

# SOUTHERN CALIFORNIA ROADRUNNERS

## RUNNING REPORT

Scrrinlandempire.com

January 2,2018

### NATIONAL JUNIOR OLYMPIC XC CHAMPIONS

The Southern California Roadrunners competed at the USATF National Junior Olympic Cross Country Championships Dec 9, 201 at Apalachee Regional Park in Tallahassee, Florida bringing home a team National championship in the 15-18 boys division and a third place finish in the 9-10 girls division. 8 Roadrunners achieved All American awards by placing in the top 25 and 1 runner a National champion.

**Selah Markow** (Redlands) placed 141<sup>nd</sup> out of 198 finishers in the 8-under girls 2000 meter run with 9:57. **Ryan Bravo** (Colton) placed 101<sup>st</sup> in the 8-under boys 2000 meter run with 8:45PR. **Jesus Saldana** (San Bernardino) placed 128<sup>th</sup> with 8:57 for a PR with 237 finishers.

The 9-10 girls team placed third overall of 19 teams with 106 points. Leading the team were All American **Isabella Bravo** (Colton) placing 23<sup>rd</sup> overall with 11:32 for 3000 meters, **Katie Hornung** (Yucaipa) placing 43<sup>rd</sup> with 11:53, **Skye Hanes** (Riverside) placing 58<sup>th</sup> with 12:06, **Alena Albarran** (Yucaipa) taking 72<sup>nd</sup> with 12:19 and **Alondra Muro** (Walnut) in 111<sup>th</sup> place with 12:47. Others on the team included **Alexis Fallejo** (Diamond Ranch) in 26<sup>th</sup> with 14:48 and **Rosa Saldana** (San Bernardino) in 300<sup>th</sup> place with 19:27. **Richard Olivares** (San Bernardino) was the lone representative for the team in the 9-10 boys 3000 meter race placing 94<sup>th</sup> overall with 11:44. There were 348 finishers in the race.

3 individuals represented the team in the 11-12 girls 3000 meter race. The lead truck led the race astray running slightly longer than 3000 meters. **Allura Markow** (Redlands) led the team placing 55<sup>th</sup>. **Gabriella Romero**(Victorville) Placed 94<sup>th</sup> with 12:14 and **Dhannashy Sanchez** (Riverside) placed 157<sup>th</sup>. There were 369 finishers in that division. The 11-12 boys team placed 13<sup>th</sup> out of 35 teams with 396 finishers in the race. **Ethan Romero** (Victorville) gained All American Honors placing 15<sup>th</sup> overall with 10:00 for 3000 meters. **Juan Montes** (San Bernardino) placed 46<sup>th</sup> with 10:22, **Emanuelle Wallace** (Colton) was 123<sup>rd</sup> with 10:57, **Aidan Sturtevant** (Redlands) was 231<sup>st</sup> with 11:30. **Adrian Wellmeyer** (Orange) was the 5<sup>th</sup> scorer on the team with 298<sup>th</sup> place and **Niko Gutierrez** (San Bernardino) was 317<sup>th</sup> with 12:13.

2 individuals represented the team in the girls 13-14 4000 meter race. **Emma Miller** (Loma Linda) placed 167<sup>th</sup> overall and **Jennifer Lopez** (Redlands) was 218<sup>th</sup> on the 4000 meter course. There were 373 finishers in that race. The 13-14 boys team placed 8<sup>th</sup> out of 33 teams and led

by All American **Matt Hornung** (Redlands East Valley HS) placing 25<sup>th</sup> overall with 13:12 for 4000 meters. **Alex Miller** (Loma Linda) placed 31<sup>st</sup> with 13:17, **Spencer Nelson** (San Bernardino) was 129<sup>th</sup> with 14:04, **Jake Caliva** (Loma Linda) was 163<sup>rd</sup> with 14:17. **Glenn Bell** was the final scorer on the team placing 192<sup>nd</sup> with 14:26. **Max Devoe** was the 6<sup>th</sup> man placing 353<sup>rd</sup>.

The 15-18 boys team dominated the competition taking 1<sup>st</sup> with 38 points with 21 teams competing having the top 5 finishing as All Americans. **Kevin Ramos** (Riverside) won the 5000 meter race with 15:32. **Carlos Delatorre** (Riverside) finished 6<sup>th</sup> overall with 15:50, **Michael Ramirez** (Grand Terrace) was 11<sup>th</sup> with 16:06, **Humberto Guzman** (Riverside) was 17<sup>th</sup> with 16:18 and **Erik Gonzalez** (Riverside) was 23<sup>rd</sup> with 16:24. Others on the team included **Dominic Gonzalez** (Riverside) taking 104<sup>th</sup> with 17:18, **Leo Valencia** (Riverside) 17:21 and **Trevor Benson** (San Dimas) in 207<sup>th</sup> place. There were 309 finishers in the race.

## Workout schedule

January Mondays through Thursdays 6-7:30 pm Arroyo Verde parking lot. Meet on Love street

February; Tuesdays are moved to San Geronio Track

March Mondays, Wednesdays 6pm Arroyo Verde

Tuesdays, Thursdays San Geronio Track 6 pm if there is HS meet that day practice will start 6:30 pm that day

## MEMBERSHIP

USATF membership 2018 must renew to practice and compete in USATF races.

Renew online if expired Dec 2017.

New members must sign up online

Got to usatf / scausatf website. Click on membership for USATF

20.00 for youth

Team club number is 0068

Team name So Cal Roadrunners

after signing up send copy of birth certificate to [info@scausatf.org](mailto:info@scausatf.org)

with USATF number on it

## uniforms

team jersey is 50.00 in process of ordering team sweats. TBA

## **RACE SCHEDULE**

January 28<sup>th</sup> Highland ymca run 5k/10k Arroyo Verde elementary. turn in completed application and fee TBA and will be submitted as a group for discount .

Feb 24 Long Beach Sprinters B meet Optional

March 4 RUN THROUGH REDLANDS 5K 10K Part of team fee . Turn in completed application to coach. Will do before deadline

March 18<sup>th</sup> Spirit Run youth 5k / 1 mile road mile championships. Only usatf members can be entered. Fashion Island Newport Beach.

March 24<sup>th</sup> Junior Carlsbad 1 mile races for youth Carlsbad enter online on your own  
12-under only

March 25<sup>th</sup> Carlsbad 5000 enter online on own. Enter early for discount

April 8<sup>th</sup> Claremont Classic Racewalking championships 1500, 5000 Claremont HS.

April 21-22 Imani track meet A meet TBA

April 28-29 Long Beach Sprinters A meet Downey HS

May 5-6 Bay Cities Invitational TBA

May 19-20 Pasadena Running Roses Invit. A meet Muir HS

May 25-27 LA Jets Invitational 3000 meters is Friday Pm

Top 8 in each final race are eligible to be entered the International Worlds meet in July

May 26 San Bernardino Valley college distance carnival.

June 2-3 Pacific Coast Shockwave A meet Long Beach City college.

June 8-10 USATF SO CAL CHAMPIONSHIPS must achieve a top 20 mark in A meet.

June 26-July 1 USATF NATIONAL OUTDOOR CHAMPIONSHIPS College at Brockport Rochester,NY

July 12-15 INTERNATIONAL YOUTH TRACK AND FIELD CHAMPIONSHIPS Baltimore, Maryland

Must qualify in 1 of 6 qualifying races. LA Jets meet is only meet on west coast to qualify

Roadrunner Running Camp date TBA

