

# The Daily Blurb

Wednesday, October 1, 2003

A compendium of misrepresentations, evasions and half-truths about Castro Valley High School Cross Country

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## HAAL Opener!

### **CV Takes On Moreau Catholic & Mt. Eden**

We start our 2003 HAAL season this year with a real tussle on our hands. In the BV, we take on the defending Moreau Catholic team for what appears to be the league title match. They are favored, but we have improved quite a bit in the last month, and are perhaps readier than they might be aware of. On the girls' varsity side, we are favored by a bunch, but we have to be careful -- Moreau has over 50 girls on their team, and may have some surprises for us. And of course we have no idea how strong their FS and JV teams are -- we just have to run hard. Mt. Eden will be spirited but not too much of a threat.

#### **Race Assignments:**

3:30 BJV All nonvarsity 11th and 12th grade boys  
3:35 GJV All nonvarsity 11th and 12th grade girls  
4:00 BFS All nonvarsity 9th and 10th grade boys  
4:05 GFS All nonvarsity 9th and 10th grade girls  
4:30 GV Jessica, Kelley, Rebecca, Kaitlin, Christina, Ashley  
5:00 BV John, Jordan, Jason, Scott, Andrew, Preston, Riley

<b>Thursday, October 2</b>
2:05 Dismissed from class
2:20 Bus leaves - with or without you
6:30 Estimated return time to CV

#### **Directions to Garin Park:**

- South on Mission Boulevard
- Go past the Plunge, the cemetery, Moreau Catholic High School
- Turn left on Garin Road -- follow to the end.
- Park (there may be a fee)
- CVHS camp is on east end of the meadow, by the starting line.

## **This Saturday: Ukiah Invitational**

For our North Coast Section championship preview, we are going to the Ukiah Invitational this Saturday. It is a bit of a drive (about 2 1/2 hours, according to the Ukiah coach, and possibly faster if we avoid obeying the speed limit) so we have to leave early. For championship purposes, we need to run on this course to prepare ourselves for the NCS meet on November 24 where we test our State Meet chances.

#### **Saturday Schedule:**

5:15 -- gather in the 500 wing parking lot  
5:30 -- leave  
8:00 (or earlier) arrive at Ukiah  
8:30 -- BJV race (2.2)  
8:50 -- GJV race (2.2)  
9:15 -- Coaches, parents, middle school race (2.2)  
9:45 -- BV race (3.1)  
10:15 -- GV race (3.1)  
11:30 -- pack & leave

#### **Race Assignments**

BJV -- All non-varsity boys  
GJV -- all non-varsity girls  
Coaches, parents, et cetera - Dino, Brewer, ?  
BV -- John, Jordan, Jason, Scott, Andrew, Preston, Riley  
GV -- Jessica, Kelley, Rebecca, Kaitlin, Christina, Moryah, Ashley

#### **Directions to Ukiah:**

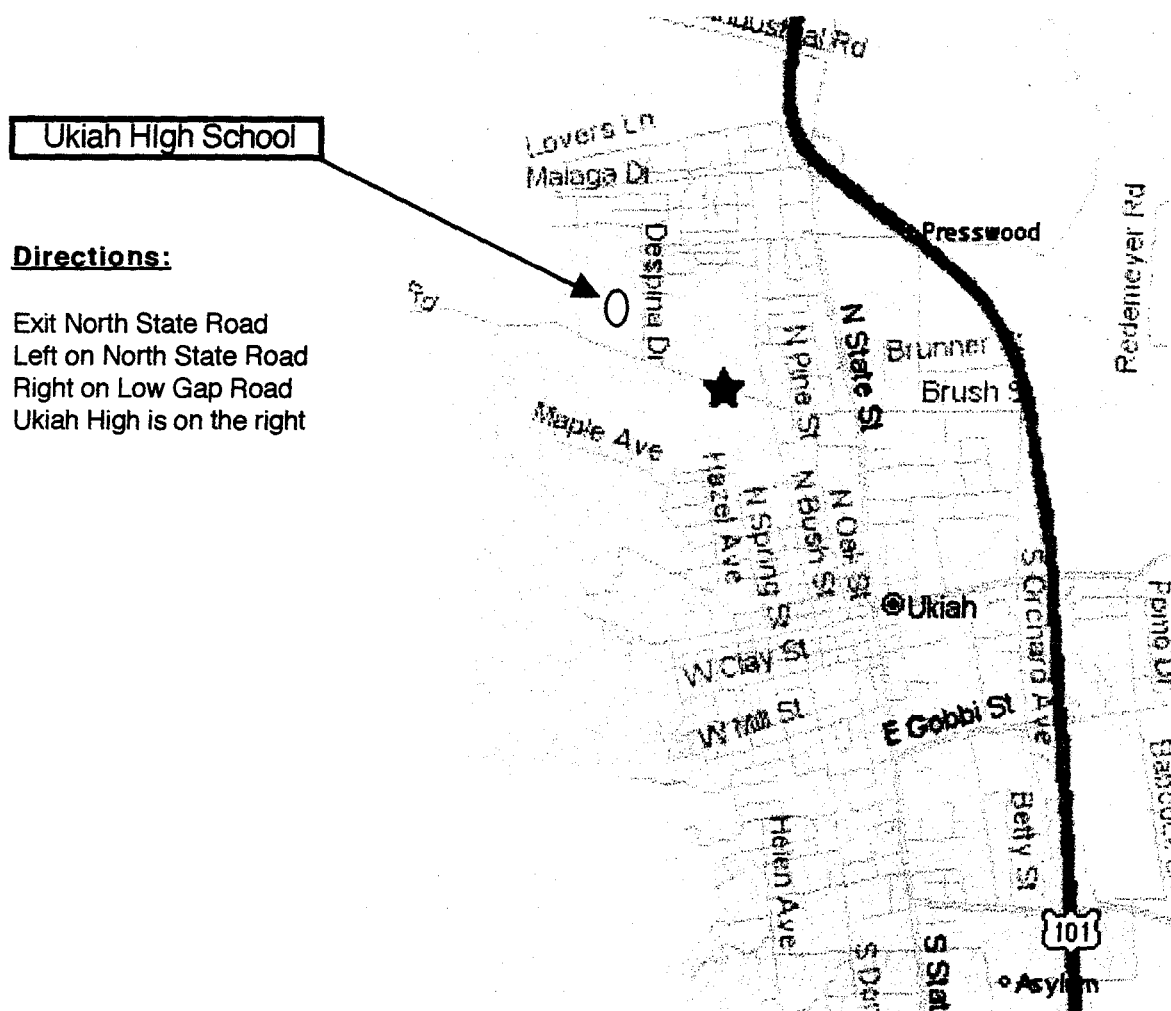
- North on 101 past Santa Rosa
- Exit North State Road, turn left at bottom of off ramp
- Right on Low Gap Road -- Ukiah High on right side of road.
- Park in lot -- we will establish base camp on the high jump takeoff surface on east side of track.

Complaints? Compliments? Curse? Accolades? Hell & Damnations? Hallelujahs?

Call Coach Brewer at home: 925-945-8869 or e-mail: pcb@internet-frontier.net

# Notes on carpooling --

- Thank you to the parents for your tremendous support so far this year on the carpooling !!! You have been invaluable to the program in helping get us to these races.
- This Saturday at Ukiah is our last carpooling invitational. The rest of our invitationals are either local (Castro Valley & Mariner) or we have a bus (Mt. SAC).
- As always, we need to make sure that we have sufficient vehicles, and that the transported children are transported back.
- Even though this is the earliest start of the season, the race schedule is the most condensed so we will be done very quickly -- the last race starts at 10:15 and we will be done with awards well before noon.
- Thank you again for your cooperation, and all of your patience for these early morning departures.



## Garin Park PR's

Alter	Shannon	Garin Park	2.8	21:05	10/03/2002	HAAL 1: A & H	GV	6	14
Alter	Shannon	Garin Park	2.1	15:19	10/18/2001	HAAL: MC & ME	BFS	5	68
Bailey	Jordan	Garin Park	2.8	18:09	10/03/2002	HAAL 1: A & H	BV	4	18
Bailey	Jordan	Garin Park	2.1	12:50	10/18/2001	HAAL: MC & ME	BFS	8	68
Bailey	Jordan	Garin Park	2.1	12:10	10/21/2002	Mariner Invite	BFS	16	220
Banchero	Kaitlin	Garin Park	2.8	22:41	10/03/2002	HAAL 1: A & H	GV	7	14
Bartlow	Andrew	Garin Park	2	12:46	10/03/2002	HAAL 1: A & H	BFS	6	87
Bartlow	Andrew	Garin Park	2.1	13:03	10/18/2001	HAAL: MC & ME	BFS	13	68
Bartlow	Rebecca	Garin Park	2.8	20:31	10/03/2002	HAAL 1: A & H	GV	1	14
Bartlow	Rebecca	Garin Park	2.8	20:51	10/18/2001	HAAL: MC & ME	GV	2	18
B-Opp	Preston	Garin Park	2	13:50	10/03/2002	HAAL 1: A & H	BFS	19	87
B-Opp	Preston	Garin Park	2.1	13:30	10/18/2001	HAAL: MC & ME	BFS	16	68
B-Opp	Preston	Garin Park	2.1	14:07	10/21/2002	Mariner Invite	BFS	131	220
Cavey	Mariko	Garin Park	2	17:26	10/03/2002	HAAL 1: A & H	GFS	21	70
Cavey	Mariko	Garin Park	2.1	16:09	10/21/2002	Mariner Invite	GFS	67	166
Chan	Charis	Garin Park	2	16:01	10/03/2002	HAAL 1: A & H	GFS	6	70
Chan	Charis	Garin Park	2.1	16:07	10/18/2001	HAAL: MC & ME	BFS	11	68
Clark	Scott	Garin Park	2	14:19	10/03/2002	HAAL 1: A & H	BFS	30	87
Crawford	Brittany	Garin Park	2	18:19	10/03/2002	HAAL 1: A & H	GFS	37	70
Crawford	Brittany	Garin Park	2.1	18:13	10/18/2001	HAAL: MC & ME	BFS	25	68
Delariva	Jill	Garin Park	2.1	15:52	10/18/2001	HAAL: MC & ME	BFS	10	68
Depue	Vanessa	Garin Park	2	17:46	10/03/2002	HAAL 1: A & H	GFS	29	70
Diaz	Alicia	Garin Park	2	20:57	10/03/2002	HAAL 1: A & H	GFS	63	70
Diaz	Alicia	Garin Park	2.1	19:49	10/21/2002	Mariner Invite	GFS	148	166
Dobel	Laura	Garin Park	2	15:28	10/03/2002	HAAL 1: A & H	GJV	1	41
Dobel	Laura	Garin Park	2.8	21:54	10/18/2001	HAAL: MC & ME	GV	5	18
Haworth	Kate	Garin Park	2	19:33	10/03/2002	HAAL 1: A & H	GJV	23	41
Haworth	Kate	Garin Park	2.1	18:54	10/18/2001	HAAL: MC & ME	BFS	29	68
Hui	Jon	Garin Park	2	13:35	10/03/2002	HAAL 1: A & H	BFS	13	87
Hui	Jon	Garin Park	2.1	12:55	10/21/2002	Mariner Invite	BFS	55	220
LaPonte	Jessica	Garin Park	2	14:37	10/03/2002	HAAL 1: A & H	GFS	1	70
LaPonte	Jessica	Garin Park	2.1	13:57	10/21/2002	Mariner Invite	GFS	7	166
Lassalle	Marc	Garin Park	2	13:00	10/03/2002	HAAL 1: A & H	BFS	7	87
Lassalle	Marc	Garin Park	2.1	12:31	10/21/2002	Mariner Invite	BFS	29	220
Mar	Natalie	Garin Park	2	16:17	10/03/2002	HAAL 1: A & H	GFS	10	70
Mopas	Nathan	Garin Park	2	14:35	10/03/2002	HAAL 1: A & H	BFS	35	87
Mopas	Nathan	Garin Park	2.1	14:46	10/18/2001	HAAL: MC & ME	BFS	36	68
Mopas	Nathan	Garin Park	2.1	14:36	10/21/2002	Mariner Invite	BFS	151	220
Neil	Tim	Garin Park	2	14:05	10/03/2002	HAAL 1: A & H	BFS	24	87
Phillips	Katelyn	Garin Park	2.1	15:37	10/21/2002	Mariner Invite	GFS	39	166
Phillips	Katelyn	Garin Park	2	16:11	10/03/2002	HAAL 1: A & H	GFS	9	70
Renowitsky	Andrew	Garin Park	2	16:32	10/03/2002	HAAL 1: A & H	BFS	65	87
Renowitsky	Anthony	Garin Park	2	13:47	10/03/2002	HAAL 1: A & H	BFS	18	87
Ribeira	Becky	Garin Park	2	16:23	10/03/2002	HAAL 1: A & H	GFS	11	70
Ribeira	Becky	Garin Park	2.1	15:35	10/21/2002	Mariner Invite	GFS	38	166
Ribeira	Jason	Garin Park	2.8	17:06	10/03/2002	HAAL 1: A & H	BV	3	18
Ribeira	Jason	Garin Park	2.1	12:27	10/18/2001	HAAL: MC & ME	BFS	3	68
Robertson	Christina	Garin Park	2	15:20	10/03/2002	HAAL 1: A & H	GFS	2	70
Rylander	Veronica	Garin Park	2	18:05	10/03/2002	HAAL 1: A & H	GFS	34	70
Rylander	Veronica	Garin Park	2.1	16:41	10/21/2002	Mariner Invite	GFS	81	166
Schindler	Moryah	Garin Park	2	15:52	10/03/2002	HAAL 1: A & H	GFS	5	70
Schindler	Moryah	Garin Park	2.1	15:46	10/21/2002	Mariner Invite	GFS	47	166
Simmons	Melissa	Garin Park	2.8	20:38	10/03/2002	HAAL 1: A & H	GV	3	14
Simmons	Melissa	Garin Park	2.8	21:12	10/18/2001	HAAL: MC & ME	GV	4	18
Stewart	Kelley	Garin Park	2.8	20:40	10/03/2002	HAAL 1: A & H	GV	4	14
Stewart	Kelley	Garin Park	2.8	19:48	10/18/2001	HAAL: MC & ME	GV	1	18
Taylor	Justin	Garin Park	2	13:28	10/03/2002	HAAL 1: A & H	BFS	11	87
Taylor	Justin	Garin Park	2.1	13:49	10/18/2001	HAAL: MC & ME	BFS	23	68
Taylor	Justin	Garin Park	2.1	13:09	10/21/2002	Mariner Invite	BFS	69	220
Wong	Scott	Garin Park	2	14:32	10/03/2002	HAAL 1: A & H	BFS	33	87
Wong	Scott	Garin Park	2.1	14:00	10/21/2002	Mariner Invite	BFS	124	220
Yano	John	Garin Park	2.8	18:19	10/03/2002	HAAL 1: A & H	BV	7	18
Yano	John	Garin Park	2.1	11:47	10/18/2001	HAAL: MC & ME	BFS	1	68

# Ram Invitational

Westmoor High School, Daly City Saturday, September 27, 2003

## Boys' Frosh

(202 finishers)

• 2. Matt Riley	13:54	#2 CV All-Time
33. Josh Fong	15:26	
39. Kenny Roberts	15:32	
70. Bowen Weist	16:11	
71. Andrew Wu	16:12	
75. Brendon Frederick	16:26	
175 Greg Lee	19:05	



Kenny sprints in

This was a good exercise in testing ourselves. Matt had a banner day with a top place and top time. Josh was strong, and Kenny showed excellent improvement. Bowen was able to barely outlead Andrew who came on fast at the end. Brendan started too slowly, and it took him the whole race to get into the picture. Greg survived the race, and is gradually getting into competitive shape.

Best Performance: Matt !  
Most Improved: Kenny

### Team Score:

1. St. Frances	65
2. S.I	118
3. Serra	138
4. Monta Vista	140
5. Martin Luther King	143
6. Sacred Heart	146
7. Willow Glen	198
8. <b>Castro Valley</b>	<b>215</b>
9. Bellarmine	293
10. Mills	409
11. Grace Davis.	424
12. Riordan	466
13. Lowell	472
14. Hillsdale	604
15. Westmoor	679
16. Chinese Christian	949

## Boys' Soph

(192 Finishers)

• 24. Anthony Renowitzky	14:22	PR 1:14
44. Marc Lasalle	14:57	PR :19
47. Andrew Renowitzky	15:01	PR 1:01
72. John Hui	15:22	PR :08
78. Scott Wong	15:27	PR :53
87. Tim Neil	15:38	PR :05



Andrew runs tough

The boys did well, even though they did not get the top placing that perhaps they felt they should have. Every one of them PR'd by some margin, and marc gutted out a tough race on a bad knee and a stupid start. Antony came up with our top finish and a medal, and Marc and Andrew were in the top part of the race. Jon is still hobbled by shins, and Scot nearly picked Jon off. Tim gave us his best race of the year so far, being just seconds behind Scott.

Best Performance: Anthony  
Crash and burn start: Marc

### Team Score:

S.I.	47
Serra	71
Westmoor	135
Mills	186
Monta Vista	239
Alameda	259
<b>C.V.</b>	<b>265</b>
Bellamine	354
Hayward	375
University	413
Santa Clara	448
Ygnacio Valley	493
Lowell	560
Fremont	595
Riordan	645
Washington	685
St. Francis	723
Wilcox	823

## Girls' Frosh/Soph

(193 Finishers)

• 19. Ashley Hebert	17:00	#9 CV All-Time
• 23. Amy Sweetman	17:13	
• 28. Natalie Mar	17:31	
44. Becky Ribeira	18:07	
57. Lauren Ma	18:26	
61. Mariko Cavey	18:28	
74. Katelyn Phillips	18:56	



Ashley turns on the jets

We were a force today, and put a top effort together. Ashley and Amy were near the front early, with Ashley turning on her new-found demon kick to surge to a top time. Amy was right behind, and Natalie moved up the whole race to finish right behind her. All those three earned medals. Becky pulled away from Lauren to come on strong at the end, and Mariko was valiant in running on a sprained knee. Katelyn just had a bad race, and will give us a better one next time.

Best Performance: Ashley  
Intestinal Fortitude: Mariko

### Team Scores:

Half Moon Bay	66
Alameda	86
Monta Vista	118
<b>Castro Valley</b>	<b>171</b>
Lowell	178
University	189
Westmoor	252
Ygnacio Valley	252
St. Francis	271
Freemont	328
St. Ignatius	339
Mills	354
Terra Nova	362
Willow Glen	394
Martin Luther King	403
Santa Clara	415
Hayward	510
Wilcox	658
Calvary	662
Chinese Christian	898

## Girls' J.V

(135 finishers)

• 13. Melissa Simmons	17:54	#7 All-Time CV
31. Madrienne Wong	18:48	
37. Kylie Cooper	19:03	
39. Veronica Rylander	19:06	PR :50
43. Vanessa Depue	19:15	PR :43
45. Renee Gistand	19:17	
47. Quanina Quan	19:20	
71. Jieun Choi	19:56	
71. Inna Nosenko	19:56	
77. Charis Chan	20:09	
78. Katie Parr	20:11	
93. Beth Haworth	21:07	
95. Kate Haworth	21:15	PR :37
99. Navenus Phan	21:49	
100. Alicia Diaz	21:54	PR 1:57
116. Kiersten Doerffler	22:57	



Girls' JV smile at the start

# Ram Invitational

Westmoor High School, Daly City Saturday, September 27, 2003

## Team Score:

Kamehameaha	41
St. Francis	69
Sacred Heart	152
Castro Valley	163
S.I	176
Lowell	206
Notre Dame	225
Woodside	250
Alameda	277
Westmoor	441
Hayward	474
Grace Davis	509
Mercy	598

We did just fine in this race, with a group of largely untested young girls. Melissa, even with her cold, charged to the front and held on for a medal. Madrienne was the leader of a strong CV pack that included Kylie, Veronica, Vaness, Renee and Quanina. Our next group was a cluster of Jieun, Inna, charis, and katie. The Haworth sisters put on a sprint clinic at the end. Navenus held off Alicia, and Kiersten was able to survive all hills with style today.

Our brave statisticians were inundated by unreasonable coaching demands, and so the GJV stats are not quite accurate. This is the best we have now, and full accurate results will be mailed to us soon.

As we approach the HAAL season, this looks like a very good team with a chance to repeat as champions.

Best Performance: Melissa  
 Nest best performance: Madrienne  
 Most Improved: Kylie  
 Most Impressive: the whole team, for putting 16 girls on the line.

## Boys' J.V

(195 finishers)

• 6. Tim Cole	14:32
• 12. Justin Taylor	14:45 PR :24
38. Kiyoshi Hiraki	15:33
81. Nate Mopas	16:48 PR :12
100. Charles Cho	17:10
119. Micheal Chen	18:04
126. Matt Rossillion	18:56

## Team Score:

Serra	31
S.I	90
St. Francis	152
Alameda	154
Westmoor	196
Berkley	208
Castro Valley	237
University	289
Grace Davis	312
Lowell	319
Monta Vista	496
Wilcox	567
Willow Glen	604



Matt sprints in with flair

Tim and Justin had great days, and the rest of the team got a chance to test themselves. Kiyoshi is getting into shape quickly, and will be a great asset to our HAAL chances. Nate finally got his mind on racing. Charles was his usual jovial self, Michael is the very picture of determination, and Matt can really motor at the end of a race.

## Girls' Varsity

(131 Finishers)

• 15. Rebecca Bartlow	16:13
• 22. Kelley Stewart	16:23
• 27. Kaitlyn Banchemo	16:30
46. Christina Robertson	17:17
87. Moryah Schindler	18:19



Moryah recovers

After it was all said and done, we still picked up 4th place in a good field. Even though none of our veterans PR'd (?) the overall team presence was strong. Rebecca finally overhauled Kaitlyn's inspired start at the end, and Kelley put on a sprint (too much left?). Christina was solid, but she is still a few workouts behind. Moryah is now back with us, but was perhaps overly optimistic about her conditioning level, and suffered through the last half of the race.

Best performance: Rebecca  
 Most inspired: Kaitlyn  
 Most Pain: Moryah

## Team Scores:

Kamehameha	44
Sacred Heart	84
University	130
Castro Valley	197
Alameda	212
Hayward	245
Mills	259
San Marin	261
SI	266
Wilcox	325
Monta Vista	333

Notre Dame	367
Leland	394
Grace Davis	441
James Lick	486
Mercy (SF)	521
Mercy	632

## Boys' Varsity

(177 finishers)

• 9. John Yano	13:07
• 27. Jordan Bailey	13:38 PR :29
• 29. Jason Ribeira	13:40 PR :24
50. Scott Clark	13:59
56 Preston B-Opp	14:05 PR 1:29
87 Andrew Bartlow	14:29 PR :06

Santa Clara	107
Berkeley	148
Castro Valley	171
Alameda	172
University	192
Calvary	196
Oakland	199
Willow Glen	217
SI	224
Mills	235
Leland	261
Aragon	266
Sacred Heart	273
WESTMOOR	339
Lowell	356
Lincoln	392
Riordon	438
Wilcox	568
Grace Davis	589
Monta Visa	668
Sacred Heart Prep	691
Bellarmino	706
Woodside	725
Chinese Christian	738
WASHINGTON	777



Silly stats smudge goop on each other

This is easily the best team showing of the season for our boys' varsity. John actually went out hard and tried to win the race and was in the top hunt for quite a while. Jason and Jordan waged a nice little battle for our #2 spot, with Jordan being stronger today. Scott tried to keep it close, and Preston was able to be a serious part of our top 5. Andrew could not muster the magic today, but still PR'd.

We took 3rd today (barely) but we also were a lot closer to Berkeley than I had hoped we'd be. They are a serious Division I rival this year, and we need to get past them to get to the state meet.

This team has come a long way since that first dismal scrimmage against Antioch 4 weeks ago, and now we really are ready for Moreau this week.

Best Performance: John  
 Good Work: all of you

## Overall:

Today was a good snapshot of where the entire CV team is. We saw good runs in all races. We remain one of the few teams in our area able to put full teams in all of the races. Today, out of the 35 or so schools in attendance, only CV and St. Ignatius were able to do this.

Our top runners continue to be strong and consistent and improve. Our rookies and beginners are having better races. We were able to get 54 runners to finish races today, even with the spate of illnesses and injuries that we have been experiencing.

The job is far from finished, though. We need to keep on running, and running hard. Every workout needs to be at a strong level of intensity, so that our races are also at a high competitive level. We are entering our HAAL season now, and hopefully we will be mentally prepared as well as we are physically prepared.

Special thanks to Mrs. Wong for organizing the excellent Beach Party.