Bernal's 15:51.05 finish, the fastest time of the day.

"I've had nine-weeks testing all week, so I came out really sluggish," Bernal said. "I was able to hold on and finish strong. It was a smart race and I had a really good second mile."

Bernal and Eastwood senior Jose Silva slowly caught up to Socorro junior Stephen Alvarez, who started the race like he was shot out of a cannon and was strong enough to hold on to a third place finish.

Eastwood scored 20 points, while Socorro finished second with 46 points. Americas placed third. The Troopers broke a district record with those 20 points, previously held by the 2012 team that had 21 points.

"We try to run as a team and the mile marker is where we take it over," said Silva, who yelled "let's go," and signaled for teammates to move up during the race.

The victory was special for Silva and fellow-seniors Deric Martinez and Chris Wallace. "We came from the bottom on the freshman squad and now we're up here (winning district)," Silva said.

Aaron Bracamontes may be reached at 575-628-5531.

Eastwood won its third straight district championship, turning in the second-best point performance since the 1984 Socorro team that finished with 21 points.

Eastwood had 24 points, followed by Socorro with 52 and El Dorado with 83.

"It's great to know that four years of hard work can really pay off," said senior Vanessa Parra, who finished third. "And I wouldn't want to do it with anyone else but my team."

It was also the program's eighth district championship in nine years.

"We have a lot of pride in the tradition and being there for each other," she said. "We like to keep up the hard work. That's what Eastwood is about, putting in the hard work and the effort."

Eastwood senior Anna Mora easily defended her district title, winning the 3.1 mile race in 19:03.43, a full 51 seconds ahead of Socorro's

Stephanie Quintero.

"Last year was sweeter because it was my first one and I was pushed more and I like being pushed," said Mora. "This year, I was pushed in the beginning but not as much in the past years."

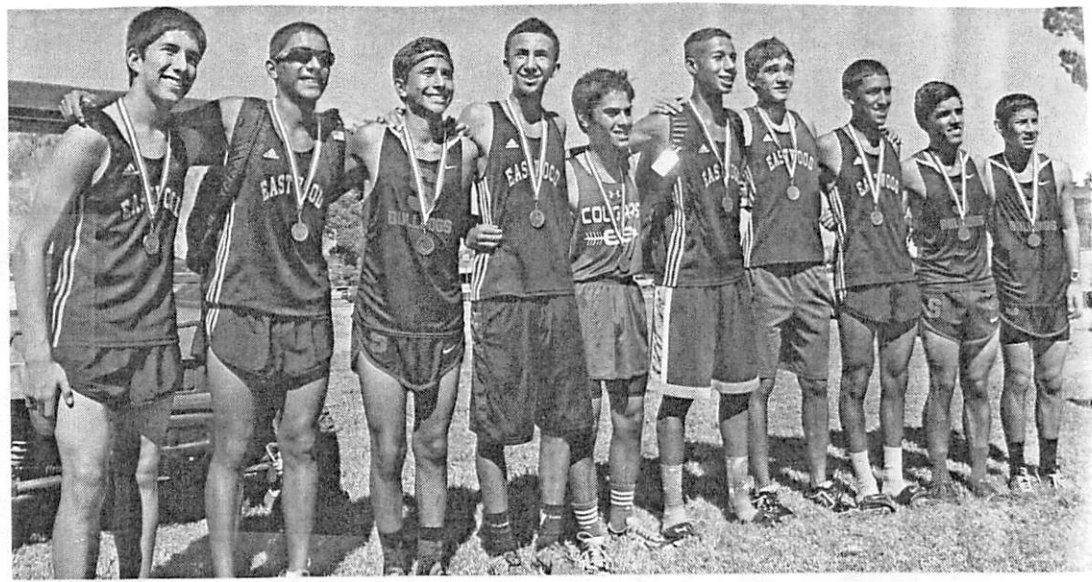
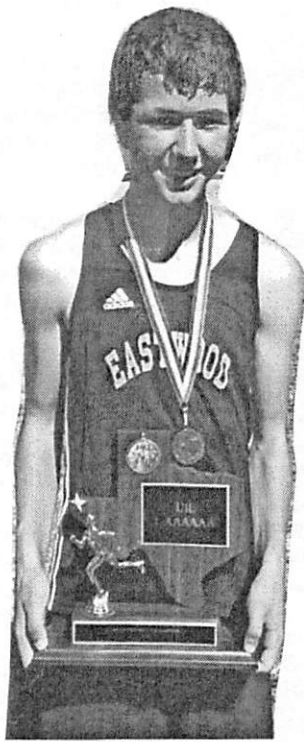


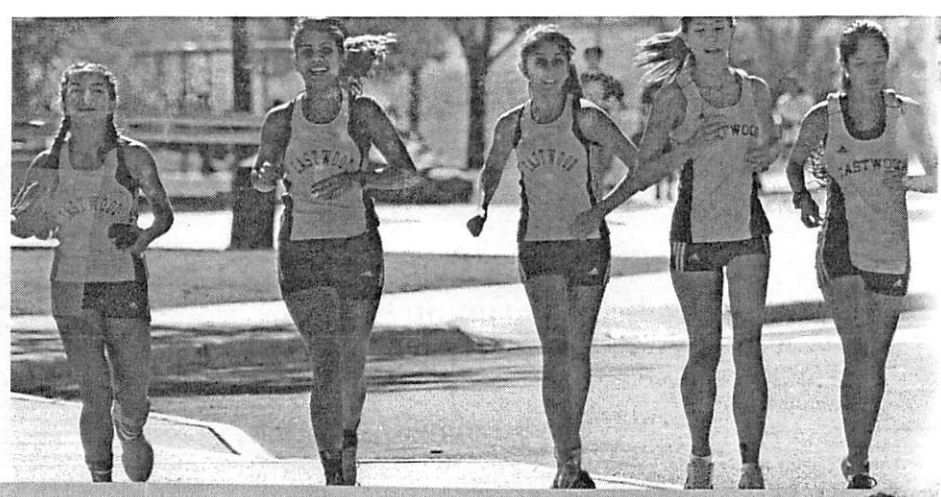
EHS CROSS COUNTRY TEAM DOMINATES DISTRICT CHAMPIONSHIP

WEDNESDAY, NOVEMBER 05, 2014

Congratulations to the Eastwood High School Cross Country team, for winning all 6 district championships for the 2nd year in a row. Every individual winner from all 6 divisions were also all from Eastwood. Gabriel Armijo and Miranda Vega won the freshman division and Alexis Ordaz and Javier Armendariz won the junior varsity divisions. The varsity girls finished their 3rd undefeated season in a row lead by Anna Mora 1st place, Vanessa Parra 3rd, Diana Martell 5th, Lilly Fernandez 7th, Eden Buntyn 8th, Elise McLain 9th and Dominique Blancas in 10th. The varsity boys finished their 4th consecutive undefeated season in a row lead by Daniel Bernal 1st, Jose Silva 2nd, Paul Truax 4th, Matt Munoz 6th, Chris Wallace 7th, Deric Martinez 8th and James McLain 22nd.

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Good runners share grind

Top teams share belief in running together as pack

By Victor R. Martinez
vmartinez@elpasotimes.com
@vrmart on Twitter

To be successful in cross country, there is no skimping on the grind.

There is no way to be successful on race day if shortcuts are taken during the week, it's just that simple. There are no alternatives but to sweat and to endure the pain.

But why go through it alone, when you have a team to motivate you, to kick you on the backside when you don't feel like working out or providing you with that little push to run faster when you think you're spent.

That's why in the elite cross country programs in the area, the pack is of the highest importance.

"It's the only way you are going to win a meet in a quality race," said Adrian Dodds, coach of Cathedral's cross country team. "It's something that we work on each and every day. We have our groups who train together and its imperative that everybody works together."

The Irish are ranked No. 3 in the city and No. 4 in the state in the private school division by the Cross County Coaches Association of Texas.

"The competition on the back end of a race is just as important as your front runners," Dodds said. "If your guys come in second, fifth, sixth and eighth and then your fifth man falls off and gets 20th, you're sunk. All it takes is one person to drop off and all of a sudden you're not in contention to win."

The goal of team pack running is to have a team's one through five runners — the scoring runners — finish as closely as possible to accumulate the least



COURTESY PHOTO

Pack running is essential in the success of any cross country program. The goal is to have a team's one through five runners finish as closely as possible. Eastwood's boys one-through-five split is consistently between 20 and 35 seconds.

points, which in cross country scoring, is the objective.

At the Las Cruces Public Schools Invitational last Saturday at Onate High School, Cathedral's 1-5 split was 36 seconds.

"Our team is mostly going to come out and keep contact with the front group, not necessarily to try to lead it but just to keep in contact," he said. "Our group stays together at least in the first mile. If we see some true separation it's not until there's a half mile to go and that's when people start dropping."

Eastwood's boys, ranked No. 1 ranked in the city and No. 4 in Texas Class 6A, have consistently had a 20- to 35-second gap between its first and fifth runners this season.

"From the first day of cross country practice coach (Mike) McLain has told us it's all about the pack running," said Eastwood junior Paul Traux. "That's what's going to get us to the promised land. Our workouts are all based on that, that and being each other's brothers and caring for each other. It all comes down to being

in a pack during the races because that's what's going to get us those high places and low points."

Traux said tight packs mean better communication.

"Communication is everything," he said. "We have to make sure nobody stays too far behind, that's the reason we stay in a pack in the first place. Running as a team will always take you further than running individually, we've learned that through experience."

Howard Prestwood, Horizon's cross country coach, said he has talked to his teams about the importance of running as a pack.

"For us, there's a sense of security within the pack," said Prestwood, whose girls are ranked No. 4 in the city. "We don't have that front runner who is going to go out there and tear it up. Right now we are trying to be more tactical about things and being a little bit more conservative."

He said he would like to see his girl's 1-5 split be within one minute.

"We talk about it in practice, we simulate it in practice but sometimes, for

whatever reason, that four and five get lost in space and it just becomes a downward spiral from there," he said. "For some kids, if they don't go out with the top 15, they get lost in space and suddenly they find themselves on a tempo run and the whole racing aspect is gone."

The Eastwood girls, who are ranked No. 1 in the city, usually run in a pack of four no more than 35 seconds from each other.

The city's top runner, senior Anna Mora, is usually more than 45 seconds in front of Eastwood's pack.

"Coach emphasizes pack running quite a bit," said senior Eden Buntyn. "It helps you keep a pace so you're more consistent throughout your race as opposed to dying out at the end. But the biggest benefit is having your teammates there to motivate you when your legs are burning and you want to quit."

Dodds said the bottom line is, "if you train together, you'll race together. You can't have one without the other."

Victor R. Martinez may be reached at 546-6128.

HIGH SCHOOL CROSS COUNTRY

State hopes ride on Region 1 meet

Class 6A

Getting out of Region 1 in Class 6A will be a tall task for District 1-6A teams Eastwood, Socorro and El Dorado.

Franklin junior Brianna Armendariz will compete for individual honors

Four of the state's top 10 girls teams are from Region 1 including last year's state champion, Southlake Carroll and this year's No. 1 ranked Flower Mound Marcus.

"Region 1 and Region 2 are always very tough," said Mike McLain, the Eastwood coach. "It's not just the best teams in the state, but the best teams in the country."

Eastwood finished in sixth place last year.

"The girls are a better team than they were last year," McLain said. "To finish top 10 in this region is an accomplishment. It has to be a belief that they can do it and a willingness to gamble, take a chance and go for it. They have a chance to get one of those top four spots."

Senior Vanessa Parra said she knows it's going to be tough but she has confidence in her team.

"I know that each and every one of those ladies is going to put in everything they've got and as long as they do that, I'll be happy," she said.

Victor R. Martinez may be reached at 546-6128.

Eastwood, Clint, Tornillo seeking return to state meet

By Victor R. Martinez
vmartinez@elpasotimes.com
@vrmart on Twitter

The Tornillo, Clint and Eastwood boys cross country teams have been in this situation before.

They are quite familiar with the unsettling butterflies on the eve of the Region 1 Cross Country Meet, with the heavy expectations of qualifying for state.

Class 6A

Eastwood, ranked No. 4 in the state in Class 6A, has made the state meet two out of the past three years, missing out last fall after placing sixth at regionals.

"It's one of the reasons they've worked so hard this year," said Eastwood coach Mike McLain. "Those kids ran well last year. They ran a 15:54 average. That's the first time ever that a team ran that fast of a team average and didn't make it to state."

With five runners — seniors Jose Silva, Deric Martinez and Chris Wallace, and juniors Paul Truax and Matt Muñoz — returning and the addition of sophomores Daniel Berna and James McLain, the Troopers have had one of their most successful seasons.

The only three teams to have beaten Eastwood this season are nationally-ranked teams Jenks (Okla., ranked 15th in the nation), Southlake Carroll (ranked No. 22) and Arizona Desert Vista (ranked No. 24).

REGION 1 CROSS COUNTRY

At stake: Top four teams and the top 10 individuals not on one of the advancing teams will qualify for the state meet Nov. 8 at Old Settlers Park in Round Rock, Texas.

"There's still a lack of respect for El Paso runners in other parts of the state and I think that has motivated them more than anything," McLain said.

Region 1 is also loaded with Southlake Carroll, Lewisville Hebron, Keller Timber Creek, Flower Mound Marcus and Socorro, which is ranked No. 10 in the state.

"We've beaten the teams ahead of us except Eastwood and Southlake Carroll but we've beaten Hebron and Marcus at their own place so we're confident we can run with them," said Socorro coach Jeff Barros. "We are going down in altitude and they're coming up in altitude so that will help too. Also, those teams will be going after Eastwood and we're going to be going after those teams so it's going to be a great battle."

Americas will also compete for a spot to state as well as Franklin sophomore Adam Cortez.



UIL Region I XC Championships

October 31st

6A Girls

<u>O'All Place</u>	<u>Adj Place</u>	<u>Bib No</u>	<u>Name</u>	<u>Team</u>	<u>Time</u>	<u>Pace</u>	<u>Year</u>	<u>Qualifier</u>
4	4	1588	Anna Mora 5:41	Eastwood	17:10.85	5:30/M	12	IND
23	22	1589	Vanessa Parra 6:00	Eastwood	18:22.21	5:53/M	12	IND
50	44	1584	Eden Buntyn	Eastwood	19:11.60	6:09/M	12	
52	46	1585	Lilly Fernandez	Eastwood	19:15.51	6:10/M	9	
69	60	1587	Elise McLain	Eastwood	19:34.67	6:16/M	12	
81	71	1583	Dominque Blancas	Eastwood	19:44.78	6:19/M	12	
96	85	1586	Diana Martell	Eastwood	20:11.91	6:28/M	11	

6	El Paso Eastwood	176	4	22	44	46	60	71	85		
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Top 5 Times: 1:33:34.84 1-5 Gap=2:23

Avg Time 18:42

6A Boys

<u>O'All Place</u>	<u>Adj Place</u>	<u>Bib No</u>	<u>Name</u>	<u>Team</u>	<u>Time</u>	<u>Pace</u>	<u>Year</u>	<u>Qualifier</u>
6	6	1788	Daniel Bernal 4:56	Eastwood	14:59.28	4:48/M	10	TM
11	10	1792	Jose Silva 4:55	Eastwood	15:15.12	4:53/M	12	TM
16	14	1789	Martinez Deric 4:56	Eastwood	15:19.54	4:55/M	12	TM
30	25	1791	Matt Munoz 5:02	Eastwood	15:39.52	5:01/M	11	TM
38	32	1794	Chris Wallace 4:56	Eastwood	15:47.06	5:04/M	12	TM
44	37	1793	Paul Truax 4:56	El Paso Eastwood	15:51.58	5:05/M	11	TM
96	81	1790	James McLain 5:15	El Paso Eastwood	16:35.75	5:19/M	10	TM

2	El Paso Eastwood	87	6	10	14	25	32	37	81
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Top 5 Times: 1:17:00.52 1-5 Gap= 47

Avg Time 15:24

Scoreboard Area Scores

CROSS COUNTRY

REGION 1 CROSS COUNTRY RESULTS

Class 6A

Girls

Team

1, Lewisville Marcus, 42; 2, Lewisville Hebron, 72; 3, Lewisville Flower Mound, 112; 4, Southlake Carroll, 127; 6, Eastwood, 176; 16, Socorro, 441; 23, El Dorado, 598.

Individuals

1, Madeline Reed, Lewisville Marcus, 16:51.18; 2, Safiya Belbina, Lewisville Flower Mound, 16:59.82; 3, Ashton Endsley, Abilene, 17:03.10; 4, Anna Mora, Eastwood, 17:10.85; 5, Quinn Owen, Lewisville Marcus, 17:23.41; 6, Peyton Brown, Lewisville Marcus, 17:27.00; 7, Laura Fairchild, Lewisville Hebron, 17:30.18; 8, Meghan Lloyd, Keller, 17:31.57; 9, Ashley Johnson, Arlington Martin, 17:34.57; 10, Anna Elkin, Lewisville Hebron, 17:34.74; 23, Vanessa Parra, Eastwood, 18:22.21.

Boys

Teams

1, Southlake Carroll, 78; 2, Eastwood, 87; 3, Lewisville Marcus, 118; 4, Keller Timber Creek, 120; 6, Socorro, 190; 8, Americas, 217.

Individuals

1, Erik Wingfield, Keller Timber Creek, 14:47.20; 2, Bryce Hoppel, Midland, 14:54.01; 3, Reed Brown, Southlake Carroll, 14:56.36; 4, David Strome, Colleyville Heritage, 14:56.63; 5, Jason Vincze, Plano West, 14:59.04; 6, Daniel Bernal, Eastwood, 14:59.28; 7, Stephen Alvarez, Socorro, 15:00.70; 8, Carson Burnside, Keller Timber Creek, 15:02.40; 9, Logan Hendrix, Lewisville Marcus, 15:14.69; 10, Luke Maddox, Lewisville Flower Mound, 15:14.81; 11, Jose Silva, Eastwood, 15:15.12; 15, Deric Martinez, Eastwood, 15:19.54; 20, Cameron Lavery, Americas, 15:28.18.

BOYS CROSS COUNTRY

Five EP teams advance to state meets

By Victor R. Martinez

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@vrmart on Twitter

LUBBOCK » The San Elizario boys cross country team made school history Friday and the Tornillo boys continued their string of state meet appearances with each winning a Region 1 cross country championship at Mae Simmons Park in Lubbock.

The Eastwood boy's team is also advancing, finishing second, 10 points behind Southlake Carroll in the Region 1-6A race.

Austin finished fourth in the Region 1-5A race and is also going to state.

"It's impressive, I'm so proud of the boys, they all performed like we planned," San Elizario coach Cesar Morales said after

Region 1-6A

Anna Mora from Eastwood finished fourth in a time of 17:10.85 while teammate and follow senior Vanessa Parra placed 23rd and was the last girl to qualify in a time of 18:22.21.

"I love not being the front runner, I like to have someone pushing me the whole race," Mora said after advancing to her first state meet. "It feels great, I'm just disappointed I won't have my team with me."

Eastwood finished sixth as a team with 176 points.

Mora said her older brother Richie Mora, who ran for Eastwood from 2009 to 2012 and in two state meets, has been her inspiration.

"Who I am today has everything to do with him," she said. "I aspire to be just like him. He was my role model and I still want to be like him. I want to make him proud of me."

Victor R. Martinez may be reached at 546-6128.

Region 1-6A

Eastwood is advancing to its third state meet in four years after finishing 6-10-14-25 and 32.

"Last year was an amazing team, whoever says last year was a disappointment doesn't know what they were talking about," said Eastwood coach Mike McLain. "This year's team ran amazingly well. It doesn't feel any different than last year. I was satisfied last year and I am satisfied this year. Nothing has changed the way I feel about this team."

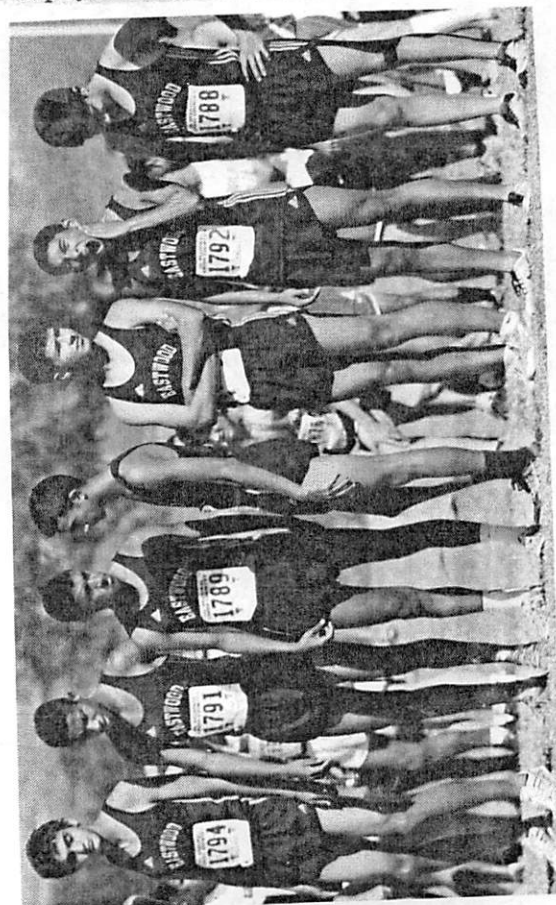
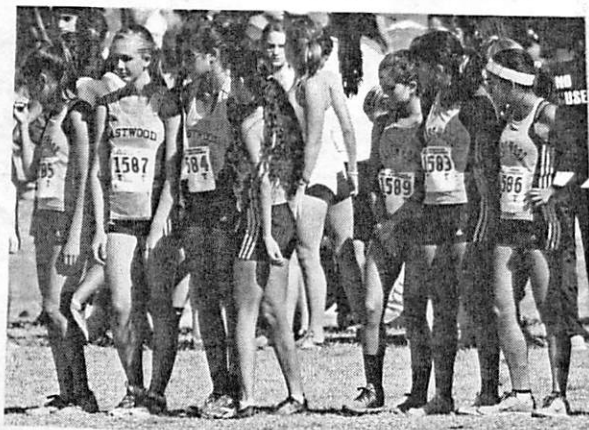
The Troopers finished sixth at last year's meet.

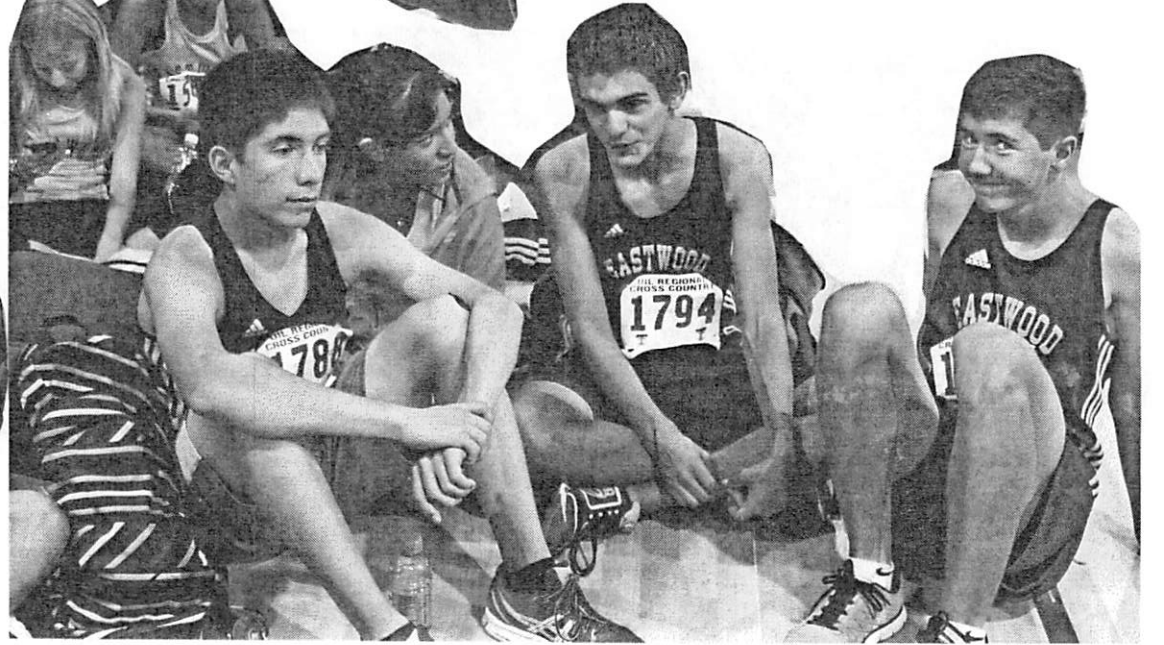
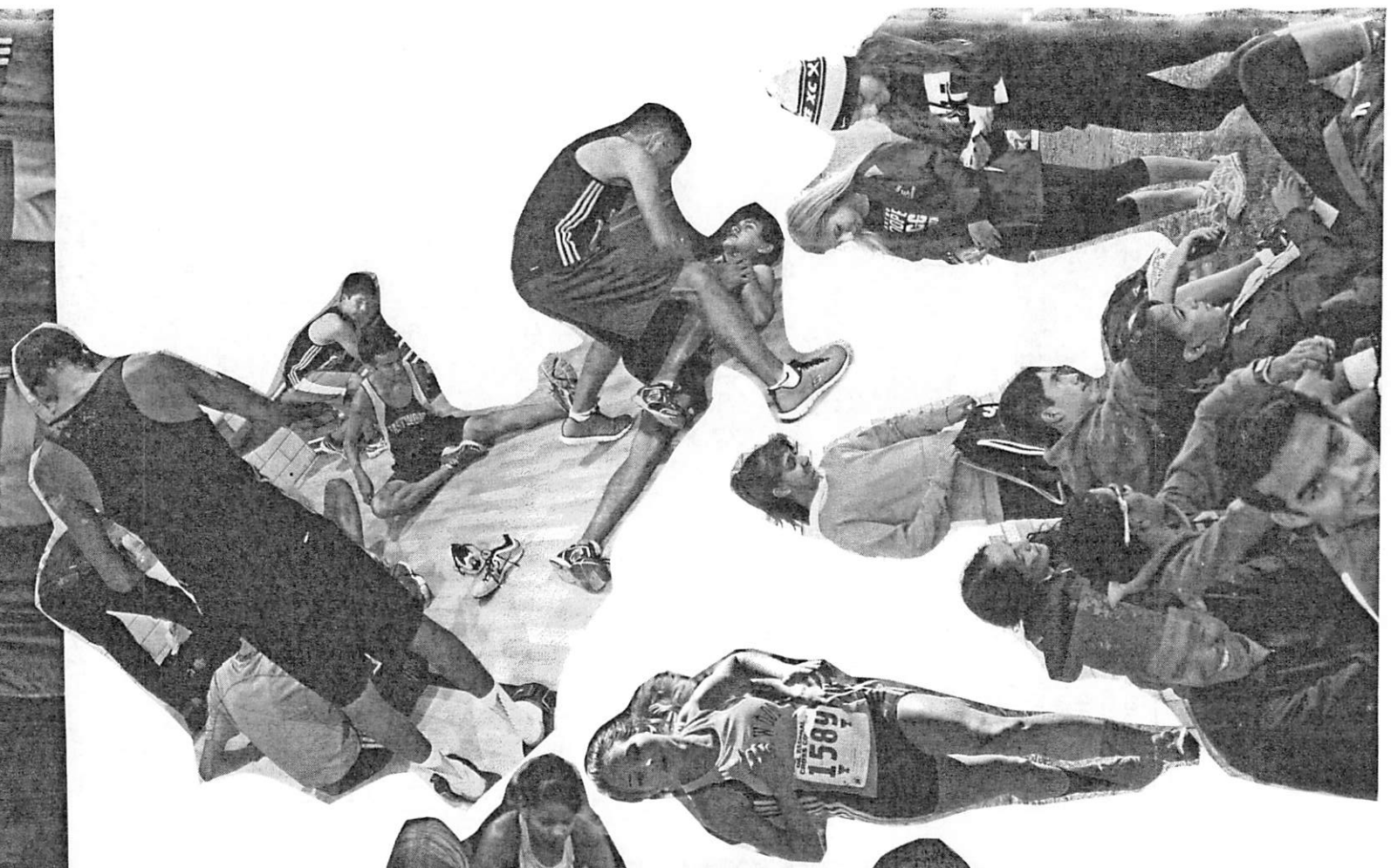
Eastwood sophomore Daniel Bernal finished his first regional in sixth place in 14:59.28.

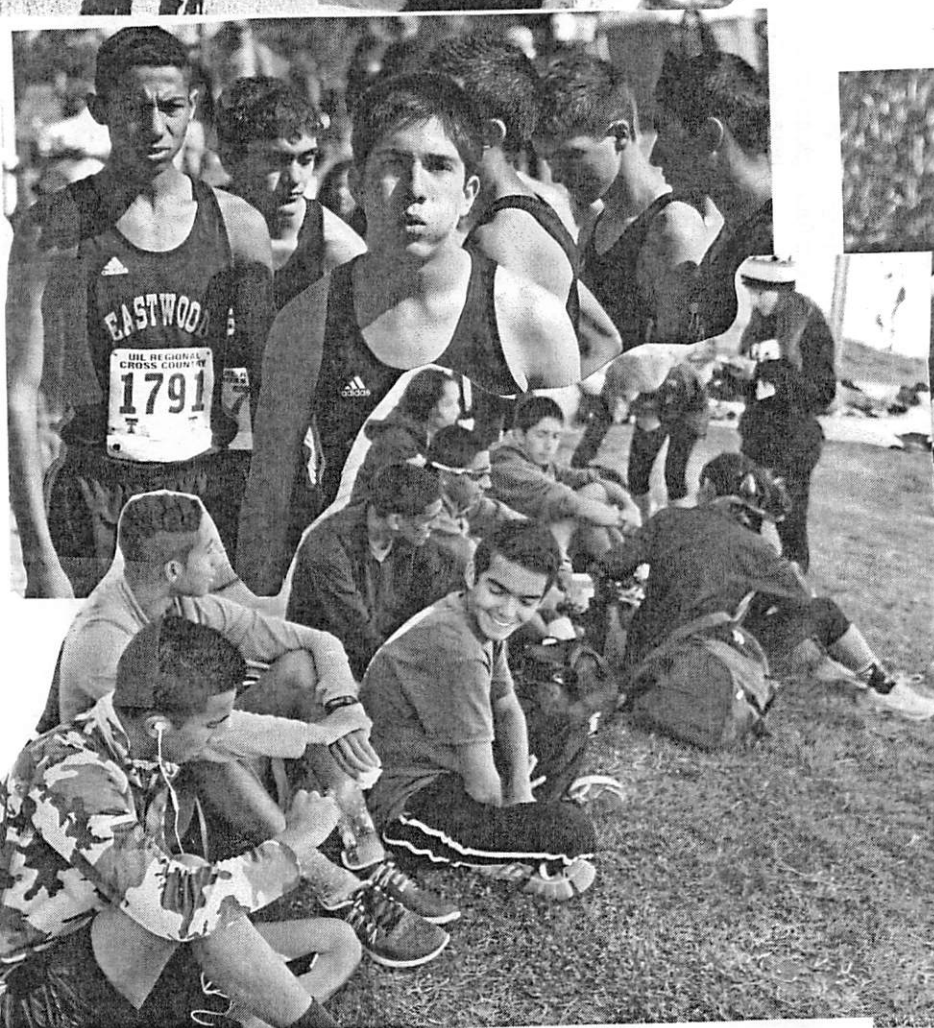
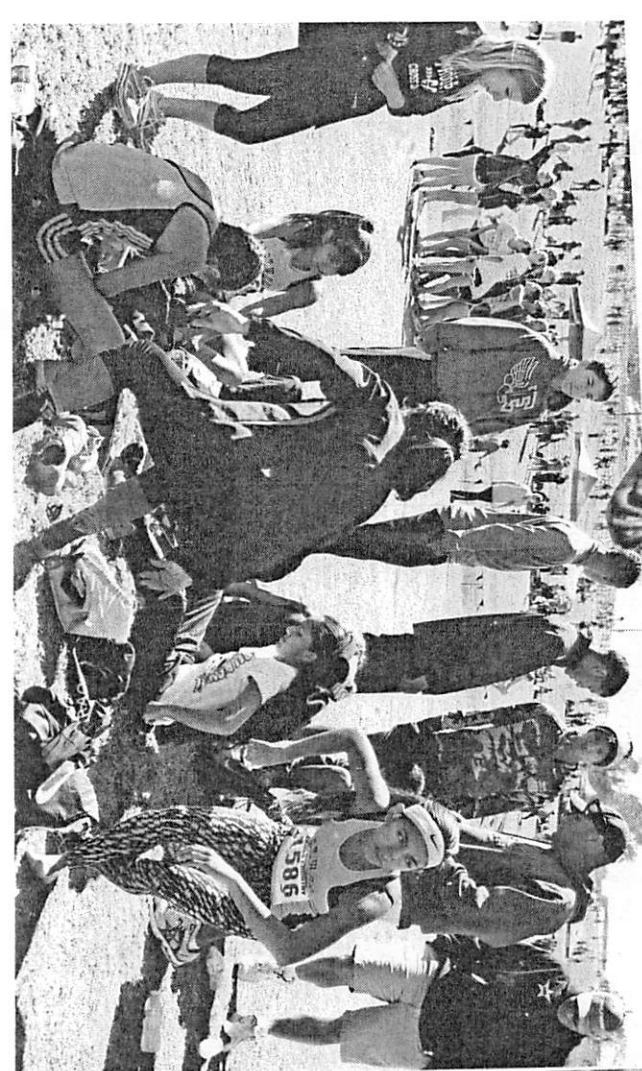
"This will motivate me for future training and races because I want to get better to and finish in the top three next year," Bernal said.

Socorro junior Stephen Alvarez was right behind Bernal finishing in 15:00.70.

"I wanted to go out fast and keep pushing the pace," he said. "I thought I did that well the only thing was I had to play catch up on the first







HIGH SCHOOL CROSS COUNTRY

Troopers hope miles pay off at state

Team travels 3,761 miles during season for top competition to prepare for chance to win state medal

By Victor R. Martinez
vmartinez@elpasotimes.com
@vrmart on Twitter

It's been a long, weary road back to the UIL Cross Country State Championship for the Eastwood Troopers boys team — 3,761 miles to be exact.

Eastwood's march to Round Rock for the state meet has taken them to Grapevine, Texas, Silver City, Las Cruces, Casa Grande, Ariz., and to Lubbock.

Ultimately, the final 3.1 miles at Old Settlers Park will prove to be the toughest when the team takes on Texas' best in the Conference 6A state championship at noon

Saturday.

"If we wanted to get better as a program, we had to do that much traveling," said Eastwood coach Mike McLain. "We have to go to large meets where there are a lot of fast runners and where it's hard to pass people so our kids could get used to running in those situations."

Most of the trips were team funded.

Eastwood, which has been to the state meet three out the past four years, missed out last year.

"The boys were young with not a lot of varsity experience and they didn't quite know how to deal with the success," McLain said.

"But they learned from last year and matured and had a better understanding of what constitutes a team."

This year's team — seniors Jose Silva, Deric Martinez and Chris Wallace, juniors Matt Munoz and Paul Truax, and sophomores Daniel Bernal and James McLain — ran a regional team average of 15:23, the best in El Paso cross country history.

The city's previous team best regional average was Austin's 2010 team, which had a 15:39 average.

Silva said racing the likes of nationally ranked Oklahoma Jenks (11th nationally), Arizona Desert Vista (16th nationally) and

Southlake Carroll (19th nationally) will prepare the Troopers for one of the toughest state races in the country.

"Traveling out of town helped us see how we were going to race against those top teams," said Silva, who is making his second trip to state. "Before, we used to go to regionals without any experience on how to race them. Now we are prepared so we're not just going out there and running, we actually have a race strategy now."

Silva said being able to see Southlake Carroll twice this season has taken away the awe-factor of racing the three-time defending

TROOPERS » PAGE 3

STATE BOUND

Who: Eastwood — seniors Jose Silva, Deric Martinez and Chris Wallace, juniors Paul Truax and Matt Muñoz and sophomores Daniel Bernal and James McLain — will compete in the Conference 6A UIL Cross Country State Championship.

When, where: Noon (MST) Saturday at Old Settlers Park in Round Rock, just north of Austin.

Last preview: Friday, 14 individual qualifiers.



2014 STATE MEET

6A F 5,000 Meter Run - Finals

Place	Athlete	Team	Result	Points
8	<u>Mora, Anna</u>	12 El Paso Eastwood	18:09.59	--
71	<u>Parra, Vanessa</u>	12 El Paso Eastwood	19:52.08	--

M 5,000 Meter Run - Finals

Place	Athlete	Team	Result	Points
10	<u>Silva, Jose</u>	12 El Paso Eastwood	15:54.02	7
13	<u>Bernal, Daniel</u>	10 El Paso Eastwood	15:57.46	10
42	<u>Truax, Paul</u>	11 El Paso Eastwood	16:25.59	29
59	<u>Wallace, Chris</u>	12 El Paso Eastwood	16:37.98	38
108	<u>Munoz, Matt</u>	11 El Paso Eastwood	17:25.80	74
114	<u>McLain, James</u>	10 El Paso Eastwood	17:30.20	80
125	<u>Martinez, Deric</u>	12 El Paso Eastwood	17:43.19	89

5 El Paso Eastwood 158 7+10+29+38+74 (80+89) 1:31 1-5 Split | 16:28 Avg

Area Scores

UIL STATE CROSS COUNTRY

Round Rock, Texas
Class 6A

BOYS

TEAM

1. Southlake Carroll, 94; 2. The Woodlands, 105; 3. College Park, 117; 4. Katy Seven Lakes 147; 5. Eastwood, 158.

INDIVIDUALS

1. David Strome, Colleyville Heritage, 15:23.81; 2. Alex Rogers, Comal Canyon, 15:27.63; 3. Connor Meaux, College Park, 15:36.57; 10. Jose Silva, Eastwood, 15:54.02; 13. Daniel Bernal, Eastwood, 15:57.46; 17. Stephen Alvarez, Socorro, 16:01.59; 42. Paul Truax, Eastwood, 16:25.59; 59. Chris Wallace, Eastwood, 16:37.98; 91. Cameron Lavery, Americas, 17:05.28; 108. Matt Munoz, Eastwood, 17:25.80; 114. James McLain, Eastwood, 17:30.20; 125. Deric Martinez, El Paso Eastwood, 17:43.19.

GIRLS

TEAMS

1. Lewisville Hebron 68; 2. Lewisville Marcus 76; 3. Humble Kingwood 104.

INDIVIDUALS

1. Devin Clark, Comal Smithson Valley, 17:10.87; 2. Paige Hofstad, New Braunfels, 17:18.89; 3. Julia Heymach, Houston Lamar, 17:49.94; 8. Anna Mora, Eastwood, 18:09.59; 71. Vanessa Parra, Eastwood, 19:52.08.

Southlake Carroll boys, girls rule state, but challenger has emerged

By MEGAN RYAN
Staff Writer
mryan@dallasnews.com

In high school, a four-year reign of anything is equivalent to a dynasty.

And a dynasty is exactly what Southlake Carroll cross country has a chance to build.

If the boys and girls teams win the 6A state championships Saturday in Round Rock, it will be the fourth straight title for each. But the path to the trophy might not be so straightforward.

While the boys team won Region I last week, it was by only a slim nine points. The girls team finished fourth at regionals, just slipping into the last state qualifying spot.

"If you say it's not pressure, you're in denial," Carroll coach Justin Leonard said. "I know he kids feel that, and they all know what's at stake and what's on the line."

11:11 AM, NOVEMBER 6, 2014

CROSS COUNTRY

Several schools have the chance to dethrone Carroll — Hebron and Flower Mound finished ahead of the girls team at regionals, and El Paso Eastwood was close behind the boys in second. Non-area teams like The Woodlands College Park and Kingwood also usually are legitimate contenders.



VICTOR CALZADA — EL PASO TIMES

Eastwood runners will compete at the Class 6A state cross country meet. Team members are, clockwise from lower left, Daniel Bernal, Deric Martinez, Matt Muñoz, Christopher Wallace, Paul Truax, James McLain and Jose Silva, center.

Troopers

FROM PAGE 1

state champion.

"When we went out to regionals last year, we kind of psyched ourselves out thinking about how we were going to beat Southlake Carroll," Silva said. "Now that we've raced against them twice this year and have gotten close to them, we can figure out a way to beat them."

McLain credits his senior leadership for the success of the 2014 edition of the Troopers.

"Our three leaders, De-

ric, Jose and Chris have made a big impact," he said. "Building a distance runner takes years. You can't run well unless you put in those years of work. I'm happy that their hard work has finally paid off."

For Eastwood to have a shot at a medal, they will have to find a way to nudge ahead of Southlake Carroll, College Park, The Woodlands and Katy Seven Lakes, the top four teams in Texas.

The best Eastwood finish was fourth in 2012.

"Last year we concentrated too much on the state rankings," Silva said.

"That's what really got us over confident. When we got to regionals, I think we were ranked fourth in the state and we thought all we had to do was just show up and advance to state."

That didn't happen and Eastwood finished sixth at regionals.

"This year we've stayed away from all those Texas Running blogs and all those other websites," Silva said. "We were focused and concentrated on what we needed to do and that was putting in the miles, working hard and having fun."

Victor R. Martinez may be reached at 546-6128.

HIGH SCHOOLS

SportsDayDFW.com

The Dallas Morning News

Morning a threat to end Carroll's 3-year reign

Four El Pasoans earn All-State honors

By Victor R. Martinez

vmartinez@elpasotimes.com
@vmart on Twitter

ROUND ROCK » While San Elizario experienced the exultation of winning a state cross country championship, three other area high schools tasted the bitersweet feeling that comes with leaving the UIL state meet empty-handed.

In the Class 3A championship Saturday at Old Settlers Park, Tornillo's boys placed fourth with 147 points, 12 points from earning its first medal; Austin's boys were ninth in the Class



Silva



Mora

5A race and Eastwood's boys finished in fifth place.

However, several individuals picked up All-State honors by finishing in the top 10 of their respective races.

In Class 6A, Eastwood senior Jose Silva placed 10th in 15:54.02 and Anna Mora,

another Eastwood senior, was eighth in the girls' race in a time of 18:09.59.

"It hurts that we didn't do better as a team," Silva said. "We had the chance to medal and we thought we had a chance of winning it. I was confident, but it just didn't work out this time."

Silva said he was still proud of the way the team performed all season. But as bitter as it was, he was somewhat content with his All-State race performance. "I owe it all to my coaches and my parents," he said. "It means a lot to me. I never

thought this moment would come. I worked my butt off to be in this position."

Mora, who ran in her first state meet, was all smiles after the race.

"It hasn't hit me yet, neither has regionals but it will at some point," she said. "But right now, there is a lot of excitement and a lot of pride. It's also very exciting to know that I had all the support of my team back home."

In the girls' Class 5A championships, Canutillo sophomore Anisa Burciaga and Eastlake senior Almee Hernandez placed ninth

and 10th.

"I am excited that as a sophomore I was able to get to state," said Burciaga, who ran the hilly course in 19:09.75. "I have something that most people don't so I get to use my gift that God has given me. Before my race, I pray to God to be with me during my race so I can do my best."

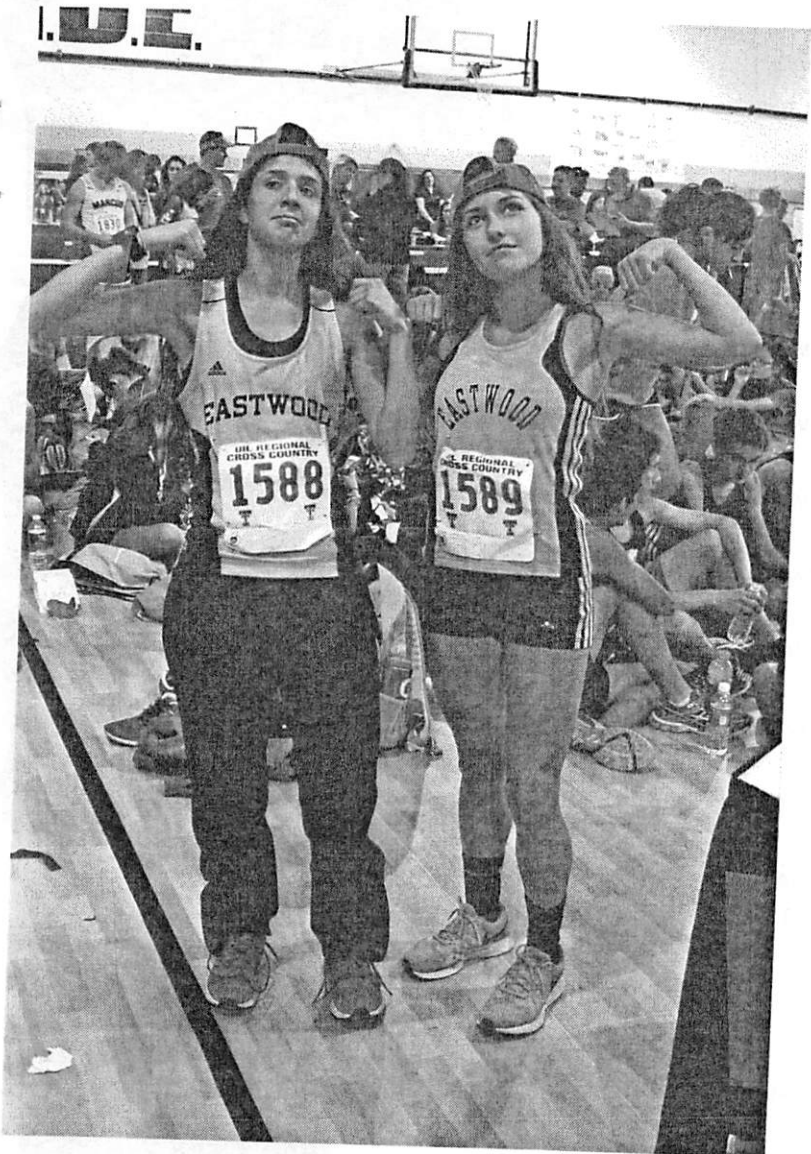
Burciaga said she just felt blessed and grateful to be at the state meet.

"Because I made regionals last year, I wanted to push myself to make it to state and finish top 10, that was my goal," she said.

Hernandez, who was looking to improve on her 32nd place finish from last year, did just that.

"It was very intense, very competitive race," she said after finishing in 19:12.49. "It was the most intense race of the year. These hills always get me so I knew had some ground to make up. Those girls got better, I could tell, so the only thing you can do is get better right along with them. But that's a nice way to finish my senior year."

Victor R. Martinez may be reached at 546-6128.



Nike South Regional Championship Girls

5,000 Meter Run - Finals

8	<u>Mora, Anna</u>	12	Eastwood	18:22.58	5
109	<u>Parra, Vanessa</u>	12	Eastwood	20:30.15	72
130	<u>Buntyn, Eden</u>	12	Eastwood	20:45.11	88
169	<u>Fernandez, Lilly</u>	9	Eastwood	21:03.39	123
195	<u>Martell, Diana</u>	11	Eastwood	21:23.18	141
208	<u>Blancas, Dominique</u>	12	Eastwood	21:32.28	148
217	<u>Mclain, Elise</u>	12	Eastwood	21:45.59	152

16 Eastwood 429 5+72+88+123+141 3:00 1-5 Split |
(148+152) 20:24 Avg



Championship Boys

42	<u>Silva, Jose</u>	12	El Paso Eastwood	16:29.54	30
67	<u>Bernal, Daniel</u>	10	El Paso Eastwood	16:46.24	45
69	<u>Martinez, Deric</u>	12	El Paso Eastwood	16:47.24	46
86	<u>Munoz, Matt</u>	11	El Paso Eastwood	16:55.93	56
102	<u>Wallace, Chris</u>	12	El Paso Eastwood	17:03.26	65
120	<u>Truax, Paul</u>	11	El Paso Eastwood	17:13.88	73
229	<u>Mclain, James</u>	10	El Paso Eastwood	18:17.52	133

8 El Paso Eastwood 242 30+45+46+56+65 (73+133) 0:33 1-5 Split | 16:48 Avg



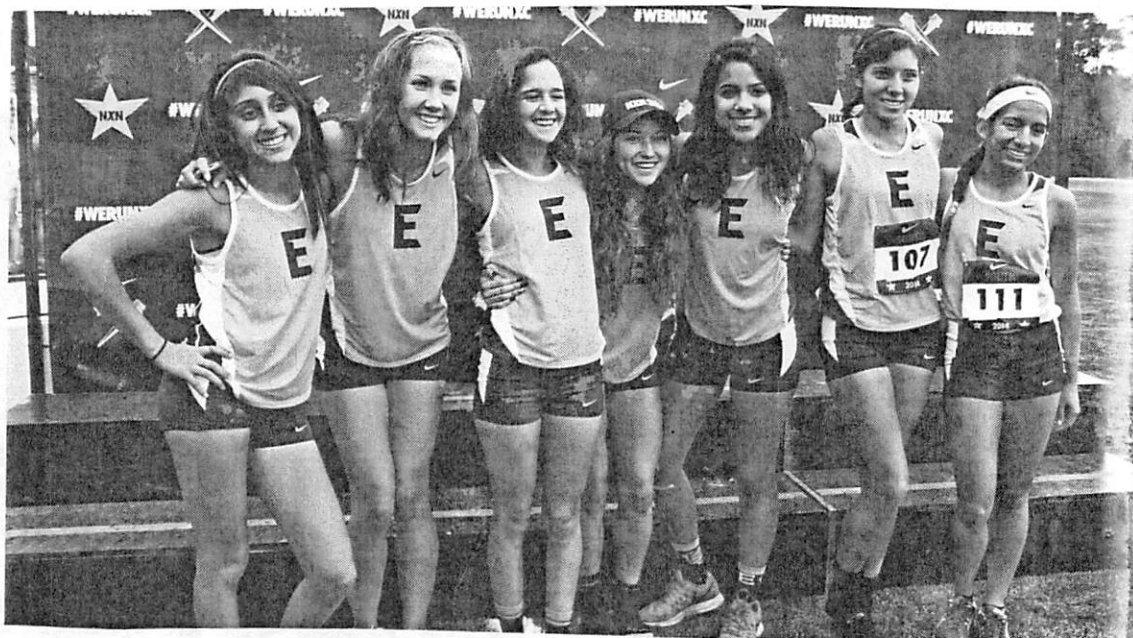
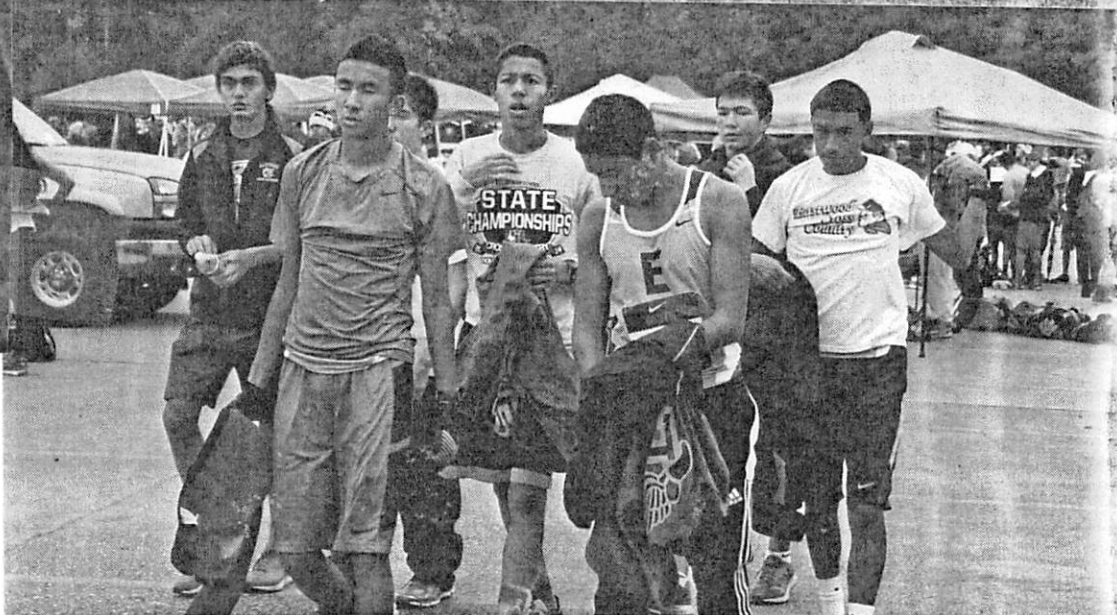
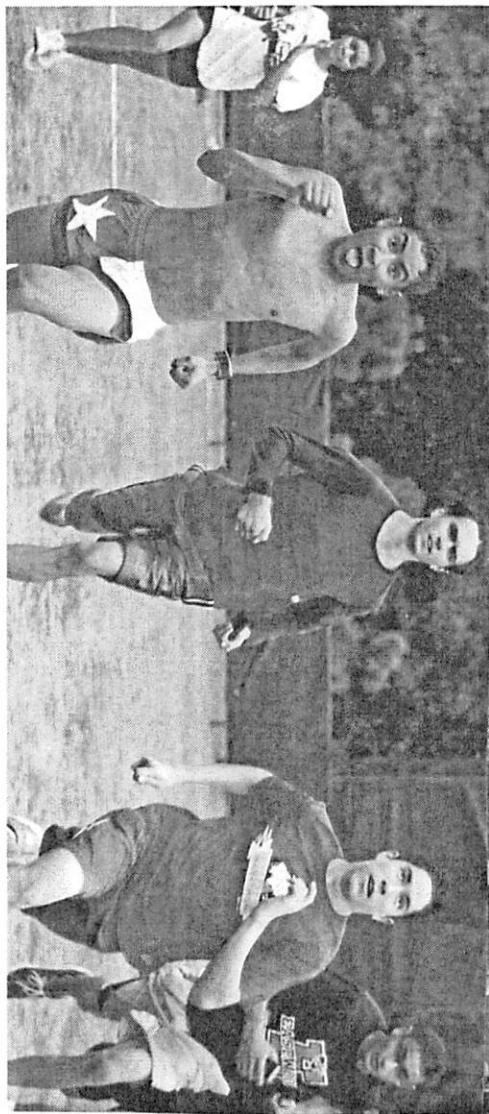
Open Girls

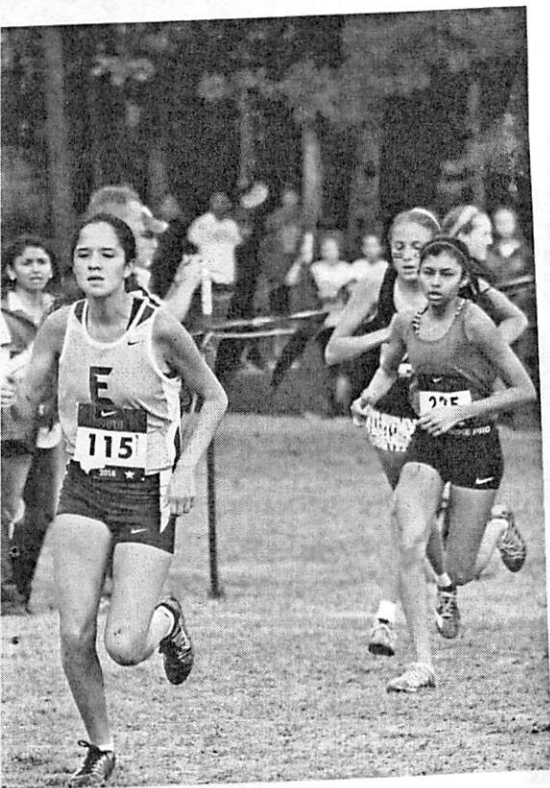
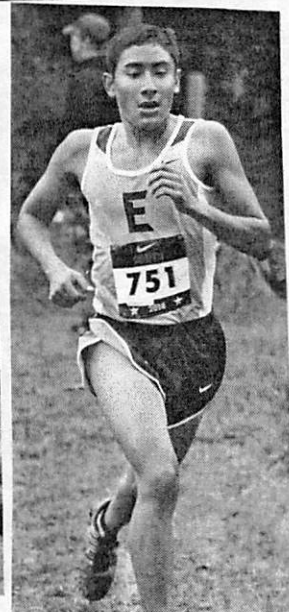
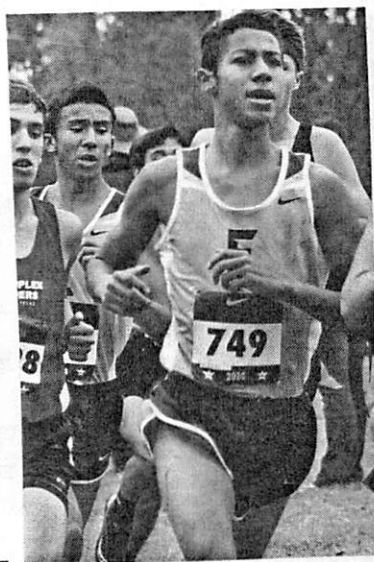
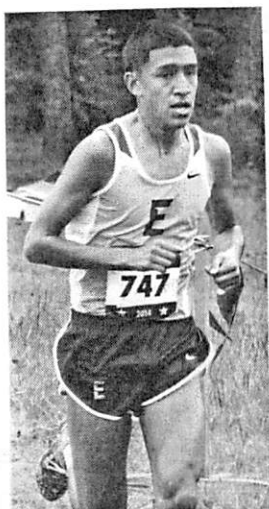
69	50	116	Alexus Ordaz	Eastwood Running Club	21:53.68	7:01/M
83	60	118	Cassandra Serrano	Eastwood Running Club	22:09.18	7:06/M
86	63	112	Samantha Martinez	Eastwood Running Club	22:10.25	7:06/M
126	DNS	481	Daniella Ruiz	Eastwood Running Club	22:47.92	7:18/M
138	102	114	Vanessa Miramontes	Eastwood Running Club	23:02.80	7:23/M
145	108	110	Virgina Macias	Eastwood Running Club	23:12.47	7:26/M
163	121	119	Miranda Vega	Eastwood Running Club	23:31.05	7:32/M
189	DNS	459	Hannah Herrera	Eastwood Running Club	24:11.92	7:45/M
196	141	109	Sabrina King	Eastwood Running Club	24:37.14	7:53/M
199	DNS	521	Laura Ramirez	Eastwood Running Club	24:43.81	7:55/M
200	DNS	432	Emily Delgado	Eastwood Running Club	24:44.46	7:56/M
15 Eastwood Running Club				383	50 60 63 102 108 121 141	
<i>Top 5 Times: 1:52:28.38</i>						

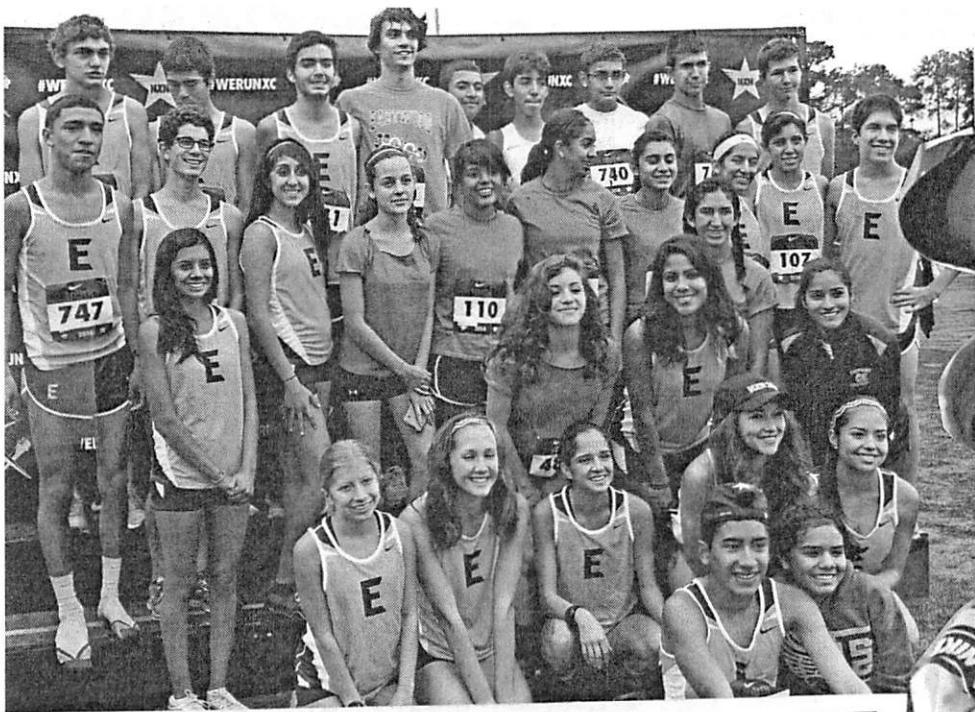
Open Boys

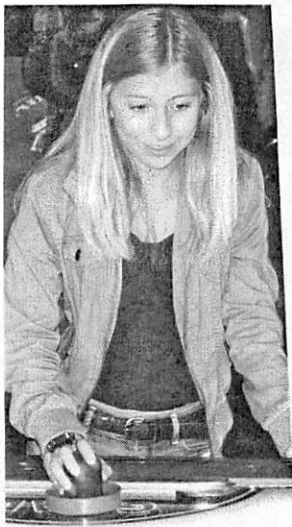
169	114	741	Javier Armendariz	Eastwood Running Club	18:38.91	5:58/M
234	155	744	Leo Cazares	Eastwood Running Club	19:08.33	6:08/M
252	168	742	Gabe Armijo	Eastwood Running Club	19:13.73	6:10/M
261	175	745	Matthew Costello	Eastwood Running Club	19:16.97	6:11/M
274	185	746	Ruben Friesenhahn	Eastwood Running Club	19:23.79	6:13/M
282	192	750	Julio Rodriguez	Eastwood Running Club	19:26.35	6:14/M
368	DNS	1442	Peter Lozoya	Eastwood Running Club	20:18.96	6:30/M
403	270	740	Adam Wallace	Eastwood Running Club	21:01.20	6:44/M
29 Eastwood Running Club				797	114 155 168 175 185 192 270	
<i>Top 5 Times: 1:35:41.73</i>						

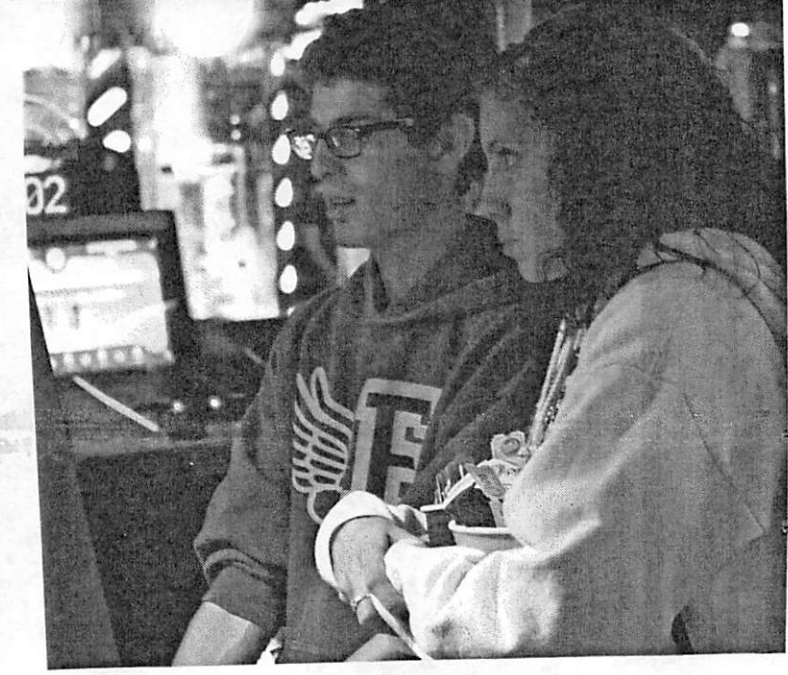
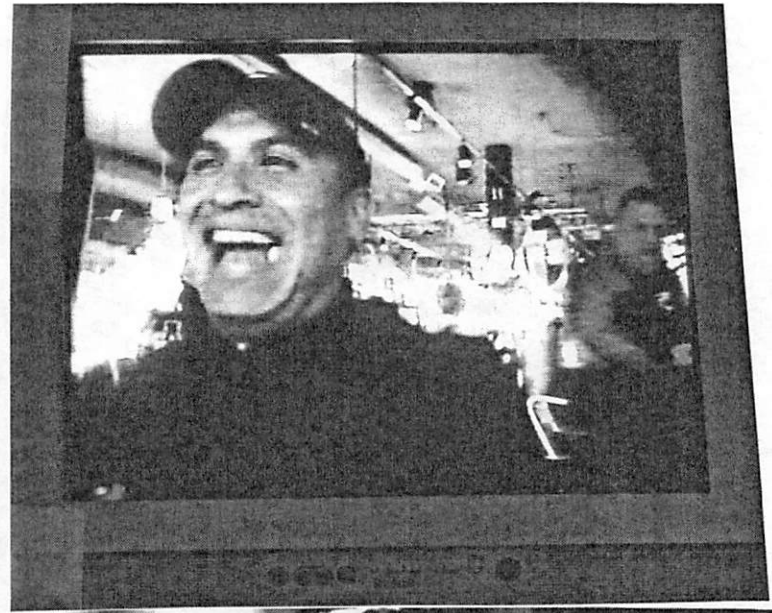
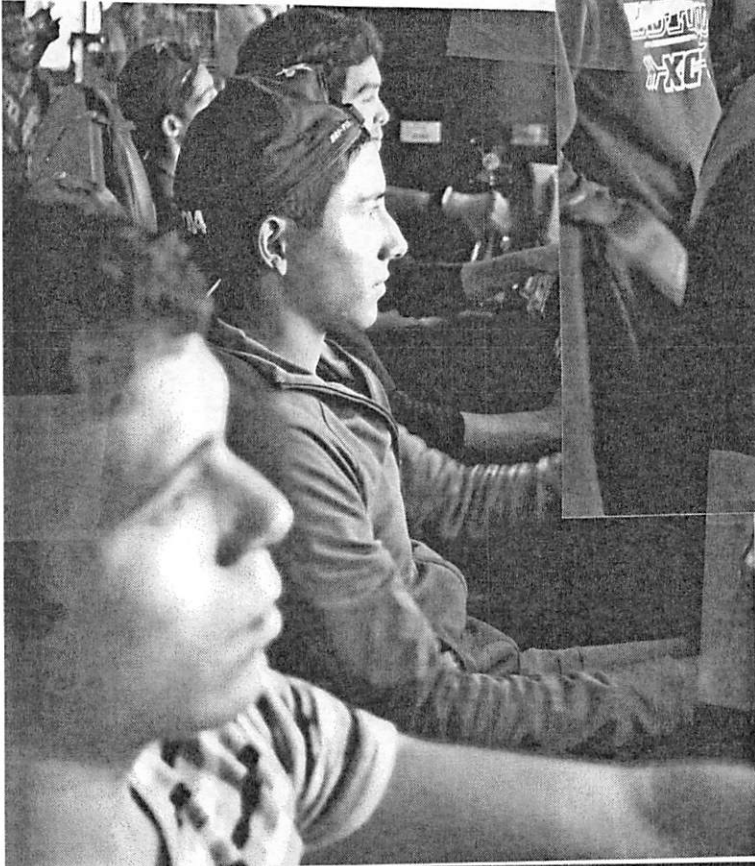












Use children's adversities as teachable moments

Many times, as parents of athletes, we fail to immediately recognize the many accomplishments our sons and daughters have obtained through-out their athletic abilities. We tend to dwell on "should've, would've, could've," and not fully grasp or appreciate the achievements our young men and women have experienced through their athletic lives. We remember poor perfor-



Victor Martinez
Columnist

mances more than the many triumphs, even though triumphs easily outnumber the poor performances. For some unexplainable reason, it seems to be in our nature to do so. When we are blinded by the negative, we fail to acknowledge the many victories and valuable lessons that have been attained through competition. When our sons and daughters

hurt, we hurt. It's that simple. Sometimes they hurt in the moment because, in their eyes, they did not give a full effort or they did not perform to their fullest capability. To see them go through adversity hurts, but at the same time, parents — and young athletes — must realize that through adversity grows power. The greatest accomplishments in life seem to always follow really low points. What happens to you is not

important, it's how you respond to what happens, it's how strong your mind-set is to transform that pain into power. Coaches and parents are always referencing "teachable moments." Those teachable moments are almost always accompanied by some sort of loss, some sort of pain because an athlete did not perform at his or her highest level. No matter how much an athlete accomplishes, there is al-

ways room to grow, but the athlete has to be willing to go through that process with a positive attitude. An athlete's attitude and own view of his or her self can reshape a hurtful experience into a new and promising experience. If an athlete sees himself as a strong and powerful person, they will view adversity as a challenge to work through, not a life-altering occurrence they

TEACHABLE » PAGE 2

Teachable

FROM PAGE 1

can't get through.

A person with strength, courage, character and perseverance will respond to adversity in a positive and constructive manner.

Things in life happen for a reason. There are lessons to be learned from hard times. Lessons about ourselves as parents and athletes themselves.

One bad performance does not designate who an athlete is. It cannot change what is inside, who you really are.

Adversity pulls the covers back and shows the world who a person really is. Sometimes it can be ugly, and that's OK; it takes a person of strong character to recognize his own shortcomings. It takes an even stronger person to commit to that change.

Keep in mind, adversity and a positive way of dealing with it — through a proper attitude, patience and a willingness to learn — can provide us with an opportunity to shine.

Competitive sports provides opportunities for young people to learn and grow and develop important character qualities that will last a lifetime and form who they will become as adults.

These life lessons and leadership qualities are often afterthoughts but, in the grand scheme of things, are more important than wins and losses. Learning to deal

with disappointment is a critical element in becoming a good and productive person of high morals.

The performance-oriented nature of sports gives parents many chances to cheer on their children and to affirm them.

No matter how they perform, let them know you love them simply for who they are, not for how many points they score or goals they make.

Young athletes need to be constantly reminded of the love and positive feelings parents have toward them.

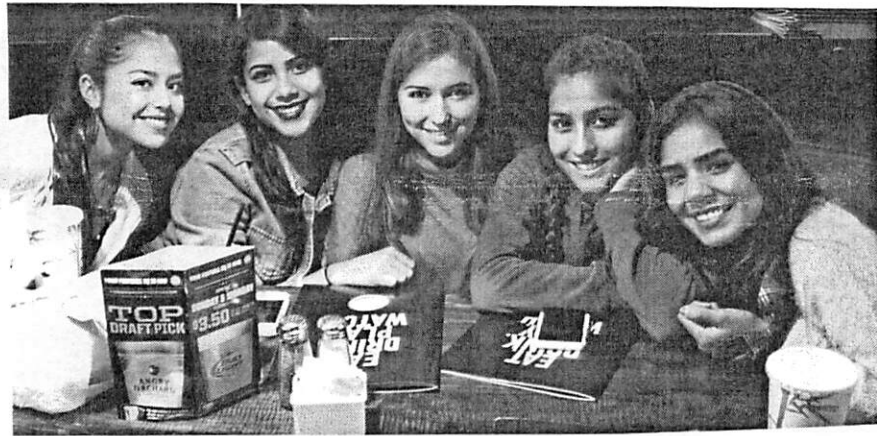
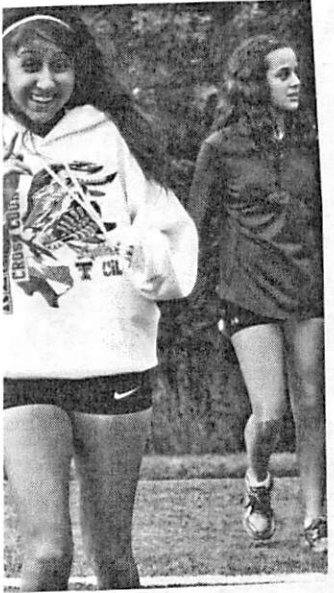
It doesn't matter if they strike out with the bases loaded or miss two free throws to win the game or miss a penalty kick that could have won its team a championship.

At the high school level, our children will try to convince us that they don't care what you think, but they do.

We must reassure them that our love for them is not based on how well they do on the field or court. Sure, we like to see them experience success; who doesn't like to win? It feels great to win, but winning or losing is not going to change our love for them.

With the pressure of winning in youth and high school sports at an all-time high, you really can't say, "I love you," or "I'm proud of you" enough.

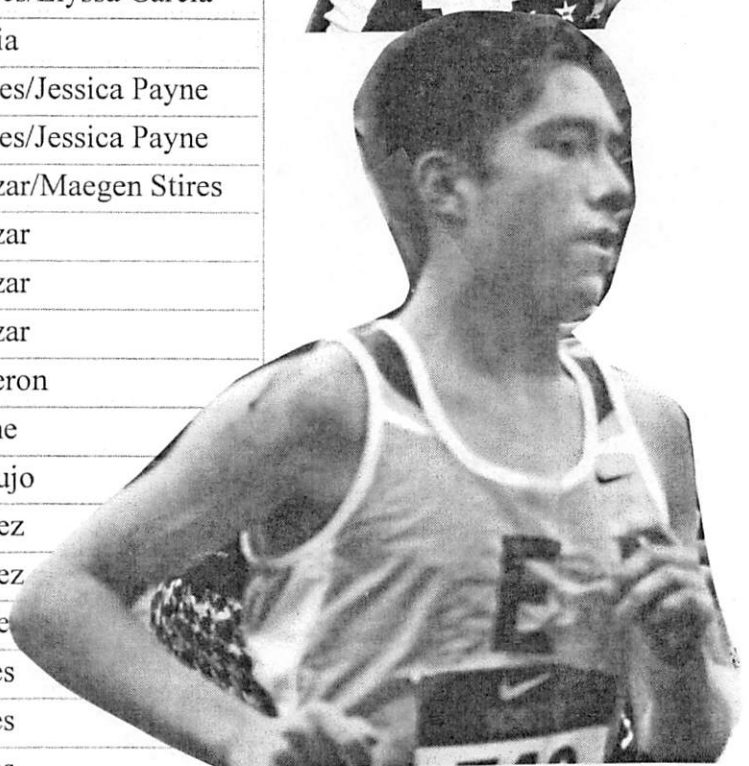
Victor R. Martinez can be reached at vmartinez@elpasotimes.com; 546-6128. Follow him @vrmart on Twitter.



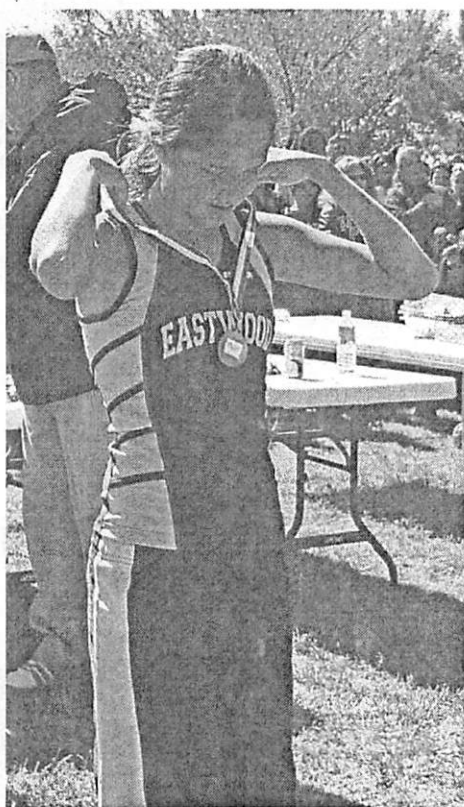
EASTWOOD CROSS COUNTRY

MVP's From 1961 to Present

2014 Daniel Bernal/Jose Silva	2014 Anna Mora
2013 Brian Casillas	2013 Anna Mora
2012 Brian Casillas/Ryan Saenz	2012 Anna Mora
2011 Brian Casillas/Ryan Saenz	2011 Anna Mora
2010 Juan Blanco	2010 Melanie Stires/Aimme Apodaca
2009 Juan Blanco	2009 Melanie Stires/Elyssa Garcia
2008 Connor Buntyn	2008 Elyssa Garcia
2007 marco cassani	2007 Maegen Stires/Jessica Payne
2006 Oscar Solis/Tommy Daniel	2006 Maegen Stires/Jessica Payne
2005 Mike Pivarnick	2005 Yadira Salazar/Maegen Stires
2004 Mike Pivarnick	2004 Yadira Salazar
2003 Mike Pivarnick	2003 Yadira Salazar
2002 jesse abrams	2002 Yadira Salazar
2001 Chris Trevizo	2001 Trisha Calderon
2000 Ryan Omohundro	2000 Tara McCune
1999 Fernie Garcia	1999 Desiree Araujo
1998 Fernie Garcia	1998 kelly martinez
1997 Ben Munoz/Joel Padilla	1997 kelly martinez
1996 Mark Garner	1996 kelly martinez
1995 Mark Garner	1995 Blanca Reyes
1994 Mark Garner	1994 Blanca Reyes
1993 Mark Garner	1993 Blanca Reyes
1992 Gabe Ordaz	1992 Blanca Reyes
1991 Eric Flores/Tony Simonetti	1991 Debbie Contreras
1990 Eric Flores/Tony Simonetti	1990 Debbie Contreras
1989 Eric Flores	1989 Eric Flores
1988 Rick Oropeza	1988
1987 Rick Oropeza	1987 Bridgette O'Toole
1986 Henry Garcia/Rick Oropeza	1986 Monica Sanchez/Diane Gutierrez
1985 Joe Messer	1985 Laura Rodriguez



Girls District Course All Time Top Ten List



District Course Top Ten

Name	Time	Date Accomplished
1. Anna Mora	18:07.03	2013 Horizon Golf Course
2. Carissa Pinion	19:17.98	2013 Horizon Golf Course
3. Eden Buntyn	19:43.29	2013 Horizon Golf Course
4. Vanessa Parra	19:57.76	2013
5. Rhiannon Cleveland	20:12.90	2012
6. Elise McLain	20:15.30	2013 Horizon Golf Course
7. Diana Martell	20:19.34	2012
8. Dominique Blancas	20:21.74	2012
9. Lilly Fernandez	20:32.02	2014
10. Christina Delgado	21:55.67	2012
11. Hannah Gomez	22:24.66	2012

Boys District Course All Time Top Ten List



Boys District Course All Time Top Ten List

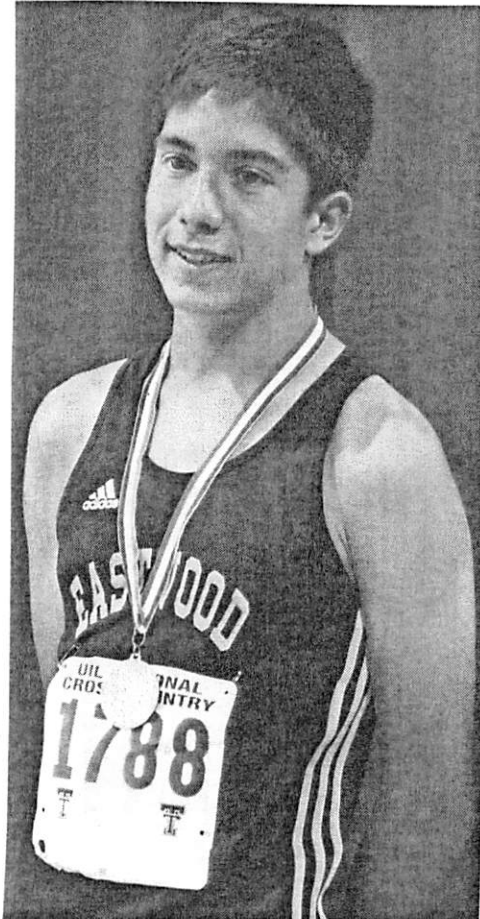
Name	Time	Date
1. Brian Casillas	15:34.55	2013 Horizon Golf Course
2. Mike Pivarnick	15:38	2005
3. Paul Garcia	15:41	2005
4. Brian Casillas	15:43.40	2012
5. Ryan Saenz	15:44.68	2012
6. Richard Mora	15:47.93	2012
7. Daniel Bernal	15:51.05	2014
8. Ruben Campos	15:54.18	2013 Horizon Golf
9. Jose Silva	15:57.23	2013 Horizon Golf
10. Elias Leija-Garza	16:03.55	2011
11. Paul Truax	16:05.51	2013 Horizon Golf Course



Regional Top Ten

Name	Time	Date Accomplished
1. Anna Mora	17:10.85	2014
2. Vanessa Parra	18:22.21	2014
3. Eden Buntyn	19:11.60	2014
4. Lilly Fernandez	19:15.51	2014
5. Elise McLain	19:34.67	2014
6. Carissa Pinion	19:38.30	2012
7. Dominique Blancas	19:44.78	2014
8. Rhiannon Cleveland	19:57.35	2012
9. Dominique Blancas	20:06.39	2012
10. Diana Martell	20:11.91	2014
11. Alexis Ordaz	20:38.22	2013

Boys Regional All-Time Top Ten List



Regional Top Ten

Name	Time	Date Accomplished
1. Daniel Bernal	14:59.28	2014
2. Jose Silva	15:15.12	2014
3. Brian Casillas	15:19.30	2013
4. Deric Martinez	15:19.54	2014
5. Richard Mora	15:37.73	2012
6. Matt Munoz	15:39.52	2014
7. Mike Pivarnick	15:42	2003
8. Mike Montes	15:43	1984
9. Juan Blanco	15:45	2010
10. Ruben Campos	15:46.80	2013

Girls State Course All-Time Top Ten List

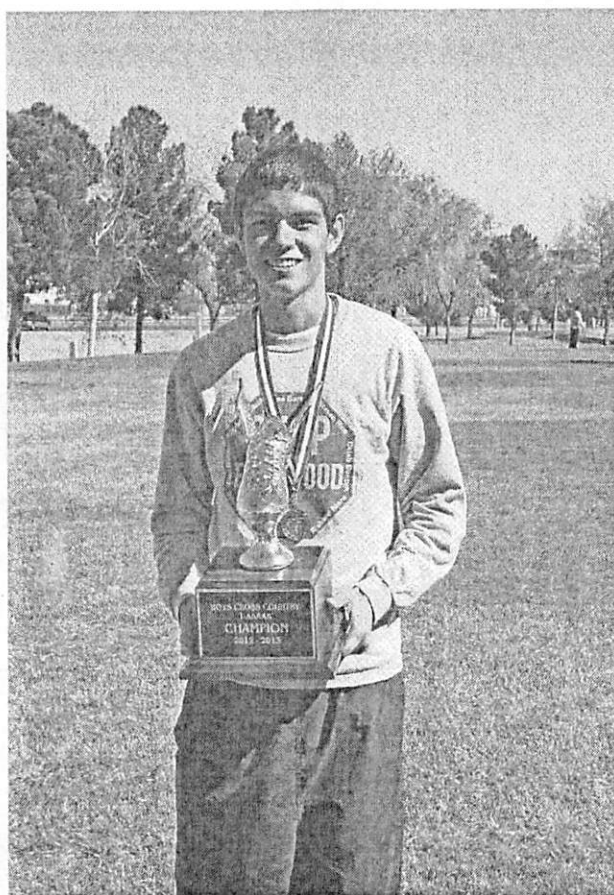


State Top Ten

Name	Time	Date Accomplished
1. Anna Mora	18:09.59	2014 Harder RR Course
2. Vanessa Parra	19:52.08	2014 Harder RR Course
3. Eden Buntyn	20:08.15	2013
4. Carissa Pinion	20:16.08	2013
5. Diana Martell	20:26.34	2012
6. Dominique Blancas	20:47.51	2013
7. Alexis Ordaz	21:05.27	2013
8. Rhiannon Cleveland	21:09.03	2012
9. Elise McLain	21:12.54	2013
10. Cassandra Serrano	21:31.29	2013

Boys State Course All-Time Top Ten List

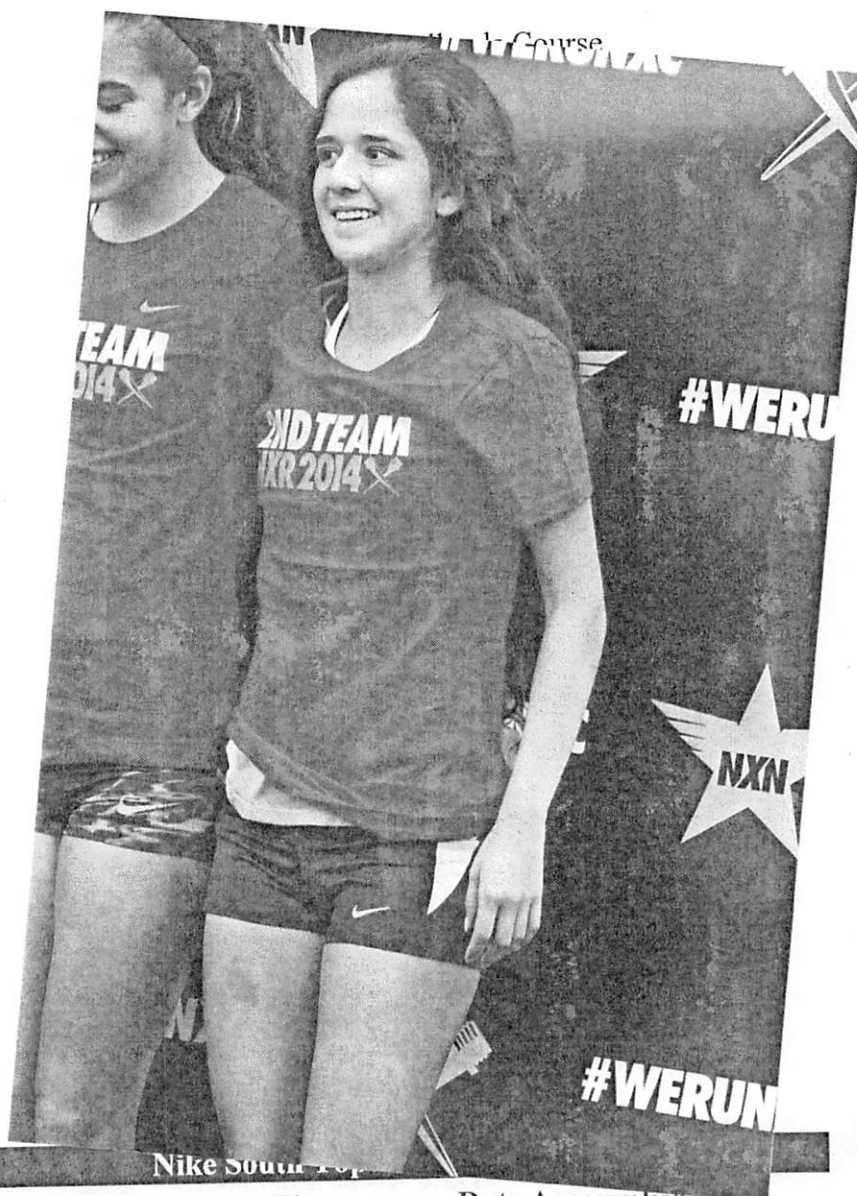
Round Rock Course Run Since 1996



State Top Ten

Name	Time	Date Accomplished
1. Ryan Saenz	15:53.05	2012
2. Jose Silva	15:54.02	2014 Harder RR course
3. Brian Casillas	15:55.39	2012
4. Daniel Bernal	15:57.46	2014 Harder RR course
5. Richard Mora	16:08.50	2012
6. Mike Montes	16:09	1984 Georgetown
7. Ruben Campos	16:14.82	2013
8. Joe Messer	16:18	1984 Georgetown
9. Paul Truax	16:23.97	2013
10. Steven Rios	16:34.40	2012

Girls Nike South Course All-Time Top Ten List



Name	Time	Date Accomplished
1. Anna Mora	18:22.58	2014 Muddy slow course
2. Carissa Pinion	20:11.43	2013
3. Vanessa Parra	20:26.32	2012
4. Eden Buntyn	20:36.95	2013
5. Dominique Blancas	20:41.70	2013
6. Rhiannon Cleveland	20:51.24	2012
7. Diana Martell	20:57.80	2013
8. Lilly Fernandez	21:03.39	2014 Muddy slow course
9. Elise McLain	21:06.96	2012
10. Alexis Ordaz	21:10.50	2013

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. Jose Silva	16:14.53	2013
5. Steven Rios	16:26.94	2012
6. Ruben Campos	16:39.87	2013
7. Daniel Bernal	16:46.24	2014
8. Deric Martinez	16:47.24	2014
9. Stephen Wallace	16:52.91	2012
10. Matthew Munoz	16:52.96	2013

Eastwood Track and Field District Championships

2011 Boys

2010 Boys

2007 Girls

2006 Girls

2005 Boys District 2nd / 2005 Regionals 3rd Place

1990 Boys

1988 Boys & Girls

1987 Boys & Girls

1986 Boys & Girls

1985 Boys & Girls

1984 Girls

1983 Girls

1982 Boys & Girls

1981 Boys / 1981 Regional 5A Champions

1980 Boys

1979 Boys & Girls

1978 Boys & Girls

1977 Boys & Girls

1972 Boys



Eastwood Cross Country District Championships

1983 Boys / 1983 Regional 3rd place / 1983 7th place

1984 Boys / 1984 Regional 5A Champs / 1984 3rd place

1986 Boys District 2nd, Regionals 2nd and State 11th.

1987 Girls / Regional Champs Girls / 3rd State Girls

1988 Girls

2006 Girls

2007 Girls

2008 Girls

2009 Girls

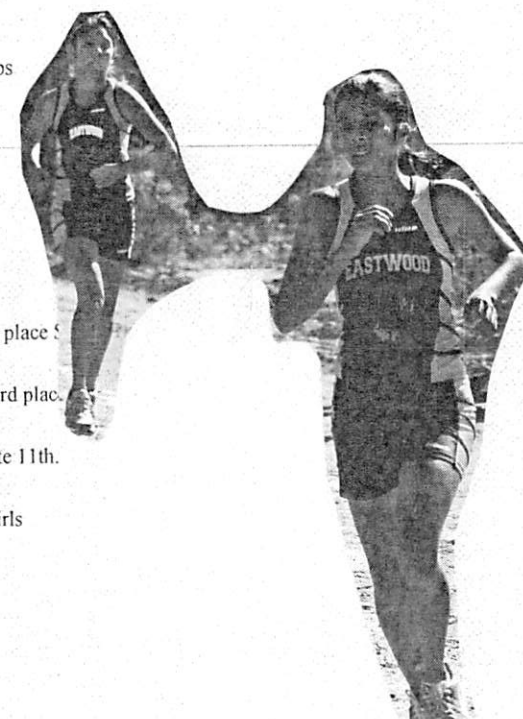
2010 Girls

2011 Boys / 2011 2nd Regionals / 2011 6th State / 2011 8th Nike South

2012 Boys & Girls / Boys 3rd Regionals / Boys 4th State / Boys 4th Nike South

2013 Boys & Girls / Girls 8th, Boys 9th Nike South

2014 Boys & Girls Boys 5th State, 8th Nike South

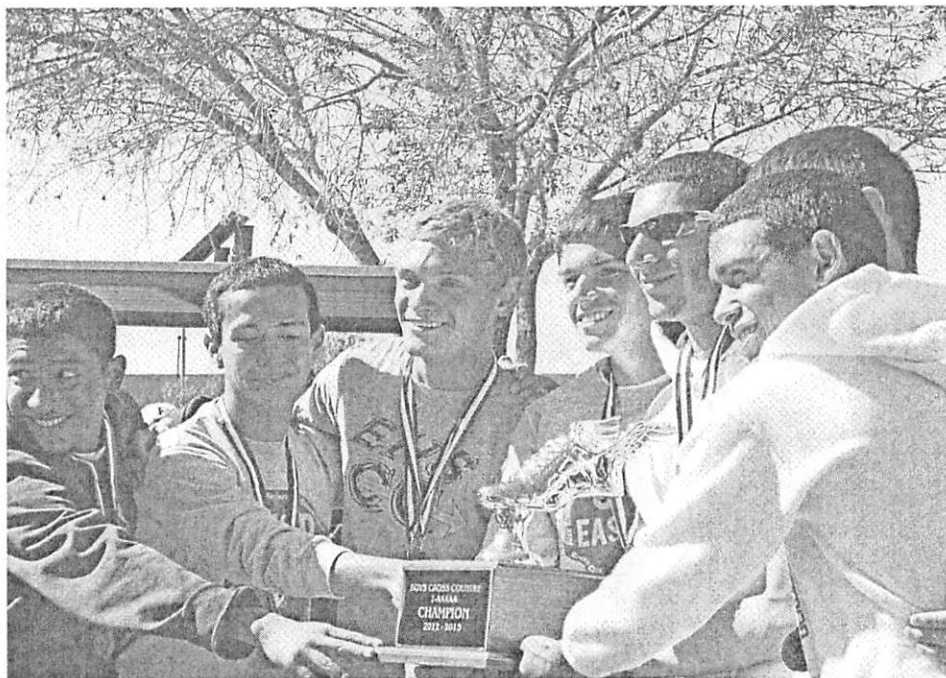


EASTWOOD ALL TIME GREAT TEAMS



Girls District Team Averages		
1.2013	19:28.28	Mora,Pinion,Buntyn,Parra,McLain,Blancas
2.1987	?	Otoole,Sanchez,sarabia,Gutierrez, Wordyla,Rojo
3. 2012	19:52.21	Mora,Pinion,Parra,Cleveland,Martell,Blancas,McLain
4.	20:08.35	Mora,Parra,Fernandez,Martell,Buntyn,McLain,Blancas
5.1986	?	Gutierrez12:14,Sanchez12:14,Rojo12:32,Ryanal12:50
6.1988	21:47(13:15.8)	Sanchez,Sarabia,Gutierrez,Silva,Rojo
7. 2006	21:59(13:22.8)	Stires,Payne,Mylius,Hernandez,Cevera,Aguirre,Macias
8. 2007	22:00(13:23.21)	Payne,Stires,Garcia,Stires,Cevera,Mylius,Davila
9. 2009	22:02(13:24.49)	Stires,Garcia,Delgado,Baca,Regalado,Apodaca,Stewart
10.2011	22:10(13:29.28)	Mora,Cuellar,Parra,Apodaca,Pinion,Miramontes

EASTWOOD ALL TIME GREAT TEAMS



Boys District Team Averages

1. 2012	15:56.78	Saenz,Casillas,Mora,Rios,Wallace,Silva,Buntyn
2. 2013	15:58.91	Casillas,Campos,Silva,Truax,C. Wallace,Munoz,Martinez
3. 2011	16:14.96	Saenz,Casillas,Mora,Rios,Buntyn,Leija,Blanco
4. 2014	16:16.08	Bernal,Silva,Truax,Munoz,C. Wallace,Martinez,McLain
5. 2005	16:16.40	Pivarnick,Garcia,Orszulak,Romero,Rivera,Rodriguez
6. 1984	16:18.4	Montes,Messer,Garcia,Frias,Medivil,Aranda,Urrutia
7. 2004	16:46	Pivarnick,Molinar,Garcia,Rojas,Rodriguez,Swearingen,Orszulak
8. 2007	16:53.54	Cassini,Daniel,Solis,Blanco,Avila,Buntyn,Arvizo
9. 2006	16:57.68	Solis,Daniel,Cassani,Romero,Buntyn,Hernandez,Rivera
10 2009	17:07.76	Blanco,Blacksmith,Perez,Alvarado,Salazar,Hernandez,Leija

EASTWOOD ALL TIME GREAT TEAMS



Girls Regional Team Averages

1.2014	18:42	Mora,Parra,Buntyn,Fernandez,McLain,Blancas,Martell
? 1987	?	Otoole 11:23,Gutierrez 12:04, Sarabia 12:14
2.2012	19:31.29	Mora,Parra,Pinion,Cleveland,Blancas,Martell,McLain
3.2013	19:34.65	Mora,Parra,Buntyn,Pinion,McLain,Blancas,Ordaz
4.2010	20:30(12:28.39)	Stires,Apodaca,Lara,Baca,Stewart,Cuellar,Pinion
5.2006	20:35(12:31.93)	Payne,Mylius,Stires,Garcia,Aguirre,Cevera,Macias
6.2007	20:36(12:32.42)	Stires,Payne,Stires,Cevera,Garcia,Mylius,Davila
7.2009	20:46(12:38.15)	Stires,Garcia,Delgado,Baca,Davila,Apodaca,Regalado
8.2011	21:03(12:48.43)	Mora,Apodaca,Parra,Pinion,Cuellar,Blancas,Miramontes
9.2008	21:13(12:54.93)	Stires,Apodaca,Garcia,Stewart,Macias,Regalado,Davila

EASTWOOD ALL TIME GREAT TEAMS



Boys Region Team Averages

1.2014	15:24	Bernal,Silva,Martinez,Munoz,C. Wallace,Truax.McLain
2.2012	15:52.37	Casillas,Mora,Saenz,Rios,Wallace,Buntyn,Silva
3.2013	15:54.55	Casillas,Silva,Campos,Truax,Munoz,C. Wallace,Martinez
4.2011	16:04.41	Casillas,Saenz,Rios,Leija-Garza,Buntyn,Mora,Blanco
5.1984	16:13	Montes,Messer,Garcia,Arranda,Frias,Mendivil,Urruita
6.1986	16:17.4	Garcia,Oropeza,Agness,Urrutia,Sotelo,Cordova,Flores
7.2007	16:21.19	Cassini,Daniel,Solis,Buntyn,Blanco,Avila,Arvizo
8.1983	?	?
9.2006	16:48.65	Solis,Daniel,Cassani,Romero,Buntyn,Hernandez,Rivera
10.2004	16:55.40	Pivarnick,Garcia,Molinar,Swearingen,Rojas,Orszulak,Rodriguez

EASTWOOD ALL TIME GREAT TEAMS



EASTWOOD

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

Girls State Team Averages

1.1987	?	Otoole12:16,Sanchez12:37,Sarabia12:45,Gutierrez,Woidyla
2.1988	?	?

EASTWOOD ALL TIME GREAT TEAMS



Boys State Team Averages

1. 2012	16:22	Saenz,Mora,Casillas,Rios,Wallace,Silva,Buntyn
2. 2014	16:28	Silva,Bernal,Truax,C.Wallace,Munoz,McLain,Martinez
3.1984	16:34.8	Montes,Messer,Garcia,Urrutia,Arranda,Mendivil,Frias
4. 2011	16:46.40	Casillas,Garza,Saenz,Rios,Mora,Buntyn,Blanco
1983	?	
5.1986	18:21.2	Oropeza,Agness,Cordova,Sotelo,Garcia,Flores

EASTWOOD ALL TIME GREAT TEAMS



Girls Nike Team Averages

1. 2013	20:09	Mora, Pinion, Parra, Buntyn, Blancas, Ordaz, McLain
2. 2014	20:24	Mora, Parra, Buntyn, Fernandez, Martell, Blancas, McLain
3. 2012	20:26.63	Mora, Pinion, Parra, Cleveland, McLain, Martell, Blancas

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El Paso, TX 79925

Irene Buntyn
629-0007 School Superintendent
629-0009
innovativelearning1@yahoo.com



Innovative Learning Academy

EASTWOOD ALL TIME GREAT TEAMS



Boys Nike Team Averages

1.2012	16:21.30	Casillas,Saenz,Mora,Rios,Wallace,Silva,Buntyn
2.2013	16:35.2	Casillas,Silva,Campos,Munoz,Truax,Martinez
3.2014	16:48	Silva,Bernal,Martinez,C.Wallace,Munoz,Truax,McLain
4.2011	17:10.26	Casillas,Saenz,Rios,Garza,Buntyn,Mora,Blanco

Boys District Extended List

Brian Casillas	15:34.55	2013
Mike Pivarnick	15:38	2005
Paul Garcia	15:41	2005
Ryan Saenz	15:44.68	2012
Richard Mora	15:47.93	2012
Daniel Bernal	15:51.05	2014
Ruben Campos	15:54.18	2013
Jose Silva	15:57.23	2013
Elias Leija-Garza	16:03.55	2011
Paul Truax	16:05.51	2013
Fernie Garcia	16:07	1999
Steven Rios	16:08.43	2012
Mike Orszulak	16:12	2005
Oscar Solis	16:19	2006
Stephen Wallace	16:19.46	2012
Tommy Daniel	16:21	2006
Chris Wallace	16:23.08	2013
Marco Cassini	16:29	2007
Matt Munoz	16:30.99	2013
Ben Muniz	16:33	1999
Mike Romero	16:35	2005
Juan Blanco	16:36	2009
Deric Martinez	16:41.93	2014
Caleb Buntyn	16:44.78	2012
Adrian Molinar	16:49	2004
Connor Buntyn	16:50	2008
Clinton Blacksmith	16:54	2009

Girls District Extended List Since 2012

Anna Mora	18:07.03	2013
Carissa Pinion	19:17.98	2013
Eden Buntyn	19:43.29	2013
Vanessa Parra	19:57.76	2013
Rhiannon Cleveland	20:12.90	2012
Elise McLain	20:15.30	2013
Diana Martell	20:19.34	2012
Dominique Blancas	20:21.74	2012
Maegen Stires	20:29.3	2005
Lilly Fernandez	20:32.02	2014
Yadira Salazar	20:34.0	2005
kelly martinez	20:35.6	1998
Blanca Reyes	20:41.8	1994
Melanie Stires	20:43.4	2009
Jessica Payne	20:52.8	2006
Cassi Serrano	20:57.26	2014
Elyssa Garcia	20:59.0	2009
Vanessa Miramontes	21:00.17	2014
Dara Mylius	21:05.2	2006
Aimme Apodaca	21:20.9	2010
Samantha Martinez	21:44.51	2014
Alexus Ordaz	21:44.89	2014
Christina Delgado	21:55.67	2012

Boys Extended List Regionals

Daniel Bernal	14:59.28	2014
Jose Silva	15:15.12	2014
Brian Casillas	15:19.30	2013
Deric Martinez	15:19.54	2014
Richard Mora	15:37.73	2012
Matt Munoz	15:39.52	2014
Mike Pivarnick	15:42	2003
Mike Montes	15:43	1984
Juan Blanco	15:45	2010
Ruben Campos	15:46.80	2013
Chris Wallace	15:47.06	2014
Ryan Saenz	15:47.56	2011
Paul Truax	15:51.58	2014
Joe Messer	15:55	1984
Steven Rios	15:58.89	2012
Marco Cassani	16:01	2007

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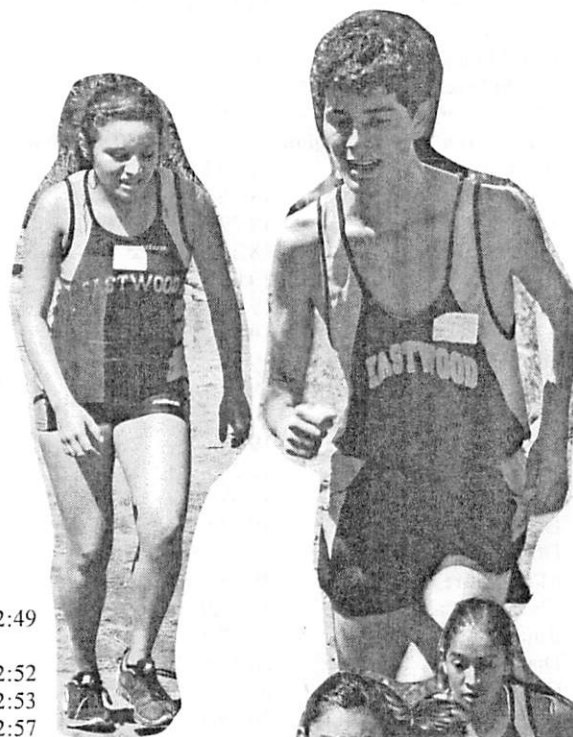
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Rick Oropeza	17:29	1986
James McLain	17:30.20	20014
Frank Agness	18:25	1986
Cordova	18:30	1986
Sotelo	18:33	1986
Flores	18:53	1986

Girls Extended List State

Anna Mora	18:09.59	2014
Bridget Otoole	19:37.8	1987
Vanessa Parra	19:52.08	2014
Eden Buntyn	20:08.15	2013
Monica Sanchez	20:10.6	1987
Carissa Pinion	20:16.08	2013
Jennifer Sarabia	20:23.1	1987
Diana Martell	20:26.34	2012
Dominique Blancas	20:47.51	2013
Alexus Ordaz	21:05.27	2013
Rhiannon Cleveland	21:09.03	2012
Elise McLain	21:12.54	2013
Cassandra Serrano	21:31.29	2013
Christina Delgado	21:53.63	2012

Boys Extended List Nike South

Brian Casillas	16:02.87	2012
Ryan Saenz	16:09.81	2012
Richard Mora	16:14.19	2012
Jose Silva	16:14.53	2013
Steven Rios	16:26.94	2012
Ruben Campos	16:39.87	2013
Daniel Bernal	16:46.24	2014
Deric Martinez	16:47.24	2014
Stephen Wallace	16:52.91	2012
Matt Munoz	16:52.96	2013
Chris Wallace	17:03.26	2014
Caleb Buntyn	17:03.88	2012
Paul Truax	17:04.18	2013
Elias Leija-Garza	17:18.47	2011
Alex Blanco	17:37.05	2012
James McLain	18:17.52	2014
Javi Armendariz	18:38.91	2014

Girls Extended List Nike South

Anna Mora	18:22.58	2013
Carissa Pinion	20:11.43	2013
Vanessa Parra	20:26.32	2012
Eden Buntyn	20:36.95	2013
Dominique Blancas	20:41.70	2013
Rhiannon Cleveland	20:51.24	2012
Diana Martell	20:57.80	2013
Lilly Fernandez	21:03.39	2014
Elise McLain	21:06.96	2012
Alexus Ordaz	21:10.50	2013
Cassi Serrano	22:09.18	2014
Samantha Martinez	22:10.25	2014

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ALL TIME GREATEST EL PASO CROSS COUNTRY TEAMS

Team Average on Regional Course Mae Simmons Park Lubbock TX

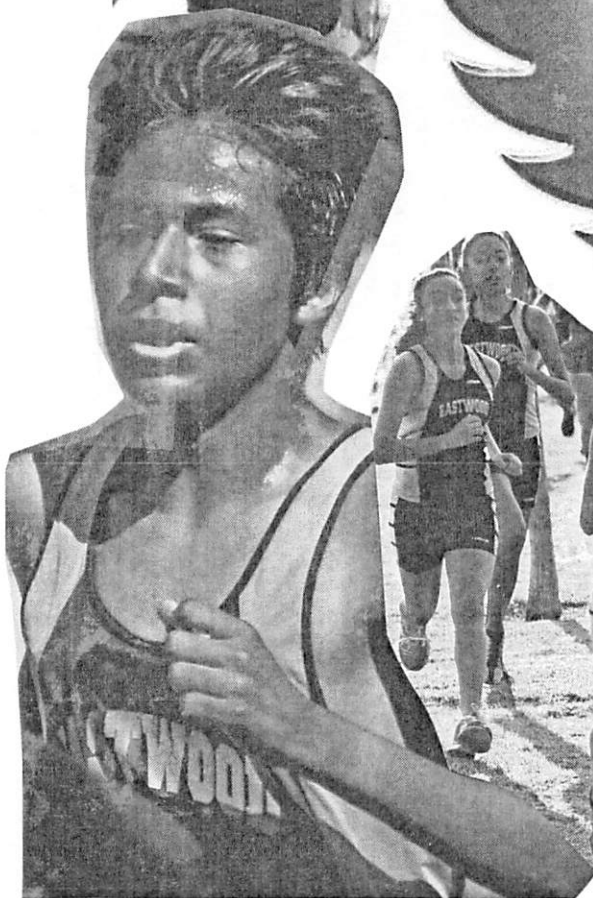
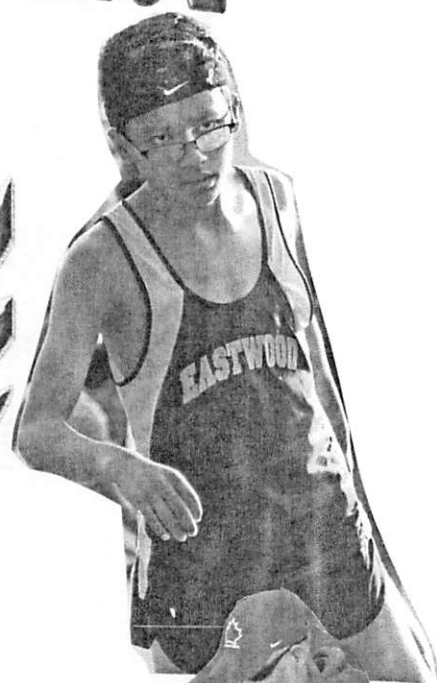
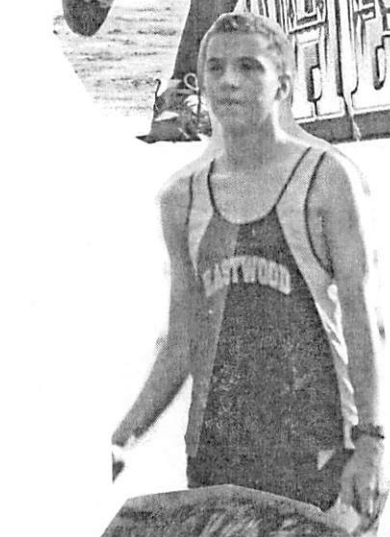
Rank	Year	School	Avg	#1	#2	#3	#4	#5	#6	#7	Coach
→	12014	Eastwood	15:24	Daniel Bernal 14:59.28	Jose Silva 15:15.12	Deric Martinez 15:19.54	Matt Munoz 15:39.52	Chris Wallace 15:47.06	Paul Truax 15:51.58	James McLain 16:35.75	McLain/Pearson
	22010	Austin	15:39.63	Isaac Spencer 15:01.59	Ramon Garcia 15:12.58	Anthony Castanon 15:48.22	Ben Gutierrez 15:53.31	Wally Compa 16:22.46	Ralph Padilla 17:58.69	Wills	
	31986	Hanks	15:44.0	Mike McLain 15:23	David Medlin 15:33	Wally Fetla 15:39	Danny Trujillo 15:44	Art Contreras 16:21	Rick Larson 16:45	Monty Whittenburg 17:02	Pearson
4	El Paso	15:44.4	Scott 15:27	Belmontes 15:46	Ortega 15:47	Galegas 15:51	Perez 15:57			McKilip	
	52010	Jefferson	15:44.81	Joel Flores 15:21.75	Alejandro Acuna 15:34.09	David Torres 15:40.42	Gerardo Escapita 15:58.92	Rodolfo Arias 16:08.86	Marcos Alvarado 16:28.01	Amilcar Galindo 17:16.97	Trejo
	61982	Austin	15:48	Joe Hernandez 15:25	Jaime Fraire 15:39	Aaron Martinez 15:42	Ralph Gay 15:47	Steve Martin 16:27	Javier Amaro 16:44	Victor Quintana 16:58	Wills
	72014	Socorro	15:48.6	Steven Alvarez 15:00.70	Christian Hernandez 15:46.57	Richard Zuniga 15:50.70	Alan Ramirez 16:03.41	Geraldo Lopez 16:20.33	Carlos Camacho 16:48.30	Eric Araiza 18:43.40	Barrios
	81985	Hanks	15:51.8	David Medlin 15:25	Mike McLain 15:28	Albert Chavez 15:57	Wally Fetla 16:09	Oscar Nevarez 16:20	Russell Bailey 16:31	Martin Pizana 16:33	Pearson
	92012	Eastwood	15:52.37	Brian Casillas 15:37.41	Richard Mora 15:37.73	Ryan Saenz 15:52.98	Steven Rios 15:58.99	Stephen Wallace 16:14.83	Caleb Buntyn 16:24.69	Jose Silva 16:47.87	McLain/Pearson
	102013	Eastwood	15:54.55	Brian Casillas 15:19.30	Jose Silva 15:41.23	Ruben Campos 15:46.80	Matt Munoz 16:32.47	Chris Wallace 16:44.75	Deric Martinez 16:56.60	McLain/Pearson	
	111993	El Paso	15:54.9	Jesus Salas 15:34.5	Jaime Munoz 15:41.2	Richard Leyva 15:52.1	Luis Munoz 16:11.8	Hector Lopez 16:47.5	Andy Ochoaiz 17:15.4	Silvagio	
	122014	Amarillo	15:56	Cameron Lovejoy 15:28.18	Brian Lujan 15:48.39	Jose Villalobos 16:01	Carlos delgado 16:18.40	Adrian Perez 16:14.19	Andrew Diet 16:38	Roderick Bourard 17:07.70	Lucero
	132011	Jefferson	15:57.53	Joel Flores 15:13.57	Gerardo Escapita 15:47.01	David Torres 15:47.01	Marcos Alvarado 16:29.89	Aaron Daly 16:30.15	Christian Portillo 16:58.16	Alfredo Trejo 17:30.34	Trejo
	142010	Montwood	16:01.13	Luis Romero 15:14.46	Angel Delacruz 15:36.55	Orman Miranda 15:47.13	Robert Dominguez 16:20.19	Abel Salas 17:07.32	Brian Neito 17:15.61	Steven Yanez 17:38.90	Carden
	152011	Eastwood	16:04.41	Ryan Casillas 15:41.41	Ryan Saenz 15:47.56	Steven Rios 16:11.98	Elias Leija-Garza 16:13.36	Caleb Buntyn 16:27.74	Richard Mora 16:33.64	Alex Blanco 17:42.46	McLain/Pearson
	162009	Jefferson	16:05.22	Joel Flores 15:34.23	Eli Hernandez 15:56.90	Alejandro Acuna 15:59.00	Angel Franco 16:20.42	Rodolfo Arias 16:35.54	Julio Castro 17:08.82	Edinson Garcia 17:48.27	Trejo
	172014	San Eli	16:05	Michael Johnson 15:11.23	Cardoza Ulises 15:27.91	Erick Arambula 16:20.59	Miguel Garcia 16:36.91	Alex Fernandez 16:50.19	Daniel Alvarez 16:50.30	Daniel Rangel 16:57	Morales
	181987	Bowie	16:07.0	Jesse Shark 15:45	Eulalio Carrillo 15:52	Robert Trevino 15:54	Jesus Perez 16:16	Anthony Diharce 16:48	Anthony Chaparro 17:00	Carlos Sarmiento 17:16	Corrigan
	191987	El Paso	16:07.6	Ernesto Tamer 15:34	Arnold Plaza 16:13	Jesus Perez 16:16	Jesus Perez 16:16	Jesus Quesada 17:24	Jesus Quesada 17:24	McKilip	
	201985	Bel Air	16:10.4	Frank Arriola 15:13	Manny Rodriguez 15:25	Javier Muniz 15:54	Gilbert Sanchez 16:39	JoeQuezadal 16:55	Reasnor		
	212013	Jefferson	16:11.82	Aaron Daly 15:19.00	Ira Rodriguez 15:31	Ricardo Castaneda 16:20	Dominic Whiting 16:55.62	Gustavo Angeles 17:06.32	Christan Arizmendiz 17:58	Jerry Pinon 18:20	Trejo
	221984	Eastwood	16:12.0	Joe Messer 15:55	Aaron Daly 15:19.00	Henry Garcia 16:20	Hector Arranda 16:29	Johnny Frias 16:33	Henry Mendivil	Tony Urrutia	Littlejohn
	232006	Chapin	16:12.35	Victor Sanchez 15:49.76	Sam Costanzo 16:02.79	Solomon Cardena 16:11.11	Sam Velasco 16:14.89	Philip Gonzalez 17:39.56	Ivan Harris 16:42.43	Edgar Ortiz 17:01.60	Heidenreich
	241992	Austin	16:12.38	Isreal Cordero 15:30.30	Aldo Soltero 15:43	John Isenberg 16:20.91	Mike Orozco 16:28	Oscar Quezada 16:54.63			Wills
	251997	Austin	16:13.0	Salazar 15:39	Frayre 16:11	Salazar 16:18	Duran 16:24	Manoel 16:31			Wills
	262011	Burges	16:13.29	Kristian Alegado 15:36.95	Manuel Ortiz 16:17.20	Javier Gaytan 16:21.06	Daniel Tarango 16:27.88	Jorge Quintero 16:28.38	Martin Chavarin 17:41.01	Victor Hinojosa 17:46.40	Smith
	272010	El Dorado 28	16:13.37	Ray Cuevas 15:46.62	Michael Grijala 15:51.36	Carlos Soto 16:01.01	Ray Martinez 16:34.55	Angel Cadena 16:53.30	Isaac Avila 16:58.55	Anthony Barron 17:15.20	Jones
	291998	Socorro	16:14.0	Victor Gutierrez 15:48	Robert Villalobos 16:00	Valenzuela 16:19	Isaac Snell 16:26	Alex Perez 16:39			McLain/Pearson
	301987	Hanks	16:14.8	Danny Trujillo 15:31	Montie Whittenburg 15:43	Sammie Gonzalez 15:47	Joey Carpenter 16:38	Victor Lincon 17:35	Steve Rodriguez 17:40	Victor Parra 18:12	Pearson
31											
	321993	Montwood	16:15.26	David Morales 15:33.8	Jose Ortiz 15:41.7	Will Wilson 16:24.5	Art Gomez 16:45.6	Trevor Yates 16:50	Fernie Campos 17:26.1	Sergio Talavera 17:41.3	Carden
	331987	Burges	16:15.8	Cristino Garcia 16:00	Miguel Fortis 16:14	James Stevensen 16:15	David Tinajero 16:20	Luis Tovar 16:22	Juan Macias 16:30	Sergio Pena 16:49	Alsop
	342006	Socorro	16:15.94	Rodney Snyder 15:45.73	Mark Fuentes 16:01.07	Jesus Rodriguez 16:27.13	Gama Mendez 16:29.37	Chris Gonzalez 16:36.39	Josue Nunez 16:36.94	Rodrigo Molina 17:30.77	Barrios
	352014	Austin	16:15	Juan Vazquez 15:12.91	Carlos Diaz 16:05.93	Frankie Tapia 16:19.42	Saul Caldera 16:49.04	Alan Hernandez 16:50.54	Jose Gardea 16:56.41	Jesus Morales 17:05	Rodriguez
	361995	Bowie	16:17.0	Alberto Esquivel 15:26	Jose Valdez 15:54	Ramon Valdez 15:56	Gene Betencourt 16:48	Juan Rivera 17:21	Jesus Alvarez 17:25	Victor Alvarez 18:29	McLain
	371986	Eastwood	16:17.4	Henry Garcia 16:09	Rick Oropeza 16:12	Frank Agness 16:15	Tony Urrutia 16:18	Chris Sotelo 16:33	Ed Cordova 16:41	Rick Flores 16:53	Littlejohn
	381993	Coronado	16:18.64	Maro DeLaPena 15:35.1	Brandon Parkhurst 16:06.8	Ramon Diaz 16:08.6	Alex Mendez 16:09.9	Mike Luna 17:32.8	Mike Nicolau 17:33.4	Mark Shepard 18:15	Corrigan
	391994	El Paso	16:18.68	Jesus Salas 15:38.5	Joe Westbaird 15:58.8	Jaime Munoz 16:30.7	Roberto Castillo 16:44.18	Richard Leyva 16:44.6	Jesus Chaparro 16:46.1	Brian Buntyn 17:16	Silvagio
	402007	Socorro	16:19.42	Jesus Rodriguez 16:09.34	Rodney Snyder 16:09.80	Gama Mendez 16:13.04	Chris Gonzalez 16:30.73	Jesus Nunez 16:34.17	Juan Nunez 17:00.18	Martin Alderette 17:09.66	Barrios
	412010	Socorro	16:20.86	David Urquidi 16:05.73	Sergio Cardenas 16:17.61	Jose Esqueda 16:22.88	Enrique Jimenez 16:28.68	Julio Rodarte 16:29.39	Eric Hernandez 16:52.35	Andres Arvizo 17:29.48	Barrios
	422007	Eastwood	16:21.19	Marco Cassini 16:01.06	Tommy Daniel 16:03.41	Oscar Solis 16:29.59	Connor Buntyn 16:31.70	Juan Blanco 16:40.15	Andres Avila 17:07.58		McLain
	431998	Austin	16:22.0	Duran 15:50	Salazar 16:24	Mariscal 16:29	Gallardo 16:32	Barnes 16:36			Wills
	441984	Hanks	16:22.2	Albert Chavez 15:51	Mike McLain 15:54	Russell Bailey 16:36	Johnny Yazaguirre 16:39	Wally Fetla 16:49	Armando Nevarez 17:20	Rick Larsen 17:28	Pearson
	451985	Coronado	16:22.8	Sergio Diaz 16:11	Fernie DeLaCorda 16:18	Ricardo Ramirez 16:21	Mike McCorgary 16:32	Gary Hutchinson 16:32			Dember
	462000	Fabens	16:22.9	Ricky Ontiveras 15:41.40	Armondo Garcia 16:15.10	Jose Munoz 16:18.00	Jesus Martinez 16:32.10	David Delgado 17:08.00	J.R. Ontevaros 17:58.20	?????	
	472014	Clint	16:22	Stetson Rayas 15:23.60	Isaac Sanchez 16:18.81	Joe Cruz 16:35.88	Aaron Escobar 16:37	Augustin Castillo 16:56	Dorian Carrasco 17:06	Pablo Gonzalez 18:00	Favela
	482013	Burges	16:23.75	Jorge Quintero 15:42.30	Javier Gaytan 16:03.84	Christian Euzarraga 16:12.35	Will Knight 16:32.04	Chris Lowenberg 17:28	Andrew Vazquez 18:32	Troy Moreno 18:48.73	Smith
	491996	Bowie	16:23.8	Ramon Valdez 15:49	Omar Lobera 16:28	Omar Prieto 16:29	Jose Valdez 16:29	Jesus Dominguez 16:44	Victor Alvarez 17:04	Victor Prieto 17:30	McLain
	501994	Austin	16:24.42	Oscar Quezada 16:05	Ross Fontenette 16:13.3	Gabe Ortiz 16:22.9	Rod Phipps 16:29.5	Kory Lund 16:51.4	Chris Rains 16:57.9	Alvaro Orozco 17:21.3	Wills
	512003	Montwood	16:24.80	Lee Chavez 15:40.4	Luis Martinez 16:22.12	Chris Branstorf 16:31.86	Jose Andazola 16:42.58	Enrique Rivera 16:44.83	Aaron Jamillo 17:04.20		Carden
	522014	Eastlake	16:24	Jakob Sandoval 16:06.80	Donovan Decquir 16:15.42	Francisco Sandoval 16:15.91	Edgar Gonzalez 16:22.10	Bennie Sepulveda 17:01	Adrian Lozano 17:13	Hunter Kirtley 17:34	Avila
	531986	Coronado	16:25.0	Kenny Lucero 15:24	Fernie DeLaCorda 16:22	Mike McCorgary 16:25	Ruben Daley 16:32	James Williams 16:42	Danny Cano 16:47		Dember
	541987	Socorro	16:25.4	David Velasquez 15:59	Rickey DeLaCruz 16:20	Jesus Lopez 16:23	Miguel Figueroa 16:33	Raul Gomez 16:52			Reinheart
	552008	Austin	16:26.72	Isaas Spencer 15:50.64	Ramon Garcia 16:17.94	Danny Cuevas 16:25.38	Cesar Perez 16:35.74	Anthony Marcial 17:03.91	Ben Gutierrez 17:18.70	Jacob Baca 18:02.87	Wills
	561984	Coronado	16:28.0	Francisco Diaz 15:50	Manny Lopez 16:02	Abe Ray 16:31	Vince Bejarano 16:55	Eugene Rodriguez 17:03			Dember
	572007	Horizon	16:29.05	Jesus Garcia 16:14.45	Manny Hernandez 16:26.69	Adrian Ayaya 16:29.39	German Nunez 16:33.50	Aaron Granados 16:41.19	Luis Fuentes 17:06.44	Randy Flores 18:30.75	Prestwood
	582009	Austin	16:29.45	Issac Spencer 15:25.31	Ramon Garcia 15:49.94	Jacob Baca 16:56.14	Ben Gutierrez 17:01.11	Irving Eparza 17:14.74	Javier Enriquez 17:58.88	Gabe Martell 18:28.19	Wills
	591984	Burges	16:29.8	Abel Romo 15:43	Marc Ranc 16:27	Peter Chavez 16:43	Gerado Chaparro 16:48	Thomas Tinajero 16:48			Alsop
	601998	Coronado	16:30.0	Salcedo 15:55	Saenz 15:58						Corrigan

ALL TIME GREATEST EL PASO CROSS COUNTRY TEAMS

Year	School	Team Average #1	#2	#3	#4	#5	#6	#7	Coach
12014	Eastwood	18:42	Anna Mora 17:10.85	Vanessa Parra 18:22.21	Eden Buntyan 19:11.60	Uly Fernandez 19:15.51	Elise McClain 19:34.67	Dominique Blancas 19:44.78 Diana Marrell 20:11.91	McClain/Pearson
22014	Horizon	19:21.79	Sarah Lopez 18:31.15	Karla Enriquez 18:32.18	Alondra Pareja 19:40.23	Michelle Renteria 20:02.18	Crista Villabos 20:03.21	Arlene Bustamante 21:19.13 Lupita Montanez 25:22	Prestwood
32003	Montwood	19:28.7	Christina Munoz 11:28	Becky Robles 12:08	Martina Chavez 17:12	Evelyn Leal 12:17	Jake Cervantes 12:41	Talish Sanchez 12:51	Carton
42012	Eastwood	19:31.29	Anna Mora 18:16.34	Vanessa Parra 19:37.98	Carrisa Pimion 19:38.30	Rhannon Cleveland 19:57.35	Elise McClain 19:56.90	Diana Marrell 20:15.50	McClain/Pearson
52013	Eastwood	19:34.65	Anna Mora 19:04.15	Vanessa Parra 19:35.43	Eden Buntyan 19:38.02	Carrisa Pimion 19:41.77	Elise McClain 19:56.90	Diana Marrell 20:15.50	McClain/Pearson
62008	Chaparral	19:38.1	Melissa Par 11:41	Adriana Del Leon 12:11	Felicia Love 12:20	Danielle Costanzo 12:33	Veronica Sanchez 12:34	Linda Vico 13:26	McClain/Pearson
72000	Montwood	19:39.0	Monique Ortega 11:24	Anita Quinno 11:40	Sandra Morales 12:41	Becky Robles 12:47	Laura Rivera 12:50	Jaime Taylor 13:05	Carton
81992	Coronado	19:42.7	Celina Terrazas 11:58	Cathie Moss 12:18	Diana Trujillo 12:19	Angela Terrazas 12:28	Sharon Lucero 12:33	Milmi Ivey 13:10	Danber
92002	Montwood	19:43.1	Monique Ortega 11:39.7	Stephanie Diaz 20:04.46	Evelyn Leal 12:36.9	Becky Robles 12:45.2	Mariona Chavez 12:45.5	Jenefer Aragon 12:51	Jasso
102004	Del Valle	19:46.2	Brianna Montalvo 12:01	Gabriela Ramos 12:17	Belinda Castanon 12:26	Melissa Zepeda 12:28	Ivette Montalvo 12:35	Danielle Costanzo 12:42	Helfmeyer
112007	Coronado	19:47.0	Vanessa Par 12:01	Adriana Del Leon 12:05	Veronica Sanchez 12:31	Zananda Contrera 12:35	Linda Vico 12:41	Nath Contreras 12:44	Gee
122009	Clint	19:47.4	Cashlee Rayas 12:02	Heather Delgado 12:13	Sarah Rayas 12:13	Kate Davis 20:22.73	Alina Ward 20:40.65	Brianne Solizano 20:48	Reasnor
132012	Coronado	19:48.11	Patricia Abianedo 18:32.35	Kendra Melendez 19:40	Samantha Homan 19:44.59	Reyna Arvizio 12:29	Loranne Navarro 12:49	Iseia Caso 12:52	Corrigan
141982	Bel Air	19:51.9	Letty Gomez 12:05	Melinda Apodaca 12:16	Dora Rodriguez 12:26	Brandece Baca 12:45	Kim Garcia 12:48	Leanna Luna 13:04	Harrison
152007	Del Valle	19:56.3	Yennifer Mendez 12:11	Maria Esquivia 12:18	Gabrielle Hernandez 12:19	Adriana Rosales 12:41	Whitney Stewart 13:04	Jackie Cuellar 13:09	McClain
162010	Eastwood	19:57.2	Melanie Shres 11:33.01	Amy Apodaca 12:12.83	Olivia Lara 12:45	Madeleine Westman 20:19.28	Mia Salcido 20:31.06	Sophia Salcido 20:47.06	Aguilar
172012	Franklin	20:00.34	Ayla Lopez 19:15.16	Jenna Rosales 19:45.35	Kiriza Acosta 20:10.87	Maria Ulloa 12:38	Estela Rodriguez 12:53	Kayla Aguirre 12:59	Brooks
181984	Bowie	20:01.9	Patty Avila 12:01	Sylvia Marquez 12:32	Adriana Silva 12:33	Elissa Garcia 12:51	Estela Rodriguez 12:53	Kayla Aguirre 12:59	McClain
192006	Eastwood	20:02.7	Jessica Payne 12:07	Dara Mylius 12:20	Maegen Shres 17:20	Elissa Garcia 12:51	13:20	Lit Cervera 13:01	McClain
201999	Montwood	20:02.8	Anita Quinno 11:37	Maegen Shres 12:19	Riaber 12:07	Jessica Payne 12:20	13:20	Lit Cervera 13:01	Carton
212007	Eastwood	20:03.4	Maegen Shres 12:19	Maegen Shres 12:19	Riaber 12:07	Jessica Payne 12:20	13:20	Lit Cervera 13:01	Carton
221996	Montwood	20:07.5	Anita Quinno 11:35	Barrett 12:26	Melanie Shres 12:31	Elissa Garcia 12:51	13:20	Lit Cervera 13:01	Carton
232014	Horizon	20:07	Sarah Lopez 19:40.20	Karla Enriquez 19:44.30	Michelle Renteria 19:52	Levy Acosta 20:35	Soto 13:35	Jenny Davila 13:05	Prestwood
242014	Mt View	20:07	Emily Estrada 11:51	Michelle Estrada 11:52	Pricille Estrada 12:17	Ruby Garcia 13:19	Clarissa Saucedo 13:19	Fior Gutierrez 13:54	Salas
252009	Jefferson	20:08.1	Theresa Torres 11:59	Tiffany Ganieri 12:33	Arlene Cabrera 12:35	Jalie Merritt 12:50	Stephine Navear 12:58	Stephine Navear 12:58	Trejo
262010	Del Valle	20:08.8	Angie Palomino 12:02	Briisa Carrillo 12:23	Maria Esquivia 12:32	Mindy Rincon 12:59	Shantel Oropeza 13:01	Rebecca Medina 13:25	Harrison
272004	Franklin	20:09.6	Kylie Marshall 12:08	Megan Hetzel 12:19	MacKenzie Edwards 12:21	Kathlyn Edwards 12:55	Shantel Oropeza 13:01	Rebecca Medina 13:25	Aguilar
282002	Americas	20:10.3	Vanessa DeLaRosa 12:29.1	Cindy Garrissue 12:17	Amanda Torres 12:32.1	Mariguel Brooks 12:33	Robert Vaughn 12:43.6	Crystal Grisham 12:47.5	Barrios
291982	Burges	20:10.9	Mary Brooks 12:06	Yara A-Cortez 19:18.10	Janie McGlohen 19:45	Pat Chavez 12:57	Pat Melvado 13:13	Kierra Robinson 22:11	Alsup
302014	Hanks	20:10	Abeyra Andrea 19:06.80	Brianna Paraga 12:33	Christina Delgado 12:38.86	Brandee Baca 12:47.84	Jenny Davila 13:09	Bryanna Perez 23:13	Gomez
312010	El Dorado	20:11.7	Bonnie Perez 12:23	Elyssa Garcia 12:27.70	Christina Delgado 12:38.86	Brandee Baca 12:47.84	Jenny Davila 13:09	Bryanna Perez 23:13	McClain
322009	Fastwood	20:12.4	Melanie Shres 12:06.80	Kendra Melendez 12:19	Alina Ward 12:41	Robin Vaughn 13:04	Valerie Bright 13:08	Bryanna Perez 23:13	McClain
332011	Coronado	20:13.0	Patricia Abianedo 11:58.42	Vanessa DeLaRosa 12:09	Amanda Torres 12:32	Claudia Gomez 13:07	Deyanira Velazquez 13:18	Valerie Salazar 13:16	Corrigan
342003	Americas	20:14.0	Laura Pereyra 12:08	Vanessa DeLaRosa 12:09	Amanda Torres 12:32	Claudia Gomez 13:07	Deyanira Velazquez 13:18	Valerie Salazar 13:16	Barrios
352000	Socorro	20:14.2	Lisa Salcedo 11:50	Yanel Velazquez 12:17	Diana Gonzalez 12:49	Bonnie Perez 12:55	Cindy Garcia 13:11	Cierra Fernandez 13:17	McClain
362011	El Dorado	20:15.4	Ileana Acosta 12:17	Samantha Gardea 12:33	Andrew Rosales 13:00	Jasmine Arceo 13:05	Brittany Paraga 12:59	Yennifer Mendez 13:16	Jones
372006	Del Valle	20:16.1	Briisa Montalvo 11:49	Jenefer Aragon 12:12	Ivette Montalvo 12:44	Belinda Castanon 12:52	Deyanira Velazquez 13:18	Yennifer Mendez 13:16	Harrison
382003	Del Valle	20:16.5	Briisa Montalvo 11:59	Jisel Bailon 12:09	Ivette Montalvo 12:44	Belinda Castanon 12:52	Deyanira Velazquez 13:18	Yennifer Mendez 13:16	Jasso
392014	Chaparral	20:17	Richard Gallivan 19:11.40	Jordy Parra 12:47	Kristen Davis 12:47	Isabel Hernandez 20:58	Deyanira Velazquez 13:18	Yennifer Mendez 13:16	Reasnor
402014	Socorro	20:18	Stephanie Quintero 18:30.02	Jacqueline Lopez 19:17.35	Natalie Gomez 20:54	Susanee Sides 21:09	Rochelle Rodriguez 21:39	Kennya Gamboa 22:15	Barrios
412013	Coronado	20:19.59	Patricia Abianedo 18:27.27	Samantha Homan 20:14.35	Jenna Jurczyk 20:36.66	Chanelior Gary 20:53.65	Rochelle Rodriguez 21:39	Kennya Gamboa 22:15	Barrios
422012	Horizon	20:21.49	Sarah Lopez 20:09.80	Kim Rivera 20:11.13	Jenna Jurczyk 20:36.66	Chanelior Gary 20:53.65	Rochelle Rodriguez 21:39	Kennya Gamboa 22:15	Corrigan
432005	Del Valle	20:23.4	Briisa Montalvo 12:11	Melissa Zepeda 12:34	Gabriela Ramos 12:43	Jenefer Aragon 12:54	Leanne Luna 12:46	Deanna White 13:52	Prestwood
442002	Americas	20:23.7	Laura Pereyra 12:16	Vanessa DeLaRosa 12:30	Amanda Torres 12:51	Deyanira Velazquez 12:59	Leanne Luna 12:46	Deanna White 13:52	Jasso
452008	Del Valle	20:24.1	Gabriele Hernandez 12:30	Angie Palomino 12:32	Maria Esquivia 12:35	Deanna White 13:52	Leanne Luna 12:46	Deanna White 13:52	Barrios
462006	Chaparral	20:24.1	Martina Par 11:41	Adrian Delon 12:32	Jalie Merritt 12:57	Stephine Navear 13:03	Kandy Torres 13:13	Jade Martinez 13:15	Harrison
472010	Jefferson	20:24.3	Theresa Torres 11:55	Tiffany Ganieri 12:38	Makensi McLoughlin 12:49	Laura Hernandez 13:20	Courtney Bosse 13:26	Laura Tackett 14:06	Trejo
482003	Franklin	20:24.6	Hilda DelPena 11:56	Mackenze Edwards 12:14	Andrea Hernandez 12:44	Victoria Lopez 12:53	Samara Gutierrez 12:55	Viridiana Acosta 13:41	Aguilar
492010	Americas	20:24.7	Maria Fernandez 12:32	Gabriel Sepulveda 12:43	Andrea Hernandez 12:44	Victoria Lopez 12:53	Samara Gutierrez 12:55	Viridiana Acosta 13:41	Lucero
502007	Chaparral	20:25.2	Tisha Hunter 12:12	Martina Par 12:16	Andrea Hernandez 12:44	Victoria Lopez 12:53	Samara Gutierrez 12:55	Viridiana Acosta 13:41	Harrison
512006	Horizon	20:27.7	Brandi Gutierrez 11:33	Adriana Juado 12:46	Tracy Sierra 12:49	Cristina Montanez 13:07	Yadira Candelaria 13:43	Vanessa Moreno 14:15	Prestwood
521998	Hanks	20:27.7	Angerstein 11:55	Amy Apodaca 12:36.04	Vanessa Parra 13:00.07	Carrisa Pimion 13:02	Jackie Cuellar 13:21	Dominique Blancas 13:40	Gomez
532011	Eastwood	20:28.4	Anna Mora 12:01.63	Vanessa Parra 13:00.07	Carrisa Pimion 13:02	Jackie Cuellar 13:21	Dominique Blancas 13:40	Vanessa Miramontes 13:56	McClain/Pearson



THE EASTWOOD PROJECT



Senior Quotes

Deric Martinez- Deric is a classic example of how staying positive even while things are not going your way will eventually pay off. He just kept working and trusting us and I am so happy how things have worked out for him!!!! MM

Chris Wallace- I have NEVER seen Chris ever put his needs in front of anyone else's. He just stayed quiet and quietly turned himself into a stud, consistent runner. Success will always follow him! Come to think of it, I can only remember him talking twice in two years. MM

Jose Silva- No big deal when he was coming out of middle school, but he WORKED!!!!!!!!!!!! And he is a very big deal now!!! He will always out work the other person, no matter what we are talking about. Im glad he stopped kicking field goals! MM

Vanessa Parra- Is very special to me since I have known her for sooooo long. She may be the most competitive person on the team! I will miss Vanessa greatly!!!! Even though I have known her for so long I think she only grew 2 inches the entire time I knew her. MM

You gave up Saltatrix for cross country! I know that you love dancing and gave it up to be a part of our team. We appreciate your hard work and dedication and now you are a STATE qualifier. YS

Elise McLain- I never thought she was going to be the athlete that she turned out to be!!!! I am VERY proud of the individual she has grown into. She acts just like my wife, it was very strange to hear her at practice, it was like my wife was on my team. MM

Very quiet and shy when I first met you. You have bloomed from a beautiful dancer to being a beautiful and amazing ATHLETE that no one was expecting to see. You have proved so many people wrong and I hope you continue to do so. YS

Anna Mora- The best female cross country leader that I have ever coached!!!!!! Her parents have done a great job with both of their children!! Her parents are going to miss her, I think? MM

I've never seen anyone balance leadership, diligence, and fun quite like Anna. JA

The most dedicated athlete that I have had the privilege of coaching. Hope my own child is like you, I will miss you. YS

Dominique Blancas- Dominique is always a lot of fun to be around which cannot be said of everyone. She was someone that no one thought would be very good coming out of middle school, but there is no way we would have accomplished everything we did the past 3 years without her. Where did the purple hair go? MM

Eden Buntyn- Wow talk about a rags to riches story. Eden will be successful at whatever she does, don't stand in her way, you will get run over!!!! The last of the Buntyn's for awhile, that will be strange! MM

Julian Pedregon- When JP decided to work hard in cc, he made a big difference in our team. I know he will work hard after HS. MM

Julio Rodriguez- Julio is a man of many talents, and he will be a very successful person in life who knows what things are important. Is his real name Pablo?? MM

Vanessa Miramontes- Vanessa worked very hard and I'm proud of what she has accomplished, she always has a positive attitude and people love to be around her. Vanessa knows what the important things in life are, not many people do! MM

One of our most dedicated and hardest working athletes. You worked so hard to become a varsity runner again. I am proud to have seen you succeed. YS

Cassi Serrano- Cassi is a very hard worker and did something that I have never seen done before. She competed in drum line and cc for all 4 years. Both are very demanding and require a lot of time. MM

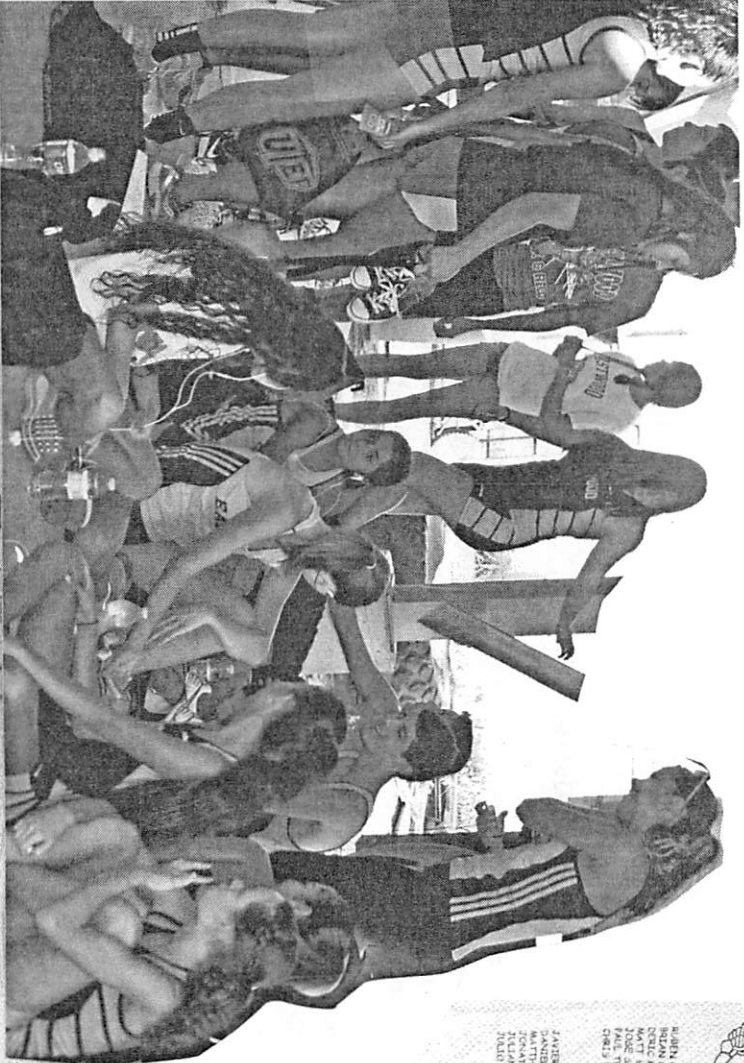
Laura Ramirez- Laura improved a lot since her freshman year, she complained a lot, but always did the work. Her checks are going to get their own zip code next year! MM

Tareq Ahram- proof that you can rise above anything obstacle life puts in front of you. MM

Tareq epitomizes perseverance. JA

Clarissa Pinion- I didn't get to say anything about Clarissa last year so I'm including it now. Her work ethic is legendary, but the best thing I can say about her is that she is a very good person, who's moral compass always points in the right direction. MM





VARSITY

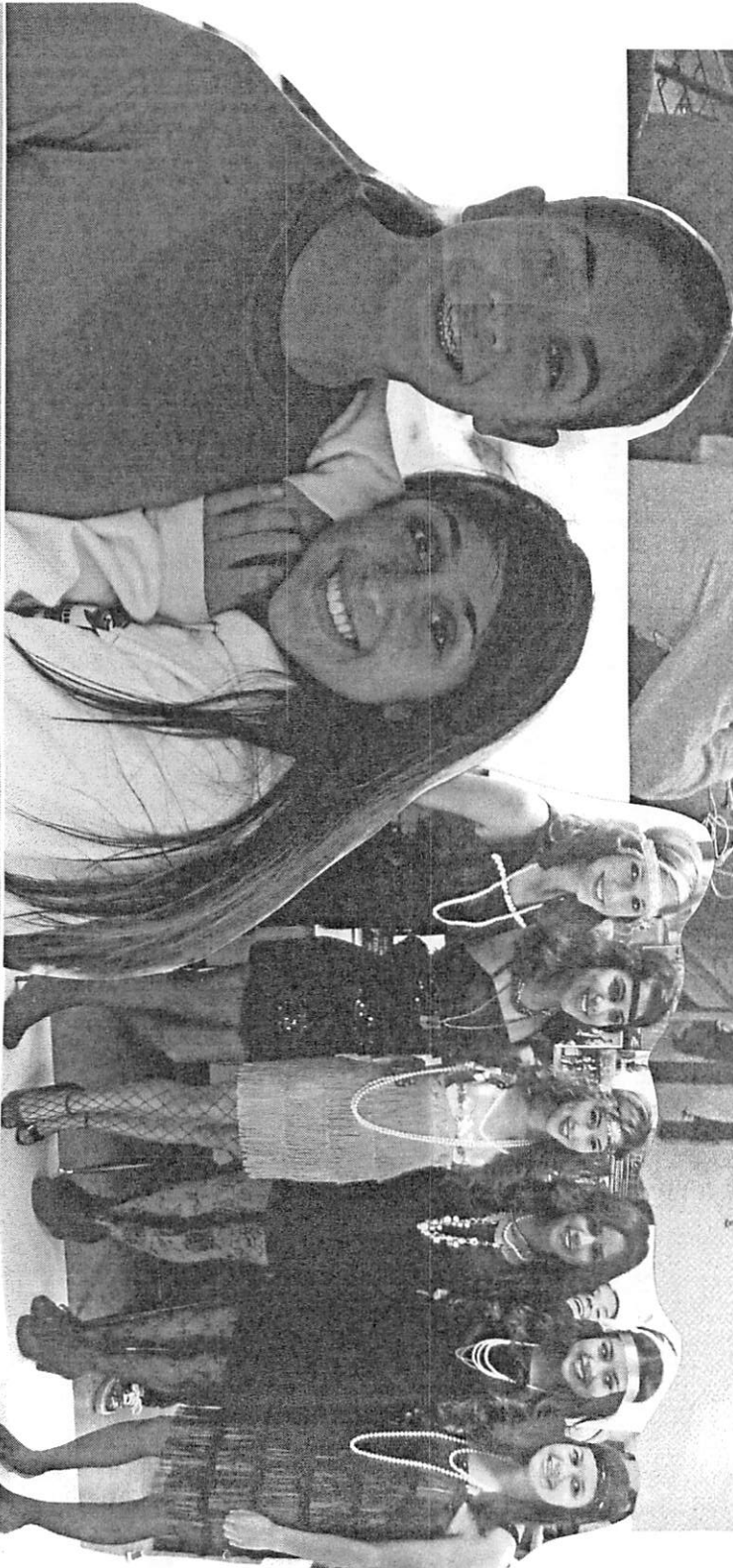
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A senior tribute to the cross country team

By: Vanessa Miramontes

This year, the Eastwood cross country team will be saying goodbye to twelve seniors. The team has worked hard to be successful since the start of the season. All senior runners are four year veterans.

Jose Silva felt that "it was an honorable and sentimental moment" taking the starting line for the last time with his team as a Trooper. Silva, who is very proud of his season times, will miss his team and the coaches he considers as family. Silva hopes to be offered a scholarship from a good school with a "good academic and running program."

Elise McLain, daughter of Coach Michael McLain, described her last start and finish as "very emotional and bittersweet moments." She feels as if "a very important part of my life was ending." McLain will always cherish the memories she made with her team. She describes running for her dad as "a unique experience that brought me and my father closer together and I will always treasure being coached by him."

Eden Buntyn is beyond proud of the season. She gave it her all and ran "every race as if it would be my last." Buntyn was happy to cross her last finish line because she knew "there is much more to come even though my time in cross country may be over." Buntyn is on the same boat as several of her other teammates; she will miss her second family.

Laura Ramirez describes her experience as very "surreal and bittersweet." Although sad, she is relieved to know that this was her last race. But at the same time Ramirez felt stressed about her final performance "because you have to give it all you got since you're a senior." Ramirez feels she could have done so much more for her team and she is not yet satisfied. She believes that the team made practices worthwhile. "They will always be a part of me. I have learned valuable lessons from each of them, one being to never be selfish and always do things for others without expecting something in return."

Anna Mora, the El Paso Times' Girls Cross Country All-City Runner of the Year, describes her experience to be both rewarding and memorable. She is very proud of her season and her team for working very hard. Mora is also very happy to have finished her season knowing she made many people proud. Mora is planning on running at a college level, but she is uncertain on where she will be attending.

Vanessa Parra describes this time to be very emotional since she now realizes how fast time flies. Parra is happy with her season and feels like she "worked harder than I ever have and I truly think it paid off." She says her last finish was "a very lengthy chapter in my life that had finally come to a close." Parra explained that she won't miss the medals or trophies, instead she will miss her team.

Dominique Blancas is proud of her season as well, and feels like it ended on a good note. She expressed her feelings for the team by saying "the sense of family is radiated when we are together and you could count on everyone."

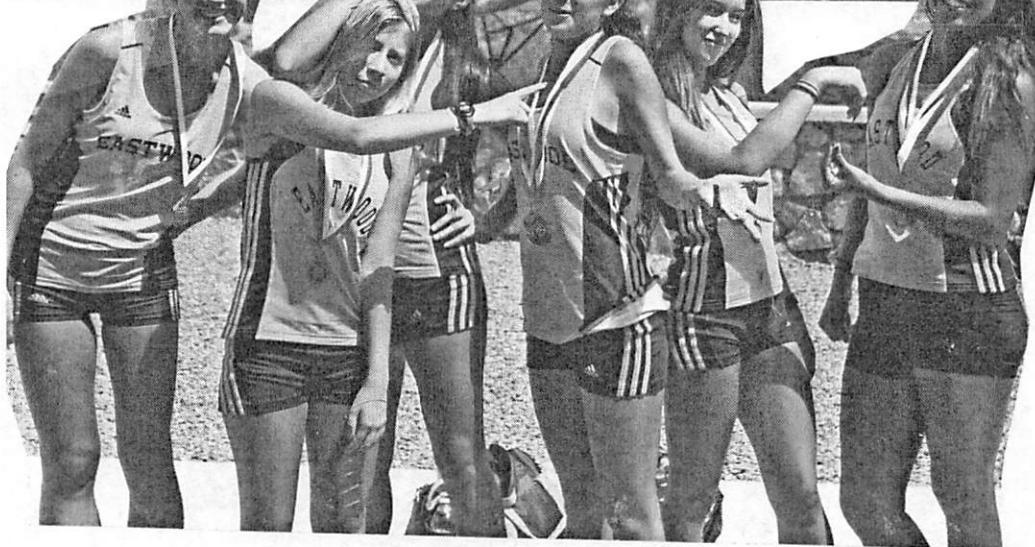
Chris Wallace is beyond thankful for the season that they all spent together. Wallace is proud of his season because "I gave it all I had and we worked together as a team to accomplish amazing things." He also has plans to go run in college along with that he is ready to say goodbye to the team although he will miss the memories he made he is ready to "make many more where ever life takes me".

Julio Rodriguez described taking his last starting line as "heart pounding." Rodriguez explained that cross country taught him the importance of perseverance and hard work, but he is still very proud of both his team and himself. Along with the rest of his teammates, Rodriguez is not ready to say goodbye and he "never will be."

Although their running experiences as Troopers is over, they will take these wonderful memories to cherish for years to come and always remember their home as Eastwood High School.







What if I had trained as hard as I did my freshmen & sophomore year?

- ~~Jason~~ ~~Es~~

What if Coach Bowling had never introduced me to cross country
- ~~Glenn~~ Campos

What if I chose football over cross country?
What if I ~~never~~ had not cure to do my milage?

- Brian Casillas

What if I had never put on the mask? What if ~~any~~ I didn't have allergies?
- Carissa M. Pinon (Bore)

What if?





To a Young Runner

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

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

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

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

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

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

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

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

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

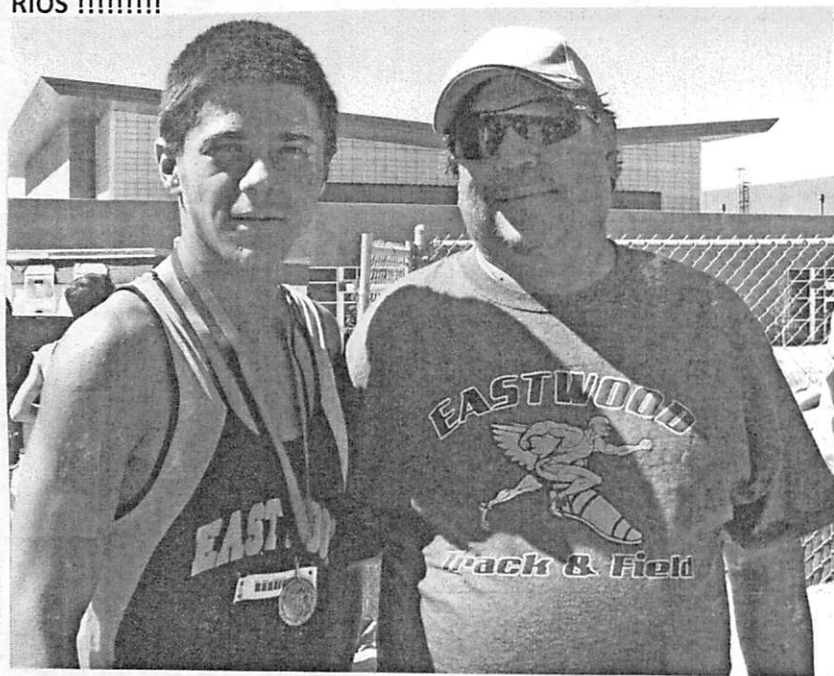
At graduation, your teammates will be among the few people you're truly sad to leave, and for years, when some of you run in college, and even more of you return to your parents' homes each summer, they'll also be the only people with whom you keep in touch. And, at 29, when you've been coaching a team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

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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.

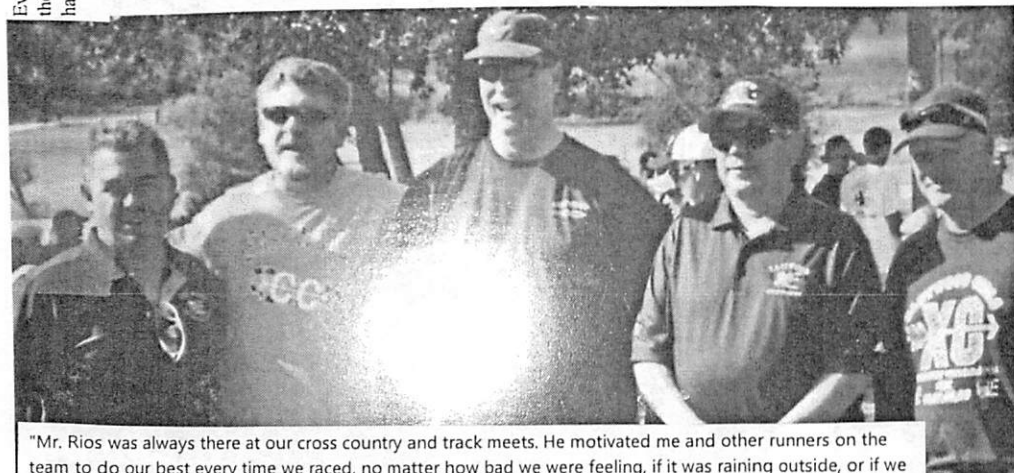
Photo: Courtesy Amanda Parrish

Every memory of Mr. Rios I have is with him having a smile on his face because he enjoyed watching us run our hearts out. His joy of watching us run made me realize that the reason I run is not because I'm good at it, but rather I simply enjoyed it, no I loved to run. After Mr. Rios died I realized he never got to see us make it to nationals so I have decided to wear the headband the varsity boys wore our senior year at every race in the hopes that Mr. Rios would one day see a national championship meet.

-Richard Mora



Mr. Rios is the kind of man who had a lasting effect on many and who will never be forgotten. After races it is not always good to be around others as a coach, you are always thinking about the next step and the next workout that needs to be done. But I always loved to be around Mr. Rios, he got it, truly GOT IT. It didn't matter if Steven ran freshman division or varsity; it didn't matter if Steven ran well or had a bad race. I don't know how many times he told me that he was soaking all of this in, enjoying every moment because he knew his child's time doing this was limited and he wanted to enjoy every moment. His attitude made me feel good and every other person around him, and his influence on me will not be lost. Every time my own children compete I hear Mr. Rios voice!!! And when my own children compete I am NOT the coach, I am their parent, which is so much more fun!!! I try and soak up every moment and not care what division they run in or how they race, rather I enjoy the moments that are not going to last forever, but that I will remember forever. THANK YOU MR. RIOS !!!!!!!!!



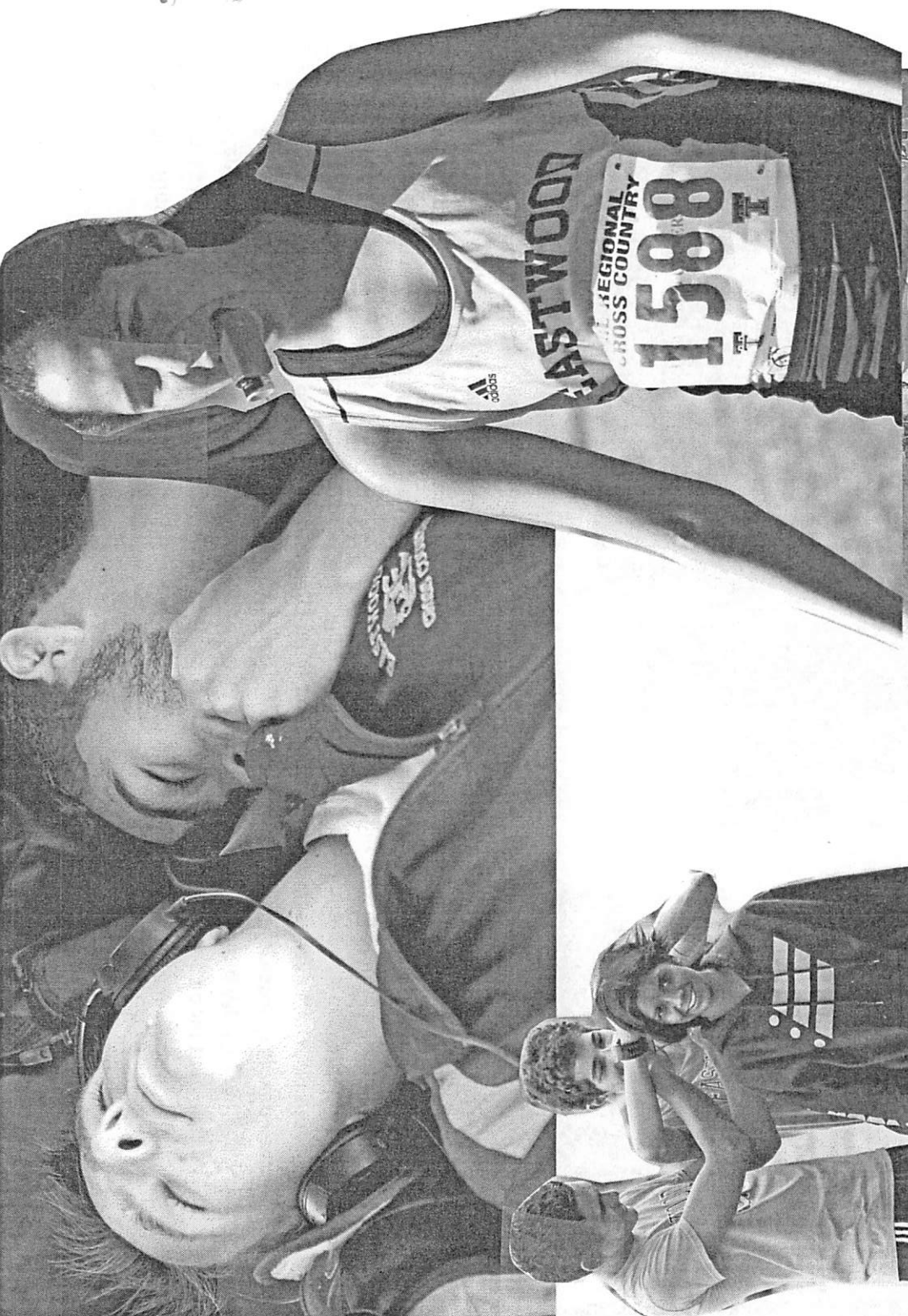
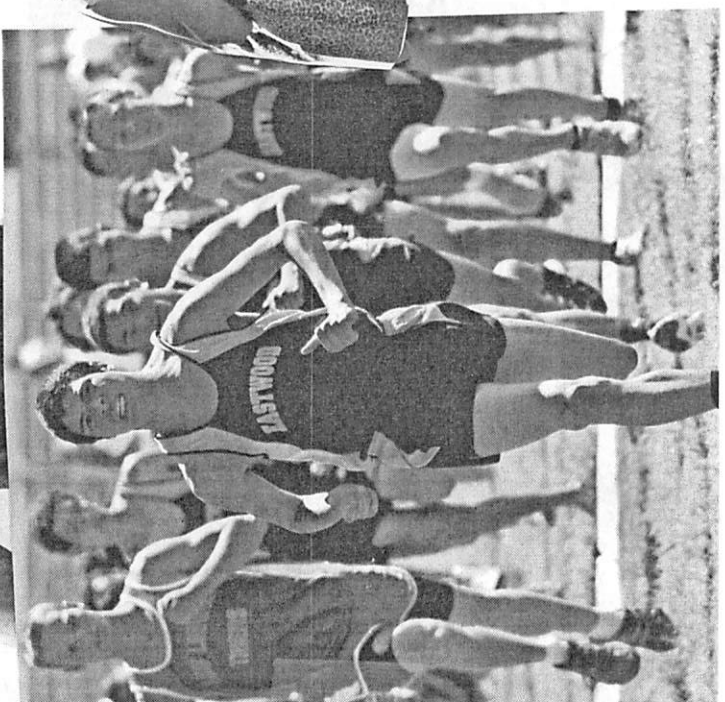
"Mr. Rios was always there at our cross country and track meets. He motivated me and other runners on the team to do our best every time we raced, no matter how bad we were feeling, if it was raining outside, or if we already knew we were going to win the meet. Every time I would see him at the meet I would say hey and shake his hand and would pretty much tell me the same thing every time, "You know what you need to do, get out there and show them what you've got. Even if you're way ahead of everyone else, don't give in until you've pushed your self as hard as your body will allow." He was one of the many motivating supporters that helped Eastwood Cross Country become what it is today. Although he won't be here to watch any more cross country meets, his passion and support for the team will be remembered for a long time to come. He would have been extremely proud to see Eastwood Cross Country perform at the level it's headed."



Mr. Rios was always positive, I don't think I ever saw him sad or saying something negative. Almost every track or cross country race we all ran he was there to cheer on his son and the team. He was a great man and one of the best parents Eastwood has ever seen.

Stephen Wallace





The Wayzata Way

The Minnesota team that won 2013 NXN is as much about process as results. BY LAURA JOYCE DAVIS



FOR THE GIRLS OF WAYZATA High School cross country, every season begins in the dark. On an August night last fall in Plymouth, Minnesota, with only moonlight to guide them, the girls walk silently through the woods. One injured girl is carried by her teammates in a wheelbarrow. They reach a clearing, lie down and listen to their head coach, Dave Emmans. He tells them to be present, whether they're stargazing or racing at the state meet.

While most teams focus on goals, the Wayzata (pronounced "Wy-ZEH-tah") girls focus on enjoying the journey. Emmans, who is in

his 23rd year of coaching, and Addy Hallen, his assistant for the past five years (and whom he coached back in the '90s), know that for their 130 runners, mindset is as important as training.

Their approach is paying off: In 2012, the Wayzata girls won their first Minnesota Class AA state title and placed seventh in their first appearance at Nike Cross Nationals. In 2013, they went undefeated en route to winning the 2013 NXN championship.

A Psychological Edge

The team's preparation is inspired in part by family therapy. Emmans has been pursuing a master's degree in psychology, in addition to coaching and

teaching PE and health at Wayzata. So while veteran runners log up to 50 miles a week with workouts like hill running and cut-down intervals, they also spend a lot of time on mental training.

"When a goal takes you away from the present moment and creates anxiety, it becomes an albatross around your neck," Emmans says. "We're always telling them not to overthink racing. We want them to see value in every workout, run and interaction with the team." Strategies like focusing on calm, controlled breathing help teach athletes to release anxiety and enjoy the here and now.

Emmans and Hallen think plenty about their team's goals, but they want their

athletes to trust them with the end result—which was initially a challenge. Anna French, a junior last year who was Minnesota's top-ranked runner, had hung her hopes on winning state. She finished 14th behind two of her teammates. But by NXN, she had refocused on enjoying being with teammates who valued her regardless of performance, and she finished eighth in the nation.

"When I didn't win the state meet, I started questioning everything—all those miles and all the training," French says. "It made me think, 'What do I have left? Why do I run?' I knew I had my team. If I didn't have that, I don't know how I would've gotten out of bed to run every day." With a new focus, she started to enjoy running again. "At Nike I decided, 'Why not have fun with it and enjoy being here with my team?'"

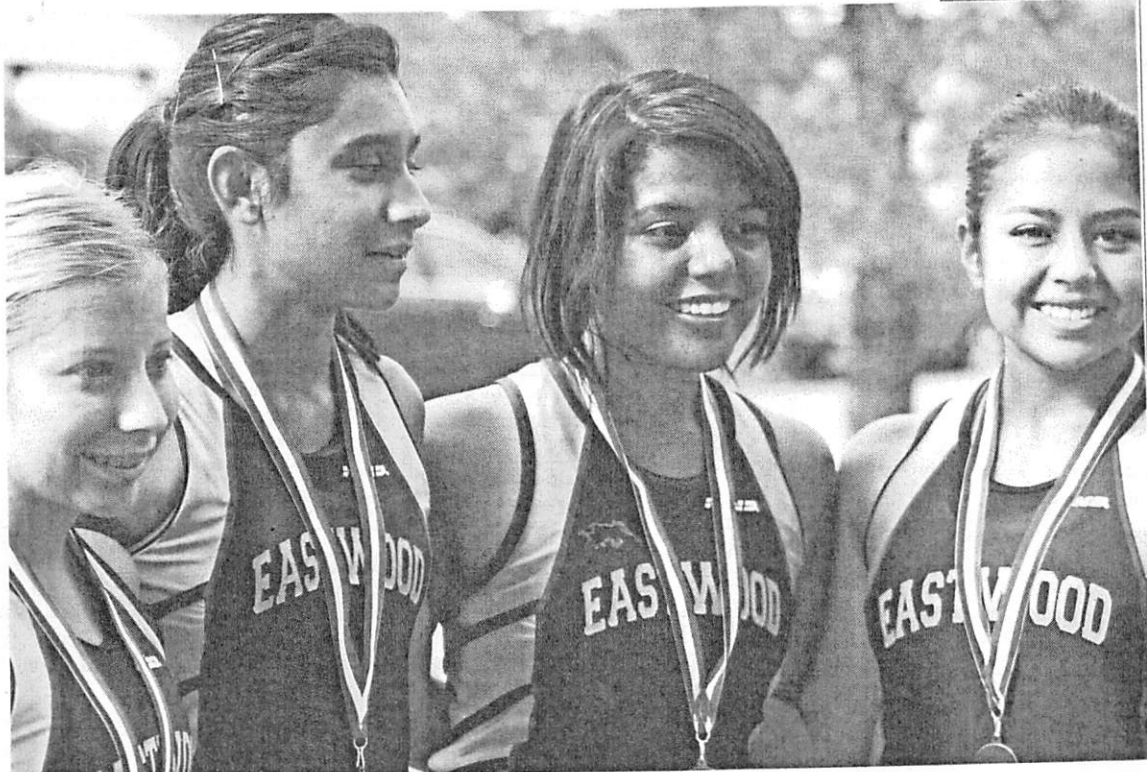
French bought into her coaches' message.

"We try to teach them not to rest everything on a single race," Hallen says.

Why Are We Doing This?

Team camps, watermelon relays, bake-offs and homecoming parades are a part of Wayzata's season, but Emmans and Hallen ensure that every activity serves a larger purpose. Emmans learned from family therapy that successful groups foster a sense of belonging, safety and significance, so now all the team's nonrunning activities are designed around at least one of those objectives.

Emmans has also learned that healthy families (and teams) change their rules to fit the group. For Wayzata's large team, finding the right structure and set of





expectations is a continual work in progress. He noted full team meetings weren't having the desired effect, so Emmans created mini-teams of 15-40 athletes grouped by skill level and experience. The mini-teams do weekly check-ins. They talk about bad races before they happen, so they learn not to be afraid of them.

Seniors are encouraged to listen to and include younger girls; younger girls are challenged to run with and learn from more experienced teammates. Expectations and accountability are clear: Athletes, not parents, talk with coaches when conflict arises.

In Good Spirits

Emmans says that *he* changed to make his teams successful, even if it took him a long time to evolve. And he's still learning. While his current team is certainly talented, Emmans says that previous teams were as well—but weren't getting the results. "I didn't know what I was doing wrong," he says.

Then five years ago, one workout changed everything. Emmans was tired of coming away from hard workouts feeling like no one was having fun. So he put his team on the track and told them to run a mile easy

enough to be able to talk. The girls ran an 8:30 in good spirits. They continued, and the next mile they ran 8:15, still happily. Then an 8:00, and next 7:50. They were quieting down, but they were still together and feeling strong.

Emmans knew he was onto something. They never ran that fast on the roads. They finished the workout with a 7:30 mile, and everyone felt great. Four of the girls in that group would go on to be part of the 2013 NXN championship team.

Today the Wayzata girls work smarter, not harder. Just as with races, everything doesn't hinge on how a workout goes, so the team is able to stay relaxed when they have a hard effort coming up. The girls learn to step back and stay calm, even in the middle of a workout.

Emmans never stops looking for ways to improve. Last fall at NXN in Portland, Oregon, he spoke to as many coaches as he could to ask about their team systems and dynamics.

"The real test is coming," Emmans says. "We know we can't duplicate what we've done before. We were national champions last year, but there is always so much more we can do." RT

Changing Into a Winner

What works and what doesn't with Wayzata girls cross country.

OUT PASTA PARTIES

Emmans and Hallen found that these extra pre-race events were a stressor for their already busy student-athletes, and that they didn't do much to help them build meaningful connections with each other. Kids would talk to their friends but not branch out to include new or younger athletes.

IN COLOR TEAMS

In this annual Wayzata tradition, girls are assigned to a color team for fun activities and friendly competitions, like bake-offs and watermelon relays. The teams (which are different than their training groups) put freshmen together with seniors, create a sense of belonging, and foster friendships where they might not otherwise occur.

OUT PRESSURE TO PARTICIPATE

Emmans quit badgering talented but reluctant athletes to join the team. Instead, he gives them the freedom to walk away from the sport if they don't love it.

IN TEAM EFFORT

In years past, Emmans believed that running was all about training and individualism, and he avoided talking about teamwork and the mental side of the sport. His new philosophy is that athletes will be more successful if they help each other and are aware of their mental state even before they step to the line.

OUT PEP TALKS AT THE STARTING LINE

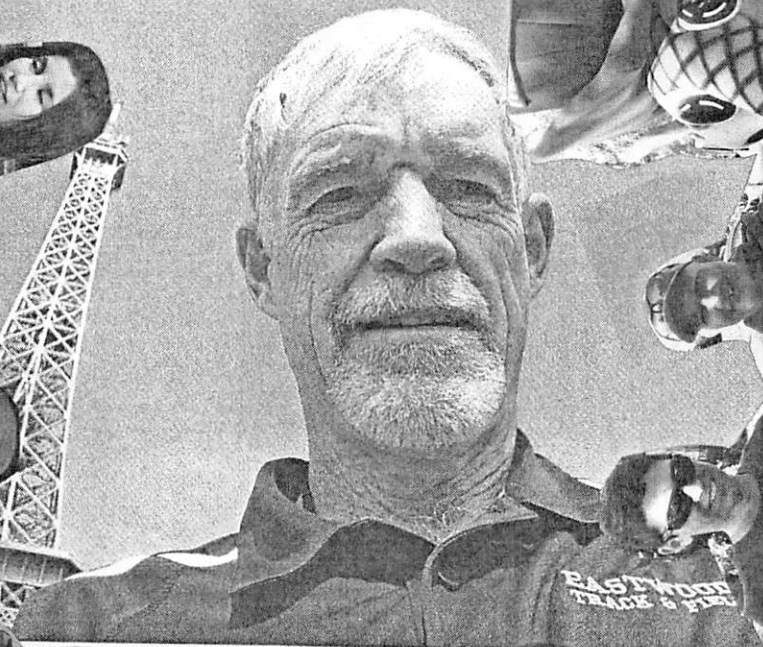
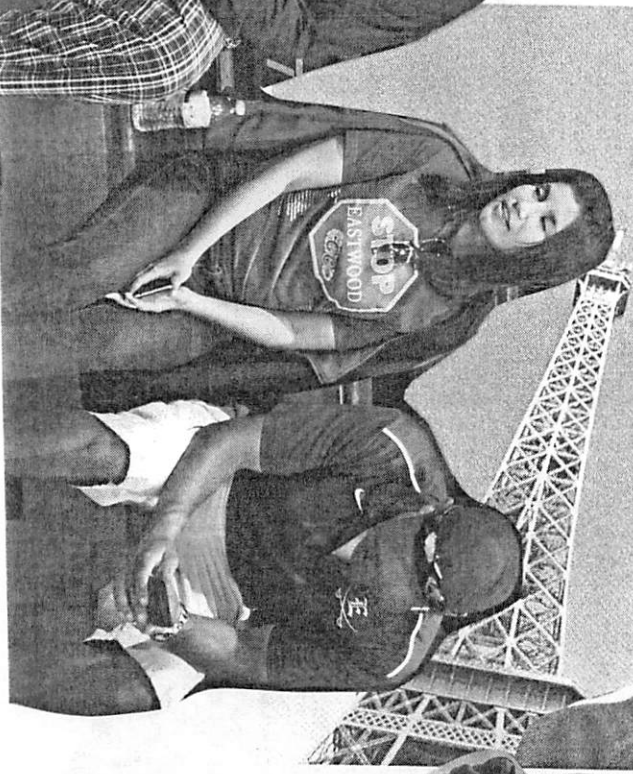
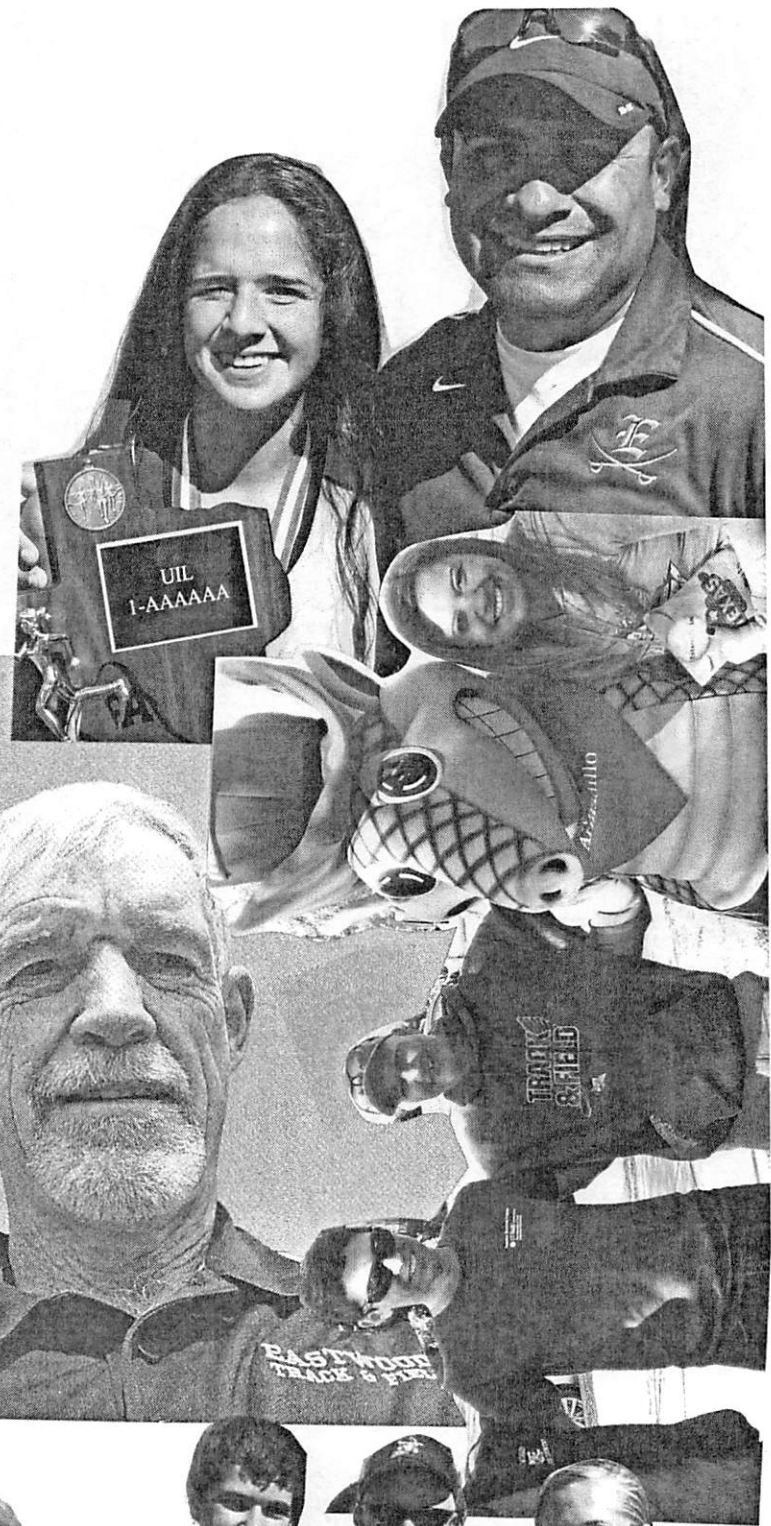
Now, most of the talking happens well before a race, so athletes are prepared and calm.

IN PROCESS GOALS, NOT OUTCOME GOALS

Rather than focusing on winning state, the Wayzata coaches tell runners that they are proud of them for what they are doing today. "You can't control the end," Emmans says. "Some of you will have your heart broken at the end, but it won't be that bad, because you had such an incredible process getting there."

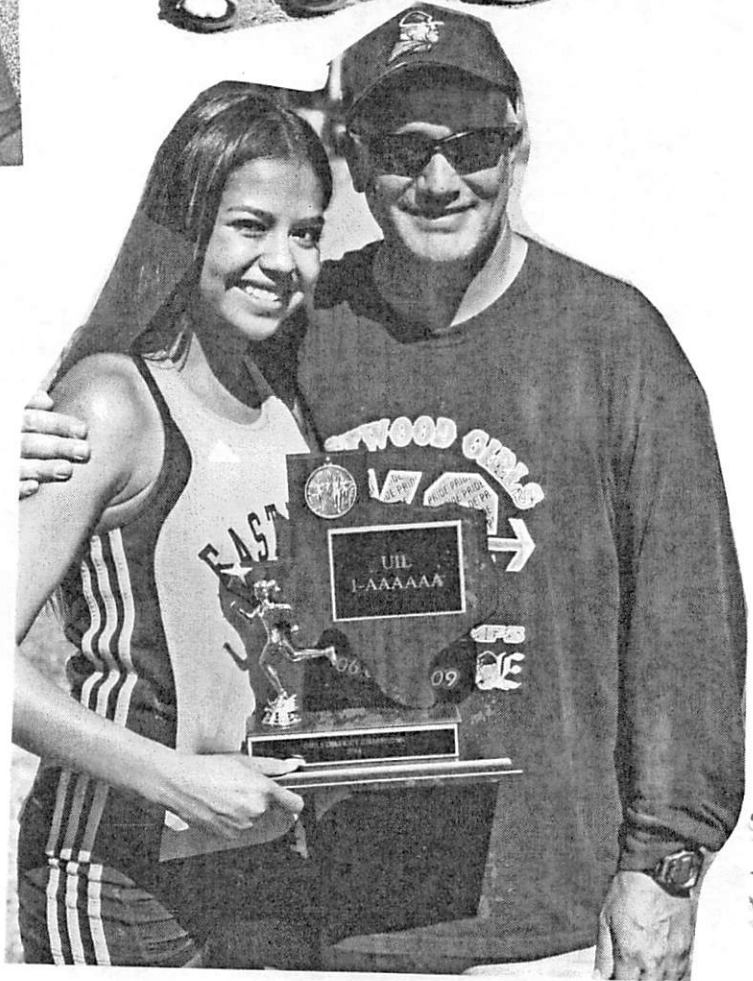
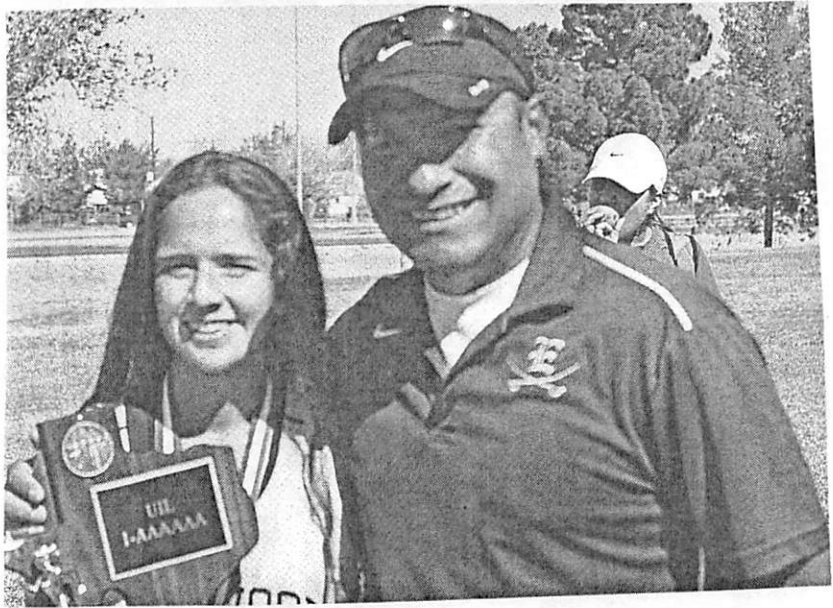
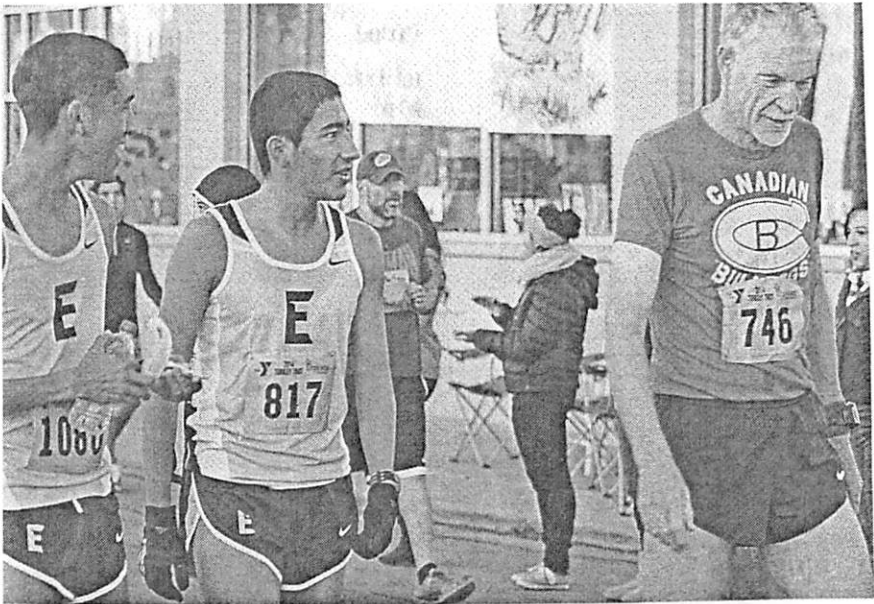
OUT DESTRUCTIVE INTRASQUAD ALLIANCES

Every team has alliances and they can tear a team apart. Once athletes are aware of these alliances, they can be challenged to move beyond them. Emmans says it's the key to building a team.



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[Cross country regional meet]

Eastwood runner stays the course

By Lenny Jurado

El Paso Times

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

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

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

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

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

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

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

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

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

After all, Pivarnick was a two-

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

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

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

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

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

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

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

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

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

Lenny Jurado may be reached at ljurado@elpasotimes.com; 543-6167.



Victor Calzada / El Paso Times

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