



MONTGOMERY HIGH SCHOOL

1992

MONTGOMERY

VIKINGS

CROSS

COUNTRY

*HEAD COACH: Larry Meredith*

*ASSISTANT COACH: Tori Meredith*

# MONTGOMERY VIKINGS

## 1992 CROSS COUNTRY

### Varsity Girls

Jamie Duncan, Senior, 3rd Year V  
 Sarah McClendon, Senior, 3rd Year V  
 Lexy Montgomery, Junior, 2nd Year V  
 Tirzah Zbinden, Junior, 2nd Year V  
 Leslie Carrera, Junior, 1st Year V  
 Wendi Chamberlain, Junior, 1st Year V  
 Pamela Richardson, Sophomore  
 Amy Chaffin, Sophomore

### Junior Varsity Girls

Ana Poe, Junior, 1st Year  
 Lindsay Hyde, Junior, 1st Year

#### 1992 Meet Results

- Rancho Cotate 32, MHS 43, Santa Rosa 48
- MHS 15, Healdsburg 50
- Ursuline 20, MHS 39
- MHS 23, Piner 32
- MHS 25, Ukiah 30
- Rancho Cotate 25, MHS 33
- MHS 27, Santa Rosa 29

### Varsity Boys

Nathan Bisbee, Senior, 3rd Year V  
 Tim Sanborn, Senior, 3rd Year V  
 Jason Selby, Senior, 3rd Year V  
 Josh Hinkle, Senior, 2nd Year V  
 Josh Dorris, Senior, 1st Year V  
 Ryan Lew, Junior, 2nd Year V  
 David Toomey, Junior, 2nd Year V  
 Scott Story, Junior, 1st Year V

#### 1992 Meet Results

- MHS 34, Santa Rosa 37, Healdsburg 87, Rancho 100
- MHS 18, Healdsburg 45
- MHS 15, Cardinal Newman 50
- MHS 20, Piner 39
- MHS 17, Ukiah 45
- MHS 15, Rancho Cotate 50
- MHS 22, Santa Rosa 35

### Junior Varsity Boys

Dan Cassidy, Senior 3rd Year  
 Lee Oblad, Senior, 3rd Year  
 Paul Rangel, Senior, 1st Year  
 Brian Widener, Junior, 2nd Year  
 Justin Godfrey, Junior, 2nd Year  
 Justin Umholtz, Junior, 2nd Year  
 Andy Cuculich, Junior, 2nd Year  
 Jacob Greenberg, Junior, 2nd Year  
 Damon Seeley, Junior, 2nd Year  
 Dave Todd, Junior, 2nd Year  
 Ganon Howder, Junior, 1st Year  
 Scott Samson, Junior, 1st Year  
 Alonzo Martinez, Sophomore  
 Ben Erickson, Sophomore  
 Eric Temple, Sophomore  
 Greg Votruba, Sophomore

#### 1992 Meet Results

- MHS 20, Rancho Cotate 43
- MHS 15, Cardinal Newman 49
- MHS 16, Piner 47
- MHS 17, Ukiah 45
- MHS 15, Rancho Cotate 50
- MHS 15, Santa Rosa 50

#### Invitationals / Post-Season

- Viking Opener: Jr/Sr G-6th; Sr B-1st; Jr B-1st; F/S B-9th
  - San Ramon: VG-5th; VB-2nd; JVB-1st
  - Artichoke: VG-11th; VB-4th; JVB-5th
  - Floyd Cooney: VG-4th; VB-1st;
  - Mariner: VG-7th; VB-3rd; JVB-6th
  - NBL: VG-4th; VB-1st; JVB-1st
  - NCS: VG-6th; VB-1st
- State Meet Qualifiers: Pamela Richardson, Varsity Boys Team

**SEASON RECORDS, 1982 to 1992**

**VARSITY GIRLS**

|        | Dual Meets | NBL Final     | North Coast Section |
|--------|------------|---------------|---------------------|
| 1982   | 1 - 4      | 5th           | DNC                 |
| 1983   | 5 - 4      | 2nd           | 11th 2A             |
| 1984   | 6 - 3      | 2nd           | 6th 2A              |
| 1985   | 4 - 1      | 2nd           | 6th 2A              |
| 1986   | 6 - 0      | 1st           | 9th 3A              |
| 1987   | 5 - 1      | 3rd           | 12th 3A             |
| 1988   | 1 - 4      | 5th           | DNC                 |
| 1989   | 1 - 8      | 5th           | DNC                 |
| 1990   | 3 - 4      | 4th           | 4th, Div. I         |
| 1991   | 9 - 2      | 3rd           | 5th, Div. II        |
| 1992   | 5 - 3      | 4th           | 6th, Div. II        |
| Totals | 46 - 34    | 1 NBL pennant |                     |

**VARSITY BOYS**

|        | Dual Meets | NBL Final       | North Coast Section | Other      |
|--------|------------|-----------------|---------------------|------------|
| 1982   | 4 - 1      | 2nd             | 5th 2A              | -          |
| 1983   | 9 - 0      | 1st             | 3rd 2A              | 5th MOC    |
| 1984   | 9 - 0      | 1st             | 2nd 2A              | 11th MOC   |
| 1985   | 5 - 0      | 1st             | 1st 2A              | 4th MOC    |
| 1986   | 5 - 1      | 1st             | 8th 3A              | -          |
| 1987   | 6 - 0      | 1st             | 3rd 3A              | -          |
| 1988   | 4 - 1      | 2nd             | 6th 3A              | -          |
| 1989   | 9 - 0      | 1st             | 6th 3A              | -          |
| 1990   | 7 - 1      | 2nd             | 1st, Div. I         | 13th State |
| 1991   | 11 - 0     | 1st             | 3rd, Div. II        | -          |
| 1992   | 9 - 0      | 1st             | 1st, Div. II        | State      |
| Totals | 78 - 4     | 8 NBL pennants, | 3 NCS pennants      |            |

**JUNIOR VARSITY BOYS**

|        | Dual Meets | NBL Final     | NBL Frosh/Soph Final |
|--------|------------|---------------|----------------------|
| 1982   | 4 - 1      | 1st           | 3rd                  |
| 1983   | 8 - 1      | 3rd           | 1st                  |
| 1984   | 8 - 1      | 2nd           | incomplete           |
| 1985   | 5 - 0      | 2nd           | 1st                  |
| 1986   | 6 - 0      | 1st           | incomplete           |
| 1987   | 6 - 0      | 1st           | -                    |
| 1988   | 5 - 0      | 1st           | -                    |
| 1989   | 9 - 0      | 1st           | -                    |
| 1990   | 8 - 0      | 1st           | -                    |
| 1991   | 9 - 0      | 1st           | -                    |
| 1992   | 6 - 0      | 1st           | -                    |
| Totals | 74 - 3     | 10 NBL titles |                      |

**VIKINGS' TIMES ON 3-MILE SPRING LAKE COURSE**

|    | BOYS            | Time  | Pace | Date     |
|----|-----------------|-------|------|----------|
| 1  | Jason Selby     | 15:32 | 5:10 | 10/28/92 |
| 2  | David Toomey    | 15:36 | 5:12 | 11/6/92  |
| 3  | Nat Lopes       | 15:47 | 5:15 | 10/23/91 |
| 4  | Jeff Godfrey    | 15:53 | 5:17 | 11/2/90  |
| 5  | Tim Sanborn     | 15:54 | 5:18 | 11/6/92  |
| 6  | Keith Lewis     | 16:02 | 5:20 | 11/10/88 |
| 7  | Josh Hinkle     | 16:05 | 5:21 | 10/28/92 |
| 8  | Dave Intner     | 16:10 | 5:23 | 11/10/89 |
| 9  | Pete Keith      | 16:17 | 5:25 | 10/11/89 |
| 10 | Erik Haluzak    | 16:20 | 5:26 | 10/23/91 |
| 11 | Nate Bisbee     | 16:31 | 5:30 | 10/28/92 |
| 12 | Scott Story     | 16:36 | 5:32 | 11/6/92  |
| 13 | Josh Dorris     | 16:40 | 5:33 | 11/6/92  |
| 13 | Rory O'Neill    | 16:49 | 5:36 | 10/25/89 |
| 15 | Scott Fitzwater | 16:51 | 5:37 | 11/10/89 |
| 16 | Eric Downing    | 16:54 | 5:38 | 10/26/88 |
| 17 | Star Stevenson  | 16:59 | 5:39 | 10/11/89 |
| 18 | Ryan Lew        | 17:00 | 5:40 | 10/31/91 |
| 19 | Mike Grafe      | 17:03 | 5:41 | 10/10/90 |
| 20 | Wayne Richter   | 17:06 | 5:42 | 11/10/89 |
| 21 | Sven Jorgensen  | 17:10 | 5:43 | 11/2/90  |
| 22 | Lee Oblad       | 17:15 | 5:45 | 10/31/91 |
| 23 | Dean Crane      | 17:17 | 5:45 | 10/26/88 |
| 24 | Brian Felce     | 17:25 | 5:48 | 11/2/90  |
| 25 | Kevin Boone     | 17:25 | 5:48 | 11/10/89 |
| 26 | Victor Garrison | 17:27 | 5:49 | 11/10/89 |
| 27 | Aaron Parsons   | 17:31 | 5:50 | 11/10/89 |
| 28 | Clayton Hunt    | 17:32 | 5:50 | 10/26/88 |
| 29 | Rocky Contos    | 17:34 | 5:51 | 11/10/88 |
| 30 | Mike del Campo  | 17:39 | 5:53 | 11/10/89 |
| 31 | Jacob Greenberg | 17:50 | 5:56 | 10/28/92 |
| 32 | Jeff Bautista   | 17:58 | 5:59 | 11/10/89 |

|    | GIRLS             | Time  | Pace | Date     |
|----|-------------------|-------|------|----------|
| 1  | Pamela Richardson | 19:12 | 6:24 | 11/6/92  |
| 2  | Lisa Gay          | 19:43 | 6:34 | 10/31/91 |
| 3  | Jamie Duncan      | 20:05 | 6:41 | 11/2/90  |
| 4  | Sarah McClendon   | 20:17 | 6:45 | 10/28/92 |
| 5  | Jana Wiesner      | 20:25 | 6:48 | 11/8/91  |
| 6  | Amy Jordan        | 20:33 | 6:51 | 11/8/91  |
| 7  | Michelle Mayes    | 20:37 | 6:52 | 11/10/88 |
| 8  | Tanya Mayo        | 21:49 | 7:16 | 10/26/88 |
| 9  | Jenny Scott       | 22:02 | 7:20 | 11/10/88 |
| 10 | Amy Chaffin       | 22:14 | 7:24 | 10/28/92 |
| 11 | Charlie Montague  | 22:18 | 7:26 | 11/10/88 |
| 12 | Kristen Blackwell | 22:34 | 7:31 | 10/26/88 |
| 13 | Amy Jordan        | 22:36 | 7:32 | 10/25/89 |
| 14 | Erin Preston      | 23:12 | 7:44 | 10/25/89 |
| 15 | Odille Zelenak    | 23:24 | 7:48 | 11/10/88 |
| 16 | Tirzah Zbinden    | 23:48 | 7:56 | 10/28/92 |
| 17 | Lexy Montgomery   | 24:20 | 8:06 | 10/23/91 |
| 18 | Dawn Keeler       | 24:27 | 8:09 | 10/16/91 |

**North Bay League Varsity Team Champions**

| Varsity Boys   | Varsity Girls  |
|----------------|----------------|
| 1976 25 points | 1976 15 points |
| 1979 32 points | 1977 20 points |
| 1983 26 points | 1986 40 points |
| 1984 39 points |                |
| 1985 23 points |                |
| 1986 36 points |                |
| 1987 26 points |                |
| 1989 36 points |                |
| 1991 30 points |                |
| 1992 27 points |                |

**North Coast Section Team Champions**

| Varsity Boys           | Varsity Girls     |
|------------------------|-------------------|
| 1980 84 pts. (3A)      | 1976 37 pts. (3A) |
| 1985 42 pts. (2A)      | 1977 72 pts. (3A) |
| 1990 50 pts. (Div. I)  |                   |
| 1992 53 pts. (Div. II) |                   |

**North Bay League Varsity Individual Champions**

| Varsity Boys        | Varsity Girls            |
|---------------------|--------------------------|
| 1965 Bob Waldon     | 1976 Heidi Messerschmitt |
| 1972 Steve Ricker   | 1977 Deanne Neff         |
| 1976 Bill Johnson   | 1987 Nicole Fischer      |
| 1979 Dave Rodrigues |                          |
| 1984 Paul Cummings  |                          |
| 1985 Paul Cummings  |                          |
| 1986 Kevin Smith    |                          |
| 1987 Mike Contos    |                          |
| 1992 David Toomey   |                          |

**North Coast Section Individual Champions**

| Varsity Boys       |
|--------------------|
| 1972 Steve Ricker  |
| 1985 Paul Cummings |

| Practices                            |       | Meets       |    | Cross Country Season Miles |       | Cross Country Career Miles |       | Mileage All-Time Career List |                     |       |
|--------------------------------------|-------|-------------|----|----------------------------|-------|----------------------------|-------|------------------------------|---------------------|-------|
| Toomey                               | 62    | Bisbee      | 16 | Girls                      | 260.6 | Girls                      | 885.6 | Boys                         | 1 Jeff Godfrey, '91 | 926.1 |
| Higgins                              | 57    | Story       | 16 | McClendon                  | 260.5 | McClendon                  | 779.8 | 2 Peter Keith, '90           | 911.6               |       |
| Dorris                               | 55    | Toomey      | 16 | Duncan                     | 236.5 | Duncan                     | 313.6 | 3 Nate Bisbee, '93           | 885.1               |       |
| Duncan                               | 53    | Richardson  | 16 | Richardson                 | 163.7 | Montgomery                 | 236.5 | 4 Dave Inthner, '90          | 846.8               |       |
| Lew                                  | 52    | Hinkle      | 15 | Montgomery                 | 162.8 | Richardson                 | 213.8 | 5 Star Stevenson, '90        | 791.8               |       |
| McClendon                            | 52    | McClendon   | 15 | Chaffin                    | 161.8 | Zbinden                    | 162.8 | 6 Paul Cummings, '86         | 780.5               |       |
| Story                                | 50    | Selby       | 15 | Carrera                    | 144.3 | Chaffin                    | 161.8 | 7 Marc Spina, '86            | 733.0               |       |
| Chaffin                              | 49    | Umholtz     | 14 | Chamberlain                | 144.3 | Carrera                    | 161.3 | 8 Jason Schaumberg, '85      | 716.0               |       |
| Selby                                | 49    | Carrera     | 14 | Zbinden                    | 72.0  | Chamberlain                | 72.0  | 9 Keith Lewis, '89           | 711.5*              |       |
| Richardson                           | 49    | Duncan      | 14 | Hyde                       | 66.7  | Hyde                       | 66.7  | 10 Tim Cummings, '86         | 705.5               |       |
| Carrera                              | 48    | Higgins     | 14 | Poe                        |       | Poe                        |       | 11 Derek Powell, '86         | 683.5               |       |
| Montgomery                           | 48    | Sanborn     | 14 |                            |       |                            |       | 12 David Toomey, '94         | 671.4               |       |
| Bisbee                               | 47    | Cassidy     | 13 |                            |       |                            |       | 13 Jason Selby, '93          | 655.2               |       |
| Chamberlain                          | 46    | Lew         | 13 | Boys                       | 380.5 | Boys                       | 885.1 | 14 Kevin Boone, '90          | 644.5               |       |
| Greenberg                            | 45    | Oblad       | 13 | Toomey                     | 299.2 | Toomey                     | 671.4 | 15 Lee Oblad, '93            | 610.5               |       |
| Umholtz                              | 40    | Chaffin     | 13 | Lew                        | 280.4 | Selby                      | 655.2 | 16 Roy O'Neill, '91          | 605.4               |       |
| Hinkle                               | 39    | Dorris      | 13 | Dorris                     | 276.1 | Oblad                      | 610.5 | 17 Tim Sanborn, '93          | 603.7               |       |
| Zbinden                              | 36    | Greenberg   | 13 | Story                      | 275.6 | Sanborn                    | 603.7 | 18 Ryan Lynn, '91            | 588.7               |       |
| Erickson                             | 34    | Montgomery  | 13 | Bisbee                     | 262.6 | Dorris                     | 530.9 | 19 Jon Lew, '89              | 581.5*              |       |
| Widener                              | 32    | Chamberlain | 12 | Selby                      | 256.8 | Story                      | 518.9 | 20 Erik Haluzak, '92         | 580.6               |       |
| Temple                               | 32    | Erickson    | 12 | Greenberg                  | 225.3 | Lew                        | 504.3 |                              |                     |       |
| Cassidy                              | 28    | Todd        | 12 | Hinkle                     | 197.1 | Hinkle                     | 430.7 |                              |                     |       |
| Oblad                                | 28    | Zbinden     | 12 | Erickson                   | 169.9 | Cassidy                    | 407.6 |                              |                     |       |
| Todd                                 | 28    | Cuculich    | 11 | Umholtz                    | 167.8 | Greenberg                  | 385.1 |                              |                     |       |
| Howder                               | 27    | Howder      | 11 | Widener                    | 158.9 | Widener                    | 377.9 | Girls                        |                     |       |
| Poe                                  | 27    | Martinez    | 11 | Sanborn                    | 151.8 | Umholtz                    | 333.3 | 1 Sarah McClendon, '93       | 885.6               |       |
| Hyde                                 | 26    | Widener     | 10 | Temple                     | 142.9 | Cuculich                   | 318.4 | 2 Amy Jordan, '92            | 835.1               |       |
| Martinez                             | 26    | Temple      | 10 | Cassidy                    | 136.7 | Higgins                    | 299.2 | 3 Lisa Gay, '92              | 829.0               |       |
| Sanborn                              | 26    | Godfrey     | 8  | Martinez                   | 132.4 | Godfrey                    | 272.1 | 4 Jamie Duncan, '93          | 779.8               |       |
| Cuculich                             | 24    | Rangel      | 7  | Todd                       | 130.9 | Seeley                     | 218.7 | 5 Erin Preston, '90          | 607.8               |       |
| Godfrey                              | 18    | Seeley      | 7  | Howder                     | 123.5 | Erickson                   | 169.9 | 6 Tanya Mayo, '90            | 508.4               |       |
| Seeley                               | 18    | Votruba     | 7  | Cuculich                   | 109.8 | Traverso                   | 159.3 | 7 Michelle Mayes, '89        | 502.5*              |       |
| Votruba                              | 17    | Hyde        | 6  | Godfrey                    | 83.0  | Temple                     | 136.7 | 8 Chris Ferguson, '86        | 482.0               |       |
| Samson                               | 16    | Samson      | 6  | Seeley                     | 71.8  | Martinez                   | 130.9 | 9 Nicole Fischer, '88        | 469.0*              |       |
| Rangel                               | 14    | Poe         | 5  | Votruba                    | 71.6  | Howder                     | 109.8 | 10 Kristen Blackwell, '91    | 387.2               |       |
|                                      |       |             |    | Rangel                     | 67.8  | Votruba                    | 71.6  | 11 Sheila O'Hanlon, '85      | 359.0               |       |
|                                      |       |             |    | Samson                     | 58.8  | Samson                     | 58.8  | 12 Erika Gardner, '87        | 338.5*              |       |
| <b>Single Season Mileage Records</b> |       |             |    |                            |       |                            |       |                              |                     |       |
| Keith Lewis                          | 404.5 | '88         |    |                            |       |                            |       |                              |                     |       |
| Sarah McClendon                      | 361.7 | '91         |    |                            |       |                            |       |                              |                     |       |
| *No records kept for 1986 season     |       |             |    |                            |       |                            |       |                              |                     |       |

## North Bay League Top 20 on Spring Lake 3-mile Course

| Varsity Boys |                 |      |       |          |
|--------------|-----------------|------|-------|----------|
| Runner       | Team            | Time | Date  |          |
| 1            | Steve Guerrini  | SR   | 15:30 | 11/2/90  |
| 2            | Jason Selby     | M    | 15:32 | 10/28/92 |
| 3            | Zack Barrett    | SR   | 15:34 | 10/28/92 |
| 4            | David Toomey    | M    | 15:36 | 11/6/92  |
| 5            | Juano Soriano   | SR   | 15:41 | 11/8/91  |
| 6            | Nat Lopes       | M    | 15:47 | 10/23/91 |
| 7            | Dan Held        | SR   | 15:48 | 11/10/89 |
| 7            | Sky Pile        | SR   | 15:48 | 11/8/91  |
| 9            | Jeff Godfrey    | M    | 15:53 | 11/2/90  |
| 10           | Tim Sanborn     | M    | 15:54 | 11/6/92  |
| 11           | Salvador Zabala | SR   | 15:55 | 11/10/88 |
| 12           | Andy Price      | SR   | 16:01 | 11/10/88 |
| 13           | Keith Lewis     | M    | 16:02 | 11/10/88 |
| 13           | Roberto Olea    | UK   | 16:02 | 11/6/92  |
| 15           | Josh Hinkle     | M    | 16:05 | 10/28/92 |
| 15           | Peter Egerton   | SR   | 16:05 | 11/6/92  |
| 17           | Todd Stevens    | P    | 16:09 | 10/25/89 |
| 18           | Dave Intner     | M    | 16:10 | 11/10/89 |
| 18           | Jim Macken      | SR   | 16:10 | 11/10/88 |
| 20           | Israel Ramirez  | RC   | 16:11 | 11/10/89 |

| Varsity Girls |                    |      |       |          |
|---------------|--------------------|------|-------|----------|
| Runner        | Team               | Time | Date  |          |
| 1             | Nika Horn          | SR   | 18:09 | 11/2/90  |
| 2             | Rhonda Mazza       | SR   | 18:10 | 11/8/91  |
| 3             | Megan Reeder       | SR   | 18:13 | 11/8/91  |
| 4             | Brenna Nurmi       | Urs  | 18:59 | 11/6/92  |
| 5             | Georgina Balkwell  | Urs  | 19:08 | 10/1/92  |
| 6             | Pamela Richardson  | M    | 19:12 | 11/6/92  |
| 7             | Michelle Ferguson  | P    | 19:14 | 11/10/88 |
| 8             | Stefanie Bosch     | Urs  | 19:25 | 11/8/91  |
| 9             | Wendy Beardall     | SR   | 19:33 | 11/2/90  |
| 10            | Lissette Lemus     | RC   | 19:35 | 11/8/91  |
| 11            | Lisa Gay           | M    | 19:43 | 10/31/91 |
| 12            | Laurie Carlson     | P    | 19:51 | 11/8/91  |
| 13            | Michelle McConnico | SR   | 19:52 | 11/6/92  |
| 14            | Marita Hake        | Urs  | 19:54 | 11/8/91  |
| 15            | Cheryl Vann        | SR   | 19:55 | 11/10/88 |
| 16            | Anne-Marie Dunning | Urs  | 19:59 | 11/8/91  |
| 17            | Jamie Duncan       | M    | 20:05 | 11/2/90  |
| 18            | Janine Murphy      | SR   | 20:12 | 10/23/91 |
| 19            | Kim Nannizzi       | Urs  | 20:15 | 11/6/92  |
| 20            | Sarah McClendon    | M    | 20:17 | 10/28/92 |

| Junior Varsity Boys |                 |      |       |          |
|---------------------|-----------------|------|-------|----------|
| Runner              | Team            | Time | Date  |          |
| 1                   | Ryan Lew        | M    | 17:00 | 10/31/91 |
| 2                   | Scott Story     | M    | 17:14 | 11/8/91  |
| 3                   | Lee Oblad       | M    | 17:15 | 10/31/91 |
| 4                   | Dean Crane      | M    | 17:17 | 10/26/88 |
| 4                   | Nam Ngo         | SR   | 17:17 | 11/6/92  |
| 6                   | Jason Selby     | M    | 17:19 | 11/2/90  |
| 6                   | Josh Dorris     | M    | 17:19 | 10/23/91 |
| 8                   | David Toomey    | M    | 17:21 | 10/23/91 |
| 9                   | Kevin Boone     | M    | 17:25 | 11/10/89 |
| 10                  | Jake Davis      | SR   | 17:26 | 11/6/92  |
| 11                  | Victor Garrison | M    | 17:27 | 11/10/89 |
| 12                  | Rory O'Neill    | M    | 17:30 | 10/26/88 |
| 13                  | Aaron Parsons   | M    | 17:31 | 11/10/89 |
| 14                  | Aherom Legesse  | SR   | 17:34 | 11/2/90  |
| 15                  | Mike Saunders   | SR   | 17:36 | 11/6/92  |
| 16                  | Joey Baer       | SR   | 17:38 | 11/10/88 |
| 17                  | Mike del Campo  | M    | 17:39 | 11/10/89 |
| 18                  | Clayton Hunt    | M    | 17:40 | 11/10/89 |
| 19                  | Star Stevenson  | M    | 17:42 | 10/29/89 |
| 20                  | Brian Felice    | M    | 17:43 | 10/17/90 |

**PRE-SEASON MEET VS. RANCHO COTATE, SANTA ROSA, HEALDSBURG, ANALY and JUSTIN SIENA**

September 4 at Rancho Cotate  
Course: 2.8 miles, flat

| GIRLS         | Place | Time  | Pace  |
|---------------|-------|-------|-------|
| 1 Richardson  | 3 V   | 17:15 | 6:09  |
| 2 McClendon   | 5 V   | 18:59 | 6:46  |
| 3 Duncan      | 10 V  | 19:57 | 7:07  |
| 4 Chaffin     | 12 V  | 20:40 | 7:22  |
| 5 Keeler      | 20 V  | 23:28 | 8:22  |
| 6 Chamberlain | 21 V  | 23:28 | 8:22  |
| 7 Zbinden     | 23 V  | 23:43 | 8:28  |
| 8 Montgomery  | 26 V  | 24:54 | 8:53  |
| 9 Carrera     | 27 V  | 28:43 | 10:15 |

**Team Scores: Varsity Girls**

Rancho Cotate 32, Montgomery 43,  
Santa Rosa 48, Analy - inc, Justin - inc.  
27 finishers

| BOYS         | Place | Time  | Pace |
|--------------|-------|-------|------|
| 1 Selby      | 4 V   | 15:00 | 5:21 |
| 2 Bisbee     | 6 V   | 15:08 | 5:24 |
| 3 Sanborn    | 7 V   | 15:13 | 5:26 |
| 4 Dorris     | 8 V   | 15:13 | 5:26 |
| 5 Toomey     | 9 V   | 15:17 | 5:27 |
| 6 Hinkle     | 10 V  | 15:35 | 5:33 |
| 7 Story      | 11 V  | 15:48 | 5:38 |
| 8 Lew        | 13 V  | 16:04 | 5:44 |
| 9 Oblad      | 18 V  | 16:38 | 5:56 |
| 10 Greenberg | 2 JV  | 17:26 | 6:13 |
| 11 Higgins   | 3 JV  | 17:30 | 6:15 |
| 12 Howder    | 4 JV  | 17:58 | 6:25 |
| 13 Temple    | 5 JV  | 18:09 | 6:28 |
| 14 Widener   | 6 JV  | 18:39 | 6:39 |
| 15 Cassidy   | 7 JV  | 19:33 | 6:58 |
| 16 Umholtz   | 8 JV  | 19:40 | 7:01 |
| 17 Carli     | 9 JV  | 20:03 | 7:09 |
| 18 Budd      | 10 JV | 20:17 | 7:14 |
| 19 Godfrey   | 11 JV | 20:18 | 7:15 |
| 20 Ledin     | 13 JV | 20:55 | 7:28 |
| 21 Seeley    | 19 JV | 23:44 | 8:28 |
| 22 Cuculich  | 20 JV | 23:44 | 8:28 |
| 23 Todd      | 22 JV | 24:51 | 8:52 |

**Team Scores: Varsity Boys**

MONTGOMERY 34, Santa Rosa 37,  
Healdsburg 87, Rancho Cotate 100,  
Justin Siena - inc. 27 finishers

**Team Scores: Junior Varsity Boys**

MONTGOMERY 20, Rancho Cotate 43,  
Analy - inc. 22 finishers

**TIME TRIAL**

September 11 at Spring Lake  
Course: 2.0 miles, rolling

| GIRLS        | Place | Time  | Pace  |
|--------------|-------|-------|-------|
| 1 Richardson | 1     | 12:44 | 6:22  |
| 2 McClendon  | 2     | 14:00 | 7:00  |
| 3 Duncan     | 3     | 14:28 | 7:14  |
| 4 Chaffin    | 4     | 16:39 | 8:19  |
| 5 Keeler     | 5     | 17:31 | 8:45  |
| 6 Montgomery | 6     | 18:00 | 9:00  |
| 7 Poe        | 7     | 19:19 | 9:39  |
| 8 Ramirez    | 8     | 19:33 | 9:46  |
| 9 Carrera    | 9     | 22:13 | 11:06 |

| BOYS         | Place | Time  | Pace |
|--------------|-------|-------|------|
| 1 Dorris     | 1     | 10:53 | 5:26 |
| 2 Toomey     | 2     | 10:54 | 5:27 |
| 3 Bisbee     | 3     | 11:03 | 5:31 |
| 4 Sanborn    | 4     | 11:04 | 5:32 |
| 5 Selby      | 5     | 11:07 | 5:33 |
| 6 Story      | 6     | 11:11 | 5:35 |
| 7 Hinkle     | 7     | 11:18 | 5:39 |
| 8 Lew        | 8     | 11:46 | 5:53 |
| 9 Oblad      | 9     | 12:18 | 6:09 |
| 10 Howder    | 10    | 12:19 | 6:09 |
| 11 Greenberg | 11    | 12:26 | 6:13 |
| 12 Temple    | 12    | 13:07 | 6:33 |
| 13 Higgins   | 13    | 13:14 | 6:37 |
| 14 Umholtz   | 14    | 13:17 | 6:38 |
| 15 Godfrey   | 15    | 13:19 | 6:39 |
| 16 Budd      | 16    | 13:25 | 6:42 |
| 17 Erickson  | 17    | 13:38 | 6:49 |
| 18 Samson    | 18    | 13:56 | 6:58 |
| 19 Seeley    | 19    | 14:08 | 7:04 |
| 20 Todd      | 20    | 14:16 | 7:08 |

In a pre-season test at Rancho Cotate, the JV boys team extended its 8-year dual meet unbeaten string to 52 straight wins. Jacob Greenberg comes off a summer-long battle with mononucleosis to lead the JV Vikings with Soph Nathan Higgins right behind. Pamela Richardson's debut at the high school level had her up against two of Northern California's best runners. The varsity boys survived a scare from a strong Santa Rosa team by finishing in a pack. Jason Selby and Nathan Bisbee showed the effects of summer training.

Montgomery's junior and senior boys dominated their races at the Viking Opener Invitational. After Josh Dorris led the time trial, David Toomey became the third Viking to lead the team in as many outings. His time was the 2nd-fastest ever for Vikings on the course. Scott Story and Ryan Lew sealed the Junior Boys victory. Bisbee, Tim Sanborn and Josh Hinkle duplicated that win in the Senior Boys race. Higgins and Eric Temple were the top sophs for MHS. Richardson set a new record for sophomore girls on the course, winning the Frosh/Soph division for the second year in a row. Sarah McClendon earned a medal for her 8th-place finish, 10 spots better than her 1991 finish. Twenty-two PRs were set with Jacob Greenberg cutting 61 seconds off his '91 best. Other notable improvements were 53 seconds by Justin Umholtz, 40 seconds by Lee Oblad, 36 seconds by Justin Godfrey and 29 seconds by Brian Widener.

**VIKING OPENER INVITATIONAL**

September 19 at Spring Lake  
Course: 2.0 miles, rolling

| GIRLS         | Place   | Time  | Pace |
|---------------|---------|-------|------|
| 1 Richardson  | 1 F/S   | 12:26 | 6:13 |
| 2 McClendon   | 8 JrSr  | 13:41 | 6:50 |
| 3 Duncan      | 12 JrSr | 13:56 | 6:58 |
| 4 Chaffin     | 11 F/S  | 14:22 | 7:11 |
| 5 Zbinden     | 36 JrSr | 16:04 | 8:02 |
| 6 Keeler      | 37 JrSr | 16:19 | 8:09 |
| 7 Chamberlain | 41 JrSr | 16:45 | 8:22 |
| 8 Montgomery  | 44 JrSr | 17:06 | 8:33 |
| 9 Carrera     | 54 JrSr | 18:26 | 9:13 |
| 10 Ramirez    | 55 JrSr | 18:57 | 9:28 |

**Team Scores: Junior/Senior Girls**

1. Rancho Cotate 11, 2. Santa Rosa 23,  
3. Eureka 33, 4. Ursuline 43,  
5. Ukiah 44, 6. MONTGOMERY 47,  
7. Terra Linda 67, 8. Fort Bragg 75  
56 finishers

**Frosh/Soph Girls:**

56 finishers

| BOYS         | Place  | Time  | Pace |
|--------------|--------|-------|------|
| 1 Toomey     | 3 Jr   | 10:22 | 5:11 |
| 2 Bisbee     | 3 Sr   | 10:37 | 5:18 |
| 3 Sanborn    | 4 Sr   | 10:41 | 5:20 |
| 4 Hinkle     | 5 Sr   | 10:45 | 5:22 |
| 5 Story      | 4 Jr   | 10:57 | 5:28 |
| 6 Dorris     | 9 Sr   | 11:01 | 5:30 |
| 7 Lew        | 5 Jr   | 11:04 | 5:32 |
| 8 Oblad      | 12 Sr  | 11:06 | 5:33 |
| 9 Selby      | 14 Sr  | 11:11 | 5:35 |
| 10 Greenberg | 17 Jr  | 11:51 | 5:55 |
| 11 Howder    | 18 Jr  | 11:58 | 5:59 |
| 12 Higgins   | 15 F/S | 12:05 | 6:02 |
| 13 Temple    | 16 F/S | 12:07 | 6:03 |
| 13 Widener   | 22 Jr  | 12:14 | 6:07 |
| 15 Cassidy   | 34 Sr  | 12:40 | 6:20 |
| 16 Umholtz   | 28 Jr  | 12:47 | 6:23 |
| 17 Budd      | 33 Jr  | 12:59 | 6:29 |
| 18 Godfrey   | 35 Jr  | 13:05 | 6:32 |
| 19 Erickson  | 59 F/S | 14:09 | 7:04 |
| 20 Seeley    | 40 Jr  | 15:06 | 7:33 |
| 21 Cuculich  | 41 Jr  | 15:07 | 7:33 |
| 22 Todd      | 44 Jr  | 16:20 | 8:10 |

**Team Scores: Senior Boys**

1. MONTGOMERY 12, 2. Santa Rosa 16,  
3. Casa Grande 31, 4. Willits 41, 5. Ukiah 45,  
6. Eureka 60, 7. Piner 69,  
8. Cardinal Newman 81 42 finishers

**Team Scores: Junior Boys**

1. MONTGOMERY 9, 2. Piner 22,  
3. Healdsburg 22, 4. Santa Rosa 42,  
5. Rancho Cotate 46, 6. Casa Grande 61,  
7. Cardinal Newman 63 44 finishers

**Team Scores: Frosh/Soph Boys**

1. Cardinal Newman 16, 2. Casa Grande 18,  
3. Eureka 46, 4. Willits 55,  
5. Rancho Cotate 62, 6. Ukiah 62,  
7. Terra Linda 63, 8. Sonoma 63,  
9. MONTGOMERY 65, 10. Analy 100,  
11. Fort Bragg 106, 12. Tomales 136  
77 finishers

**Pre-Season Dual Meet vs. HEALDSBURG**  
**September 23 at Spring Lake**  
**Course: 2.0 miles, rolling**

| GIRLS |            | Place | Time  | Pace  |
|-------|------------|-------|-------|-------|
| 1     | Richardson | 1 V   | 12:54 | 6:27  |
| 2     | Duncan     | 2 V   | 13:45 | 6:52  |
| 3     | McClendon  | 3 V   | 13:46 | 6:53  |
| 4     | Chaffin    | 5 V   | 15:47 | 7:53  |
| 5     | Zbinden    | 6 V   | 16:05 | 8:02  |
| 6     | Montgomery | 7 V   | 16:50 | 8:25  |
| 7     | Keeler     | 8 V   | 17:32 | 8:46  |
| 8     | Nickel     | 9 V   | 18:58 | 9:59  |
| 9     | Carrera    | 10 V  | 20:30 | 10:15 |

**Team Scores: Varsity Girls**  
**MONTGOMERY 15, Healdsburg -inc.**  
 10 finishers

| BOYS |           | Place | Time  | Pace |
|------|-----------|-------|-------|------|
| 1    | Sanborn   | 1 V   | 10:35 | 5:17 |
| 2    | Toomey    | 2 V   | 10:36 | 5:18 |
| 3    | Selby     | 4 V   | 10:46 | 5:23 |
| 4    | Bisbee    | 5 V   | 10:49 | 5:24 |
| 5    | Dorris    | 6 V   | 10:51 | 5:25 |
| 6    | Story     | 7 V   | 11:02 | 5:31 |
| 7    | Hinkle    | 8 V   | 11:08 | 5:34 |
| 8    | Lew       | 1 JV  | 11:20 | 5:40 |
| 9    | Oblad     | 2 JV  | 11:31 | 5:45 |
| 10   | Martinez  | 3 JV  | 11:50 | 5:55 |
| 11   | Flanagan  | 4 JV  | 11:56 | 5:58 |
| 12   | Votruba   | 5 JV  | 12:00 | 6:00 |
| 13   | Higgins   | 6 JV  | 12:14 | 6:07 |
| 14   | Temple    | 7 JV  | 12:14 | 6:07 |
| 15   | Greenberg | 8 JV  | 12:16 | 6:08 |
| 16   | Howder    | 10 JV | 12:26 | 6:13 |
| 17   | Cassidy   | 11 JV | 13:01 | 6:30 |
| 18   | Widener   | 12 JV | 13:16 | 6:38 |
| 19   | Budd      | 13 JV | 13:58 | 6:59 |
| 20   | Umholtz   | 14 JV | 13:58 | 6:59 |
| 21   | Erickson  | 15 JV | 14:27 | 7:13 |
| 22   | Godfrey   | 16 JV | 14:33 | 7:16 |
| 23   | Seeley    | 17 JV | 15:09 | 7:34 |
| 24   | Cuculich  | 18 JV | 16:06 | 8:03 |
| 25   | Todd      | 19 JV | 17:48 | 8:54 |

**Team Scores: Varsity Boys**  
**MONTGOMERY 18, Healdsburg 45**  
 14 finishers

**Junior Varsity Boys:** 19 finishers

Tim Sanborn picks up a win as he and David Toomey outkick Healdsburg ace Hector Delgado. Josh Dorris runs 1 minute faster than his best as a junior. Lexy Montgomery runs her 3rd-straight PR on the 2-mile course. Sanborn and Jason Selby also set PRs in this race. It was the 6th PR on this course for Sanborn in his 3 years on the team, one more than Nate Bisbee, Sarah McClendon and Selby.

Pamela Richardson scores a great invitational win with a school record on the San Ramon course. Sarah McClendon moves up to 5th on the MHS San Ramon list with a 42-second PR and Jamie Duncan runs the 8th-best MHS time in our 9 years on this course. Lexy Montgomery improves by 1:14 over her '91 time. At San Ramon, the varsity boys take 2nd to state champ De La Salle with incredible grouping (7 runners separated by a total of 18 seconds) and 5 of the top 10 Viking times on this course in the past 9 years. Scott Story improves by 1:29, Jason Selby by 1:02, Tim Sanborn by :43 and Nathan Bisbee by :36.

**SAN RAMON INVITATIONAL**  
**September 26 at Danville**  
**Course: 1.95 miles, flat**

| GIRLS |            | Place | Time  | Pace  |
|-------|------------|-------|-------|-------|
| 1     | Richardson | 1 V   | 11:43 | 6:00  |
| 2     | McClendon  | 15 V  | 12:58 | 6:38  |
| 3     | Duncan     | 18 V  | 13:18 | 6:49  |
| 4     | Chaffin    | 35 V  | 14:30 | 7:26  |
| 5     | Keeler     | 45 V  | 15:16 | 7:49  |
| 6     | Montgomery | 47 V  | 15:20 | 7:51  |
| 7     | Carrera    | 31 JV | 19:35 | 10:02 |

**Team Scores: Varsity Girls**  
 1. Rancho Cotate 76, 2. San Ramon 83,  
 3. Logan 85, 4. Santa Rosa 103,  
 5. MONTGOMERY 114, 6. College Park 134,  
 7. Livermore 150, 8. Clayton Valley 177  
 50 finishers

**Junior Varsity Girls:** 32 finishers

| BOYS |           | Place | Time  | Pace |
|------|-----------|-------|-------|------|
| 1    | Selby     | 8 V   | 10:05 | 5:10 |
| 2    | Sanborn   | 9 V   | 10:07 | 5:11 |
| 3    | Dorris    | 15 V  | 10:13 | 5:14 |
| 4    | Bisbee    | 17 V  | 10:15 | 5:15 |
| 5    | Hinkle    | 1 JV  | 10:16 | 5:15 |
| 6    | Toomey    | 19 V  | 10:18 | 5:16 |
| 7    | Story     | 24 V  | 10:23 | 5:19 |
| 8    | Lew       | 5 JV  | 10:52 | 5:34 |
| 9    | Oblad     | 6 JV  | 10:59 | 5:37 |
| 10   | Martinez  | 8 JV  | 11:15 | 5:46 |
| 11   | Greenberg | 12 JV | 11:27 | 5:52 |
| 12   | Higgins   | 19 JV | 11:41 | 5:59 |
| 13   | Cassidy   | 23 JV | 11:51 | 6:04 |
| 14   | Howder    | 26 JV | 11:56 | 6:07 |
| 15   | Widener   | 29 JV | 12:01 | 6:09 |
| 16   | Umholtz   | 47 JV | 12:41 | 6:30 |
| 17   | Budd      | 59 JV | 13:04 | 6:42 |
| 18   | Erickson  | 74 JV | 13:50 | 7:05 |
| 19   | Samson    | 75 JV | 13:52 | 7:06 |
| 20   | Seeley    | 84 JV | 14:37 | 7:29 |
| 21   | Todd      | 90 JV | 16:03 | 8:13 |

**Team Scores: Varsity Boys**  
 1. De La Salle 43, 2. MONTGOMERY 68,  
 3. Logan 109, 4. Santa Rosa 124,  
 5. Monte Vista 128, 6. Livermore 132,  
 7. San Ramon 154, 8. Antioch 171,  
 9. Clayton Valley 207, 10. College Park 242  
 68 finishers

**Team Scores: Junior Varsity Boys**  
 1. MONTGOMERY 32, 2. Logan 76,  
 3. De La Salle 79, 4. San Ramon 157,  
 5. Mission 203, 6. College Park 323,  
 7. Rancho Cotate 328  
 92 finishers

**NBL DUAL MEET VS. NEWMAN/URSULINE**  
**October 1 at Spring Lake**  
**Course: 3 miles, rolling**

| GIRLS |            | Place | Time  | Pace |
|-------|------------|-------|-------|------|
| 1     | Richardson | 3 V   | 19:26 | 6:28 |
| 2     | Duncan     | 6 V   | 20:52 | 6:57 |
| 3     | McClendon  | 7 V   | 21:21 | 7:07 |
| 4     | Chaffin    | 11 V  | 23:42 | 7:54 |
| 5     | Keeler     | 12 V  | 24:35 | 8:11 |
| 6     | Montgomery | 13 V  | 25:01 | 8:20 |
| 7     | Hyde       | 8 JV  | 29:52 | 9:57 |

**Team Scores: Varsity Girls**  
 Ursuline 20, MONTGOMERY 39  
 13 finishers

**Junior Varsity Girls:** 8 finishers

| BOYS |           | Place | Time  | Pace |
|------|-----------|-------|-------|------|
| 1    | Bisbee    | 1 V   | 16:45 | 5:35 |
| 2    | Sanborn   | 2 V   | 16:46 | 5:35 |
| 3    | Toomey    | 3 V   | 16:50 | 5:36 |
| 4    | Selby     | 4 V   | 17:04 | 5:41 |
| 5    | Dorris    | 5 V   | 17:17 | 5:45 |
| 6    | Hinkle    | 6 V   | 17:17 | 5:45 |
| 7    | Story     | 7 V   | 17:19 | 5:46 |
| 8    | Lew       | 10 V  | 17:24 | 5:48 |
| 9    | Oblad     | 11 V  | 18:02 | 6:00 |
| 10   | Martinez  | 1 JV  | 18:11 | 6:03 |
| 11   | Greenberg | 2 JV  | 18:14 | 6:04 |
| 12   | Votruba   | 3 JV  | 18:28 | 6:09 |
| 13   | Rangel    | 4 JV  | 18:31 | 6:10 |
| 14   | Higgins   | 5 JV  | 18:44 | 6:14 |
| 15   | Temple    | 6 JV  | 18:46 | 6:15 |
| 16   | Cassidy   | 8 JV  | 19:08 | 6:22 |
| 17   | Howder    | 10 JV | 19:14 | 6:24 |
| 18   | Umholtz   | 14 JV | 20:14 | 6:44 |
| 19   | Godfrey   | 15 JV | 21:15 | 7:05 |
| 20   | Samson    | 16 JV | 21:26 | 7:08 |
| 21   | Erickson  | 17 JV | 21:32 | 7:10 |
| 22   | Cuculich  | 23 JV | 24:18 | 8:06 |
| 23   | Todd      | 27 JV | 26:15 | 8:45 |

**Team Scores: Varsity Boys**  
 MONTGOMERY 15, Cardinal Newman 50  
 19 finishers

**Team Scores: Junior Varsity Boys**  
 MONTGOMERY 15, Cardinal Newman 49  
 27 finishers

Also at San Ramon, Josh Hinkle sets a JV record that may never be touched, Dan Cassidy improves by 1:53, Jacob Greenberg by 1:11, Brian Widener by 1:08, Justin Umholtz by :49, Lee Oblad by :42 and Dave Todd by :25 as the JV boys destroy the field.

In our NBL dual meet opener and first time in '92 on the 3-mile course the varsity boys are perfect and JV boys nearly so. Nathan Bisbee notches his first win and PRs are set by Dan Cassidy, Josh Dorris and Jacob Greenberg. Sophomore Alonzo Martinez gets the JV victory, leading a string of 6 vikings. The powerhouse Ursuline team hands our girls a loss.

**ARTICHOKE INVITATIONAL**  
 October 3 at Half Moon Bay  
 Course: 2.25 miles, hilly

|   | GIRLS       | Place  | Time  | Pace |
|---|-------------|--------|-------|------|
| 1 | Richardson  | 5 V    | 14:51 | 6:35 |
| 2 | Duncan      | 40 V   | 16:22 | 7:16 |
| 3 | McClendon   | 42 V   | 16:23 | 7:16 |
| 4 | Chaffin     | 15 F/S | 16:45 | 7:26 |
| 5 | Montgomery  | 105 V  | 18:47 | 8:20 |
| 6 | Zbinden     | 111 V  | 19:07 | 8:29 |
| 7 | Chamberlain | 126 V  | 20:28 | 9:05 |
| 8 | Carrera     | 131 V  | 21:30 | 9:33 |

**Team Scores: Varsity Girls**

1. Los Gatos 49, 2. Del Campo 105,  
 3. Madera 114, 4. Douglas 118,  
 5. Castro Valley 145, 6. Skyline 180,  
 7. East Union 211, 8. Overfelt 257,  
 9. College Park 290, 10. Washington 297,  
 11. MONTGOMERY 303, 12. Wilcox 334,  
 13. Santa Clara 340, 14. Fremont 448,  
 15. Saint Francis 493 133 finishers

Frosh/Soph Girls: 111 finishers

|    | BOYS      | Place  | Time  | Pace |
|----|-----------|--------|-------|------|
| 1  | Hinkle    | 15 V   | 12:25 | 5:31 |
| 2  | Toomey    | 17 V   | 12:28 | 5:32 |
| 3  | Bisbee    | 23 V   | 12:34 | 5:35 |
| 4  | Dorris    | 27 V   | 12:38 | 5:36 |
| 5  | Story     | 29 V   | 12:41 | 5:38 |
| 6  | Selby     | 40 V   | 12:57 | 5:45 |
| 7  | Lew       | 10 JV  | 13:22 | 5:56 |
| 8  | Greenberg | 14 JV  | 13:27 | 5:58 |
| 9  | Oblad     | 16 JV  | 13:37 | 6:03 |
| 10 | Higgins   | 31 F/S | 14:07 | 6:16 |
| 11 | Martinez  | 33 F/S | 14:10 | 6:17 |
| 12 | Howder    | 30 JV  | 14:15 | 6:20 |
| 13 | Cassidy   | 36 JV  | 14:28 | 6:25 |
| 14 | Widener   | 51 JV  | 15:24 | 6:50 |
| 15 | Erickson  | 79 F/S | 15:30 | 6:53 |
| 16 | Umholtz   | 58 JV  | 15:36 | 6:56 |
| 17 | Samson    | 67 JV  | 16:06 | 7:09 |
| 18 | Seeley    | 78 JV  | 18:03 | 7:41 |
| 19 | Todd      | 82 JV  | 18:32 | 8:14 |

**Team Scores: Varsity Boys**

1. Madera 46, 2. Overfelt 69,  
 3. Del Campo 102, 4. MONTGOMERY 111,  
 5. Castro Valley 142, 6. Los Gatos 166,  
 7. Yerba Buena 228, 8. Manteca 262,  
 9. Aragon 277, 10. Douglas 289,  
 11. Roosevelt 306, 12. Saint Francis 342,  
 13. College Park 381, 14. San Mateo 503,  
 15. Westmont 516, 16. East Union 529,  
 17. El Camino 555 138 finishers

**Team Scores: Junlor Varsity Boys**

1. Madera 39, 2. Los Gatos 43,  
 3. Castro Valley 89, 4. Del Campo 95,  
 5. MONTGOMERY 106, 6. Leland 184,  
 7. College Park 226, 8. Manteca 255,  
 9. Yerba Buena 300 67 finishers

Frosh/Soph Boys: 123 finishers

**NBL DUAL MEET VS. PINER**  
 October 7 at Shilo Ranch Park  
 Course: 2.6 miles, very hilly, hot

|   | GIRLS       | Place | Time  | Pace  |
|---|-------------|-------|-------|-------|
| 1 | Richardson  | 1 V   | 20:39 | 7:56  |
| 2 | Duncan      | 2 V   | 24:18 | 9:20  |
| 3 | McClendon   | 3 V   | 24:18 | 9:20  |
| 4 | Chaffin     | 8 V   | 28:48 | 11:04 |
| 5 | Chamberlain | 9 V   | 29:20 | 11:16 |
| 6 | Zbinden     | 12 V  | 31:13 | 12:00 |

**Team Scores: Varsity Girls**

MONTGOMERY 23, Piner 32 12 finishers

|    | BOYS      | Place | Time  | Pace  |
|----|-----------|-------|-------|-------|
| 1  | Sanborn   | 1 V   | 17:01 | 6:32  |
| 2  | Toomey    | 2 V   | 17:05 | 6:34  |
| 3  | Bisbee    | 4 V   | 17:24 | 6:41  |
| 4  | Hinkle    | 6 V   | 17:55 | 6:53  |
| 5  | Story     | 7 V   | 17:56 | 6:53  |
| 6  | Dorris    | 9 V   | 18:08 | 6:58  |
| 7  | Lew       | 10 V  | 18:32 | 7:07  |
| 8  | Votruba   | 1 JV  | 19:30 | 7:30  |
| 9  | Rangel    | 2 JV  | 19:31 | 7:30  |
| 10 | Martinez  | 3 JV  | 19:32 | 7:30  |
| 11 | Greenberg | 4 JV  | 19:58 | 7:37  |
| 12 | Temple    | 6 JV  | 20:14 | 7:46  |
| 13 | Oblad     | 7 JV  | 20:18 | 7:48  |
| 14 | Higgins   | 8 JV  | 20:28 | 7:52  |
| 15 | Cassidy   | 10 JV | 21:40 | 8:20  |
| 16 | Erickson  | 12 JV | 22:36 | 8:41  |
| 17 | Widener   | 13 JV | 22:56 | 8:49  |
| 18 | Umholtz   | 14 JV | 23:34 | 9:03  |
| 19 | Godfrey   | 15 JV | 25:14 | 9:42  |
| 20 | Howder    | 18 JV | 27:34 | 10:36 |
| 21 | Todd      | 19 JV | 28:19 | 10:53 |
| 22 | Cuculich  | 20 JV | 30:19 | 11:39 |
| 23 | Seeley    | 21 JV | 30:38 | 11:46 |
| 24 | Samson    | 22 JV | 30:40 | 11:47 |

**Team Scores: Varsity Boys**

MONTGOMERY 20, Piner 39 13 finishers

**Team Scores: Junlor Varsity Boys**

MONTGOMERY 16, Piner 47 22 finishers

Amy Chaffin runs a great come-from-behind race to earn a Frosh/Soph medal at the Artichoke Invitational. Other medalists on the day were Pamela Richardson, Josh Hinkle, who led the boys varsity, David Toomey, Nathan Bisbee, Ryan Lew and Jacob Greenberg.

We survived the suicidal Piner course at Shiloh Ranch and swept all three races in the meet. Pamela Richards Tim Sanborn and Greg Votruba set course records in their respective races. Votruba held off Paul Rangel and Alonzo Martinez in a very close 1-2-3 JV finish.

It was a beautiful day at the Mendocino coast where we traveled to the Floyd Cooney Invitational. The varsity boys pack stormed up from behind again with Tim Sanborn, Josh Hinkle, David Toomey and Nate Bisbee taking 4th thru 7th separated by a total of 4 seconds. Scott Story wrapped the team victory by finishing 12th. Alonzo Martinez, in 3rd place, and Nathan Higgins, in 8th, won awards in the F/S race. Pamela Richardson avenged an earlier loss to Ursuline's Brenna Nurmi by running away in the final stretch to win the varsity girls race. Sarah McClendon ran a strong 11th as Montgomery's girls took 4th.

**FLOYD COONEY INVITATIONAL**  
 October 10 at Mackerricher State Park  
 In Fort Bragg  
 Course: 2.5 miles, winding, sandy

|   | GIRLS       | Place | Time  | Pace  |
|---|-------------|-------|-------|-------|
| 1 | Richardson  | 1 V   | 16:24 | 6:49  |
| 2 | McClendon   | 11 V  | 18:14 | 7:17  |
| 3 | Chaffin     | 33 V  | 21:21 | 8:32  |
| 4 | Zbinden     | 38 V  | 22:20 | 8:56  |
| 5 | Montgomery  | 41 V  | 22:31 | 9:00  |
| 6 | Chamberlain | 44 V  | 22:44 | 9:05  |
| 7 | Carrera     | 61 V  | 27:14 | 10:53 |

**Team Scores: Varsity Girls**

1. Ursuline 24, 2. Arcata 80,  
 3. Eureka 81, 4. MONTGOMERY 109,  
 5. Fort Bragg 145, 6. Casa Grande 145,  
 7. Clear Lake 165 63 finishers

|    | BOYS      | Place | Time  | Pace |
|----|-----------|-------|-------|------|
| 1  | Sanborn   | 4 V   | 14:05 | 5:38 |
| 2  | Hinkle    | 5 V   | 14:06 | 5:38 |
| 3  | Toomey    | 6 V   | 14:08 | 5:39 |
| 4  | Bisbee    | 7 V   | 14:09 | 5:39 |
| 5  | Story     | 12 V  | 14:25 | 5:46 |
| 6  | Selby     | 15 V  | 14:30 | 5:48 |
| 7  | Lew       | 18 V  | 15:02 | 6:00 |
| 8  | Martinez  | 3 F/S | 15:23 | 6:09 |
| 9  | Greenberg | 29 V  | 15:39 | 6:15 |
| 10 | Higgins   | 8 F/S | 15:43 | 6:17 |
| 11 | Umholtz   | 49 V  | 17:04 | 8:29 |
| 12 | Todd      | 51 V  | 21:29 | 8:35 |

**Team Scores: Varsity Boys**

1. MONTGOMERY 22, 2. Arcata 61,  
 3. Casa Grande 79, 4. Cardinal Newman 82  
 51 finishers

Frosh/Soph Boys: 51 finishers



**NBL DUAL MEET VS. UKIAH**  
**October 14 at Spring Lake**  
**Course: 3 miles, rolling hills**

| GIRLS |                |       |       |
|-------|----------------|-------|-------|
|       | Place          | Time  | Pace  |
| 1     | Duncan 1 V     | 20:45 | 6:55  |
| 2     | McClendon 2 V  | 21:06 | 6:02  |
| 3     | Richardson 3 V | 21:09 | 6:03  |
| 4     | Zbinden 9 V    | 25:21 | 8:27  |
| 5     | Poe 10 V       | 29:01 | 9:40  |
| 6     | Hyde 11 V      | 29:02 | 9:40  |
| 7     | Carrera 12 V   | 30:53 | 10:17 |

**Team Scores: Varsity Girls**  
MONTGOMERY 25, Ukiah 30 12 finishers

| BOYS |                |       |      |
|------|----------------|-------|------|
|      | Place          | Time  | Pace |
| 1    | Toomey 1 V     | 15:52 | 5:17 |
| 2    | Selby 2 V      | 15:56 | 5:18 |
| 3    | Sanborn 3 V    | 16:11 | 5:23 |
| 4    | Hinkle 5 V     | 16:35 | 5:31 |
| 5    | Bisbee 6 V     | 16:37 | 5:32 |
| 6    | Story 8 V      | 17:02 | 5:40 |
| 7    | Lew 9 V        | 17:06 | 5:42 |
| 8    | Oblad 10 V     | 17:20 | 5:46 |
| 9    | Greenberg 1 JV | 18:00 | 6:00 |
| 10   | Martinez 2 JV  | 18:08 | 6:02 |
| 11   | Rangel 3 JV    | 18:08 | 6:02 |
| 12   | Higgins 5 JV   | 18:14 | 6:04 |
| 13   | Votruba 6 JV   | 18:32 | 6:10 |
| 14   | Temple 7 JV    | 18:56 | 6:18 |
| 15   | Cassidy 9 JV   | 19:27 | 6:29 |
| 16   | Widener 10 JV  | 19:29 | 6:29 |
| 17   | Erickson 12 JV | 19:39 | 6:33 |
| 18   | Umholtz 14 JV  | 20:42 | 6:52 |
| 19   | Godfrey 15 JV  | 21:46 | 7:15 |
| 20   | Samson 17 JV   | 23:11 | 7:43 |
| 21   | Seeley 18 JV   | 23:11 | 7:43 |
| 22   | Cuculich 19 JV | 23:37 | 7:52 |
| 23   | Todd 20 JV     | 25:04 | 8:21 |

**Team Scores: Varsity Boys**  
MONTGOMERY 17, Ukiah 45 17 finishers

**Team Scores: Junlor Varsity Boys**  
MONTGOMERY 17, Ukiah 45 20 finishers

David Toomey was back on top of the boys varsity team with a narrow win over teammate Jason Selby against Ukiah. It was the first time two Vikings had been under 16 minutes on the home course in the same season. In fact, only two Viking runners had broken 16 in the past 5 years. Jamie Duncan led the girls to victory and Jacob Greenberg won the JV race. Big PRs were run by Ben Erickson, an improvement of 1:53, Tirzah Zbinden, 1:09, Lindsay Hyde, 50 seconds, and Nathan Higgins, 30 seconds.

**Mariner HIGH INVITATIONAL**  
**October 17 at Garin Park, Hayward**  
**Course: Varsity - 3.0 miles, hilly;**  
**JV and F/S - 2.0 miles, hilly**

| GIRLS |                 |       |       |
|-------|-----------------|-------|-------|
|       | Place           | Time  | Pace  |
| 1     | Richardson 3 V  | 18:51 | 6:30  |
| 2     | McClendon 31 V  | 21:07 | 7:16  |
| 3     | Duncan 39 V     | 21:38 | 7:27  |
| 4     | Chaffin 63 V    | 23:31 | 8:06  |
| 5     | Zbinden 74 V    | 25:19 | 8:43  |
| 6     | Montgomery 75 V | 25:36 | 8:49  |
| 7     | Carrera 82 JV   | 20:32 | 10:16 |

**Team Scores: Varsity Girls**  
1. Mt. Carmel 45, 2. Bishop O'Dowd 59,  
3. Castro Valley 118, 4. Logan 126,  
5. Reed 139, 6. Golden West 148,  
7. MONTGOMERY 170, 8. Amador Valley 195,  
9. Tokay 214, 10. Ygnacio Valley 287  
79 finishers

**JV Girls:** 82 finishers

| BOYS |                 |       |      |
|------|-----------------|-------|------|
|      | Place           | Time  | Pace |
| 1    | Toomey 9 V      | 16:06 | 5:33 |
| 2    | Sanborn 15 V    | 16:22 | 5:38 |
| 3    | Bisbee 22 V     | 16:39 | 5:44 |
| 4    | Selby 29 V      | 16:47 | 5:47 |
| 5    | Story 51 V      | 17:18 | 5:57 |
| 6    | Oblad 100 V     | 19:29 | 6:43 |
| 7    | Martinez 30 F/S | 12:36 | 6:18 |
| 8    | Higgins 31 F/S  | 12:37 | 6:18 |
| 9    | Cassidy 29 JV   | 13:16 | 6:38 |
| 10   | Howder 31 JV    | 13:18 | 6:39 |
| 11   | Erickson 40 JV  | 13:46 | 6:53 |
| 12   | Umholtz 47 JV   | 14:03 | 7:01 |
| 13   | Cuculich 67 JV  | 16:06 | 8:03 |

**Team Scores: Varsity Boys**  
1. De La Salle 60, 2. Hesperia 120,  
3. MONTGOMERY 120, 4. Logan 125,  
5. Mt. Carmel 161, 6. Castro Valley 180,  
7. McLane 181, 8. Santa Rosa 186,  
9. Reed 212, 10. Yerba Buena 281,  
11. Piedmont 295, 12. San Leandro 307,  
13. Ygnacio Valley 315, 14. Antioch 322,  
15. Amador Valley 367, 16. Golden West 377,  
17. Newark Memorial 435 119 finishers

**Team Scores: Junlor Varsity Boys**  
1. Mt. Carmel 29, 2. Castro Valley 56,  
3. De La Salle 103, 4. Logan 136,  
5. Mission San Jose 149, 6. MONTGOMERY 190,  
7. Newark-Memorial 209 75 finishers

**Frosh/Soph Boys:** 102 finishers

**NBL DUAL MEET VS. RANCHO COTATE**  
**October 21 at Rancho Cotate**  
**Course: 2.8 miles, flat**

| GIRLS |                 |       |      |
|-------|-----------------|-------|------|
|       | Place           | Time  | Pace |
| 1     | Richardson 2 V  | 17:20 | 6:07 |
| 2     | McClendon 4 V   | 18:11 | 6:29 |
| 3     | Duncan 5 V      | 18:17 | 6:31 |
| 4     | Chaffin 10 V    | 20:22 | 7:16 |
| 5     | Montgomery 13 V | 21:31 | 7:41 |
| 6     | Poe 23 V        | 25:42 | 9:10 |
| 7     | Carrera 24 V    | 27:13 | 9:43 |

**Team Scores: Varsity Girls**  
Rancho Cotate 25, MONTGOMERY 33  
24 finishers

| BOYS |                |       |      |
|------|----------------|-------|------|
|      | Place          | Time  | Pace |
| 1    | Dorris 1 V     | 15:23 | 5:29 |
| 2    | Toomey 2 V     | 15:32 | 5:32 |
| 3    | Lew 3 V        | 15:32 | 5:32 |
| 4    | Bisbee 4 V     | 15:32 | 5:32 |
| 5    | Story 5 V      | 15:32 | 5:32 |
| 6    | Hinkle 6 V     | 15:32 | 5:32 |
| 7    | Selby 7 V      | 15:32 | 5:32 |
| 8    | Oblad 8 V      | 15:36 | 5:34 |
| 9    | Martinez 1 JV  | 16:11 | 5:46 |
| 10   | Greenberg 2 JV | 16:12 | 5:47 |
| 11   | Votruba 3 JV   | 16:14 | 5:47 |
| 12   | Higgins 4 JV   | 16:19 | 5:49 |
| 13   | Rangel 5 JV    | 16:37 | 5:56 |
| 14   | Temple 6 JV    | 16:58 | 6:03 |
| 15   | Cassidy 7 JV   | 17:20 | 6:11 |
| 16   | Erickson 8 JV  | 17:53 | 6:23 |
| 17   | Umholtz 9 JV   | 17:56 | 6:24 |
| 18   | Samson 13 JV   | 19:30 | 6:57 |
| 19   | Cuculich 17 JV | 21:17 | 7:36 |
| 20   | Todd 18 JV     | 21:27 | 7:39 |

**Team Scores: Varsity Boys**  
MONTGOMERY 15, Rancho Cotate 50  
14 finishers

**Team Scores: Junlor Varsity Boys**  
MONTGOMERY 15, Rancho Cotate 50  
20 finishers

Great individual performances by Pamela Richardson (3rd) and David Toomey (9th) were the highlights of the Mariner Invitational for MHS.

Josh Dorris came back from illness to win the NBL dual meet vs. Rancho with 7 teammates right behind him in a blanket finish. Sarah McClendon, Jamie Duncan and Lexy Montgomery turn in outstanding performances in a tough loss for the girls. Alonzo Martinez outkicks his JV teammates as four runners finish within 8 seconds for a Montgomery sweep.

**NBL DUAL MEET VS. SANTA ROSA**

October 28 at Spring Lake

Course: 3 miles, rolling

| GIRLS |            | Place | Time  | Pace  |
|-------|------------|-------|-------|-------|
| 1     | Richardson | 1 V   | 19:22 | 6:27  |
| 2     | McClendon  | 3 V   | 20:17 | 6:45  |
| 3     | Duncan     | 4 V   | 20:19 | 6:46  |
| 4     | Chaffin    | 8 V   | 22:14 | 7:24  |
| 5     | Zbinden    | 11 V  | 23:48 | 7:56  |
| 6     | Montgomery | 12 V  | 25:13 | 8:24  |
| 7     | Poe        | 14 V  | 29:27 | 9:49  |
| 8     | Hyde       | 15 V  | 29:30 | 9:50  |
| 9     | Carrera    | 16 V  | 30:58 | 10:19 |

**Team Scores: Varsity Girls**

MONTGOMERY 27, Santa Rosa 29

16 finishers

| BOYS |           | Place | Time  | Pace |
|------|-----------|-------|-------|------|
| 1    | Selby     | 1 V   | 15:32 | 5:10 |
| 2    | Toomey    | 3 V   | 15:38 | 5:12 |
| 3    | Sanborn   | 4 V   | 15:59 | 5:19 |
| 4    | Hinkle    | 5 V   | 16:05 | 5:21 |
| 5    | Bisbee    | 9 V   | 16:31 | 5:30 |
| 6    | Story     | 10 V  | 16:37 | 5:32 |
| 7    | Dorris    | 11 V  | 16:48 | 5:36 |
| 8    | Lew       | 13 V  | 17:00 | 5:40 |
| 9    | Greenberg | 2 JV  | 17:50 | 5:56 |
| 10   | Martinez  | 4 JV  | 18:00 | 6:00 |
| 11   | Votruba   | 5 JV  | 18:04 | 6:01 |
| 12   | Rangel    | 6 JV  | 18:05 | 6:01 |
| 13   | Oblad     | 17 V  | 18:06 | 6:02 |
| 14   | Higgins   | 7 JV  | 18:09 | 6:03 |
| 15   | Temple    | 9 JV  | 18:44 | 6:14 |
| 16   | Howder    | 10 JV | 18:48 | 6:16 |
| 17   | Cassidy   | 11 JV | 18:51 | 6:17 |
| 18   | Erickson  | 12 JV | 19:31 | 6:30 |
| 19   | Umholtz   | 13 JV | 19:47 | 6:35 |
| 20   | Widener   | 14 JV | 21:34 | 7:11 |
| 21   | Cuculich  | 15 JV | 23:16 | 7:45 |
| 22   | Todd      | 16 JV | 24:29 | 8:09 |

**Team Scores: Varsity Boys**

MONTGOMERY 22, Santa Rosa 35

17 finishers

**Team Scores: Junlor Varsity Boys**

MONTGOMERY 15, Santa Rosa 50

16 finishers

The Santa Rosa meet produces 22 PRs for the Vikings, two school records on our home course, and a sweep of the three races. Both boys teams end the dual meet season undefeated, the JVs earning their 57th straight win dating back to 1984. Jason Selby shatters Nat Lopes '91 school record by 15 seconds and becomes the 2nd-fastest runner in the course's history. David Toomey breaks the record as well and Tim Sanborn makes it 3 Vikings under 16 minutes as the varsity boys take 4 of the top 5 spots against their #1 foe. Josh Dorris hacks 29 seconds from his previous best, Scott Story improves by :25, Josh Hinkle by :22. The top 9 JVs also PR, Jacob Greenberg breaking the 18-minute barrier and biggest improvements made by Ganon Howder, 26 seconds, Greg Votruba, 24, and Dan Cassidy, 17. Pamela Richardson led the girls to a big upset win with another school record time. Sarah McClendon runs a 29-second PR and Jamie Duncan hits her season best as the girls finish with a winning record in NBL. Tirzah Zbinden knocks off 1:33 from her '91 PR and Amy Chaffin cuts off 1:28.

**NBL CHAMPIONSHIP MEET**

November 6 at Spring Lake

Course: 3 miles, rolling

| GIRLS |            | Place | Time  | Pace |
|-------|------------|-------|-------|------|
| 1     | Richardson | 3 V   | 19:12 | 6:24 |
| 2     | McClendon  | 12 V  | 20:50 | 6:56 |
| 3     | Duncan     | 18 V  | 21:38 | 7:12 |
| 4     | Chaffin    | 25 V  | 22:43 | 7:34 |
| 5     | Montgomery | 34 V  | 25:10 | 8:23 |
| 6     | Zbinden    | 35 V  | 25:39 | 8:33 |
| 7     | Carrera    | 23 JV | 29:48 | 9:56 |

**Team Scores: Varsity Girls**1. Ursuline 34, 2. Santa Rosa 60,  
3. Rancho Cotate 73, 4. MONTGOMERY 92,  
5. Ukiah 106, 6. Piner 160

38 finishers

JV Girls: 24 finishers

| BOYS |           | Place | Time  | Pace |
|------|-----------|-------|-------|------|
| 1    | Toomey    | 1 V   | 15:36 | 5:12 |
| 2    | Sanborn   | 3 V   | 15:54 | 5:18 |
| 3    | Hinkle    | 6 V   | 16:12 | 5:24 |
| 4    | Selby     | 7 V   | 16:18 | 5:25 |
| 5    | Bisbee    | 10 V  | 16:31 | 5:30 |
| 6    | Story     | 11 V  | 16:36 | 5:32 |
| 7    | Dorris    | 12 V  | 16:40 | 5:33 |
| 8    | Lew       | 2 JV  | 17:26 | 5:48 |
| 9    | Greenberg | 5 JV  | 17:51 | 5:57 |
| 10   | Higgins   | 6 JV  | 17:59 | 5:59 |
| 11   | Votruba   | 8 JV  | 18:19 | 6:06 |
| 12   | Rangel    | 9 JV  | 18:25 | 6:08 |
| 13   | Martinez  | 13 JV | 18:45 | 6:15 |
| 14   | Temple    | 15 JV | 18:56 | 6:18 |
| 15   | Cassidy   | 21 JV | 19:32 | 6:30 |
| 16   | Howder    | 26 JV | 19:59 | 6:39 |
| 17   | Erickson  | 29 JV | 20:04 | 6:41 |
| 18   | Umholtz   | 30 JV | 20:16 | 6:45 |
| 19   | Widener   | 32 JV | 20:26 | 6:48 |
| 20   | Godfrey   | 39 JV | 21:27 | 7:09 |
| 21   | Todd      | 51 JV | 24:05 | 8:01 |

**Team Scores: Varsity Boys**1. MONTGOMERY 27, 2. Santa Rosa 37,  
3. Ukiah 99, 4. Piner 104,  
5. Cardinal Newman 128, 6. Rancho Cotate 143

40 finishers

**Team Scores: Junlor Varsity Boys**1. MONTGOMERY 30, 2. Santa Rosa 30,  
3. Ukiah 101, 4. Cardinal Newman 103,  
5. Piner 106, 6. Rancho Cotate 158

55 finishers

Montgomery's varsity boys claim the NBL championship for the 8th time in 10 years. David Toomey becomes the first Viking since 1987 to win the individual title and the first junior to win since Paul Cummings of MHS did it in 1984. Tim Sanborn and Nate Bisbee end their HS careers on this course with 10 PRs each. Scott Story and Josh Dorris run PR times as well. Pamela Richardson breaks her week-old school record by 10 seconds and places 3rd in a very exciting girls race. Leslie Carrera cuts 1:05 from her previous best time on the course. The JV boys have a bad day but win on a tie-breaker thanks to #6 runner Alonzo Martinez. It is the 8th straight NBL title for Montgomery's JV team.

**NORTH COAST SECTION CHAMPIONSHIP**

November 21 at Mills College,

Oakland. Course: 3.1 miles, steep hill

| GIRLS |            | Place | Time  | Pace  |
|-------|------------|-------|-------|-------|
| 1     | Richardson | 3     | 20:30 | 6:36  |
| 2     | McClendon  | 20    | 22:31 | 7:15  |
| 3     | Duncan     | 34    | 23:42 | 7:38  |
| 4     | Chaffin    | 49    | 25:07 | 8:06  |
| 5     | Montgomery | 55    | 26:33 | 8:33  |
| 8     | Zbinden    | 57    | 27:46 | 8:57  |
| 7     | Carrera    | 62    | 32:31 | 10:29 |

**Team Scores: Varsity Girls**1. San Ramon 50, 2. Mission San Jose 64,  
3. Amador Valley 66, 4. Castro Valley 105,  
5. Clayton Valley 129, 6. MONTGOMERY 134,  
7. Monte Vista 148, 8. Newark Memorial 206  
62 finishers

| BOYS |         | Place | Time  | Pace |
|------|---------|-------|-------|------|
| 1    | Selby   | 6     | 17:03 | 5:30 |
| 2    | Toomey  | 7     | 17:15 | 5:33 |
| 3    | Sanborn | 11    | 17:35 | 5:40 |
| 4    | Hinkle  | 12    | 17:35 | 5:40 |
| 5    | Bisbee  | 22    | 17:52 | 5:45 |
| 6    | Story   | 23    | 17:54 | 5:46 |
| 7    | Dorris  | 36    | 18:32 | 5:58 |

**Team Scores: Varsity Boys**1. MONTGOMERY 53, 2. San Ramon 87,  
3. Monte Vista 89, 4. Santa Rosa 93,  
5. Amador Valley 115, 6. Castro Valley 116,  
7. Mission San Jose 206, 8. San Leandro 236,  
9. Clayton Valley 242, 10. Liberty 256,  
11. Ygnacio Valley 295,  
12. Newark Memorial 353  
79 finishers

The Viking boys earn their 2nd state meet berth in 3 years with Jason Selby leading the way. He ran the fastest time of all Redwood Empire runners at the North Coast Section meet. Selby and Tim Sanborn were instrumental in both NCS victories. Six runners finish within 52 seconds and the team ends up ranked second only to state meet champ De La Salle among all schools in the section by virtue of a better team time than Livermore's Division III winners. Pamela Richardson becomes the first Montgomery girl to qualify for the state cross country championship meet by taking 3rd place, running a very smooth race from beginning to end. Her time was the 2nd-fastest among Redwood Empire area competitors. Sarah McClendon ran a superb race, moving up 17 places from her '91 finish at this meet.