**SOUTHERN CALIFORNIA ROADRUNNERS**

 **RUNNING REPORT**

scrrinlandempire.com September 5, 2017

**ROADRUNNERS RUN WELL AT WALNUT**

 The team competed at the final Roadrunner of walnut 2mile XC race in Creekside Park on Aug 24th with Roadrunners showing tremendous improvement against High School competition**. Gabriela Romero** finished third overall in the youth-frosh-soph race with a time of 13:09. Close behind in 4th was **Isabella Bravo** with a time of 13:11. **Dhannasshy Sanchez** ran for a PR finishing 8th overall with 13:25 and **Jennifer Lopez** finished 9th overall in 13:30. Only 2 HS girl finished among the top 10 with 120 runners in the race.

 In the Youth frosh-soph boys race Roadrunner alumni **Leo Valencia** (Rubidoux) won with a PR 10:59 with Alumni **Antonio Diaz** (Claremont) 2nd with 11:02. **Alex Miller** finished 6th overall in 11:23 and **Ethan Mill**er 7th with 11:30. **Juan Montes** ran a PR to finish 10th overall with 11:44. There were 108 finishers in the race.

 **Grace Padilla** was first overall in the women’s junior-senior -open race with a time of 11:52 for the fastest women’s time of the day. Roadrunner alumni **Chloe Leong** as 5th overall with 12:58 **and Katherine Torres** was 10th overall and 2nd in the Junior division with 13:28.

 **Kevin Ramos** (Rubidoux) set a new course record with 9:42 breaking the previous record of 9:54. Roadrunner alumni **Thomas Ear** was 11th overall with 11:10.

**ROADRUNNERS RACE FAST AT COLLEGE OPENERS**

 Cal Poly Pomona won the Kim Duyest cross country invitational held at Cal State Stanislaus led by Ruben Dominguez first place finish with 25:54.5 of 8k. Anamacio Cardenas was 8th overall and 5th man for the team scoring 17 points ahead of Cal State San Marcos (51).

 **Michael Lowrie** led Cal Baptist men’s team to victory with 18:44.4 6k time as the team won with 19 points ahead of UC San Diego (41) and Riverside CC (98). The men’s team is ranked 4th in West Region for NCAA D 2. The womens team 8th ranked in NCAA D2 won with 17 points with UC San Diego 2nd with 49 and RCC third 80 points. Roadrunner Alumni **Katie Deimling** finished 5th overall with 14:53.5 for the 4k course at Riverside golf course.

 Junior **Alexa Zamora** led Mount Mercy to second place team finish at the Mustang Gallup held at Cedar Rapids , Iova with 4th place with 15:50 for 4k. **James Lindstrom** led the men’s team placing 5th with a teim of 15:53 over the 5k course.

 San Bernardino Valley college men’s team shined at the Redlands Invitational scoring 39 points . 3 Roadrunners led the team with **Michael Ramirez** taking first with 19:32 for 6k and **Humberto Guzman** third overall with 19:39. **Carlos Delatorre** finished 10th overall with 20:01. All 3 are freshman on the team.

**RACE SCHEDULE**

Sept. 17 California Human Performance invit. Yorba Regional park Yorba Linda Pre entry only. Turn in applications by Thursdays practice.

Sept 30 Nike Portland XC Invitational . selected few chosen to compete and entered. Portland Meadows.

Oct 1 San Diego Waves Duck Pond Vista

Oct 8 Pacific coast Shockwaves invit. Peck park. San Pedro

Oct 15 Free Spirit Arcadia county park our team will help with volunteers on course.

Oct 22 Lions pride invitational. Box Springs Regional park Moreno Valley

Oct 29 Orange county Grit/ OC Quick Central park Huntington Beach

Nov 5 San Diego Roadrunners XC invitational Kit Carson park Escondido

Nov 12 USATF SCA XC CHAMPIONSHIPS Arcadia park

 Our team in charge of snack bar

Nov 19 USATF Region XV xc championships Arcadia park

Dec 2 Mt Sac Foot locker west regional middle school and HS only

Dec 9 USATF youth **nationals** Tallahassee Florida

**WORKOUT SCHEDULE**

September

Mondays /Wednesdays 6pm -7:30 pm Aurantia park (dog park)

Tuesdays 6 pm Hulda Crooks park Loma Linda off Mt. View

 Sept 19 San Gorgonio HS Track 6pm

Thursdays 6pm Hulda Crooks park Loma Linda