

**SATURDAY**  
NOVEMBER 19  
MORLEY FIELD



**RACE PREVIEWS**

# 2005 Division I Preview

SAN DIEGO SECTION

Boys Previews by Ryan "Whiggs" Groth, Girls Previews by Bob Umpenhauer



Seniors AJ Acosta (l), and Mariana Monasi (r) hope to win individual and team titles for El Camino.

## Boys Championships

This year's D-I race looks to be one of the classics to remember, losing only seven runners to graduation from last year's top 20. El Camino SR AJ Acosta stands alone on top of San Diego County. A veteran El Camino squad follows with experienced SRs Michael St. Laurent, Josh Osborne, and Adrian Haywas. JR David Hernandez and FR Samuel St Laurent round out the varsity scoring for this squad. SR Ahmed Osman of San Diego looks to improve on his 15:50 finish last year (2nd overall), and will share lead duties with SRs Colton Tully-Doyle (10th- 16:19) and Carl Dargitz of Rancho Bernardo. RB's number 3 runner JR Jake Wertner needs a solid race to carry the Broncos to their first trip to the State meet in school history.

Currently ranked #1 in the county, Bonita Vista is led by JR's Eric Avila and Austin Jett. Avila looks for respect after his 5th place performance last year as a sophomore (16:02) and will contend up front with SR Josh Sandoval of Granite Hills, who proved anything is possible last year with his 4th place 15:56 finish. Bonita Vista JR's Chris Close and Matt Seat and SR Daniel Garcia can carry BV to the team title by finishing in the top 15-20 places. Defending 3-time champion Torrey Pines faces its toughest task yet in the squad's recent history. In a partial rebuilding year, the team

is led by JR Zach Paris (8th last year-16:11) and SR Danny Illingworth (17th-16:37). SO Gregor Lloyd Smith and JR Connor O'Brien will look to step into a scoring roll this year with a top 25 finish. Poway will be looking for a trip to the state meet, led by SR Scott Tekesky (6th-16:05) and JR Mark Thomas (14th-16:33). They will need a strong performance by arguably the top #3 runner in the county in SR David Edwards. Young Fallbrook, led by SO's Bret Hasvold and Todd Van Duzer both have the potential to finish inside the top 15 places, and will look to knock off other veteran squads and steal a spot to the state meet.

## Girls Championships

Sophomore Katy Andrews leads La Costa Canyon into this race with the confidence that comes with the Palomar League title. Track find and SR Brooke Giuffre compliments SR Gillian Fitch in providing solid support behind Andrews. The Girls from Torrey Pines have other plans for this race. Led by FR Erin Gillingham, the Torreys are sure to have a say in the outcome of the 2005 CIFSDS race. Gillingham, 2005 stud-fresh-of-the-year, ran the third fastest time of the day at the Mt. Carmel Invitational. Backing Gillingham is JRs Sophie Davidson and Amanda Moore.

While the team leaders will go to battle at the front of the pack, the team race could become interesting between the fourth and fifth position runners. El Camino returns from a second place finish last year with Mariana Monasi. Monasi, runner-up last year, is returning with JRs Stacy Pensinger and Stephanie Consiglio and should be at the front of the race early. With some improvement in the 4 and 5 positions, El Camino could make its voice heard. Watch for JR Andrea Jacobs to lead Vista with FR Kelly Thompson and SO Sara Macey as they challenge El Camino for a ticket to Fresno. After finishing second to El Camino in the Avocado League finals (41 - 43), Vista is looking for huge performances from SOs Alisia Barajas and Samantha Frontera to keep the pack tight and minimize the scoring power of El Camino.

Keep an eye out for SR Emily Kerr from Escondido and FR Aisha Coons of Mission Hills to be near the front of the pack.

## 2004 Championships Results

### Boys

#### Team Results

1. Torrey Pines, 101; 2. El Camino, 110; 3. Vista, 111; 4. Poway, 130; 5. La Costa Canyon, 172

#### Individual Results

1. AJ Acosta, EC, 15:25; 2. Ahmed Osman, SD, 15:50; 3. Randy Pensinger, EC, 15:56; 4. Josh Sandoval, GH, 15:56; 5. Eric Avila, BV, 16:02; 6. Scott Tekesky, P, 16:05; 7. Azael Gomez, Sw, 16:07; 8. Zach Paris, TP, 16:11; 9. Jake Levieux, LCC, 16:15; 10. Colton Tully-Doyle, RB, 16:19.

### Girls

#### Team Results

1. Rancho Bernardo, 55; 2. El Camino, 79; 3. Torrey Pines, 132; 4. Vista, 149; 5. La Costa Canyon, 161.

#### Individual Results

1. Lindsay de la Montagne, RB, 16:08; 2. Mariana Monasi, EC, 16:36; 3. Andrea Jacobs, V, 16:48; 4. Gillian Fitch, LCC, 17:01; 5. Ashlin Yahr, TP, 17:03; 6. Stephanie Consiglio, EC, 17:08; 7. Sara Macey, V, 17:09; 8. Ashli Sandoval, GH, 17:11; 9. April Montgomery, H, 17:12; 10. Erica Zambon, Carlsbad, 17:13.

# 2005 Division II Preview



Senior Riley Booker (l). University City, leads the elite field at the Griak Invitational in Minnesota. Top returner Senior Kristen Peters (r). leads West Hills in the hunt for the girls team title.



look to SO Sarah Vitug and JR Rochelle Coulson as they battle West Hills and El Capitan for the team title. Also, watch for FR Sheree Shea and JR Christina Buckley to provide support. West Hills is led by last year's runner-up SR Kristen Peters and returns all five runners from its fourth place finish of 2004. The lady Wolfpack will need to count on strong performances from FR Kelsey Hall and SR Johana Fisherova if they intend to knock off University City and take the D2 title with them to the state meet in Fresno.

## Boys Championships

This year's race features five runners looking to try to crack 16 minutes. It would be the most runners under 16 in Division II since 2001 (Troy Swier, Babey Wagnew, Solomon Kumbi).

Leading the way up front will be SR Riley Booker of University City. Riley will look to repeat as Division II section champion in preparation for his ultimate goal of qualifying again for the Foot Locker National Championships. Booker will be challenged by JR Travis Kuhlman of Westview (2<sup>nd</sup>-16:24), JR Tony Bareno of Valhalla (3<sup>rd</sup>-16:11, D-III), newcomer JR Muluken Baressa from Monte Vista, and SR Dan Gonia of West Hills (4<sup>th</sup>-16:25).

The team race will be led by three giants: Monte Vista, San Pasqual. And University City. The Monte Vista Monarchs are led by Baressa and his teammates SRs Patrick Palmiter (8<sup>th</sup>-16:44) and Michael Ramirez (13<sup>th</sup>-16:51). The Eagles of San Pasqual are led by JR Ryan Baird (18<sup>th</sup>-16:59), SR Jesse O'Brien (21<sup>st</sup>-17:03), SR David Weston and SO Rus Mundae. One of the most storied running schools in San Diego in recent years, University City will look to advance to

the state meet for the 5th consecutive year. Behind Riley Booker, UC looks for SR's David Palm and Jeff Weber to continue their breakthrough season, and for frosh phenom Macky Fleet to finish in the top twenty.

## Girls Championships

After posting some favorable times earlier this season, SO Dayna Anderson and SR Rowena Tam will return for University City as they look to improve on their third place performance in 2004. Tam led a UC sweep at the Mustang Invitational with all three runners finishing within six seconds. The lady Centurions will

The girls from El Capitan, led by SO Christy James, finished a close second behind West Hills at the Grossmont North League Championships. James finished fifth overall and was followed by JR Stephanie Cook, FR Katie Martin and SR Mallory Bawkey. El Cap showed its strength with a 17 second spread between the one and four positions. However, if they are to improve on their fifth place finish in 04 they will need some help at the five position. Also watch for SR Missy Barclay from Westview to lead teammates FR Elise Rankin and SO Stephanie Keelan through the second half of the race. SOs Kirsten Clemes and Chelsea Mumby will round out Westviews pack in an effort to defend their 2004 team title. JR superstar Katie Rentz of Mt. Carmel should be near the front of the pack as well.

## 2004 Championships Results

### Boys

#### Team Results

1. Monte Vista, 93; 2. San Pasqual, 101; 3. University City, 146; 4. Orange Glen, 155; 5. West Hills, 195.

#### Individual Results

1. Riley Booker, UC, 15:51; 2. Kyle Bruser, PH, 16:01; 3. Travis Kuhlmann, WV, 16:24; 4. Dan Gonia, WI, 16:25; 5. Ian LaForm, PL, 16:27; 6. Thomas Whitcomb, SP, 16:28; 7. Marc Nelson, WV, 16:39; 8. Patrick Palmiter, MV, 16:44; 9. Jordan More, SM, 16:46; 10. Elorsa Leo, O, 16:49.

### Girls

#### Team Results

1. Westview, 66; 2. Scripps Ranch, 95; 3. University City, 112; 4. West Hills, 122; 5. El Capitan, 125.

#### Individual Results

1. Brooke Kerby, SP, 16:21; 2. Kristen Peters, WI, 16:30; 3. Sarah Appar, SR, 16:47; 4. Brooke Anderson, UC, 16:54; 5. Missy Barclay, WV, 17:03; 6. Rowena Tam, UC, 17:09; 7. Dayna Anderson, UC, 17:10; 8. Katie Rentz, MC, 17:16; 9. Johanna Fisherova, WI, 17:17; 10. Stephanie Keelan, WV, 17:18.

# 2005 Division III Preview

SAN DIEGO SECTION

Boys Previews by Ryan "Whiggs" Groth, Girls Previews by Bob Umpenhauer

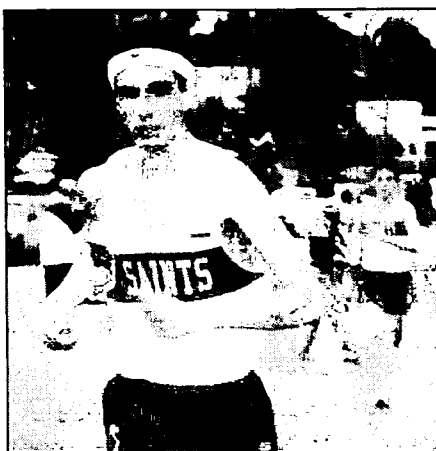
## Boys Championships

**T**he most depleted of the divisions is Division III with only 23 of last year's top 50 runners returning. However, classic rivalries between La Jolla, Saint Augustine, and last year's champion Valley Center are sure to make this an exciting race.

SR Marco Anzures (2<sup>nd</sup>-16:10) of Saint Augustine is the top returnee as well as one of the best runners in San Diego County. Marco's toughest competition will be from teammate SR Kyle Suarez. The Senior Saints are looking to finish 1-2 for the first time since 2003 when La Jolla's Paul Coover and Murat Kayali accomplished the feat.

La Jolla is one of the strongest, most consistent running schools around, qualifying for the state meet eight straight years. SR Charlie Gamble (5<sup>th</sup>-16:41) leads the team. Gamble is backed up by JR Alex Todd (17<sup>th</sup>-17:25), as well as SR's Christian Schwarz and Chris Salerno. Keeping a steady ship at CIF can give the Vikings their 5th CIF team title in 9 years.

The surprise team of this division is the quiet team from the San Dieguito Academy. SR's Timbo Stillinger (11<sup>th</sup>-17:01) and Florian Schuelen (12<sup>th</sup>-17:02) will be closely followed by a tight pack. Also looking to advance to



Senior Marco Anzures (l), had a key win at the Western League Finals. Senior Bridie McCarey (r) easily repeated as Central League Champ.



the state meet are JR's Alex Avilez of Valley Center (7<sup>th</sup>-16:47) and Central League Champion Bernardo Bahena of Claremont (13<sup>th</sup>-17:05).

## Girls Championships

**F**reshman Katie Sanger joins SOs Amber Throop and Erin Murphy of Valley Center as they return to the CIF course to defend their 2004 championship. In addition to returning three of the top seven finishers in 04, Valley Center placed three runners in the top five in the Valley League finals, defeating Ramona 36-54. SO Sara

Lynch and SR Rachel Throop will round out the scoring for Valley Center.

JR Margot Hedlin, with super-freshmen Tess Plant and Courtney Avvampato, heads up the charge for a strong, young La Jolla team. After finishing second at the Western League meet behind powerful University City, La Jolla will be looking to take a CIF title with them to Fresno. JR Elizabeth Howard, SR Laurie Mittermiller and FR Meagan Bautista will need to run together in a tight pack if this team is serious about winning.

SR Katie Barrett and younger sis SO Maria Barrett lead the Lady Pilots of OLP. Katie, Union-Trib Athlete-of-the-Week in September after a fine win at the Mustang Invitational will be closely followed by Maria, who posted a 19:15 for eighth place in a fast Western league race over 3 miles. JR Jenny Reinagel, of Cathedral (formerly Uni) should be among the leaders at the finish. Reinagel posted a 16:22 at the Mt. Carmel Invire, which held up as the 13<sup>th</sup> fastest time of the day. SR Bridie McCarey from Clairemont was overall runner-up in 04. Central league champion by over two minutes, McCarey will be in the front of the race looking for a win and a trip to Fresno.

## 2004 Championships Results

### Boys

#### Team Results

1. Valley Center, 61; 2. La Jolla, 74; 3. St. Augustine, 98; 4. University of SD, 107; 5. San Dieguito Academy, 140.

#### Individual Results

1. Murat Kayali, LJ, 16:08; 2. Marco Anzures, SA, 16:10; 3. Tony Baren, V, 16:11; 4. JJ Santana, BU, 16:37; 5. Charlie Gamble, LJ, 16:41; 6. Alex Serio, VC, 16:46; 7. Alex Avilez, VC, 16:47; 8. Kyle Suarez, SA, 17:00; 9. Max Fishman, VC, 17:01; 10. Sean Sisk, USDHS, 17:01.

### Girls

#### Team Results

1. Valley Center, 23; 2. USDHS, 68; 3. Our Lady of Peace, 116; 4. La Jolla, 127; 5. Brawley Union, 143.

#### Individual Results

1. Alicia Nugent, V, 16:51; 2. Bridie McCarey, CL, 16:58; 3. Trisha Allred, VC, 17:09; 4. Erin Murphy, VC, 17:24; 5. Amber Throop, VC, 17:47; 6. Melissa Neri, VC, 17:52; 7. Katie Barrett, OLP, 17:53; 8. Molly O'Toole, USDHS, 17:55; 9. Tess Wynne, USDHS, 17:57; 10. Evelyn Roberts, VC, 18:12.

# 2005 Division IV Preview



Senior Jesus Romo (l) returns as the d4 favorite after winning the Coastal League Title. Junior Lauren Pischel (r) will look for her team to fill the chute behind her for the D4 title.



## Boys Championships

**D**espite having more runners and schools than D-5, Division 4 is the only division sending only two teams to the State meet instead of three. The fierce competition for the covered two team spots is even greater as 10 of the top 15 runners return from last year's CIF race.

The leading returnee in Division IV is JR Jesus Romo from the Guajome Park Academy. Romo is the cream of the crop in D-IV, with impressive top 5 finishes at the Saints Small School Invitational, Jaguar Invite, and a time of 16:45 at the Southern California Invitational at Guajome.

In the team race, it's about returning depth, and The Bishop's School has plenty of that returning all seven runners from last year's CIF race! Five of the seven on this varsity squad are Seniors, making this year's CIF team title theirs for the taking. SR's Hunt Hardisty (18:06 at CIF last year), Nick Lake (18:23), and SR Euduro Orozco (18:51) lead the team of experienced runners.

Standing in line to try to spoil the going away party for the seniors at The Bishop's School is the young squad from Coronado. SO Ben

Enowitz leads the young Coronado team along with SO Michael Davies. Look for both runners to finish among the top ten this year.

Other runners to watch for include SR's Jordan Yerkes from Horizon Christian (3rd at CIF-17:41), and Mt. Empire's Cristopher Reed (4th-17:43) and Jon Durlfing (9th-18:09), and JR Timmy Sedwitz (10<sup>th</sup>-18:10) from La Jolla Country Day.

## Girls Championships

**L**a Jolla Country day is the Cream of the Crop in Division four. LJCD is led by

JR Lauren Pischel, who finished second in 04. Pischel won the Coastal League meet while leading her team to the championship over Santa Fe Christian and is supported by SRs Valerie Christy and Hana Justice. FR Brianna Muir provides solid support at the 4th position. LJCD will need a good race from SO Ariel Abbott, JR Jasmine Junnarkar or FR Sasha Binderow in order to fill the fifth position and keep their pack together.

Look for Coronado and The Bishop's School to be chasing LJCD for the other team ticket to Fresno. SR Karolin Ivarsson of Coronado will lead JR Sheila Braun, SR Marissa Nagler and SO Allison Cabana over the CIF grass. Coronado enjoyed a mere thirty-eight second GAP between runners 1-4 during the Central League finals. They will need a stellar performance in the fifth position if they are to succeed at CIF and head north to Fresno. The Bishop's Schools JR Elizabeth Mills Finished tenth last year and will be joined by Freshmen Elizabeth Schulze and Alicia Triana. The ladies from Bishops are looking for special performances in their four and five runners if they are going to beat Coronado and take one of the two team spots to the state meet in division four.

SO Amanda Martin of Francis Parker ran 19:00 at Morley Field at the end of September (2.75 miles), and was fifth overall last year to make the trip to Fresno as a frosh.

## 2004 Championships Results

### Boys

#### Team Results

1. La Jolla Country Day, 55; 2. Bishops, 70; 3. Mountain Empire, 100; 4. Coronado, 119; 5. Francis Parker, 124.

#### Individual Results

1. Jake Ruzevick, Co. 16:43; 2. Jesus Romo, GPA, 17:23; 3. Jordan Yerkes, HC, 17:41; 4. Cristopher Reed, ME, 17:43; 5. Brian Sedwitz, LJCD, 17:53; 6. Ben Enowitz, Co. 17:53; 7. Eric Mothander, LJCD, 17:58; 8. Hunt Hardisty, Bi, 18:06; 9. Jon Durlfing, ME, 18:09; 10. Timmy Sedwitz, LJCD, 18:10.

### Girls Top 5

#### Team Results

1. La Jolla Country Day, 40; 2. Bishops, 54; 3. Francis Parker, 91; 4. Coronado, 131; 5. Palo Verde, 136.

#### Individual Results

1. Robin Kuntz, Bi, 17:19; 2. Lauren Pischel, LJCD, 17:34; 3. Morgan Diefenbach, LJCD, 18:11; 4. Hanako Justice, LJCD, 18:13; 5. Amanda Martin, FP, 18:17; 6. Shanice Howard, MC, 18:20; 7. Paula Schanes, ME, 18:34; 8. Rocio Padilla, Holt, 18:51; 9. Lynsie Krebs, PV, 18:58; 10. Elizabeth Mills, Bi, 19:05.

# 2005 Division V Preview

SAN DIEGO SECTION

Boys Previews by Ryan "Whiggs" Groth, Girls Previews by Bob Umpenhauer

## Boys Championships

The smallest of the divisions in San Diego returns 9 of the 10 runners from CIF finals last season, making for quite the battle for the individual title. This division is centered mainly around the top 4 returning teams from last season. Tri-City Christian, Calvin Christian, Julian, and Santa Fe Christian, with Calvary Christian trying to make its way onto the scene as well.

SR Michael Walters of Calvin Christian will attempt to return his team back to the dominance it showed as CIF champions from 1997-2001. Last year Walters finished a disappointing 3rd place at CIF finals (17:23), 26 seconds behind race winner John Pfeil (Tri-City Christian graduate). Redemption should be sweet this time around, as Walters is not only in the hunt to become the individual D-V champion, but he has a team around him that has the ability to place all 5 scorers in the top 15 places.

Last year's champion Tri-City Christian lost two key runners to graduation last year but returns the other five varsity squad runners. The team is led by SR Will Palmer who looks to improve his 4th place finish at CIF last year. As a team, Tri-City has a chance to repeat as champions for the 4th straight year. Clashing with Walters up top will be JR Noah Sloan



Senior Noah Sloan (l.) finished fourth in the tough Coastal Conference Finals.

from Julian, and Calvary Christian JR's Jon Keller and Ryan Vilas. Sloan's impressive 2nd place 17:06 finish at last year's CIF finals shows that he is a force to be reckoned with. SR Kyle Gerhard also returns for Calvary (9th-18:38) and can finish inside the top 10 which may give Calvary an opportunity to grab the 3rd and final State berth as a team.

## Girls Championships

Junior Jaclyn Christopher leads heavily favored Santa Fe Christian returning to defend their 04 championship. After running a strong 18:13 (2.75 miles) at



A rare aerial view of Morley Field shows the fabled CIF course outlined in red, meandering up and down the rough contours of the park (black lines). Boys run dog-picnic-hill-dog-hill-picnic (3.04 miles). Girls run dog-picnic-hill-dog-picnic (2.75 miles).

the Saint Augustine Small Schools invite, Christopher went on the post a 19:45 (5k) for second place in the Coastal League race behind Lauren Pischel of La Jolla Country Day (see d4 preview). Jaclyn was the overall champion last year and looks to be on track to repeat in 05. SFC returns all five runners from their 04 championship squad. SO Tarah Kading and FR Erin Thorsell will join Christopher at the front of the race. SFC will be calling on SR Elizabeth Allison and SO Brooke Weisenberger to tighten up the pack. Five of the top seven SFC ladies finished in the top eleven positions here in 04.

After finishing second last year, Julian lost four of their top five to graduation. JR Brenna Kelly returns with SO Heather Hallan and JR Meghan Madigan. Julian's new addition JR Gina Beckman finished fourth overall and was the first runner to cross the line at the Citrus League championships.

JR Carlie Armstrong who finished fourth overall last year for Tri-City Christian, is now with San Dieguito Academy and moves up to the division 3 race. SO Melissa Robertson finished tenth overall at the Coastal Conference finals and could be looking to make a move up to the front early in the race.

## 2004 Championships Results

### Boys

#### Team Results

1. Tri-City Christian, 40; 2. Calvin Christian, 53; 3. Julian, 64; 4. Santa Fe Christian, 88; 5. CCPAA, 130.

#### Individual Results

1. John Pfeil, TCC, 16:57; 2. Noah Sloan, J, 17:06; 3. Michael Walters, CC, 17:23; 4. Will Palmer, TCC, 18:13; 5. David Neth, J, 18:28; 6. Curtis Hockstra, CC, 18:31; 7. Kevin Thorsell, SFC, 18:36; 8. Gilbert Lopez, TCC, 18:37; 9. Kyle Gerhard, CC, 18:38; 10. Blaine Gregson, SFF, 18:46.

### Girls

#### Team Results

1. Santa Fe Christian, 26; 2. Julian, 36; 3. Tri-City Christian, 67; 4. Calvin Christian, 103; 5. Pruess, 134.

#### Individual Results

1. Jaclyn Christopher, SFC, 18:25; 2. Melanie Cramer, SFC, 18:54; 3. Tarah Kading, SFC, 18:58; 4. Carlie Armstrong, TCC, 19:07; 5. Amy Whirlow, J, 19:15; 6. Jill Spevacek, J, 19:19; 7. Serena Gannon, J, 19:27; 8. Tessa Ridgway, J, 19:50; 9. Kate Homer, SFC, 20:01; 10. Meghan Madigan, J, 20:07.