



Montgomery Viking Athletics

MONTGOMERY HIGH SCHOOL
1250 HAHMAN DRIVE
SANTA ROSA, CALIFORNIA 95405

BOY'S (707) 528-5387
GIRL'S (707) 528-5365

1993

MONTGOMERY

VIKINGS

CROSS

COUNTRY

HEAD COACH: Larry Meredith

ASSISTANT COACH: Tori Meredith

MONTGOMERY VIKINGS

1993 CROSS COUNTRY

Varsity Girls

Tirzah Zbinden, Senior, 3rd Yr.
 Leslie Carrera, Senior, 2nd Yr.
 Pamela Richardson, Junior, 2nd Yr.
 Amy Chaffin, Junior, 2nd Yr.
 Nadége Bowers, Junior, 1st Yr.
 Erica Hause, Junior, 1st Yr.
 Marisa Reichmuth, Sophomore
 Megan Scott, Sophomore
 Christina Cushing, Sophomore

1993 Meet Results

- Rancho Cotate 38, Santa Rosa 44, Justin Siena 73, Healdsburg 96, MHS 113
- Casa Grande 37, Santa Rosa 48, MHS 58, Analy 83
- Santa Rosa 24, MHS 36
- Ursuline 20, MHS 39
- Piner 24, MHS 33
- MHS 25, Ukiah 30
- Rancho Cotate 25, MHS 32

Varsity Boys

Ryan Lew, Senior, 3rd Yr.
 David Toomey, Senior, 3rd Yr.
 Scott Story, Senior, 3rd Yr., 2nd Yr. V
 Jacob Greenberg, Senior, 3rd Yr., 1st Yr. V
 Brian Widener, Senior, 3rd Yr., 1st Yr. V
 Billy Nielsen, Senior, 1st Yr.
 Nathan Higgins, Junior, 2nd Yr., 1st Yr. V
 Alonzo Martinez, Junior, 2nd Yr., 1st Yr. V
 Ben Erickson, Junior, 2nd Yr., 1st Yr. V
 Todd Buonaccorsi, Junior, 1st Yr.
 Toli Au, Sophomore

1993 Meet Results

- MHS 31, Santa Rosa 40, Healdsburg 58, Rancho Cotate 95, Justin Siena 124
- MHS 16, Casa Grande 41, Santa Rosa 73
- MHS 24, Santa Rosa 31
- MHS 25, Cardinal Newman 31
- MHS 20, Piner 37
- MHS 19, Ukiah 44
- MHS 20, Rancho Cotate 37

Junior Varsity Boys

Justin Umholtz, Senior, 3rd Yr.
 Andy Cuculich, Senior, 3rd Yr.
 Dave Todd, Senior, 3rd Yr.
 Justin Godfrey, Senior, 3rd Yr.
 Andrew Gomez, Senior, 1st Yr.
 Paul Finch, Junior, 1st Yr.
 Todd Au, Sophomore
 Michael Larsen, Sophomore
 Bryan Strickland, Sophomore

1992 Meet Results

- MHS 28, Analy 47, Santa Rosa 60, Rancho Cotate 96
- MHS 20, Analy 51, Casa Grande 62
- MHS 26, Santa Rosa 33
- MHS 17, Cardinal Newman 46
- MHS 15, Piner 50
- MHS 15, Ukiah 50
- MHS 15, Rancho Cotate 48

Invitationals / Post-Season

- Viking Opener: Jr/Sr G-9th; F/S G-10th; Sr B-1st; Jr B-4th; F/S B-4th
 - San Ramon: VG-7th; VB-3rd; JVB-1st
 - Artichoke: VG-18th; VB-6th; JVB-3rd
 - Castro Valley: VG-3rd; VB-1st; JVB-1st
 - Mariner: VB-5th
 - NBL: VG-5th; VB-1st; JVB-1st
 NBL Individual Champion: Pamela Richardson
 - NCS: VG-6th; VB-1st
 NCS Individual Champion: David Toomey
- State Meet Qualifiers: Pamela Richardson, Varsity Boys Team

SEASON RECORDS, 1982 to 1993

VARSITY GIRLS

	Dual Meets	NBL Final	North Coast Section
1982	1W - 4L	5th	DNC
1983	5W - 4L	2nd	11th 2A
1984	6W - 3L	2nd	6th 2A
1985	4W - 1L	2nd	6th 2A
1986	6W - 0L	1st	9th 3A
1987	5W - 1L	3rd	12th 3A
1988	1W - 4L	5th	DNC
1989	1W - 8L	5th	DNC
1990	3W - 4L	4th	4th, Div. I
1991	9W - 2L	3rd	5th, Div. II
1992	5W - 3L	4th	6th, Div. II
1993	2W - 10L	5th	6th, Div. I
Totals	48W - 44L	1 NBL pennant	

VARSITY BOYS

	Dual Meets	NBL Final	North Coast Section	Other
1982	4W - 1L	2nd	5th 2A	-
1983	9W - 0L	1st	3rd 2A	5th MOC
1984	9W - 0L	1st	2nd 2A	11th MOC
1985	5W - 0L	1st	1st 2A	4th MOC
1986	5W - 1L	1st	8th 3A	-
1987	6W - 0L	1st	3rd 3A	-
1988	4W - 1L	2nd	6th 3A	-
1989	9W - 0L	1st	6th 3A	-
1990	7W - 1L	2nd	1st, Div. I	13th State
1991	11W - 0L	1st	3rd, Div. II	-
1992	9W - 0L	1st	1st, Div. I	8th State
1993	11W - 0L	1st	1st, Div. II	State
Totals	89W - 4L	9 NBL pennants, 4 NCS pennants		

JUNIOR VARSITY BOYS

	Dual Meets	NBL Final	NBL Frosh/Soph Final
1982	4W - 1L	1st	3rd
1983	8W - 1L	3rd	1st
1984	8W - 1L	2nd	incomplete
1985	5W - 0L	2nd	1st
1986	6W - 0L	1st	incomplete
1987	6W - 0L	1st	-
1988	5W - 0L	1st	-
1989	9W - 0L	1st	-
1990	8W - 0L	1st	-
1991	9W - 0L	1st	-
1992	6W - 0L	1st	-
1993	10W - 0L	1st	-
Totals	84W - 3L	11 NBL titles	

VIKINGS' TIMES ON 3-MILE SPRING LAKE COURSE

	BOYS	Time	Pace	Date
1	David Toomey	15:26	5:08	10/13/93
2	Jason Selby	15:32	5:10	10/28/92
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 Kelth	16:17	5:25	10/11/89
10	Scott Story	16:18	5:26	11/5/93
11	Erik Hafuzak	16:20	5:26	10/23/91
12	Ryan Lew	16:24	5:28	10/13/93
13	Toll Au	16:26	5:28	11/5/93
14	Nate Blabee	16:31	5:30	10/28/92
15	Josh Dorris	16:40	5:33	11/6/92
16	Rory O'Neill	16:49	5:36	10/25/89
17	Scott Fitzwater	16:51	5:37	11/10/89
18	Eric Downing	16:54	5:38	10/26/88
19	Nathan Higgins	16:58	5:39	10/13/93
20	Star Stevenson	16:59	5:39	10/11/89
21	Mike Grafe	17:03	5:41	10/10/90
22	Wayne Richter	17:06	5:42	11/10/89
23	Sven Jorgensen	17:10	5:43	11/2/90
24	Lee Oblad	17:15	5:45	10/31/91
25	Dean Crane	17:17	5:45	10/26/88
26	Jacob Greenberg	17:19	5:46	11/5/93
27	Brian Felice	17:25	5:48	11/2/90
27	Kevin Boone	17:25	5:48	11/10/89
29	Victor Garrison	17:27	5:49	11/10/89
30	Aaron Parsons	17:31	5:50	11/10/89
31	Clayton Hunt	17:32	5:50	10/26/88
32	Rocky Contos	17:34	5:51	11/10/88
33	Mike del Campo	17:39	5:53	11/10/89
34	Ben Erickson	17:56	5:58	9/29/93
35	Jeff Bautista	17:58	5:59	11/10/89

	GIRLS	Time	Pace	Date
1	Pamela Richardson	18:59	6:19	11/5/93
2	Lisa Gay	19:43	6:34	10/31/91
3	Jamie Duncan	20:05	6:41	11/2/90
4	Marisa Reichmuth	20:16	6:45	11/5/93
5	Sarah McClendon	20:17	6:45	10/28/92
6	Jana Wiesner	20:25	6:48	11/8/91
7	Amy Jordan	20:33	6:51	11/8/91
8	Michelle Mayes	20:37	6:52	11/10/88
9	Tanya Mayo	21:49	7:16	10/26/88
10	Jenny Scott	22:02	7:20	11/10/88
11	Amy Chaffin	22:14	7:24	10/28/92
12	Cherie Montague	22:18	7:26	11/10/88
13	Kristen Blackwell	22:34	7:31	10/26/88
14	Amy Jordan	22:36	7:32	10/25/89
15	Erin Preston	23:12	7:44	10/25/89
15	Christina Cushing	23:12	7:44	10/13/93
17	Odile Zelenak	23:24	7:48	11/10/88
18	Tirzah Zbinden	23:48	7:56	10/28/92
19	Lexy Montgomery	24:20	8:06	10/23/91
20	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	
1993 39 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)	
1993 44 pts. (Div. I)	

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	1993 Pamela Richardson
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
1993 David Toomey

Montgomery Vikings at C.I.F. State Championships

3.1-mile course at Fresno's Woodward Park

Boys	Time	Place	Div.	Class	Year
Mike Contos	16:00	29	I	Sr	87
David Toomey	16:19	35	II	Jr	92
Josh Hinkle	16:20	37	II	Sr	92
Jason Selby	16:24	43	II	Sr	92
Tim Sanborn	16:32	53	II	Sr	92
Nat Lopes	16:36	48	II	Sr	91
Nat Lopes	16:55	73	I	Jr	90
Jeff Godfrey	16:56	74	I	Sr	90
Nate Bisbee	17:03	91	II	Sr	92
Scott Story	17:24	105	II	Jr	92
Jason Selby	17:36	119	I	So	90
Josh Dorris	17:37	114	II	Sr	92
Erik Haluzak	17:43	127	I	Jr	90
Tim Sanborn	17:43	128	I	So	90
Sven Jorgensen	17:59	135	I	Jr	90
Mike Grafe	19:04	148	I	Sr	90

Girls	Time	Place	Div.	Class	Year
Pamela Richardson	19:25	17	II	So	92

Montgomery Vikings at NCS Meet of Champions

3.1-mile course at Oakland's Mills College Campus

Boys	Time	Place	Div.	Class	Year
David Toomey	16:54	1	I	Sr	93
Jason Selby	17:03	6	II	Sr	92
David Toomey	17:15	7	II	Jr	92
Scott Story	17:33	5	I	Sr	93
Tim Sanborn	17:35	11	II	Sr	92
Josh Hinkle	17:35	12	II	Sr	92
Toli Au	17:49	8	I	So	93
Nathan Bisbee	17:52	22	II	Sr	92
Scott Story	17:54	23	II	Jr	92
Ryan Lew	18:13	12	I	Sr	93
Josh Dorris	18:32	36	II	Sr	92
Jacob Greenberg	18:40	18	I	Sr	93
Nathan Higgins	18:44	20	I	Jr	93
Todd Buonaccorsi	19:03	26	I	Jr	93

Girls	Time	Place	Div.	Class	Year
Pamela Richardson	20:30	3	II	So	92
Pamela Richardson	22:14	7	I	Jr	93
Sarah McClendon	22:31	20	II	Sr	92
Marisa Reichmuth	22:58	15	I	So	93
Jamie Duncan	23:42	34	I	Sr	92
Amy Chaffin	25:07	49	II	So	92
Amy Chaffin	25:19	31	I	Jr	93
Lexy Montgomery	26:33	55	II	Jr	92
Tirzah Zbinden	27:31	45	I	Sr	93
Tirzah Zbinden	27:46	57	II	Jr	92
Erica Hause	30:19	49	I	Jr	93
Megan Scott	30:36	50	I	So	93
Leslie Carrera	32:31	62	II	Jr	92

Fastest Vikings

on Spring Lake 2-mile course

Boys	Time
1 Mike Contos, '87	10:14
2 David Toomey, '93	10:21
3 Nat Lopes, '91	10:25
4 Randall Watkins, '87	10:34
5 Jeff Godfrey, '90	10:34
6 Nate Bisbee, '92	10:37
7 Josh Hinkle, '91	10:40
8 Tim Sanborn, '92	10:41
9 Keith Lewis, '87	10:43
10 Jason Selby, '91	10:47
11 Scott Story '93	10:48
12 Ryan Lew '93	10:50
13 Erik Haluzak, '91	10:52
14 Josh Dorris, '92	10:53
15 Toli Au '93	10:54
16 Star Stevenson, '88	11:03
17 Ryan Lew, '92	11:04
18 Lee Oblad, '92	11:06
19 Nathan Higgins '93	11:12
20 Dave Waldow, '87	11:13
21 Eric Downing, '88	11:20
22 Peter Keith, '88	11:20
23 Kevin Drisko, '87	11:21
24 Mike Grafe, '90	11:21
25 Kevin Boone, '88	11:24
26 Jeff Godfrey, '88	11:26
27 Dean Crane, '87	11:27

Girls	Time
1 Pamela Richardson, '92	12:26
2 Lisa Gay, '91	13:05
3 Nicole Fischer, '87	13:15
4 Jamie Duncan, '90	13:30
5 Jana Wiesner, '91	13:35
6 Michelle Mayes, '88	13:38
7 Sarah McClendon, '92	13:41
8 Marisa Reichmuth '93	13:44
9 Amy Jordan, '91	13:50
10 Amy Chaffin, '92	14:22
11 Tanya Mayo, '87	14:43
12 Linda Parker, '88	14:53
13 Kristen Blackwell, '88	15:11
14 Cherie Montague, '88	15:28
15 Christina Cushing '93	15:37
16 Erin Preston, '88	15:40
17 Odile Zelenak, '88	15:42

North Bay League Top 20 on Spring Lake 3-Mile Course

Varsity Boys				
Runner	Team	Time	Date	
1	David Toomey	M	15:26	10/13/93
2	Steve Guerrini	SR	15:28	10/22/89
3	Jason Selby	M	15:32	10/28/92
4	Zack Barrett	SR	15:34	10/28/92
5	Peter Egerton	SR	15:40	11/5/93
6	Juano Soriano	SR	15:41	11/8/91
7	Nat Lopes	M	15:47	10/23/91
8	Dan Held	SR	15:48	11/10/89
8	Sky Pile	SR	15:48	11/8/91
10	Jeff Godfrey	M	15:53	11/2/90
11	Tim Sanborn	M	15:54	11/6/92
12	Salvador Zabala	SR	15:55	11/10/88
13	Andy Price	SR	16:01	11/10/88
14	Keith Lewis	M	16:02	11/10/88
14	Roberto Olea	UK	16:02	11/6/92
16	Josh Hinkle	M	16:05	10/28/92
16	Jeff Flanders	FC	16:05	11/5/93
18	Todd Stevens	P	16:09	10/25/89
19	Dave Intner	M	16:10	11/10/89
19	Jim Macken	SR	16:10	11/10/88

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
4	Pamela Richardson	M	18:59	11/5/93
6	Georgina Balkwell	Urs	19:08	10/1/92
7	Michelle Ferguson	P	19:14	11/10/88
8	Stefanie Bosch	Urs	19:25	11/8/91
9	Michelle McConnico	SR	19:26	11/5/93
10	Wendy Beardall	SR	19:33	11/2/90
11	Lissette Lemus	FC	19:35	11/8/91
12	Lisa Gay	M	19:43	10/31/91
13	Laurie Carlson	P	19:51	11/8/91
14	Michelle McConnico	SR	19:52	11/6/92
15	Martha Hakel	Urs	19:54	11/8/91
16	Cheryl Vann	SR	19:55	11/10/88
17	Anne-Marie Dunncliff	Urs	19:59	11/8/91
18	Jamie Duncan	M	20:05	11/2/90
19	Karrie Kronberg	Urs	20:05	11/5/93
20	Janine Murphy	SR	20:12	10/23/91
20	Leslie Huber	P	20:12	11/5/93

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	Ahterom 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

Practices	Meets
Toomey	Au, Toll
Higgins	Higgins
Lew	Lew
Widener	Toomey
Story	Buonaccorsi
Au, Toll	Cushing
Reichmuth	Richardson
Richardson	Story
Scott	Carrera
Finch	Chaffin
Chaffin	Greenberg
Carrera	Hause
Buonaccorsi	Nielsen, B.
Nielsen, B.	Scott
Erickson	Widener
Cushing	Finch
Greenberg	Reichmuth
Strickland	Strickland
Hause	Au, Todd
Gomez	Gomez
Zbinden	Larsen
Larsen	Bowers
Umholtz	Martinez
Au, Todd	Umholtz
Bowers	Zbinden
Martinez	Erickson
Cuculich	Todd
Todd	Cuculich
Godfrey	Godfrey
Nielsen, J.	Nielsen, J.

Cross Country Season Miles	Boys	Girls
Richardson	Toomey	Richardson
Reichmuth	Lew	Reichmuth
Scott	Higgins	Scott
Cushing	Widener	Cushing
Carrera	Story	Carrera
Chaffin	Au, Toll	Chaffin
Hause	Finch	Hause
Zbinden	Strickland	Zbinden
Bowers	Erickson	Bowers
Nielsen	Buonaccorsi	Nielsen
	Greenberg	
	Gomez	
	Nielsen	
	Umholtz	
	Au, Todd	
	Larsen	
	Martinez	
	Cuculich	
	Todd	
	Godfrey	

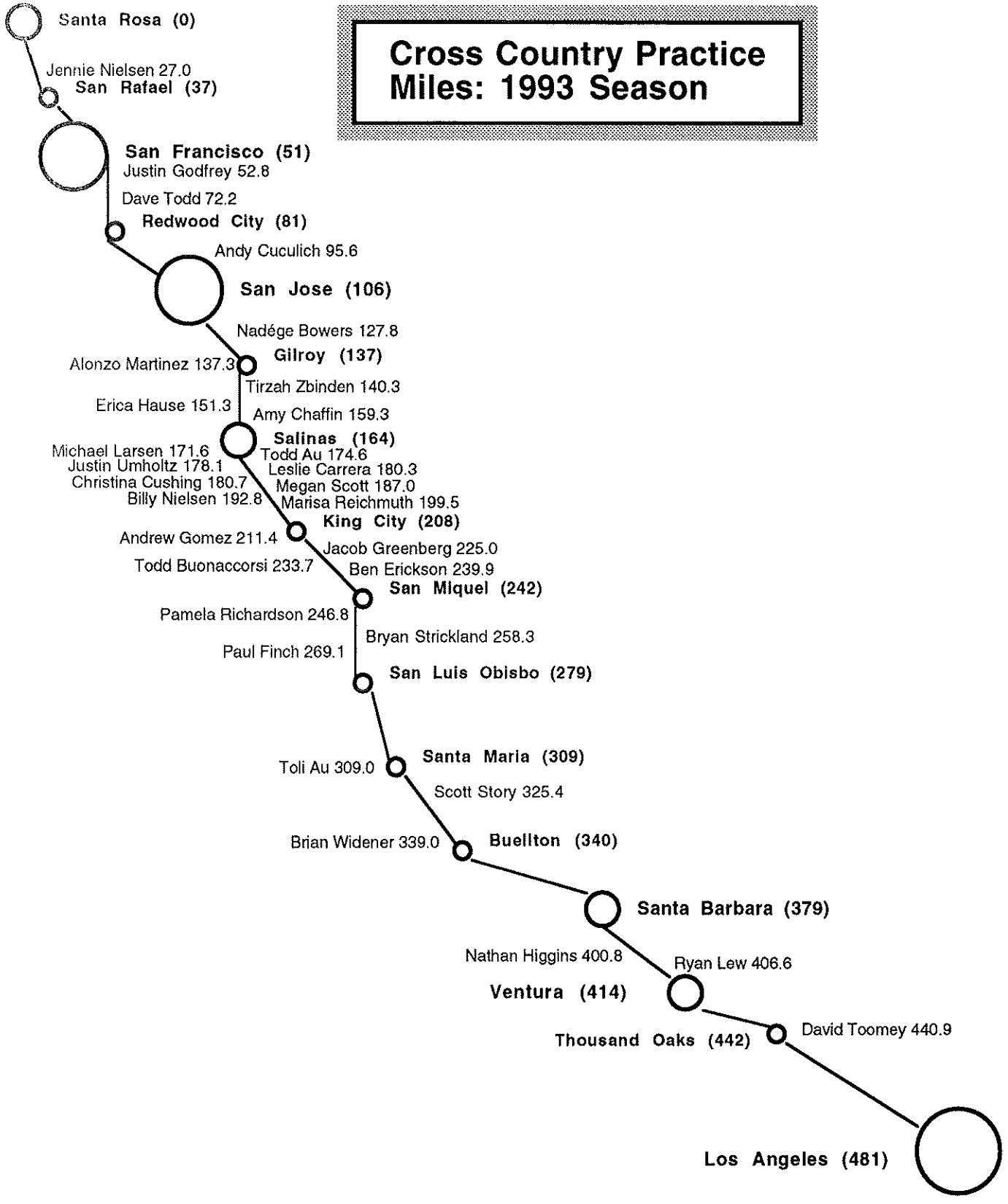
Cross Country Career Miles	Boys	Girls
Richardson	Toomey	Richardson
Zbinden	Lew	Zbinden
Carrera	Story	Carrera
Chaffin	Widener	Chaffin
Reichmuth	Higgins	Reichmuth
Scott	Greenberg	Scott
Cushing	Umholtz	Cushing
Hause	Cuculich	Hause
Bowers	Erickson	Bowers
Nielsen	Godfrey	Nielsen
	Au, Toll	
	Todd	
	Finch	
	Martinez	
	Strickland	
	Buonaccorsi	
	Gomez	
	Nielsen	
	Au, Todd	
	Larsen	

Mileage All-Time Career List	
Boys	
1 David Toomey, '94	1112.3
2 Jeff Godfrey, '91	926.1
3 Peter Keith, '90	911.6
4 Ryan Lew, '94	910.9
5 Nate Bisbee, '93	885.1
6 Dave Inther, '90	846.8
7 Scott Story, '94	844.3
8 Star Stevenson, '90	791.8
9 Paul Cummings, '86	780.5
10 Marc Spira, '86	733.0
11 Jason Schauberg, '85	716.0
12 Keith Lewis, '89	711.5*
13 Tim Cummings, '86	705.5
14 Nathan Higgins, '95	700.0
15 Derek Powell, '86	683.5
16 Jason Selby, '93	655.2
17 Kevin Boone, '90	644.5
18 Lee Obiad, '93	610.5
19 Rory O'Neill, '91	605.4
20 Tim Sanborn, '93	603.7
21 Ryan Lynn, '91	588.7
22 Jon Lew, '89	581.5*
23 Erik Haluzak, '92	580.6
Girls	
1 Sarah McClendon, '93	885.6
2 Amy Jordan, '92	835.1
3 Lisa Gay, '92	829.0
4 Jamie Duncan, '93	779.8
5 Erin Preston, '90	607.8
6 Tanya Mayo, '90	508.4
7 Michelle Mayes, '89	502.5*
8 Pamela Richardson, '95	483.3
9 Chris Ferguson, '86	482.0
10 Nicole Fischer, '88	469.0*
11 Kristen Blackwell, '91	387.2
12 Sheila O'Hanlon, '85	359.0
13 Tirzah Zbinden, '94	354.1
14 Leslie Carrera, '94	342.1
15 Erika Gardner, '87	338.5*
16 Amy Chaffin, '95	322.1

*No records kept for 1986 season

Single Season Mileage Records	'93	'93	'88	'91
David Toomey	440.9	406.6	404.5	361.7
Ryan Lew				
Keith Lewis				
Sarah McClendon				

Cross Country Practice Miles: 1993 Season



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

September 3 at Rancho Cotate
Course: 2.75 miles, flat

GIRLS	Place	Time	Pace
1 Richardson	3 V	18:14	6:37
2 Chaffin	21 V	21:58	7:59
3 Cushing	24 V	22:37	8:13
4 Zbinden	38 V	25:13	9:10
5 Nielsen	40 V	26:54	9:46
6 Carrera	43 V	27:59	10:10
7 Scott	44 V	28:30	10:21
8 Hause	45 V	28:41	10:25

Team Scores: Varsity Girls

Rancho Cotate 38, Santa Rosa 44,
Justin 73, Healdsburg 96, Montgomery 113
45 finishers

BOYS	Place	Time	Pace
1 Toomey	2 V	14:41	5:20
2 Au, Toli	5 V	15:18	5:33
3 Lew	7 V	15:26	5:36
4 Higgins	9 V	15:37	5:40
5 Story	11 V	15:44	5:43
6 Erickson	2 JV	17:16	6:16
7 Widener	4 JV	17:27	6:20
8 Votruba	6 JV	17:33	6:22
9 Buonaccorsi	7 JV	17:38	6:24
10 Finch	9 JV	18:08	6:35
11 Gomez	10 JV	18:12	6:37
12 Strickland	12 JV	18:58	6:53
13 Umholtz	14 JV	19:40	7:09
14 Larsen	15 JV	20:12	7:20
15 Nielsen	17 JV	20:23	7:24

Team Scores: Varsity Boys

MONTGOMERY 31, Santa Rosa 40,
Healdsburg 58, Rancho Cotate 95,
Justin Siena 124 33 finishers

Team Scores: Junior Varsity Boys

MONTGOMERY 28, Analy 47,
Santa Rosa 60, Rancho Cotate 96
28 finishers

Rancho Cotate Multi-Team

The MHS junior varsity boys team made it 60 wins in a row with another impressive season debut over 3 teams at Rancho Cotate. Ben Erickson led the way with a 2nd-place finish, improving 37 seconds from his 1992 time on the same course. Brian Widener took 4th, leading the entire team in course personal records (PR) by taking 1:12 off his best. Both Ben and Brian make the varsity boys team for the first time. The varsity boys surprised pre-season favorite Santa Rosa and moved their own winning streak to 26. Nathan Higgins was the big surprise, finishing 9th by running 1:53 faster than his time in the same meet last year and 42 seconds better than his course best. Ryan Lew's 38-second improvement and David Toomey's 36-second PR reflected the summer of training in preparation of the season. Leslie Carrera was the most improved among the girls, running 44 seconds faster than in the same meet a year ago. The top newcomers included sophomore Toli Au, 5th in the VB race, soph Christina Cushing, 24th for the girls, and junior Todd Buonaccorsi, 7th in the JVB division.

Spring Lake 4-Way, 2-Miles

Ben Erickson, running varsity for the first time, cut 2.09 off his best 2-mile. Sophomore Marisa Reichmuth ran her first race for MHS, placing 4th among 28 girls. Pamela Richardson avenges her loss to Analy's Shelly Lowery by pulling away in the final half-mile to win the girls' race. Todd Au ran his first race as a Viking and placed 4th in the JVBs. Big improvements included a 44-second PR by Nathan Higgins, 31 seconds for Toli Au and 17 seconds for Alonzo Martinez.

Viking Opener, 2-Miles

There were 18 PRs set on the 2-mile course led by Megan Scott's 57-second improvement. Erica Hause was next with a 55-second PR, followed by Paul Finch, 29 seconds, Christina Cushing, 23 seconds, Marisa Reichmuth, 21 seconds, and Todd Buonaccorsi, 20 seconds better. The senior boys easily captured their division with 3 medalists: David Toomey in 2nd, Scott Story in 5th and Ryan Lew in 6th. Two other Vikings earned 2nd-place medals, Pamela Richardson running the fastest time for junior girls and Toli Au the fastest sophomore boy. Marisa Reichmuth took home a 6th-place medal in the soph race and Nathan Higgins took the 9th spot in the junior race.

PRE-SEASON MEET VS. CASA GRANDE, SANTA ROSA, and ANALY

September 15 at Spring Lake

Course: 2.0 miles, rolling

GIRLS	Place	Time	Pace
1 Richardson	1	12:45	6:22
2 Reichmuth	4	14:00	7:00
3 Chaffin	12	15:11	7:35
4 Cushing	17	16:00	8:00
5 Bowers	23	18:01	9:00
6 Scott	24	18:23	9:11
7 Hause	25	19:06	9:33
8 Carrera	27	19:59	9:59

Team Scores: Varsity Girls

Casa Grande 37, Santa Rosa 48,
Montgomery 58, Analy 83
28 finishers

BOYS	Place	Time	Pace
1 Toomey	1 V	10:21	5:10
2 Lew	2 V	10:54	5:27
3 Au, Toli	3 V	11:08	5:34
4 Story	4 V	11:12	5:36
5 Higgins	6 V	11:21	5:40
6 Martinez	1 JV	11:39	5:49
7 Greenberg	2 JV	11:42	5:51
8 Erickson	15 V	12:00	6:00
9 Au, Todd	4 JV	12:08	6:04
10 Widener	18 V	12:15	6:07
11 Votruba	7 JV	12:27	6:13
12 Buonaccorsi	9 JV	12:30	6:15
13 Strickland	11 JV	12:44	6:22
14 Finch	12 JV	12:44	6:22
15 Gomez	14 JV	12:55	6:27
16 Nielsen	17 JV	13:18	6:39
17 Umholtz	18 JV	13:25	6:42
18 Larsen	21 JV	13:46	6:53
19 Godfrey	25 JV	14:38	7:19
20 Cuculich	28 JV	15:23	7:41

Team Scores: Varsity Boys

MONTGOMERY 16, Casa Grande 41,
Santa Rosa 73, Analy - inc. 23 finishers

Team Scores: Junior Varsity Boys

MONTGOMERY 20, Analy 51,
Casa Grande 62, Santa Rosa - inc.
30 finishers

VIKING OPENER INVITATIONAL

September 18 at Spring Lake

Course: 2.0 miles, rolling

GIRLS	Place	Time	Pace
1 Richardson	2 JrSr	12:30	6:15
2 Reichmuth	6 F/S	13:44	6:52
3 Chaffin	34 JrSr	14:50	7:25
4 Cushing	33 F/S	15:37	7:48
5 Scott	60 F/S	17:26	8:43
6 Hause	78 JrSr	18:11	9:05
7 Bowers	81 JrSr	18:23	9:11
8 Carrera	83 JrSr	18:49	9:24

Team Scores: Junior/Senior Girls

1. Napa 30, 2. Ursuline 35, 3. Santa Rosa 38,
4. Piner 40, 5. Fortuna 41, 6. Rancho 41,
7. Casa Grande 43, 8. Eureka 71,
9. MONTGOMERY 85, 10. Fort Bragg 115,
11. Terra Linda 117, 12. Willits 136
86 finishers

Team Scores: Frosh/Soph Girls:

1. Ursuline 24, 2. Napa 28, 3. Santa Rosa 46,
4. Rancho 50, 5. Healdsburg 54, 6. Eureka 61,
7. Terra Linda 65, 8. Ukiah 71, 9. Analy 72,
10. MONTGOMERY 75, 11. Fort Bragg 113,
12. Kelseyville 115, 13. St. Patrick 131
79 finishers

BOYS	Place	Time	Pace
1 Toomey	2 Sr	10:25	5:12
2 Story	5 Sr	10:48	5:24
3 Lew	6 Sr	10:50	5:25
4 Au, Toli	2 F/S	10:54	5:27
5 Higgins	9 Jr	11:12	5:36
6 Greenberg	18 Sr	11:41	5:50
7 Erickson	23 Jr	11:49	5:54
8 Martinez	27 Jr	12:02	6:01
9 Widener	31 Sr	12:09	6:04
10 Buonaccorsi	34 Jr	12:10	6:05
11 Votruba	35 Jr	12:12	6:06
12 Finch	36 Jr	12:15	6:07
13 Au, Todd	26 F/S	12:17	6:08
13 Strickland	32 F/S	12:19	6:19
15 Gomez	38 Sr	12:49	6:24
16 Nielsen	40 Sr	13:00	6:30
17 Umholtz	41 Sr	13:02	6:31
18 Larsen	58 F/S	13:31	6:45
19 Cuculich	55 Sr	15:20	7:40
20 Todd	56 Sr	16:52	8:26

Team Scores: Senior Boys

1. MONTGOMERY 13, 2. Piner 33,
3. Healdsburg 33, 4. Rancho 45, 5. Fortuna 49,
6. Napa 52, 7. Casa Grande 60, 8. Eureka 69,
9. Ukiah 71 58 finishers

Team Scores: Junior Boys

1. Santa Rosa 9, 2. Cardinal Newman 27,
3. Healdsburg 42, 4. MONTGOMERY 51,
5. Terra Linda 60, 6. Casa Grande 64,
7. Willits 71, 8. Sonoma 77, 9. Fortuna 82
10. San Marin 86, 11. St. Patrick 106,
12. Ukiah 135 80 finishers

Team Scores: Frosh/Soph Boys

1. Casa Grande 27, 2. Eureka 28, 3. Cook JH 45,
4. MONTGOMERY 55, 5. Slater JH 56,
6. Terra Linda 63, 7. Napa 63, 8. Analy 68,
9. Santa Rosa 72, 10. Fortuna 95,
11. Ukiah 101, 12. Willits 106,
13. Fort Bragg 125, 14. Rancho Cotate 128,
15. Cardinal Newman 163, 16. Kelseyville 189
85 finishers

SAN RAMON INVITATIONAL
September 25 at Danville
Course: 1.95 miles, flat

GIRLS				
	Place	Time	Pace	
1	Richardson	4 V	11:49	6:03
2	Reichmuth	15 V	13:08	6:44
3	Cushing	41 V	14:27	7:24
4	Chaffin	52 V	15:20	7:51
5	Zbinden	55 V	16:08	8:16
6	Bowers	21 JV	16:53	8:39
7	Scott	24 JV	16:59	8:42
8	Hause	25 JV	17:02	8:44
9	Carrera	29 JV	18:43	9:35

Team Scores: Varsity Girls

1. Mission SJ 56, 2. Monte Vista 96,
3. Santa Rosa 107, 4. Rancho Cotate 123,
5. San Ramon 127, 6. College Park 150,
7. MONTGOMERY 167, 8. Livermore 197
56 finishers

Junior Varsity Girls:

30 finishers

BOYS				
	Place	Time	Pace	
1	Toomey	7 V	10:01	5:08
2	Story	11 V	10:23	5:19
3	Lew	13 V	10:26	5:21
4	Au, Toli	22 V	10:41	5:28
5	Higgins	33 V	11:01	5:38
6	Greenberg	38 V	11:08	5:42
7	Martinez	4 JV	11:30	5:53
8	Au, Todd	7 JV	11:44	6:01
9	Buonaccorsi	10 JV	11:46	6:02
10	Widener	13 JV	11:51	6:04
11	Strickland	26 JV	12:14	6:16
12	Finch	29 JV	12:19	6:18
13	Nielsen	34 JV	12:24	6:21
14	Umholtz	43 JV	12:35	6:27
15	Todd	74 JV	17:17	8:51

Team Scores: Varsity Boys

1. Livermore 66, 2. Santa Rosa 80,
3. MONTGOMERY 86, 4. De La Salle 93,
5. Mission SJ 107, 6. Antioch 158,
7. Rancho Cotate 188, 8. Campolindo 201
9. San Ramon 208 98 finishers

Team Scores: Junior Varsity Boys

1. MONTGOMERY 60, 2. De La Salle 68,
3. Santa Rosa 71, 4. College Park 129,
5. San Ramon 181, 6. Campolindo 207
75 finishers

San Ramon Invitational

The Montgomery JV boys won the title with Alonzo Martinez in 4th and Todd Au, 7th, leading the way. Leslie Carrera cut 52 seconds from her 1992 time on this course and Ryan Lew was 26 seconds faster. David Toomey's 10:01 is the 3rd-fastest Viking time in the 9 years MHS has run the event. He led the boys to a 3rd-place finish.

NBL Dual Meet: Santa Rosa

The varsity boys' team came through under pressure to defeat their top NBL rival. Nathan Higgins' 36-second improvement was a key to the meet along with Toli Au's 16:53 debut. Once again, Ben Erickson showed his dramatic level of improvement by cutting 1:35 from his best time from 1992. Brian Widener, without a PR throughout his junior year, cut 13 seconds from his best time as a soph. Pamela Richardson cruised to victory in the VG race.

Artichoke Invitational

Pamela Richardson cuts 40 seconds off her 1992 time to place 5th but the most improved was Ben Erickson again, running 1:25 better than a year ago. Brian Widener was also much-improved, 1:11 faster than last season. Justin Umholtz ran 42 seconds better this time. Ryan Lew cut 37 seconds, Nathan Higgins 31, Tirzah Zbinden 27 and David Toomey earned the 9th-place medal, 21 seconds faster than 1992. Todd Buonaccorsi ran his way onto the varsity team with a fine 7th-place finish in the JV race. Toli Au, in 2nd, and Marisa Reichmuth, 9th, each earned Frosh/Soph medals.

NBL DUAL MEET VS. SANTA ROSA
September 29 at Spring Lake
Course: 3 miles, rolling

GIRLS				
	Place	Time	Pace	
1	Richardson	1 V	19:37	6:52
2	Reichmuth	3 V	21:41	7:13
3	Cushing	9 V	23:49	7:56
4	Chaffin	12 V	24:52	8:17
5	Zbinden	14 V	27:58	9:19
6	Bowers	15 V	28:27	9:29
7	Hause	16 V	28:57	9:39
8	Scott	17 V	31:51	10:37
9	Carrera	18 V	31:51	10:37

Team Scores: Varsity Girls

- Santa Rosa 24, MONTGOMERY 36 19 finishers

BOYS				
	Place	Time	Pace	
1	Toomey	2 V	15:53	5:17
2	Au, Toli	4 V	16:53	5:37
3	Lew	5 V	16:57	5:39
4	Story	6 V	17:19	5:46
5	Higgins	7 V	17:23	5:47
6	Greenberg	11 V	17:52	5:57
7	Erickson	3 JV	17:56	5:58
8	Martinez	12 V	18:09	6:03
9	Widener	4 JV	18:59	6:19
10	Votruba	5 JV	19:08	6:22
11	Buonaccorsi	6 JV	19:22	6:27
12	Strickland	8 JV	19:45	6:35
13	Finch	9 JV	19:46	6:35
14	Gomez	10 JV	20:04	6:41
15	Nielsen	12 JV	20:56	6:58
16	Larsen	13 JV	20:57	6:59
17	Umholtz	14 JV	20:58	6:59
18	Au, Todd	20 JV	22:32	7:30
19	Cuculich	22 JV	23:08	7:42
20	Todd	23 JV	28:09	9:23

Team Scores: Varsity Boys

- MONTGOMERY 24, Santa Rosa 31 14 finishers

Team Scores: Junior Varsity Boys

- MONTGOMERY 26, Santa Rosa 33 23 finishers

ARTICHOKE INVITATIONAL
October 2 at Half Moon Bay
Course: 2.25 miles, hilly

GIRLS				
	Place	Time	Pace	
1	Richardson	5 V	14:11	6:18
2	Reichmuth	9 F/S	15:41	6:58
3	Cushing	34 F/S	17:17	7:40
4	Chaffin	128 V	18:31	8:13
5	Zbinden	147 V	18:40	8:17
6	Bowers	153 V	19:33	8:41
7	Hause	154 V	19:46	8:47
8	Scott	101 F/S	20:31	9:07
9	Carrera	165 V	22:22	9:56

Team Scores: Varsity Girls

1. MSJ 63, 2. Reed 75, 3. Silver Cr. 107,
4. Los Gatos 141, 5. Douglas 149,
6. Castro Valley 171, 7. Del Campo 225,
8. E. Union 382, 9. Lowell 288,
10. College Park 393, 11. Manteca 420,
12. Moreau 423, 13. Wilcox 442,
14. Washington 474, 15. Leigh 563,
16. Mt. View 540, 17. Ukiah 553,
18. MONTGOMERY 587, 19. Berkeley 732
170 finishers

Frosh/Soph Girls:

128 finishers

BOYS				
	Place	Time	Pace	
1	Toomey	9 V	12:07	5:23
2	Au, Toli	2 F/S	12:31	5:33
3	Story	30 V	12:37	5:36
4	Lew	36 V	12:45	5:40
5	Higgins	80 V	13:26	5:58
6	Buonaccorsi	7 JV	13:28	5:59
7	Greenberg	84 V	13:29	5:59
8	Martinez	110 V	13:50	6:08
9	Erickson	129 V	14:05	6:15
10	Votruba	24 JV	14:10	6:17
11	Au, Todd	37 F/S	14:12	6:18
12	Widener	27 JV	14:13	6:19
13	Finch	28 JV	14:14	6:19
14	Strickland	47 F/S	14:22	6:23
15	Gomez	38 JV	14:30	6:26
16	Umholtz	58 JV	14:54	6:37
17	Nielsen	65 JV	15:08	6:43
18	Larsen	92 F/S	15:43	6:59
19	Cuculich	121 JV	17:28	7:45
20	Todd	128 JV	19:29	8:49

Team Scores: Varsity Boys

1. Los Gatos 80, 2. Reed 135, 3. MSJ 152,
4. Del Campo 154, 5. Castro Valley 193,
6. MONTGOMERY 239, 7. Silver Creek 258,
8. Fremont 259, 9. Homestead 269,
10. Douglas 273, 11. Mt. View 283,
12. Leland 341, 13. Overfell 380,
14. Andrew Hill 444, 15. East Union 514,
16. Lowell 531
186 finishers

Team Scores: Junior Varsity Boys

1. Del Campo 100, 2. Castro Valley 112,
3. MONTGOMERY 124, 4. Fremont 133,
5. Los Gatos 149, 6. Logan 183,
7. College Park 204, 8. Skyline 254,
9. Silver Creek 306, 10. Lowell 318,
11. Mountain View 333, 12. East Union 344,
13. Homestead 364, 14. MSJ 378,
15. Westmont 390 128 finishers

Frosh/Soph Boys:

130 finishers

**NBL DUAL MEET VS. CARDINAL NEWMAN
and URSULINE**

October 7 at Newman/Ursuline
Course: 2.6 miles, mostly flat

	GIRLS	Place	Time	Pace
1	Richardson	1 V	16:55	6:30
2	Reichmuth	8 V	18:40	7:10
3	Zbinden	11 V	22:45	8:45
4	Bowers	12 V	23:08	8:53
5	Hause	13 V	25:36	9:50
6	Cushing	14 V	25:46	9:54
7	Scott	15 V	26:00	10:00
8	Carrera	16 V	28:10	10:50

Team Scores: Varsity Girls
Ursuline 20, MONTGOMERY 39 16 finishers

	BOYS	Place	Time	Pace
1	Toomey	1 V	13:56	5:21
2	Story	4 V	14:19	5:30
3	Au, Toli	5 V	14:27	5:33
4	Lew	7 V	14:37	5:37
5	Higgins	8 V	14:53	5:43
6	Greenberg	10 V	15:15	5:51
7	Martinez	1 JV	15:40	6:01
8	Erickson	2 JV	15:49	6:05
9	Buonaccorsi	15 V	15:59	6:08
10	Au, Todd	3 JV	16:11	6:13
11	Widener	5 JV	16:22	6:17
12	Gomez	6 JV	17:08	6:35
13	Finch	7 JV	17:11	6:36
14	Strickland	8 JV	17:31	6:44
15	Nielsen	10 JV	17:43	6:48
16	Umholtz	11 JV	17:44	6:49
17	Larsen	15 JV	18:27	7:05
18	Cuculich	20 JV	20:58	8:03
19	Todd	21 JV	22:38	8:42

Team Scores: Varsity Boys
MONTGOMERY 25, Cardinal Newman 31
16 finishers

Team Scores: Junior Varsity Boys
MONTGOMERY 17, Cardinal Newman 46
22 finishers

CASTRO VALLEY INVITATIONAL
October 9 at Canyon Middle School

Varsity Girls Course: 3 miles, hilly

	GIRLS	Place	Time	Pace
1	Chaffin	17 V	26:32	8:50
2	Bowers	22 V	29:02	9:40
3	Zbinden	24 V	29:09	9:43
4	Hause	25 V	29:54	9:58
5	Carrera	28 V	34:18	11:26

Frosh/Soph Girls: 2.1 miles, hilly
1 Reichmuth 3 F/S 15:39 7:27
2 Cushing 13 F/S 17:16 8:13

Team Scores: Varsity Girls
1. Castro Valley 24, 2. Rancho Cotate 33,
3. MONTGOMERY 67 28 finishers

Frosh/Soph Girls: 28 finishers

Varsity Boys: 3 miles, hilly

	BOYS	Place	Time	Pace
1	Toomey	5 V	17:10	5:43
2	Au, Toli	7 V	17:43	5:54
3	Lew	16 V	18:21	6:07
4	Higgins	20 V	18:42	6:14
5	Greenberg	23 V	19:00	6:20

JV Boys: 2.1 miles, hilly
1 Buonaccorsi 4 JV 13:32 6:26
2 Widener 6 JV 13:54 6:37
3 Gomez 8 JV 14:05 6:42
4 Finch 11 JV 14:12 6:45
5 Strickland 13 JV 14:21 6:50
6 Nielsen 14 JV 14:27 6:52
7 Larsen 27 JV 15:15 7:15

Team Scores: Varsity Boys
1. MONTGOMERY 53, 2. Castro Valley 56,
3. De La Salle 63, 4. Alhambra 88,
5. Rancho Cotate 121, 6. Skyline 125,
7. Marin Academy 144 50 finishers

Team Scores: Junior Varsity Boys:
1. MONTGOMERY 26, 2. San Marin 51,
3. Castro Valley 65, 4. Skyline 84
finishers

NBL DUAL MEET VS. PINER
October 13 at Spring Lake
Course: 3 miles, rolling hills

	GIRLS	Place	Time	Pace
1	Richardson	1 V	19:20	6:26
2	Reichmuth	3 V	20:40	6:53
3	Chaffin	8 V	23:07	7:42
4	Cushing	9 V	23:12	7:44
5	Hause	12 V	26:30	8:50
6	Scott	13 V	28:30	9:30
7	Carrera	14 V	29:40	9:53

Team Scores: Varsity Girls
Piner 24, MONTGOMERY 33 14 finishers

	BOYS	Place	Time	Pace
1	Toomey	1 V	15:26	5:08
2	Lew	2 V	16:24	5:28
3	Story	4 V	16:34	5:31
4	Au, Toli	6 V	16:53	5:37
5	Higgins	7 V	16:58	5:39
6	Erickson	10 V	17:56	5:58
7	Martinez	11 V	18:00	6:00
8	Buonaccorsi	1 JV	18:22	6:07
9	Widener	2 JV	18:30	6:10
10	Finch	3 JV	18:52	6:17
11	Au, Todd	4 JV	18:56	6:18
12	Strickland	5 JV	19:10	6:23
13	Gomez	6 JV	19:13	6:24
14	Nielsen	9 JV	19:46	6:35
15	Larsen	11 JV	20:34	6:51

Team Scores: Varsity Boys
MONTGOMERY 20, Piner 37 14 finishers

Team Scores: Junior Varsity Boys
MONTGOMERY 15, Piner 50 11 finishers

NBL Dual Meet vs. Cardinal Newman/Ursuline

On a hot day the varsity boys squeak out a 6-point win over Cardinal Newman. Alonzo Martinez wins the JV boys race to make the varsity team again. Pamela Richardson and David Toomey won their respective varsity races by pulling away over the final half of the course.

Castro Valley Invitational

All 19 MHS runners come home with medals, the varsity and JV boys winning team titles and the varsity girls taking 3rd. Amy Chaffin led the girls with her 17th-place finish and Marisa Reichmuth placed 3rd in the frosh/soph race. Two varsity boys placed in the top 10, David Toomey taking 5th and Toli Au 7th. The JV boys were led by Todd Buonaccorsi in 4th, Brian Widener in 6th and Andrew Gomez in 8th.

NBL Dual Meet vs. Piner at Spring Lake

David Toomey blistered the Spring Lake course and established an all-time course mark of 15:26, 2 seconds better than Steve Guerrini's 1989 record. Varsity boys PRs were set by Ryan Lew, Scott Story and Nathan Higgins. Todd Au cut 3:36 from his first try on the course as Todd Buonaccorsi led the JV boys to victory by winning with a 1:00 PR of his own. Pamela Richardson remains undefeated in the NBL as she ran only 8 seconds slower than her 1992 course record. Girls PRs included a 3:21 improvement by Megan Scott and a 2:27 jump by Erica Hause. Marisa Reichmuth was 1:01 better and, for the boys, Billy Nielsen cut 1:10 and Paul Finch was 54 seconds faster.

MARINER INVITATIONAL
October 16 at Garlin Park, Hayward

Course: Varsity - 2.9 miles, hilly;

GIRLS	Place	Time	Pace
1 Richardson	5 V	19:06	6:35
2 Chaffin	64 V	23:52	8:13
3 Bowers	80 V	26:28	9:07

80 finishers

JV and Frosh/Soph: 2.1 miles, hilly

1 Cushing	20 F/S	15:11	7:13
2 Scott	46 JV	19:12	9:08
3 Hause	49 JV	19:50	9:26
4 Carrera	53 JV	20:03	9:32

JV: 60 finishers F/S: 77 finishers

Course: Varsity - 2.9 miles, hilly;

BOYS	Place	Time	Pace
1 Toomey	4 V	15:32	5:21
2 Lew	24 V	16:24	5:39
3 Story	44 V	17:02	5:52
4 Higgins	46 V	17:03	5:52
5 Greenberg	54 V	17:14	5:56

JV and Frosh/Soph: 2.1 miles, hilly

1 Au, Toli	2 F/S	11:33	5:30
2 Au, Todd	20 F/S	12:44	6:03
3 Widener	39 JV	13:04	6:13
4 Nielsen	46 JV	13:25	6:23
5 Todd	90 JV	17:26	8:18

JV: 91 finishers F/S: 125 finishers

Team Scores: Varsity Boys

1. Bellarmine 71, 2. Hesperia 78,
3. Davis 140, 4. Amador 154,
5. MONTGOMERY 157, 6. Mission San Jose 183,
7. De La Salle 189, 8. San Ramon 197,
9. Logan 218, 10. Monte Vista 222,
11. Castro Valley 236, 12. Liberty 291,
13. Tokay 301, 14. Bear Valley 301,
15. Santa Teresa 408, 16. Newark Mem. 412

119 finishers

Mariner Invitational

David Toomey continues his string of outstanding performances with a tremendous 34-second PR over his 1992 race on this barren, hilly course. His 4th place was nearly matched by Pamela Richardson's 5th place in the varsity girls race. Toli Au took another 2nd-place medal in the frosh/soph boys division. Leslie Carrera ran 29 seconds faster than last year. Medalists included Christina Cushing, 20th in the frosh/soph girls and Todd Au, 20th in the frosh/soph boys.

NBL Dual Meet at Ukiah

We survived the trip to Ukiah and the varsity girls picked up their first NBL victory of the season, led by Pamela Richardson's course record of 21:33. David Toomey chalked up a course record of his own, cutting 40 seconds off the old mark.

NBL Dual Meet vs. Rancho Cotate at Spring Lake

A warm day at Spring Lake in our final dual meet of the year. Only 3 PRs were set: A 22-second improvement by Megan Scott, an 18-second betterment by Bryan Strickland, and the 9-second PR by Scott Story. Both boys teams end the year undefeated, making it 67 straight wins for the JV over 9 years and 33 consecutive victories over 4 years for the varsity boys. Pamela Richardson finished the NBL season undefeated.

NBL DUAL MEET VS. UKIAH

October 20 at Ukiah

Course: 3.1 miles, hilly

GIRLS	Place	Time	Pace
1 Richardson	1 V	21:33	6:57
2 Reichmuth	3 V	23:20	7:31
3 Cushing	5 V	25:28	8:12
4 Chaffin	6 V	26:07	8:25
5 Zbinden	10 V	29:54	9:38
6 Scott	11 V	31:46	10:14
7 Carrera	13 V	32:45	10:33

Team Scores: Varsity Girls

MONTGOMERY 25, Ukiah 30

14 finishers

BOYS	Place	Time	Pace
1 Toomey	1 V	17:15	5:33
2 Lew	3 V	18:08	5:50
3 Au, Toli	4 V	18:20	5:54
4 Story	5 V	18:27	5:57
5 Higgins	6 V	18:57	6:06
6 Greenberg	7 V	19:27	6:16
7 Erickson	8 V	19:49	6:23
8 Martinez	9 V	20:05	6:28
9 Au, Todd	2 JV	20:33	6:37
10 Widener	3 JV	20:48	6:42
11 Finch	5 JV	21:13	6:50
12 Gomez	6 JV	21:37	6:58
13 Strickland	7 JV	21:51	7:02
14 Nielsen	8 JV	22:33	7:16
15 Umholtz	9 JV	22:50	7:21
16 Larsen	10 JV	23:07	7:27
17 Todd	14 JV	28:44	9:16

Team Scores: Varsity Boys

MONTGOMERY 19, Ukiah 44

18 finishers

Team Scores: Junior Varsity Boys

MONTGOMERY 15, Ukiah 50

14 finishers

NBL DUAL MEET VS. RANCHO COTATE

October 27 at Spring Lake

Course: 3 miles, rolling

GIRLS	Place	Time	Pace
1 Richardson	1 V	19:55	6:38
2 Reichmuth	4 V	21:21	7:07
3 Cushing	7 V	23:12	7:44
4 Chaffin	8 V	24:00	8:00
5 Zbinden	14 V	25:43	8:34
6 Bowers	15 V	25:59	8:39
7 Scott	17 V	28:08	9:22
8 Hause	19 V	29:22	9:47
9 Carrera	21 V	30:13	10:04

Team Scores: Varsity Girls

Rancho Cotate 25, MONTGOMERY 32

21 finishers

BOYS	Place	Time	Pace
1 Toomey	1 V	16:09	5:23
2 Story	3 V	16:25	5:28
3 Lew	4 V	16:36	5:32
4 Au, Toli	5 V	16:57	5:39
5 Higgins	7 V	17:25	5:48
6 Greenberg	9 V	17:52	5:57
7 Martinez	1 JV	18:23	6:07
8 Strickland	2 JV	18:52	6:17
9 Buonaccorsi	3 JV	19:09	6:23
10 Widener	4 JV	19:10	6:23
11 Gomez	5 JV	19:18	6:26
12 Finch	7 JV	20:06	6:42
13 Au, Todd	8 JV	20:12	6:44
14 Nielsen	9 JV	20:38	6:52
15 Larsen	11 JV	21:04	7:01
16 Umholtz	13 JV	21:24	7:08
17 Cuculich	16 JV	24:11	8:03
18 Todd	18 JV	25:46	8:35

Team Scores: Varsity Boys

MONTGOMERY 20, Rancho Cotate 37

12 finishers

Team Scores: Junior Varsity Boys

MONTGOMERY 15, Rancho Cotate 48

18 finishers

NBL CHAMPIONSHIP MEET
November 5 at Spring Lake
Course: 3 miles, rolling

	<u>GIRLS</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Richardson	1 V	18:59	6:19
2	Reichmuth	6 V	20:16	6:45
3	Chaffin	27 V	23:08	7:42
4	Cushing	30 V	23:33	7:51
5	Scott	35 V	25:48	8:36
6	Bowers	38 V	26:08	8:42
7	Zbinden	39 V	26:22	8:47
8	Hause	28 JV	28:30	8:50
9	Carrera	29 JV	28:44	8:54

Team Scores: Varsity Girls

1. Ursuline 44, 2. Santa Rosa 58,
 3. Rancho Cotate 72, 4. Piner 83,
 5. MONTGOMERY 99, 6. Ukiah 172

41 finishers
JV Girls: 36 finishers

	<u>BOYS</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Toomey	3 V	15:52	5:17
2	Story	5 V	16:18	5:26
3	Lew	7 V	16:25	5:28
4	Au, Toli	8 V	16:26	5:28
5	Higgins	16 V	17:14	5:44
6	Greenberg	18 V	17:19	5:46
7	Buonaccorsi	3 JV	18:10	6:03
8	Erickson	31 V	18:20	6:06
9	Martinez	6 JV	18:35	6:11
10	Carvalho	7 JV	18:40	6:13
11	Strickland	9 JV	18:45	6:15
12	Widener	11 JV	19:05	6:21
13	Au, Todd	12 JV	19:07	6:22
14	Gomez	13 JV	19:13	6:24
15	Finch	14 JV	19:14	6:24
16	Nielsen	19 JV	20:04	6:41
17	Larsen	27 JV	21:01	7:00
18	Umholtz	30 JV	21:09	7:03
19	Cuculich	41 JV	23:35	7:51
20	Godfrey	43 JV	24:46	8:15

Team Scores: Varsity Boys

1. MONTGOMERY 39, 2. Santa Rosa 41,
 3. Cardinal Newman 74, 4. Rancho Cotate 98,
 5. Piner 121, 6. Ukiah 159

42 finishers

Team Scores: Junior Varsity Boys

1. MONTGOMERY 32, 2. Cardinal Newman 45,
 3. Santa Rosa 71, 4. Ukiah 109,
 5. Rancho Cotate 112, 6. Piner - inc.

46 finishers

NORTH COAST SECTION CHAMPIONSHIP
November 20 at Mills College,
Oakland. Course: 3.1 miles, steep hill

	<u>GIRLS</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Richardson	7	22:14	7:09
2	Reichmuth	15	22:58	7:23
3	Chaffin	31	25:19	8:08
4	Cushing	36	25:35	8:14
5	Zbinden	45	27:31	8:51
6	Hause	49	30:19	9:45
7	Scott	50	30:36	9:50

Team Scores: Division I Varsity Girls

1. James Logan 50, 2. Rancho Cotate 68,
 3. Santa Rosa 69, 4. Antioch 85,
 5. Piner 100, 6. MONTGOMERY 131,
 7. Ukiah 172

50 finishers

	<u>BOYS</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Toomey	1	16:54	5:26
2	Story	5	17:33	5:38
3	Au, Toli	8	17:49	5:44
4	Lew	12	18:13	5:51
5	Greenberg	18	18:40	6:00
6	Higgins	20	18:44	6:01
7	Buonaccorsi	26	19:03	6:07

Team Scores: Division I Varsity Boys

1. MONTGOMERY 44, 2. Santa Rosa 62,
 3. Antioch 76, 4. James Logan 85,
 5. Rancho Cotate 120, 6. Piner 134,
 7. Ukiah 164, 8. Berkeley 234

52 finishers

North Bay League
Championship Meet at Spring Lake

The varsity boys, with a 33-second PR by Jacob Greenberg, a 27-second PR by Toli Au and Scott Story's 10th PR over 3 years, edged out Santa Rosa for the Vikings 3rd straight league title and 9th pennant in 11 years.

Pamela Richardson powered into the lead with less than a mile to go to become an NBL champion in her second sport (track, 800m). Her time of 18:59 is a new school record, 13 better than her mark of a year ago. A huge 2:20 PR by Megan Scott, a 56-second improvement by Leslie Carrera, and a 34-second PR by Marisa Reichmuth, who surprised the league by taking 6th, were the highlights for the girls team. JV boys seniors Brian Widener, Justin Umholtz, Andy Cuculich, Justin Godfrey and Dave Todd finished their cross country careers at MHS having never tasted defeat in league competition. It was the 9th straight perfect season for the JV boys who were led by Todd Buonaccorsi's 3rd-place finish in a time that put him on the varsity boys team for the post-season. Bryan Strickland set his 4th straight PR in taking 9th place in the JV boys race.

North Coast Section
Championship Meet at Mills College

David Toomey becomes the first Viking runner in 21 years to win a North Coast Section Meet of Champions individual title. He cuts 21 seconds off his 1992 time on the course and has the largest winning margin of the day (23 seconds) in avenging his NBL meet loss to two Santa Rosa Panther runners. Scott Story medals in 5th place with a 21-second PR of his own. Toli Au makes it into the top 10 with an 8th-place finish and Jacob Greenberg and Todd Buonaccorsi have their best races of the season to help wrap up a second consecutive NCS Championship for MHS. It is the 3rd boys title in 4 years for the Vikings. On to the State Championships!

... which will include Pamela Richardson for the second year in a row even though she has a terrible performance in the NCS meet. Even on her worst day Pamela is strong enough to qualify for the state meet. Marisa Reichmuth had moved up through the pack into 10th place but ran out of gas in the final 200 meters while fighting to hold off a pack of 6 girls. Tirzah Zbinden ends her 3-year varsity career with one of her best races.