



1995

Montgomery

Vikings

Cross

Country

HEAD COACH: Larry Meredith

ASSISTANT COACH: Tori Meredith

Montgomery Vikings

1995 Cross Country

Varsity Girls

Marisa Reichmuth, Senior, 3rd Yr.
Christina Cushing, Senior, 3rd Yr.
Georgina Vion, Junior, 1st Yr.
Shewit Haile, Sophomore, 2nd Yr.
Sonya Glidden, Sophomore, 2nd Yr.
Diana Rancourt, Sophomore, 2nd Yr.
Megan McRae, Sophomore, 1st Yr.
Brittany Allard, Freshman
Amy Bei, Freshman
April Malvino, Freshman

1995 Varsity Girls Meet Results

- MHS 32, Rancho Cotate 81, Santa Rosa 84, Healdsburg 96, Justin Siena 108, Analy 113
- MHS 28, Healdsburg 52, El Molino 53
- MHS 25, Ursuline 30
- MHS 15, Elsie Allen 50
- MHS 15, Piner 50
- MHS 15, Piner 47
- Santa Rosa 26, MHS 29
- MHS 19, Ukiah 43

Varsity Boys

Kevin Funk, Junior, 2nd Yr.
Jerry Finlay, Junior, 2nd Yr.
John Staroba, Junior, 2nd Yr.
Kevin Chapin, Junior, 1st Yr.*
Jeremy Jackman, Junior, 1st Yr.*
Jason DeSelle, Sophomore, 2nd Yr.
Jake Currie, Sophomore, 2nd Yr.
Travis Phelps, Sophomore, 1st Yr.*
James Waters, Sophomore, 1st Yr.
Greg Funk, Freshman, 1st Yr.

*2nd-year team member

1995 Meet Results

- MHS 35, Healdsburg 59, Santa Rosa 60, Analy 96, Rincon Valley Christian 116
- MHS 20, Healdsburg 42, El Molino 66, Elsie Allen 115
- MHS 18, Cardinal Newman 37
- MHS 15, Elsie Allen 50
- MHS 15, Piner 50
- MHS 15, Rancho Cotate 47
- MHS 28, Santa Rosa 31
- MHS 23, Ukiah 33

Junior Varsity Girls

Megan Scott, Senior, 2nd Yr.**
Sarah Viall, Senior, 2nd Yr.
Amy Bernard, Senior, 1st Yr.
Debbie Stevenson, Senior, 1st Yr.
Michelle Finch, Junior, 1st Yr.*
Lisa Temple, Junior, 2nd Yr.
Laura Thomas, Junior, 2nd Yr.
Sarah Smith, Junior, 1st Yr.
Lisa Mackie, Sophomore, 2nd Yr.
Erin Perry, Sophomore
Jill Montgomery, Sophomore

**3rd-year team member

*2nd-year team member

1995 Meet Results

- Ursuline 26, MHS 30
- MHS 22, Santa Rosa 33

Junior Varsity Boys

Michael Larsen, Senior, 3rd Yr.
Bennett Anderson, Junior, 2nd Yr.
Jon Buser, Junior, 1st Yr.
Brian Keegan, Junior, 1st Yr.
Brook Buonaccorsi, Sophomore, 2nd Yr.
Geoff Buser, Freshman

1995 Meet Results

- MHS 40, Analy 57, Healdsburg 68, Rancho Cotate 86, St. Vincent's 92
- MHS 35, El Molino 48, Analy 61, Healdsburg 78
- MHS 15, Cardinal Newman 40
- MHS 15, Rancho Cotate 50
- MHS 18, Santa Rosa 44
- Ukiah 26, MHS 31

Invitationals / Post-Season

- Viking Opener: Jr/Sr G-1st; F/S G-4th; Sr B-inc; Jr B-1st; F/S B-2nd
- Adidas: VG-14th; VB-9th; F/S G -6th; JVG-12th; JVB-7th
- Stanford: VG-18th; VB-11th; JVG-7th; JVB-18th
- Artichoke: VG-19th; VB-20th; F/S G-3rd; F/S B-6th
- Castro Valley: VG-4th; VB-6th; F/S G-1st; F/S B-3rd; JVG-6th
- NBL: VG-2nd; VB-1st; JVG-1st; JVB-2nd
- NCS: VG-5th; VB-4th

Season Records, 1982 to present

Varsity Boys

Year	Dual Meets		NBL			Other
	W	L	Final	NCS		
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	8th State	
1993	11	0	1st	1st Div. I	11th State	
1994	9	5	3rd	3rd Div. I	-	
1995	13	0	1st	4th Div. I	-	
Totals	111	9	10 NBL Titles, 4 NCS Titles			

Varsity Girls

Year	Dual Meets		NBL			Other
	W	L	Final	NCS		
1982	1	4	5th	-	-	
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	-	-	
1989	1	8	5th	-	-	
1990	3	4	4th	4th Div. I	-	
1991	9	2	3rd	5th Div. II	-	
1992	5	3	4th	6th Div. II	-	
1993	2	10	5th	6th Div. I	-	
1994	13	2	2nd	5th Div. I	-	
1995	12	1	2nd	5th Div. I	-	
Totals	73	47	1 NBL Title			

Junior Varsity Boys

Year	Dual Meets		NBL Final	NBL Fr./So.	Dual Meet Win Streak
	W	L			
1982	4	1	1st	3rd	
1983	8	1	3rd	1st	
1984	8	1	2nd	-	3
1985	5	0	2nd	1st	8
1986	6	0	1st	-	14
1987	6	0	1st	-	20
1988	5	0	1st	-	25
1989	9	0	1st	-	34
1990	8	0	1st	-	42
1991	9	0	1st	-	51
1992	6	0	1st	-	57
1993	10	0	1st	-	67
1994	12	0	1st	-	79
1995	10	1	2nd	-	89
Totals	106	4	12 NBL Titles		Streak ends at 89

Junior Varsity Girls

Year	Dual Meets		NBL Final
	W	L	
1994	0	1	2nd
1995	1	1	1st
Totals	1	2	1 NBL Title

North Bay League Team Champions

Varsity Boys		Varsity Girls	
Year	Points	Year	Points
1976	25	1976	15
1979	32	1977	20
1983	26	1986	40
1984	39		
1985	23		
JV Girls			
Year	Points	Year	Points
1986	36	1995	23
1987	26		
1989	36		
JV Boys			
Year	Points	Year	Points
1991	30	1982	29
1992	27	1986	?
1993	39	1987	26
1995	38	1988	28
F/S Boys			
Year	Points	Year	Points
1983	57	1989	15
1985	30	1990	20
		1991	17
		1992	30
		1993	32
		1994	24

North Bay League Individual Champions

Yr	Varsity Boys	Yr	Varsity Girls
'65	Bob Waldon	'76	Heidi Messerschmitt
'72	Steve Ricker	'77	Deanne Neff
'76	Bill Johnson	'87	Nicole Fischer
'79	Dave Rodriguez	'93	Pamela Richardson
'84	Paul Cummings		
'85	Paul Cummings		
Yr	JV Girls	Yr	JV - Fr./So. Boys
'86	Kevin Smith	'95	Sonya Glidden
'87	Mike Contos		
'92	David Toomey		
NCS Individual Champs			
Yr	Varsity Boys	Yr	Varsity Girls
'72	Steve Ricker	'82	Jason Schaumberg
'85	Paul Cummings	'82	Paul Audiss
'93	David Toomey	'84	Derek Powell
		'85	Randall Watkins
		'86	Jeff Fletcher
		'87	Barry Howell
		'88	Dean Crane
		'89	Kevin Boone
		'90	Jason Selby
		'91	Scott Story
		'94	Kevin Funk

North Coast Section Team Champions

Varsity Boys		Varsity Girls	
Year	Points	Year	Points
1980	84 (3A)	1976	37 (3A)
1985	42 (2A)	1977	72 (3A)
1990	50 (I)		
1992	53 (II)		
1993	44 (I)		

Montgomery Teams: Year-by-Year Comparison

3-Mile Spring Lake Course

Varsity Girls		
Time	Year	Top Five Runners
1	1:42:43	1995 Rancourt, Haile, Vion, Cushing, McRae
2	1:42:58	1991 Gay, Wiesner, Jordan, Duncan McClendon
3	1:43:11	1994 Richardson, Lodin, Reichmuth, Haile, Colin
4	1:48:00	1992 Richardson, McClendon, Duncan, Chaffin, Zbinden
5	1:50:09	1990 Duncan, McClendon, Gay, Jordan, Blackwell
6	1:51:44	1993 Richardson, Reichmuth, Chaffin, Cushing, Scott
7	1:51:48	1988 Mayes, Scott, Montague, Zelenak, Preston
8	1:54:31	1989 Gay, Jordan, Preston, J.Scott, Blackwell

Junior Varsity Girls		
Time	Year	Top Five Runners
1	1:53:13	1995 Glidden, Finch, Mackie, Malvino, Bernard
2	1:58:00	1994 Rancourt, Finch, Mackie, M.Scott, Viall
3		
4		
5		
6		
7		
8		

Varsity Boys		
Time	Year	Top Five Runners
1	1:19:45	1992 Selby, Toomey, Sanborn, Hinkle, Bisbee
2	1:21:55	1991 Lopes, Haluzak, Sanborn, Selby, Hinkle
3	1:22:15	1993 Toomey, Story, R.Lew, Toli Au, Higgins
4	1:23:06	1989 Intner, Jf.Godfrey, Keith, O'Neill, Fitzwater
5	1:23:16	1995 DeSelle, K.Funk, Staroba, Currie, Finlay
6	1:23:36	1990 Jf.Godfrey, Lopes, Haluzak, Sanborn, Grafe
7	1:24:03	1988 Lewis, Keith, Downing, Stevenson, Intner
8	1:26:33	1994 Staroba, Finlay, Finch, DeSelle, T.Buonaccorsi

Junior Varsity Boys		
Time	Year	Top Five Runners
1	1:27:42	1989 Boone, Garrison, Parsons, del Campo, Hunt
2	1:28:13	1991 Story, Dorris, R.Lew, Oblad, Flanagan
3	1:28:44	1988 Crane, O'Neill, R.Contos, Fitzwater, R.Lynn
4	1:29:01	1990 Selby, Bisbee, Hunt, J.Waldow, Parsons
5	1:29:55	1994 K.Funk, Currie, Erickson, Jackman, Strickland
6	1:30:00	1992 R.Lew, Greenberg, Higgins, Votruba, Rangel
7	1:33:15	1993 T.Buonaccorsi, Martinez, Carvalho, Strickland, Widener
8	1:35:39	1995 G.Funk, B.Buonaccorsi, Phelps, Chaplin, Larsen

2-Mile Spring Lake Course

Junior/Senior Girls		
Time	Year	Top Three Runners
1	39:52	1994 Richardson, Reichmuth, Colin
2	40:13	1991 Gay, Duncan, Wiesner
3	41:10	1995 Reichmuth, Cushing, Vion
4	42:51	1987 Fischer, Mayes, Parker
5	43:19	1988 Mayes, Mayo, Montague
6	43:41	1992 McClendon, Duncan, Zbinden
7	45:10	1990 Gay, Jordan, Blackwell
8	45:31	1993 Richardson, Chaffin, Hause

Fresh/Soph Girls		
Time	Year	Top Three Runners
1	41:44	1994 Lodin, Rancourt, Glidden
2	41:49	1995 Rancourt, McRae, Allard
3	46:47	1993 Reichmuth, Cushing, M.Scott
4	48:29	1988 Blackwell, Zelenak, J.Scott
5		
6		
7		
8		

Varsity Girls		
Time	Year	Top Five Runners
1	1:07:17	1994 Richardson, Lodin, Reichmuth, Colin, Rancourt
2	1:08:00	1991 Gay, Wiesner, Duncan, McClendon, Jordan
3	1:08:30	1995 Rancourt, Reichmuth, Cushing, Vion, McRae
4	1:10:29	1992 Richardson, McClendon, Duncan, Chaffin, Zbinden
5	1:13:05	1990 Duncan, McClendon, Gay, Jordan, Blackwell
6	1:13:40	1987 Fischer, Mayes, Mayo, Parker, Jones
7	1:14:07	1993 Richardson, Reichmuth, Chaffin, Cushing, Scott
8	1:14:10	1988 Mayes, Mayo, Blackwell, Montague, Preston

Senior Boys		
Time	Year	Top Three Runners
1	32:01	1987 M.Contos, Watkins, Waldow
2	32:03	1992 Bisbee, Sanborn, Hinkle
2	32:03	1993 Toomey, Story, R.Lew
4	33:11	1990 Jf.Godfrey, Grafe, Felice
5	33:32	1991 Lopes, Haluzak, Clarke
6	34:08	1988 Lewis, Downing, R.Contos
7	35:29	1994 Finch, Catalano, Erickson
8		

Junior Boys		
Time	Year	Top Three Runners
1	32:12	1991 Hinkle, Sanborn, Selby
2	32:23	1992 Toomey, Story, R.Lew
3	32:54	1995 K.Funk, Staroba, Finlay
4	34:10	1990 Lopes, Haluzak, Jorgensen
5	34:15	1988 Stevenson, Keith, Boone
6	34:42	1987 Lewis, Crane, J.Lew
7	35:03	1993 Higgins, Erickson, Martinez
8		

Fresh/Soph Boys		
Time	Year	Top Three Runners
1	33:42	1994 K.Funk, Finlay, Staroba
2	33:54	1995 DeSelle, Currie, Waters
3	34:01	1991 R.Lew, Story, Flanagan
4	35:10	1988 Jf.Godfrey, O'Neill, Hunt
5	35:50	1993 Toli Au, Todd Au, Strickland
6	36:30	1990 Selby, Sanborn, Bisbee
7	38:21	1992 Higgins, Temple, Erickson
8		

Varsity Boys		
Time	Year	Top Five Runners
1	53:22	1992 Toomey, Bisbee, Sanborn, Hinkle, Story
2	53:28	1991 Lopes, Hinkle, Sanborn, Selby, Bisbee
3	54:05	1987 M.Contos, Watkins, Lewis, D.Waldow, Drisko
4	54:09	1993 Toomey, Story, R.Lew, Toli Au, Higgins
5	54:50	1995 DeSelle, K.Funk, Staroba, Finlay, Currie
6	56:05	1990 Jf.Godfrey, Lopes, Grafe, Haluzak, Jorgensen
7	56:19	1988 Lewis, Stevenson, Jf.Godfrey, Keith, Downing
8	56:37	1994 K.Funk, Finlay, DeSelle, Staroba, Finch

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

Varsity Boys

	Runner	Team	Time	Date
1	Zack Barrett	SR	15:21	11/4/94
2	David Toomey	M	15:26	10/13/93
3	Steve Guerrini	SR	15:28	10/22/89
4	Jason Selby	M	15:32	10/28/92
5	Peter Egerton	SR	15:39	11/4/94
6	Amadu Kamara	SR	15:40	10/25/95
7	Juano Soriano	SR	15:41	11/8/91
8	Nat Lopes	M	15:47	10/23/91
9	Dan Heid	SR	15:48	11/10/89
9	Sky Pile	SR	15:48	11/8/91
11	Jeff Godfrey	M	15:53	11/2/90
12	Tim Sanborn	M	15:54	11/6/92
13	Salvador Zabala	SR	15:55	11/10/88
14	Mekonen Fekadu	SR	15:56	10/25/95
15	Jason DeSelle	M	15:57	10/25/95
16	Andy Price	SR	16:01	11/10/88
17	Keith Lewis	M	16:02	11/10/88
17	Roberto Olea	Uk	16:02	11/6/92
19	Josh Hinkle	M	16:05	10/28/92
19	Jeff Flanders	RC	16:05	11/5/93

Varsity Girls

	Runner	Team	Time	Date
1	Julia Stamps	SR	16:15	10/11/95
2	Nika Horn	SR	18:09	11/2/90
3	Rhonda Mazza	SR	18:10	11/8/91
4	Megan Reeder	SR	18:13	11/8/91
5	Trina Cox	SR	18:26	10/25/95
6	Pamela Richardson	M	18:32	10/26/94
7	Sarah Hallas	Urs	18:37	11/4/94
8	Brenna Nurmi	Urs	18:59	11/6/92
9	Georgina Baikwell	Urs	19:08	10/1/92
10	Michelle Ferguson	P	19:14	11/10/88
11	Stefanie Bosch	Urs	19:25	11/8/91
12	Michelle McConnico	SR	19:26	11/5/93
13	Wendy Beardall	SR	19:33	11/2/90
14	Lissette Lemus	RC	19:35	11/8/91
15	Lisa Gay	M	19:43	10/31/91
15	Megan Canova	Urs	19:43	11/4/94
17	Laurie Carlson	P	19:51	11/8/91
18	Michelle McConnico	SR	19:52	11/6/92
19	Marita Hakel	Urs	19:54	11/8/91
20	Cheryl Vann	SR	19:55	11/10/88

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
10	Kevin Funk	M	17:26	11/4/94
12	Victor Garrison	M	17:27	11/10/89
13	Rory O'Neill	M	17:30	10/26/88
14	Aaron Parsons	M	17:31	11/10/89
15	Ahferom Legesse	SR	17:34	11/2/90
16	Mike Saunders	SR	17:36	11/6/92
17	Joey Baer	SR	17:38	11/10/88
18	Mike del Campo	M	17:39	11/10/89
18	Jake Currie	M	17:39	11/4/94
18	Jeff Tuhtan	CN	17:39	11/4/94

Junior Varsity Girls

	Runner	Team	Time	Date
1	Katie House	Urs	20:57	11/4/93
2	Alexa Delwiche	Urs	20:59	11/4/93
3	Ria Drake	Urs	21:04	11/4/93
4	Heather Berg	SR	21:34	11/8/91
5	Diana Rancourt	M	21:37	11/4/93
6	Alex Waring	Urs	21:39	11/3/91
7	Sonya Glidden	M	21:41	10/25/95
8	Tiffany Espinosa	Urs	21:42	11/4/93
9	Virginia Melin	Urs	21:43	11/4/94
9	Michelle Finch	M	21:43	10/25/95
11	Becky Baikwell	Urs	22:08	11/5/93
12	Jenny Moore	Urs	22:20	11/8/91
13	Beth Bowman	Urs	22:22	11/8/91
14	Giana Consiglieri	Urs	22:36	11/6/92
15	Leanna O'Mara	Urs	22:40	11/10/88
16	April Charlton	Urs	22:41	11/10/88
17	Kim Nannizzi	Urs	22:43	11/4/94
18	Michaela Blasser	Urs	22:44	11/4/94
19	Quinn Rogers	Urs	22:45	11/6/92
20	Lisa Mackie	M	23:05	10/25/95

Cross Country: All-Time Vikings on 3-Mile Spring Lake Course

Overall Boys

Name	Time	Yr	Senior Boys	Junior Boys	Sophomore Boys	Freshman Boys
1 David Toomey	15:26	93	1 David Toomey	1 David Toomey	1 Jason DeSella	1 Jason DeSella
2 Jason Selby	15:32	92	2 Jason Selby	2 Kevin Funk	2 Toli Au	2 Jake Currie
3 Nat Lopes	15:47	91	3 Nat Lopes	3 Tim Sanborn	3 David Toomey	3 Greg Funk
4 Jeff Godfrey	15:50	90	4 Jeff Godfrey	4 Jason Selby	4 Jake Currie	4 Brook Buonaccorsi
5 Tim Sanborn	15:54	92	5 Tim Sanborn	5 Nat Lopes	5 Ryan Lew	5 John Kast
6 Jason DeSella	15:57	95	6 Keith Lewis	6 Josh Hinkle	6 Tim Sanborn	6 Travis Phelps
7 Keith Lewis	16:02	88	7 Josh Hinkle	7 Jeff Godfrey	7 Jerry Finlay	7 James Mullins
8 Josh Hinkle	16:05	92	8 Dave Inlner	8 Scott Story	8 John Staroba	8 Geoff Buser
9 Dave Inlner	16:10	89	9 Peter Keith	9 Nate Bisbee	9 Jeff Godfrey	
10 Peter Keith	16:17	89	10 Scott Story	10 Erik Haluzak	10 Kevin Funk	
11 Scott Story	16:18	93	11 Erik Haluzak	11 Rory O'Neill	11 Scott Story	
12 Kevin Funk	16:19	95	12 Ryan Lew	12 John Staroba	11 Jason Selby	
13 Erik Haluzak	16:20	91	13 Nate Bisbee	13 Dave Inlner	13 Rory O'Neill	
14 Ryan Lew	16:24	93	14 Josh Dorrie	14 Nathan Higgins	14 Nat Lopes	
15 Toli Au	16:26	93	15 Scott Fitzwater	15 Erik Haluzak	15 Clayton Hunt	
16 Nate Bisbee	16:31	92	16 Eric Downing	16 Star Stevenson	16 Kyle Moo	
17 Josh Dorrie	16:40	92	17 Star Stevenson	16 Ryan Lew	17 James Waters	
18 Rory O'Neill	16:49	89	18 Mike Grate	17:10 90	18 Nate Bisbee	
19 Scott Fitzwater	16:51	89	19 Wayne Richter	19 Lee Oblad	19 Nathan Higgins	
20 John Staroba	16:52	95	20 Paul Finch	19 Jerry Finlay	20 Alonzo Martinov	
21 Jake Currie	16:53	95	21 Jacob Greenberg	21 Josh Dorrie	21 Ryan Lynn	
22 Eric Downing	16:54	88	22 Lee Oblad	22 Jeremy Jackman	22 Greg Votruba	
23 Nathan Higgins	16:58	93	23 Kevin Boone	23 Aaron Parsons	23 Erik Haluzak	
24 Star Stevenson	16:59	89	23 Brian Felice	24 Clayton Hunt	24 Mike Flanagan	
25 Mike Grate	17:03	90	25 Victor Garrison	25 Mike Grate	25 Jeremy Jackman	

Senior Boys

Name	Time	Yr
1 David Toomey	15:26	93
2 Jason Selby	15:32	92
3 Nat Lopes	15:47	91
4 Jeff Godfrey	15:50	90
5 Tim Sanborn	15:54	92
6 Jason DeSella	15:57	95
7 Keith Lewis	16:02	88
8 Josh Hinkle	16:05	92
9 Dave Inlner	16:10	89
10 Peter Keith	16:17	89
11 Scott Story	16:18	93
12 Kevin Funk	16:19	95
13 Erik Haluzak	16:20	91
14 Ryan Lew	16:24	93
15 Toli Au	16:26	93
16 Nate Bisbee	16:31	92
17 Josh Dorrie	16:40	92
18 Rory O'Neill	16:49	89
19 Scott Fitzwater	16:51	89
20 John Staroba	16:52	95
21 Jake Currie	16:53	95
22 Eric Downing	16:54	88
23 Nathan Higgins	16:58	93
24 Star Stevenson	16:59	89
25 Mike Grate	17:03	90

Junior Boys

Name	Time	Yr
1 David Toomey	15:26	93
2 Kevin Funk	15:32	92
3 Tim Sanborn	15:47	91
4 Jason Selby	15:53	90
5 Nat Lopes	15:54	92
6 Josh Hinkle	16:02	88
7 Jeff Godfrey	16:05	92
8 Scott Story	16:10	89
9 Nate Bisbee	16:17	89
10 Peter Keith	16:18	89
11 Rory O'Neill	16:20	91
12 John Staroba	16:24	93
13 Dave Inlner	16:31	92
14 Nathan Higgins	16:40	92
15 Erik Haluzak	16:51	89
16 Star Stevenson	16:54	88
17 Ryan Lew	16:59	89
18 Sven Jorgensen	17:10	90
19 Lee Oblad	17:15	91
20 Paul Finch	17:15	95
21 Josh Dorrie	17:19	91
22 Jeremy Jackman	17:21	89
23 Aaron Parsons	17:31	89
24 Clayton Hunt	17:40	89
25 Mike Grate	17:47	89

Sophomore Boys

Name	Time	Yr
1 Jason DeSella	15:36	92
2 Toli Au	16:19	95
3 David Toomey	16:22	91
4 Jake Currie	16:23	91
5 Ryan Lew	16:25	90
6 Tim Sanborn	16:27	91
7 Jerry Finlay	16:32	89
8 John Staroba	16:36	92
9 Jeff Godfrey	16:37	91
10 Kevin Funk	16:44	88
11 Scott Story	16:49	89
12 Jason Selby	16:52	85
13 Rory O'Neill	16:54	88
14 Nat Lopes	16:58	93
15 Clayton Hunt	16:59	89
16 Kyle Moo	17:00	88
17 James Waters	17:00	92
18 Nate Bisbee	17:10	90
19 Nathan Higgins	17:15	91
20 Alonzo Martinov	17:15	85
21 Ryan Lynn	17:19	91
22 Greg Votruba	17:21	89
23 Erik Haluzak	17:31	89
24 Mike Flanagan	17:40	89
25 Jeremy Jackman	17:47	89

Freshman Boys

Name	Time	Yr
1 Jason DeSella	15:57	95
2 Jake Currie	16:26	93
3 Greg Funk	16:36	91
4 Brook Buonaccorsi	16:53	95
5 John Kast	17:00	91
6 Travis Phelps	17:02	90
7 James Mullins	17:06	94
8 Geoff Buser	17:06	94
9	17:13	88
10	17:13	94
11	17:14	91
12	17:19	90
13	17:30	88
14	17:31	89
15	17:32	88
16	17:42	94
17	17:45	95
18	17:46	90
19	17:59	92
20	18:00	92
21	18:02	88
22	18:04	92
23	18:05	89
24	18:18	91
25	18:20	94

Overall Girls

Name	Time	Yr	Senior Girls	Junior Girls	Sophomore Girls	Freshman Girls
1 Pamela Richardson	16:32	94	1 Pamela Richardson	1 Pamela Richardson	1 Pamela Richardson	1 Amy Bel
2 Lisa Gay	19:43	91	2 Lisa Gay	2 Jamie Duncan	2 Diana Rancourt	2 Diana Rancourt
3 Diana Rancourt	19:58	90	3 Sarah McClendon	3 Georgina Vion	3 Jamie Duncan	3 Shewit Halle
4 Jamie Duncan	20:05	90	4 Jamie Duncan	4 Marisa Reichmuth	4 Amy Lodin	4 Sonya Glidden
5 Amy Lodin	20:10	94	5 Jana Wiesner	5 Lisa Gay	5 Marisa Reichmuth	5 Lisa Mackie
6 Marisa Reichmuth	20:16	93	6 Amy Jordan	6 Sarah McClendon	6 Shewit Halle	6 Brittany Allard
7 Sarah McClendon	20:17	92	7 Michelle Mayes	7 Amy Jordan	7 Sarah McClendon	7 April Malvino
8 Jana Wiesner	20:25	91	8 Christina Cushing	8 Eloisa Colin	8 Lisa Gay	
9 Shewit Halle	20:26	95	9 Marisa Reichmuth	9 Michelle Finch	9 Megan McRae	
10 Georgina Vion	20:29	95	10 Tanya Mayo	10 Tanya Mayo	10 Sonya Glidden	
11 Amy Jordan	20:33	91	11 Cherie Montague	11 Erin Preston	11 Jenny Scott	
12 Michelle Mayes	20:37	88	12 Erin Preston	12 Amy Chaffin	12 Michelle Finch	
13 Christina Cushing	20:51	95	13 Amy Bernard	13 Erin Preston	13 Amy Chaffin	
14 Megan McRae	20:59	95	14 Kristen Blackwell	14 Jenny Scott	14 Kristen Blackwell	
15 Amy Bel	21:04	95	15 Tirzah Zbinden	15 Tirzah Zbinden	15 Amy Jordan	
16 Eloisa Colin	21:41	94	16 Megan Scott	16 Kristen Blackwell	16 Lisa Mackie	
17 Sonya Glidden	21:41	95	17 Erica Hause	17 Dawn Keeler	17 Christina Cushing	
18 Michelle Finch	21:43	95	18 Anna Sweet	18 Megan Scott	18 Odilia Zelenak	
19 Tanya Mayo	21:49	88	19 Anna Sweet	19 Veronica Cantabrana	19 Lexy Montgomery	
20 Jenny Scott	22:02	88	20 Khara Burden	20 Lexy Montgomery	20 Dawn Keeler	
21 Amy Chaffin	22:14	92	21 Debbie Stevenson	21 Sarah Viall	21 Jill Montgomery	
22 Cherie Montague	22:16	88	22 Leslie Carrera	22 Nadège Bowers	22 Denise Angelasanto	
23 Lisa Mackie	22:27	94	23	23 Laura Thomas*	23 Erin Perry	
24 Kristen Blackwell	22:34	88	24	24 Charlene Gehrt	24 Laura Thomas	
25 Brittany Allard	22:43	95	25	24 Erica Hause	25 Megan Scott	

Senior Girls

Name	Time	Yr
1 Pamela Richardson	16:32	94
2 Lisa Gay	19:43	91
3 Diana Rancourt	19:58	90
4 Jamie Duncan	20:05	90
5 Amy Lodin	20:10	94
6 Marisa Reichmuth	20:16	93
7 Sarah McClendon	20:17	92
8 Jana Wiesner	20:25	91
9 Shewit Halle	20:26	95
10 Georgina Vion	20:29	95
11 Amy Jordan	20:33	91
12 Michelle Mayes	20:37	88
13 Christina Cushing	20:51	95
14 Megan McRae	20:59	95
15 Amy Bel	21:04	95
16 Eloisa Colin	21:41	94
17 Sonya Glidden	21:41	95
18 Michelle Finch	21:43	95
19 Tanya Mayo	21:49	88
20 Jenny Scott	22:02	88
21 Amy Chaffin	22:14	92
22 Cherie Montague	22:16	88
23 Lisa Mackie	22:27	94
24 Kristen Blackwell	22:34	88
25 Brittany Allard	22:43	95

Junior Girls

Name	Time	Yr
1 Pamela Richardson	16:32	94
2 Jamie Duncan	19:43	91
3 Georgina Vion	20:17	92
4 Marisa Reichmuth	20:19	92
5 Lisa Gay	20:25	91
6 Sarah McClendon	20:33	91
7 Amy Jordan	20:37	88
8 Eloisa Colin	20:51	95
9 Michelle Finch	21:37	95
10 Tanya Mayo	22:06	89
11 Christina Cushing	22:18	88
12 Amy Preston	23:12	89
13 Erin Preston	23:38	95
14 Jenny Scott	25:07	90
15 Tirzah Zbinden	25:43	93
16 Kristen Blackwell	25:46	95
17 Dawn Keeler	26:31	94
18 Megan Scott	26:43	91
19 Veronica Cantabrana	26:43	91
20 Lexy Montgomery	27:08	94
21 Sarah Viall	28:28	95
22 Nadège Bowers	28:44	93
23 Laura Thomas*		
24 Charlene Gehrt		
24 Erica Hause		

Sophomore Girls

Name	Time	Yr
1 Pamela Richardson	16:32	94
2 Diana Rancourt	19:58	95
3 Jamie Duncan	20:05	90
4 Amy Lodin	20:10	94
5 Marisa Reichmuth	20:16	93
6 Shewit Halle	20:28	95
7 Sarah McClendon	20:46	90
8 Lisa Gay	20:56	89
9 Megan McRae	20:59	95
10 Sonya Glidden	21:41	95
11 Jenny Scott	22:02	88
12 Michelle Finch	22:14	92
13 Amy Chaffin	22:34	88
14 Kristen Blackwell	22:36	89
15 Amy Jordan	23:05	95
16 Lisa Mackie	23:12	93
17 Christina Cushing	23:24	88
18 Odilia Zelenak	23:24	88
19 Lexy Montgomery	24:20	91
20 Dawn Keeler	24:27	91
21 Jill Montgomery	24:57	95
22 Denise Angelasanto	25:11	90
23 Erin Perry	25:12	95
24 Laura Thomas	25:15	94
25 Megan Scott	25:48	93

Freshman Girls

Name	Time	Yr
1 Amy Bel	19:12	92
2 Diana Rancourt	19:58	95
3 Shewit Halle	20:05	90
4 Sonya Glidden	20:10	94
5 Lisa Mackie	20:16	93
6 Brittany Allard	20:28	95
7 April Malvino	20:46	90
8	20:56	89
9	20:59	95
10	21:41	95
11	22:02	88
12	22:14	92
13	22:34	88
14	22:36	89
15	23:05	95
16	23:12	93
17	23:24	88
18	23:24	88
19	24:20	91
20	24:27	91
21	24:57	95
22	25:11	90
23	25:12	95
24	25:15	94
25	25:48	93

Cross Country: All-Time Vikings on 2-Mile Spring Lake Course

Overall Boys

Name	Time	Yr	Senior Boys	Junior Boys	Sophomore Boys	Freshman Boys
1 Mike Conlos	10:14	87	1 Mike Conlos	1 David Toomey	1 Jason DeSelle	1 Jason DeSelle
2 David Toomey	10:21	93	2 David Toomey	2 Josh Hinkle	2 Toli Au	2 Greg Funk
3 Nat Lopes	10:25	91	3 Nat Lopes	3 Keith Lewis	3 Ryan Lew	3 Jake Currie
4 Randall Watkins	10:34	87	4 Randall Watkins	4 Kevin Funk	4 Kevin Funk	4 Brook Buonaccorsi
4 Jeff Godfrey	10:34	90	4 Jeff Godfrey	5 Tim Sanborn	5 Scott Story	5 John Kadt
6 Tim Sanborn	10:35	92	6 Tim Sanborn	6 Jason Selby	6 Jason Currie	6 James Mullins
7 Dave Intner	10:36	89	7 Dave Intner	7 Nathan Bisbee	7 Jerry Finlay	7 Geoff Buser
8 Nate Bisbee	10:37	92	8 Nate Bisbee	8 Scott Story	8 John Staroba	8 Travis Phelps
9 Josh Hinkle	10:40	91	9 Josh Hinkle	9 John Staroba	9 Jeff Godfrey	9
10 Keith Lewis	10:43	87	10 Keith Lewis	10 Jeff Godfrey	10 Roy O'Neill	10
11 Jason DeSelle	10:44	95	11 Jason DeSelle	11 Roy O'Neill	11 Mike Flanagan	11
11 Kevin Funk	10:44	95	12 Scott Story	12 Ryan Lew	12 Erik Haluzak	12
13 Jason Selby	10:46	92	13 Ryan Lew	13 Star Stevenson	13 Kyle Moe	13
14 Scott Story	10:48	93	14 Peter Keith	14 Nat Lopes	14 James Waters	14
15 Ryan Lew	10:50	89	15 Josh Dorris	15 Jerry Finlay	15 Greg Vornuba	15
16 Peter Keith	10:51	89	16 Erik Haluzak	16 Nathan Higgins	16 Jason Selby	16
16 Josh Dorris	10:51	92	17 Star Stevenson	17 Dean Crane	17 Nathan Higgins	17
18 Erik Haluzak	10:52	91	18 Lee Oblad	17 Peter Keith	18 Eric Temple	18
19 Toli Au	10:54	93	19 Dave Waldow	19 Erik Haluzak	19 Todd Au	19
20 John Staroba	10:59	95	20 Scott Fitzwater	20 Sven Jorgensen	20 Clayton Hunt	20
21 Rory O'Neill	11:02	89	21 Kevin Drisko	21 Bryan Strickland	21 Tim Sanborn	21
22 Star Stevenson	11:04	89	21 Mike Grafle	22 Clayton Hunt	22 Travis Phelps	22
23 Lee Oblad	11:06	92	23 Kevin Boone	23 Jeff Bautista	23 Nathan Bisbee	23
24 Jerry Finlay	11:11	95	24 Paul Finch	23 Alonzo Martinez	24 Brook Buonaccorsi	24
25 Nathan Higgins	11:12	93	25 Eric Downing	25 Kevin Boone	25 Jeremy Jackman	25
25 Jake Currie	11:12	95				

Overall Girls

Name	Time	Yr	Senior Girls	Junior Girls	Sophomore Girls	Freshman Girls
1 Pamela Richardson	11:59	94	1 Pamela Richardson	1 Pamela Richardson	1 Pamela Richardson	1 Diana Rancourt
2 Lisa Gay	13:05	91	2 Lisa Gay	2 Jamie Duncan	2 Diana Rancourt	2 Sonya Giddens
3 Nicole Fischer	13:15	87	3 Nicole Fischer	3 Georgina Vion	3 Amy Lodin	3 Brittany Allard
4 Michelle Mayes	13:26	88	4 Michelle Mayes	4 Marisa Reichmuth	4 Jamie Duncan	4 Amy Bel
5 Amy Lodin	13:21	94	5 Marisa Reichmuth	5 Sarah McClendon	5 Marisa Reichmuth	5 Lisa MacCabe
6 Michelle Mayes	13:26	88	6 Jana Wiesner	6 Michelle Mayes	6 Megan McRae	6 April Melvino
7 Jamie Duncan	13:30	90	7 Sarah McClendon	7 Eloisa Collin	7 Amy Chaffin	7
8 Marisa Reichmuth	13:34	95	8 Jamie Duncan	8 Tanya Mayo	8 Lisa Gay	8
9 Jana Wiesner	13:35	91	8 Christina Cushing	9 Lisa Gay	9 Sarah McClendon	9
10 Sarah McClendon	13:41	92	10 Amy Jordan	10 Amy Jordan	10 Sonya Giddens	10
11 Christine Cushing	13:45	95	11 Tanya Mayo	11 Amy Chaffin	11 Tanya Mayo	11
12 Amy Jordan	13:50	91	12 Amy Chaffin	12 Lisa Parker	12 Michelle Finch	12
13 Georgina Vion	14:00	94	13 Cherie Montague	13 Christina Cushing	12 Shewit Halle	13
14 Eloisa Collin	14:00	94	13 Erin Preston	14 Kristin Blackwell	14 Amy Jordan	14
15 Megan McRae	14:06	95	15 Erin Preston	15 Erin Preston	15 Amy Jordan	15
16 Sonya Giddens	14:21	94	16 Sonya Giddens	16 Laura Thomas	15 Kristen Blackwell	16
17 Amy Chaffin	14:22	92	17 Amy Chaffin	17 Tizah Zbinden	16 Jessica Horowitz	17
18 Brittany Allard	14:29	95	18 Debbie Stevenson	18 Dawn Keeler	17 Christina Cushing	18
19 Amy Bel	14:36	95	19 Laurie Tirms	19 Sarah Smith	18 Odile Zelenak	19
20 Tanya Mayo	14:43	87	20 Leslie Carrera	20 Megan Scott	19 Lisa MacCabe	20
21 Michelle Finch	14:48	94	21 Megan Scott	21 Lisa Temple	20 Erin Perry	21
21 Shewit Halle	14:48	95	22 Megan Scott	22 Wendy Chamberlain	21 Darla McLearn	22
23 Linda Parker	14:53	88	23	23 Luxy Montgomery	22 Megan Scott	23
24 Lisa MacCabe	15:08	94	24	24 Mandy Jones	23 Jenny Scott	24
25 Kristen Blackwell	15:11	88	25	25 Nadege Bowers	24 Laura Thomas	25

Practices	Meets
Currie	Bei
Phelps	Cushing
Staroba	DeSelle
Chapin	Finlay
McRae	Jackman
Malvino	K.Funk
Allard	Ranccourt
K.Funk	Staroba
DeSelle	Vion
G.Funk	Allard
Ranccourt	Buonaccorsi
Cushing	Chapin
Buonaccorsi	Currie
Vion	G.Funk
Glidden	Mackie
Walters	Malvino
Bernard	McRae
Finlay	Phelps
Reichmuth	Bernard
Bei	Halle
Jackman	Perry
Viall	Walters
J.Buser	Glidden
G.Buser	J.Buser
Halle	Larsen
Perry	G.Buser
Mackie	Reichmuth
Smith	Anderson
Temple	Finlay
Finch	Keegan
Larsen	Scott
Scott	Hansen
Anderson	Thomas
Thomas	Stevenson
Keegan	Viall
Stevenson	Montgomery
Montgomery	Thomas
Hansen	

Cross Country Season Miles	Girls
McRae	266.0
Malvino	246.0
Ranccourt	244.2
Cushing	243.9
Allard	230.7
Bei	219.1
Vion	216.5
Reichmuth	193.3
Glidden	192.9
Bernard	186.6
Halle	162.7
Mackie	155.9
Perry	132.2
Viall	129.3
Finch	120.9
Temple	109.6
Scott	100.0
Smith	98.9
Stevenson	76.5
Montgomery	72.4
Thomas	67.9

Cross Country Career Miles	Girls
Reichmuth	618.6
Cushing	609.2
Scott	490.5
Glidden	420.2
Ranccourt	399.8
Mackie	343.5
Finch	306.2
McRae	266.0
Malvino	246.0
Temple	238.6
Allard	230.7
Halle	224.6
Viall	222.5
Bei	219.1
Vion	216.5
Thomas	192.4
Bernard	186.6
Perry	132.2
Smith	98.9
Stevenson	76.5
Montgomery	72.4

Cross Country Season Miles	Boys
Staroba	392.9
Currie	356.2
Phelps	347.8
DeSelle	334.9
Chapin	330.2
K.Funk	309.5
Finlay	264.8
G.Funk	254.1
Buonaccorsi	254.1
Jackman	247.1
Walters	235.4
J.Buser	165.5
Anderson	164.4
G.Buser	154.2
Larsen	132.4
Hansen	102.2
Keegan	95.0

Cross Country Career Miles	Boys
Staroba	739.4
DeSelle	653.1
Currie	646.6
K.Funk	542.9
Phelps	533.1
Finlay	527.6
Chapin	524.4
Larsen	504.6
Jackman	488.3
Buonaccorsi	418.7
Anderson	311.2
G.Funk	254.1
Walters	235.4
J.Buser	165.5
G.Buser	154.2
Hansen	102.2
Keegan	95.0

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

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

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

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 Inlter, '90	846.8
7 Scott Story, '94	844.3
8 Star Stevenson, '90	791.8
9 Paul Cummings, '86	780.5
10 John Staroba, '97	739.4
11 Marc Spina, '86	733.0
12 Jason Schaumberg, '85	716.0
13 Keith Lewis, '89	711.5
14 Tim Cummings, '86	705.5
15 Nathan Higgins, '95	700.0
16 Derek Powell, '86	683.5
17 Jason Selby, '93	655.2
18 Jason DeSelle, '98	653.1
19 Jake Currie, '88	646.6
20 Kevin Boone, '90	644.5
21 Ben Erickson, '95	627.1
22 Lee Objad, '93	610.5
23 Paul Finch, '95	610.0
24 Rory O'Neill, '91	605.4

Miles per Season	Boys
1 Toomey, '94	370.8
2 Staroba, '97	369.7
3 Lewis, '89	355.8
4 Higgins, '95	350.0
5 DeSelle, '98	326.6
6 Currie, '98	323.3
7 J.Godfrey, '91	308.7
8 Finch, '95	305.0
9 Keith, '90	303.9
10 R.Lew, '94	303.6
11 O'Neill, '91	302.7
12 Bisbee, '93	295.0
13 Inlter, '90	282.3
14 Story, '94	281.4
15 K.Funk, '97	271.5
16 Phelps, '98	266.6
17 Stevenson, '90	263.9
18 Finlay, '97	263.8
19 Chapin, '97	262.2
20 P.Cummings, '86	260.2
21 G.Funk, '99	254.1
22 Spina, '86	244.3
23 Jackman, '97	244.2
24 Schaumberg, '85	238.7

Mileage All-Time Career List	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 Pamela Richardson, '95	725.3
6 Marisa Reichmuth, '96	618.6
7 Christina Cushing, '96	609.2
8 Erin Preston, '90	607.8
9 Tanya Mayo, '90	508.4
10 Michelle Mayes, '89	502.5
11 Megan Scott, '96	490.5
12 Chris Ferguson, '86	482.0
13 Nicole Fischer, '88	469.0
14 Amy Chaffin, '95	419.1
15 Sonya Glidden, '98	420.2
16 Diana Ranccourt, '98	399.8
17 Kristen Blackwell, '91	367.2
18 Stella O'Hanlon, '85	359.0
19 Tirzah Zbinden, '94	354.1
20 Lisa Mackie, '98	343.5
21 Leslie Carrera, '94	342.1
22 Erika Gardner, '87	338.5
23 Lexy Montgomery, '93	313.6
24 Michelle Finch, '97	306.2

Miles per Season	Girls
1 McClendon, '93	295.2
2 Jordan, '92	278.4
3 Gay, '92	276.3
4 McRae, '98	266.0
5 Duncan, '93	259.9
6 Mayes, '89	251.3
7 Malvino, '99	246.0
8 Richardson, '95	241.8
9 Fischer, '88	234.5
10 Allard, '98	230.7
11 Bei, '99	219.1
12 Vion, '97	216.5
13 Glidden, '98	210.1
14 Reichmuth, '96	206.2
15 Cushing, '96	203.1
16 Preston, '90	202.6
17 Ranccourt, '98	199.9
18 Bernard, '86	186.6
19 O'Hanlon, '85	179.5
20 Mackie, '98	171.8
21 Carrera, '94	171.1
22 Mayo, '90	169.5
23 Gardner, '87	169.3
24 M.Scott, '96	163.5

**Pre-Season Meet vs. Rancho Cotate,
Santa Rosa, Healdsburg, Analy,
Justin Siena, St. Vincent's, Pliner
and Rincon Valley Christian
September 8 at Rancho Cotate
Course: 2.8 miles, flat**

Girls	Place	Time	Pace
1 Rancourt	5 V	19:35	6:59
2 Reichmuth	6 V	19:40	7:01
3 Cushing	7 V	19:43	7:02
4 Vion	8 V	19:44	7:02
5 McRae	12 V	20:15	7:13
6 Bei	19 V	20:42	7:23
7 Glidden	21 V	20:52	7:27
8 Allard	26 V	21:37	7:43
9 Montgomery	29 V	22:11	7:55
10 Malvino	35 V	22:41	8:06
11 Mackie	37 V	22:54	8:10
12 Perry	38 V	23:11	8:16
13 Thomas	40 V	23:34	8:25
14 Smith	42 V	23:46	8:29
15 Bernard	44 V	24:03	8:35
16 Temple	52 V	24:37	8:47

Varsity Girls: 6 teams, 61 finishers

1. MONTGOMERY 32, 2. Rancho Cotate 81,
3. Santa Rosa 84, 4. Healdsburg 96,
5. Justin Siena 108, 6. Analy 113

Boys	Place	Time	Pace
1 DeSelle	4 V	15:06	5:23
2 Funk, K.	6 V	15:18	5:27
3 Finlay	7 V	15:19	5:28
4 Staroba	8 V	15:25	5:30
5 Currie	11 V	15:54	5:40
6 Phelps	22 V	17:34	6:16
7 Jackman	4 JV	17:45	6:20
8 Funk, G.	6 JV	17:46	6:20
9 Chapin	24 V	17:51	6:22
10 Buonaccorsi	8 JV	17:56	6:24
11 Hansen	10 JV	18:04	6:27
12 Keegan	20 JV	20:25	7:17
13 Larsen	21 JV	20:33	7:20
14 Buser, J.	22 JV	20:37	7:21
15 Buser, G.	24 JV	20:57	7:28

Varsity Boys: 5 teams, 41 finishers

1. MONTGOMERY 35, 2. Healdsburg 59,
3. Santa Rosa 60, 4. Analy 96,
5. Rincon Valley 116

JV Boys: 5 teams, 33 finishers

1. MONTGOMERY 40, 2. Analy 57,
3. Healdsburg 68, 4. Rancho Cotate 86,
5. St. Vincent's 92

Season opener at Rancho Cotate

A summer of consistent training pays off for several Vikings as MHS pulls off a sweep of this meet for the first time ever. The JV boys started the meet by extending a 10-year-long winning streak, running the total to 83 wins in-a-row. Jeremy Jackman led that team and qualified for the varsity for the first time. The girls team defended their '94 title in this meet as the top 4 Vikings finished in a 9-second span, led by Diana Rancourt. Georgina Vion, Megan McRae and Amy Bei earn varsity positions in their first cross country race. After placing 3rd in this meet in '94 the MHS varsity boys bounce back to win again as soph Jason DeSelle claims the #1 position on the team. Travis Phelps starts the year on varsity and runs fast enough to stay on the team. Many miles of summer training lead to some incredible improvements on this course, led by Kevin Chapin's 4 minute, 20 second PR. Travis was 3:44 better than in '94 and Brook Buonaccorsi cut off 2:45. Diana ran 1:42 faster to lead the girls PR list. Others making great improvements include Jake Currie, 1:33, Lisa Temple 0:58 and 0:57 for Christina Cushing.

**Pre-Season Meet vs. Healdsburg,
El Molino, Elsie Allen and Analy
September 11 at Spring Lake
Course: 2.0 miles, rolling**

Girls	Place	Time	Pace
1 Rancourt	2	13:58	6:59
2 Vion	5	14:11	7:05
3 Cushing	6	14:13	7:06
4 Reichmuth	7	14:25	7:12
5 McRae	9	14:33	7:16
6 Haile	10	14:48	7:24
7 Bei	12	14:58	7:29
8 Allard	15	15:37	7:48
9 Mackie	16	16:06	8:03
10 Malvino	17	16:14	8:07
11 Perry	19	16:43	8:21
12 Thomas	23	16:46	8:23
13 McLearn	24	16:52	8:26
14 Glidden	25	17:02	8:31
15 Bernard	26	17:07	8:33
16 Smith	30	17:42	8:51
17 Temple	34	17:56	8:58

Varsity Girls: 3 teams, 40 finishers

1. MONTGOMERY 28, 2. Healdsburg 52,
3. El Molino 53, Analy inc.

Boys	Place	Time	Pace
1 Funk, K.	1 V	11:19	5:39
2 DeSelle	2 V	11:21	5:40
3 Currie	4 V	11:22	5:41
4 Finlay	6 V	11:24	5:42
5 Staroba	7 V	11:25	5:42
6 Jackman	17 V	12:23	6:11
7 Waters	3 JV	12:40	6:20
8 Phelps	20 V	12:47	6:23
9 Chapin	6 JV	12:49	6:24
10 Buonaccorsi	7 JV	12:58	6:29
11 Hansen	8 JV	13:03	6:31
12 Funk, G.	11 JV	13:24	6:42
13 Buser, J.	16 JV	13:58	6:59
14 Larsen	19 JV	14:33	7:16
15 Keegan	20 JV	15:30	7:45

Varsity Boys: 4 teams, 29 finishers

1. MONTGOMERY 20, 2. Healdsburg 42,
3. El Molino 66, 4. Elsie Allen 115, Analy inc.

JV Boys: 4 teams, 24 finishers

1. MONTGOMERY 35, 2. El Molino 48,
3. Analy 61, 4. Healdsburg 78

Pre-season meet at Spring Lake

Another sweep for MHS teams as the varsity teams and the JV boys advance their won-loss records to 7-and-0. The most improved runners on this 2-mile course are the same two who led the team in improvement in the first meet: Kevin Chapin and Travis Phelps. This time Travis cuts the most off his '94 time, running 2:54 faster. Kevin also cuts more than 2 minutes with an improvement of 2:11. Jake Currie takes 1:16 off and Laura Thomas leads the girls' most improved list, her cut of 1:04 just ahead of Christina Cushing's 1:01. Brook Buonaccorsi runs 51 seconds better than his '94 best, breaking the 13:00 barrier. The top 5 Viking girls finish within a span of 35 seconds, signaling the emergence of a tight squad. Kevin Funk gets his second varsity win nearly one year after his first. The top 5 boys are separated by just 6 seconds. James Waters earns a varsity position for the first time.

**NBL Dual Meet vs.. Cardinal Newman
and Ursuline
September 13 at Spring Lake
Course: Rolling, Varsity - 3 miles;
JV - 2 miles**

Varsity Girls (3M)	Place	Time	Pace
1 Rancourt	2	20:59	6:59
2 McRae	4	21:22	7:07
3 Cushing	5	21:23	7:07
4 Vion	6	21:23	7:07
5 Reichmuth	8	21:39	7:13
6 Bei	13	24:04	8:01

JV Girls (2M)	Place	Time	Pace
8 Glidden	2	14:56	7:28
9 Allard	3	15:17	7:38
10 Mackie	6	15:52	7:56
11 Malvino	8	16:05	8:02
12 Thomas	11	16:28	8:14
13 Perry	13	16:45	8:22
14 Viatt	19	17:28	8:44
15 Bernard	20	17:28	8:44
16 Temple	21	17:41	8:50
17 Stevenson	22	18:01	9:00

Varsity Girls: 13 finishers

MONTGOMERY 25, Ursuline 30

JV Girls: 27 finishers

Ursuline 26, MONTGOMERY 30

Varsity Boys (3M)	Place	Time	Pace
1 Funk, K.	1	16:55	5:38
2 DeSelle	2	16:58	5:39
3 Staroba	3	17:06	5:42
4 Currie	5	17:19	5:46
5 Finlay	7	17:45	5:55
6 Waters	13	18:52	6:17
7 Jackman	14	19:17	6:25

JV Boys (2M)	Place	Time	Pace
8 Buonaccorsi	1	12:24	6:12
9 Phelps	2	12:25	6:12
10 Chapin	3	12:44	6:22
11 Hansen	4	12:50	6:25
12 Funk, G.	5	12:57	6:28
13 Larsen	11	14:00	7:00
13 Buser, J.	12	14:06	7:03
15 Keegan	17	15:09	7:34
16 Buser, G.	19	15:29	7:44
17 Anderson	22	16:24	8:12

Varsity Boys: 15 finishers

MONTGOMERY 18, Cardinal Newman 37

JV Boys: 24 finishers

MONTGOMERY 15, Cardinal Newman 40

NBL Dual Opener vs. Ursuline and Newman

For the first time in 5 years, Montgomery's girls defeat the 3-time defending NBL champions from Ursuline. Our top 5 finish in a span of only 40 seconds to send shock waves through the Bears. Varsity PRs are set by Christina Cushing, who once again improves by more than a minute (1:02), this time on the 3-mile course, and Diana Rancourt, 38 seconds faster than last year. The JV girls give Ursuline a scare on the 2-mile course as four girls run faster than their best times set just 2 days earlier, Brittany Allard PRing by 20 seconds, Laura Thomas by 18, Lisa Temple by 15 and April Malvino by 9. The varsity boys, wiped out by Newman 19-36 just a year ago, gain revenge with surprising ease, winning 18-37. Kevin Funk wins his second meet in 3 days, he and Jason DeSelle breaking the 17-minute barrier for the first time. Jake Currie PRs by 20 seconds. The JV boys' winning streak continues with a sweep of the top 5 places. Brook Buonaccorsi gets his first win and PRs by 34 seconds. Greg Funk, Travis Phelps and Brian Keegan all improve by more than 20 seconds.

Viking Opener Invitational
September 16 at Spring Lake
Course: 2.0 miles, rolling

Girls	Place	Time	Pace
1 Rancourt	4 F/S	13:14	6:37
2 Reichmuth	8 J/S	13:34	6:47
3 Cushing	10 J/S	13:45	6:52
4 Vion	13 J/S	13:51	6:55
5 McRae	14 F/S	14:06	7:03
6 Allard	23 F/S	14:29	7:14
7 Glidden	24 F/S	14:30	7:15
8 Bei	26 F/S	14:36	7:18
9 Malvino	46 F/S	15:22	7:41
10 Mackie	59 F/S	15:49	7:54
11 Thomas	40 J/S	15:56	7:58
12 Bernard	64 J/S	16:36	8:18
13 Smith	65 J/S	16:36	8:18
14 Temple	66 J/S	16:37	8:18
15 Perry	72 F/S	16:39	8:19
16 Viall	69 J/S	16:49	8:24
17 Stevenson	79 J/S	17:27	8:43
18 Scott	90 J/S	19:16	9:38

Junior/Senior Girls: 95 finishers

1. MONTGOMERY 28, 2. Santa Rosa 40,
3. Ursuline 43, 4. Ukiah 44, 5. El Molino 49,
6. Napa 53, 7. Vintage 60, 8. Analy 77,
9. Eureka 92, 10. Terra Linda 99,
11. Redwood 107, 12. El Cerrito 114,
13. Novato 124, 14. Rancho Cotate 130,
15. Oak Ridge 147

Frosh/Soph Girls: 100 finishers

1. Ursuline 30, 2. Oak Ridge 31,
3. Middletown 32, 4. MONTGOMERY 40,
5. Terra Linda 60, 6. Novato 67,
7. Santa Rosa 83, 8. El Molino 89,
9. Ukiah 92, 10. Rancho Cotate 99,
11. Napa 107, 12. Fortuna 115,
13. Vintage 117, 14. Eureka 125,
15. Kelseyville 127, 16. Redwood 185,
17. El Cerrito 200

Boys	Place	Time	Pace
1 DeSelle	2 F/S	10:44	5:22
2 Funk, K.	4 Jr	10:44	5:22
3 Staroba	9 Jr	10:59	5:29
4 Finlay	12 Jr	11:11	5:35
5 Currie	7 F/S	11:12	5:36
6 Jackman	25 Jr	11:57	5:58
7 Waters	24 F/S	11:58	5:59
8 Phelps	36 F/S	12:14	6:07
9 Buonaccorsi	38 F/S	12:16	6:08
10 Hansen	32 Jr	12:18	6:09
11 Funk, G.	42 F/S	12:26	6:12
12 Chapin	41 Jr	12:49	6:24
13 Larsen	33 Sr	13:21	6:40
14 Buser, J.	61 Jr	14:13	7:06
15 Strickland	42 Sr	14:35	7:17
16 Keegan	70 Jr	14:55	7:27
17 Buser, G.	121 F/S	14:56	7:28
18 Anderson	71 Jr	15:17	7:38

Senior Boys: 45 finishers

Junior Boys: 81 finishers

1. MONTGOMERY 21, 2. Vintage 21,
3. Oak Ridge 25, 4. Novato 29,
5. Redwood 41, 6. Terra Linda 64,
7. Ukiah 70, 8. Napa 77, 9. Willits 112,
10. Rancho Cotate 115, 11. Marin Catholic 119
81 finishers

Frosh/Soph Boys: 151 finishers

1. Ukiah 9, 2. MONTGOMERY 33,
3. Eureka 47, 4. Healdsburg 63,
5. Cardinal Newman 65, 6. El Molino 80,
7. Analy 83, 8. Oak Ridge 95,
9. RV Christian 96, 10. Napa 115,
11. Redwood 126, 12. Marin Catholic 134,
13. Novato 136, 14. Rancho Cotate 138,
15. Vintage 148, 16. Elsie Allen 149,
17. Fortuna 166, 18. Willits 183,
19. St. Patrick's 198, 20. Terra Linda 207,
21. Santa Rosa 274

NBL Dual Meet vs. Elsie Allen
September 20 at Elsie Allen
Course: 3.1 miles, flat

Girls	Place	Time	Pace
1 Rancourt	1 V	21:21	6:53
2 McRae	2 V	21:27	6:55
3 Reichmuth	3 V	21:30	6:56
4 Cushing	4 V	21:32	6:56
5 Haile	5 V	22:09	7:08
6 Bei	6 V	22:10	7:09
7 Vion	7 V	22:15	7:10
8 Glidden	1 JV	22:21	7:12
9 Allard	2 JV	23:57	7:43
10 Mackie	3 JV	23:58	7:43
11 Malvino	4 JV	25:48	8:19
12 Montgomery	5 JV	25:54	8:21
13 Smith	6 JV	26:18	8:29
14 Temple	7 JV	26:21	8:30
15 Bernard	8 JV	27:05	8:44
16 Stevenson	9 JV	28:01	9:02
17 Scott	10 JV	28:45	9:16

Varsity Girls: 8 finishers

MONTGOMERY 15, Elsie Allen 50

Junior Varsity Girls: 10 finishers

Boys	Place	Time	Pace
1 Funk, K.	1 V	16:54	5:27
2 DeSelle	2 V	16:57	5:28
3 Staroba	3 V	17:34	5:40
4 Finlay	4 V	17:47	5:44
5 Currie	5 V	18:30	5:58
6 Waters	6 V	18:40	6:01
7 Hansen	7 V	18:46	6:03
8 Jackman	1 JV	19:00	6:07
9 Phelps	2 JV	19:40	6:20
10 Buonaccorsi	3 JV	20:19	6:33
11 Funk, G.	4 JV	20:22	6:34
12 Buser, J.	5 JV	21:26	6:54
13 Larsen	6 JV	21:25	6:54
14 Chapin	7 JV	21:29	6:55
15 Buser, G.	8 JV	23:00	7:25
16 Keegan	9 JV	24:13	7:48
17 Anderson	10 JV	25:27	8:12

Varsity Boys: 10 finishers

MONTGOMERY 15, Elsie Allen 50

Junior Varsity Boys: 10 finishers

Viking Opener Invitational

Montgomery's junior/senior girls team win the V.O. for the first time since the very first meet held ten years ago. They are led by Marisa Reichmuth's 8th-place finish. She PRs in her final race on the 2-mile course, running the 8th-best MHS time ever.

Christina Cushing medals as well, taking 10th. Georgina Vion's 13th place wrapped up the team win. The junior boys team is victorious as well, led by Kevin Funk's 4th place and John Staroba's 9th.

The frosh/soph boys place second as a team and Jason DeSelle, in 2nd place, is the day's fastest sophomore, leads all Vikings and sets a school record for sophs on this course. Jake Currie wins the 7th-place medal.

The F/S girls take 4th, led by Diana Rancourt's 4th, the 2nd-fastest MHS soph to ever run the course. A total of 28 PRs are recorded for the Vikings, led by Sarah Smith's 1:06 improvement and Lisa Temple's 1:04, her 5th-straight PR on the course. Brittany Allard, Diana Rancourt and April Malvino all improve by more than 40 seconds. Sarah Viall is 39 seconds faster this time and Debbie Stevenson 34. Boys PRs are topped by James Waters' 42 seconds.

NBL Dual Meet vs. Elsie Allen

Boys and girls win by the maximum score of 15-50. Nych Hansen earns a varsity spot, Kevin Funk and Diana Rancourt take firsts and Megan Scott outkicks the top Lobo runner near the finish line.

Adidas Invitational
September 23 at Concord
Course: Varsity - 3.0 miles;
JV and Frosh/Soph - 2.0 miles

Varsity Girls	Place	Time	Pace
1 Rancourt	44	21:22	7:07
2 McRae	63	21:51	7:17
3 Vion	89	22:30	7:30
4 Haile	93	22:35	7:31
5 Cushing	95	22:36	7:32
6 Bei	100	22:47	7:35
7 Reichmuth	108	23:04	7:41

Frosh/Soph and Junior Varsity Girls

1 Glidden	13 F/S	14:54	7:27
2 Allard	21 F/S	15:21	7:40
3 Finch	19 JV	15:27	7:43
4 Mackie	44 F/S	16:12	8:06
5 Malvino	46 F/S	16:17	8:08
6 Montgomery	51 F/S	16:36	8:18
7 Smith	68 JV	16:50	8:25
8 Temple	85 JV	17:18	8:39
9 Perry	81 F/S	17:26	8:43
10 Stevenson	91 JV	17:43	8:51
11 Bernard	93 JV	17:55	8:57
12 Scott	94 JV	17:56	8:58

Varsity Girls: 19 teams, 151 finishers

1. Clayton Valley 51, 2. Carondelet 116,
3. College Park 144, 4. Logan 175,
10. Ursuline 253, 12. Washington 310,
13. Acalanes 318, 14. MONTGOMERY 323,
16. Santa Rosa 339, 19. Casa Grande 483

Frosh/Soph Girls: 11 teams, 130 finishers

1. Carondelet 50, 2. Castro Valley 62,
3. University 67, 6. MONTGOMERY 156,
8. Ursuline 208, 10. Antioch 291,
11. Washington 315

JV Girls: 13 teams, 123 finishers

1. Carondelet 63, 2. Logan 94,
3. Clayton Valley 116, 6. Acalanes 165,
12. MONTGOMERY 311, 13. Ursuline 325

Varsity Boys	Place	Time	Pace
1 Funk, K.	27	16:59	5:39
2 DeSelle	34	17:05	5:41
3 Staroba	60	17:36	5:52
4 Currie	68	17:44	5:54
5 Finlay	70	17:47	5:55
6 Waters	115	18:38	6:12
7 Hansen	122	18:49	6:16

Junior Varsity Boys

1 Jackman	15	12:28	6:14
2 Funk, G.	19	12:35	6:17
3 Chapin	47	13:07	6:33
4 Buonaccorsi	48	13:08	6:34
5 Phelps	70	13:39	6:49
6 Larsen	101	14:06	7:03
7 Keegan	116	14:37	7:18
8 Anderson	128	15:13	7:36

Varsity Boys: 22 teams, 179 finishers

1. De La Salle 81, 2. Livermore 91,
3. Clayton Valley 170, 9. MONTGOMERY 250,
10. Logan 250, 12. Castro Valley 300,
16. Cardinal Newman 232, 17. Santa Rosa 404,
18. Acalanes 418, 19. Casa Grande 452

JV Boys: 13 teams, 147 finishers

1. De La Salle 37, 2. Castro Valley 95,
3. Logan 103, 7. MONTGOMERY 185,
12. Cardinal Newman 466, 13. Acalanes 467

Adidas Invitational

Our first view of the 1995 NCS course is a humbling experience. The boys fare well against Division I opponents but the varsity girls have a rough day. The best finish is by the F/S girls team, Sorya Glidden leading that team to a 6th-place finish.

NBL Dual Meet vs. Piner
September 27 at Spring Lake
Course: 3 miles, rolling hills

Girls	Place	Time	Pace
1 Rancourt	1 V	21:03	7:01
2 McRae	2 V	21:13	7:04
3 Cushing	3 V	21:31	7:10
4 Haile	5 V	21:45	7:15
5 Vion	6 V	21:48	7:16
6 Glidden	7 V	21:50	7:16
7 Reichmuth	8 V	22:10	7:23
8 Bei	1 JV	22:33	7:31
9 Finch	2 JV	22:59	8:01
10 Mackie	3 JV	23:57	8:29
11 Allard	4 JV	24:06	8:38
12 Malvino	5 JV	24:32	8:50
13 Montgomery	6 JV	24:57	8:19
14 Perry	7 JV	26:09	8:43
15 Bernard	8 JV	26:40	8:53
16 Scott	9 JV	29:02	9:40

Varsity Girls: 9 finishers
MONTGOMERY 15, Piner 50

Junior Varsity Girls: 9 finishers

Boys	Place	Time	Pace
1 Funk, K.	1 V	17:07	5:42
2 DeSelle	2 V	17:13	5:44
3 Finlay	4 V	17:26	5:48
4 Staroba	5 V	17:41	5:53
5 Jackman	7 V	17:56	5:58
6 Hansen	8 V	18:09	6:03
7 Waters	9 V	18:11	6:03
8 Buonaccorsi	1 JV	18:12	6:04
9 Phelps	2 JV	18:21	6:07
10 Funk, G.	3 JV	18:40	6:13
11 Chapin	4 JV	19:19	6:26
12 Buser, J.	5 JV	19:25	6:28
13 Larsen	6 JV	19:36	6:32
14 Buser, G.	7 JV	20:32	6:50
15 Anderson	8 JV	22:37	7:32

Varsity Boys: 11 finishers
MONTGOMERY 15, Piner 50

Junior Varsity Boys: 8 finishers

NBL Dual Meet vs. Piner

Piner cannot field a full team in any division so rack up another win for the Vikings. Kevin Funk gets his 4th-straight dual meet victory for the varsity boys and Diana Rancourt wins for the second time in-a-row. JV winners include Brook Buonaccorsi and Amy Bei.

Top PRs came from Amy Bei, who cut 1:31 from her first go at the course, and Kevin Chapin, 1:28 faster than his best time of 1994. Travis Phelps showed significant improvement as well, running 35 seconds faster than he did last year. Bennett Anderson cut 18 seconds from his 1994 PR.

At this point in the season the team records are:

Varsity Girls: 10 wins, 0 losses

Varsity Boys: 10 wins, 0 losses

Junior Varsity Boys: 8 wins, 0 losses

Stanford Invitational
September 30 at Stanford University
Varsity Course: 3.1 miles, rolling
JV Course: 1.86 miles, rolling

V Girls (3.1M)	Place	Time	Pace
1 Rancourt	69	22:09	7:07
2 Haile	76	22:18	7:10
3 Vion	84	22:31	7:14
4 Bei	96	22:50	7:20
5 Glidden	99	23:01	7:24
6 Cushing	106	23:21	7:30

JV Girls (1.86M)

1 Allard	38	13:11	7:04
2 Finch	48	13:28	7:13
3 Malvino	64	14:00	7:30
4 Mackie	86	14:16	7:39
5 Montgomery	70	14:19	7:40
6 Viall	88	14:54	7:59
7 Perry	98	15:31	8:19

Varsity Girls: 20 teams, 152 finishers

1. Scripps Ranch 80, 2. Torrey Pines 121, 3. Trabuco Hills 131, 18. MONTGOMERY 381

JV Girls: 13 teams, 120 finishers

1. Ayala 32, 2. Nevada Union 68, 3. Peninsula 69, 5. Logan 139, 7. MONTGOMERY 209, 8. Washington 233 12. Santa Rosa 297

V Boys (3.1M)	Place	Time	Pace
1 Funk, K.	25	16:59	5:27
2 DeSelle	39	17:22	5:35
3 Currie	67	17:56	5:46
4 Staroba	85	18:10	5:50
5 Finlay	90	18:17	5:53
6 Hansen	146	19:08	6:09
7 Jackman	172	20:10	6:29

JV Boys (1.86M)

1 Waters	46	10:31	5:38
2 Buonaccorsi	102	11:02	5:55
3 Funk, G.	110	11:08	5:58
4 Phelps	138	11:29	6:09
5 Chapin	139	11:31	6:10
6 Buser, J.	172	12:11	6:32
7 Buser, G.	192	12:51	6:53

Varsity Boys: 26 teams, 198 finishers

1. Edison 127, 2. Mission San Jose 137, 3. Reedley 139, 13. MONTGOMERY 294

JV Boys: 24 teams, 204 finishers

1. Jesuit 35, 2. Nevada Union 74, 3. Bellarmine Prep 107, 10. Logan 253, 18. MONTGOMERY 484, 21. Washington 678

Stanford Invitational

Some of the top teams in California and neighboring states came together for this meet and it was a state-meet-like atmosphere.

The top five MHS boys are separated by a total of 1:18 -- a respectable grouping, and finish 13th among 26 teams.

The girls grouping is even tighter -- 52 seconds. Those finishing in the top 50 in their respective races include Kevin Funk, 25th VB; Brittany Allard, 38th JVG; Jason DeSelle, 39th VB; and James Waters, 46th JVB.

NBL Dual Meets vs. Rancho Cotata,
October 4 at Spring Lake
Course: 3 miles, rolling hills

Girls	Place	Time	Pace
1 Rancourt	1 V	20:48	6:56
2 McRae	2 V	21:09	7:03
3 Cushing	3 V	21:17	7:05
4 Reichmuth	4 V	21:37	7:12
5 Haile	5 V	22:04	7:21
6 Vion	6 V	22:33	7:31
7 Finch	1 JV	22:39	7:33
8 Bei	10 V	22:54	7:38
9 Allard	12 V	24:07	8:02
10 Mackie	2 JV	24:31	8:10
11 Montgomery	3 JV	24:58	8:19
12 Malvino	4 JV	24:59	8:19
13 Perry	5 JV	25:12	8:24
14 Bernard	6 JV	26:57	8:59
15 Temple	7 JV	28:45	9:35
16 Smith	8 JV	28:54	9:38
17 Scott	9 JV	29:19	9:46

Varsity Girls: 17 finishers

MONTGOMERY 15, Rancho Cotata 47

Junior Varsity Girls: 9 finishers

Boys	Place	Time	Pace
1 DeSelle	1 V	16:40	5:33
2 Funk, K.	2 V	16:41	5:33
3 Staroba	3 V	17:25	5:48
4 Finlay	4 V	17:45	5:55
5 Currie	5 V	18:05	6:01
6 Jackman	6 V	18:26	6:08
7 Waters	1 JV	18:47	6:15
8 Phelps	2 JV	19:32	6:30
9 Buonaccorsi	3 JV	19:52	6:37
10 Funk, G.	4 JV	20:25	6:48
11 Chapin	5 JV	20:43	6:54
12 Larsen	6 JV	21:36	7:12
13 Buser, J.	7 JV	22:04	7:21
14 Buser, G.	9 JV	23:00	7:40
15 Anderson	11 JV	24:18	8:06

Varsity Boys: 11 finishers

MONTGOMERY 15, Rancho Cotata 47

Junior Varsity Boys: 15 finishers

MONTGOMERY 15, Rancho Cotata 50

NBL Dual Meet vs. Rancho Cotata

Montgomery takes the top 6 varsity runners in boys and girls competition and win by identical scores of 15-47. The JV girls are uncontested and the JV boys score a 15-50 shutout.

Jason DeSelle gets his first dual meet win, a step ahead of Kevin Funk. Both score PRs on the home course, DeSelle by 18 seconds and Funk by 12.

Diana Rancourt wins her third straight dual meet, recording an 11-second PR. Eight girls break 23 minutes.

Big PRs are set by Erin Perry (57 seconds) and Geoff Buser (38 seconds). Travis Phelps runs his 6th-straight PR on the 3-mile course.

Artichoke Invitational
October 7 at Half Moon Bay
Course: 2.33 miles, hilly

Girls	Place	Time	Pace
1 Rancourt	12 F/S	15:33	6:40
2 Vion	65 V	15:52	6:48
3 Cushing	66 V	15:52	6:48
4 McRae	17 F/S	15:53	6:49
5 Haile	20 F/S	16:00	6:52
6 Reichmuth	100 V	16:29	7:04
7 Allard	34 F/S	16:32	7:05
8 Finch	116 V	16:47	7:12
9 Bei	48 F/S	16:49	7:13
10 Mackie	67 F/S	17:11	7:22
11 Malvino	100 F/S	17:55	7:41
12 Viall	206 V	18:36	7:58
13 Smith	209 V	18:49	8:04
14 Bernard	210 V	18:50	8:04
15 Scott	225 V	19:18	8:17
16 Perry	152 F/S	19:28	8:21
17 Temple	239 V	20:05	8:37
18 Stevenson	256 V	21:01	9:01

Varsity Girls: 28 teams, 266 finishers

1. Carondelet 187, 2. Douglas 195,
3. Lowell 200, 8. Logan 260,
17. Washington 465, 19. MONTGOMERY 553,
22. Ukiah 817

Frosh/Soph Girls: 20 teams, 112 finishers

1. Buchanan 41, 2. Reno 117,
3. MONTGOMERY 130, 5. Logan 206,
8. Ukiah 307, 10. Washington 340

Boys	Place	Time	Pace
1 DeSelle	6 F/S	12:29	5:21
2 Funk, K.	49 V	12:36	5:24
3 Staroba	69 V	12:54	5:32
4 Currie	19 F/S	13:00	5:34
5 Finlay	110 V	13:19	5:42
6 Jackman	120 V	13:25	5:45
7 Waters	45 F/S	13:35	5:49
8 Buonaccorsi, B	95 F/S	14:25	6:11
9 Funk, G.	40 F	14:27	6:12
10 Chapin	216 V	14:32	6:14
11 Buser, J.	89 JV	15:01	6:26
12 Phelps	145 F/S	15:13	6:31
13 Larsen	120 JV	15:30	6:39
14 Buser, G.	95 F	15:55	6:49
15 Keegan	150 JV	16:20	7:00
16 Anderson	165 JV	16:54	7:15

Varsity Boys: 34 teams, 254 finishers

1. Jesuit 47, 2. Los Gatos 155,
3. Leland 162, 10. Castro Valley 307,
12. Logan 325, 20. MONTGOMERY 564,
28. Ukiah 853

Frosh/Soph Boys: 23 teams, 242 finishers

1. Jesuit 38, 2. Madera 75,
3. Ukiah 136, 6. MONTGOMERY 310,
7. Logan 312, 18. Castro Valley 648

Freshman Boys: 142 finishers

JV Boys: 186 finishers

NBL Dual Meet vs. Santa Rosa
October 11 at Spring Lake
Course: 3.0 miles, rolling

Girls	Place	Time	Pace
1 Rancourt	3 V	20:18	6:46
2 Haile	4 V	21:13	7:04
3 McRae	5 V	21:15	7:05
4 Vion	7 V	21:21	7:07
5 Reichmuth	10 V	21:39	7:13
6 Cushing	11 V	21:44	7:14
7 Bei	12 V	21:47	7:15
8 Finch	13 V	21:51	7:17
9 Allard	15 V	22:54	7:38
10 Mackie	1 JV	23:30	7:50
11 Malvino	3 JV	24:11	8:03
12 Bernard	4 JV	25:14	8:24
13 Perry	5 JV	25:35	8:31
14 Thomas	9 JV	26:11	8:43
15 Viall	11 JV	26:31	8:50
16 Temple	12 JV	27:30	9:10
17 Stevenson	13 JV	28:28	9:29

Varsity Girls: 12 finishers

Santa Rosa 26, MONTGOMERY 29

Junior Varsity Girls: 13 finishers

MONTGOMERY 22, Santa Rosa 33

Boys	Place	Time	Pace
1 Funk, K.	3 V	16:23	5:27
2 DeSelle	4 V	16:27	5:29
3 Staroba	6 V	17:20	5:46
4 Currie	7 V	17:35	5:51
5 Finlay	8 V	18:03	6:01
6 Jackman	9 V	18:08	6:02
7 Waters	10 V	18:09	6:03
8 Buonaccorsi	1 JV	19:27	6:29
9 Funk, G.	2 JV	19:50	6:36
10 Chapin	4 JV	20:07	6:42
11 Phelps	5 JV	21:03	7:01
12 Larsen	6 JV	21:06	7:02
13 Buser, J.	7 JV	21:20	7:06
14 Buser, G.	9 JV	22:43	7:34
15 Anderson	10 JV	23:15	7:45
16 Keegan	12 JV	25:34	8:31

Varsity Boys: 14 finishers

MONTGOMERY 28, Santa Rosa 31

Junior Varsity Boys: 15 finishers

MONTGOMERY 18, Santa Rosa 44

NBL Dual Meet vs. Santa Rosa at Spring Lake

The girls first loss of the season comes at the hands of arch-rival Santa Rosa, a close 26-29 contest. The JV girls even their record at 1-1 by taking an 11-point victory. They are led by race winner Lisa Mackie.

The varsity boys, crushed 18-38 a year ago, take care of business to remain undefeated in their first serious challenge of the season.

Brook Buonaccorsi and Greg Funk lead the JV boys to Montgomery's 89th-straight dual meet victory. Amy Bernard leads the PR parade by cutting 1:26 from her previous best on the home course.

Brittany Allard takes 1:12 off her PR and Amy Bei is 46 seconds faster this time.

The boys PR list is led by Jon Buser who reduced his course best by 41 seconds. James Waters is not far behind on improvement, with 38 seconds. Bennett Anderson PRs again, this time by a substantial 36 seconds.

The PR list is long: Diana Rancourt, 30; Shewit Haile, 26; Kevin Chapin, 23; April Malvino, 21; Kevin Funk, 18; Geoff Buser, 17; Michelle Finch, 16; Jason DeSelle, 13; Jeremy Jackman, 12; and Georgina Vion, 2.

Castro Valley Invitational
October 14 at Canyon Middle School
Courses: Varsity - 3 miles, hilly
Frosh/Soph and JV - 2.1 miles, hilly

Varsity Girls	Place	Time	Pace
1 Cushing	26	23:33	7:51
2 Finch	33	24:17	8:05
3 Vion	35	24:25	8:08
4 Malvino	46	25:46	8:35
5 Viall	59	28:01	9:20

Frosh/Soph and JV Girls

1 Rancourt	1 F/S	15:01	7:09
2 Haile	6 F/S	16:00	7:37
3 McRae	8 F/S	16:04	7:39
4 Bei	12 F/S	16:21	7:47
5 Allard	18 F/S	16:42	7:57
6 Glidden	21 F/S	17:07	8:09
7 Mackie	29 F/S	17:42	8:25
8 Bernard	30 JV	18:35	8:50
9 Scott	38 JV	20:00	9:31
10 Perry	39 JV	20:10	9:36
11 Temple	45 JV	20:38	9:49
12 Smith	46 JV	20:53	9:56
13 Stevenson	50 JV	21:30	10:14

Varsity Girls: 11 teams, 73 finishers

1. College Park 53, 2. Castro Valley 56,
3. Logan 61, 4. MONTGOMERY 155,
5. El Molino 156, 6. Santa Rosa 163,
10. Analy 230

Frosh/Soph Girls: 6 teams, 41 finishers

1. MONTGOMERY 36, 2. Castro Valley 50,
3. Bishop O'Dowd 70

JV Girls: 7 teams, 60 finishers

1. Logan 36, 2. Clayton Valley 49,
3. Carondelet 55, 6. MONTGOMERY 162,
7. El Molino 176

Varsity Boys	Place	Time	Pace
1 Funk, K.	8	17:24	5:48
2 Staroba	38	18:56	6:18
3 Finlay	44	19:28	6:29
4 Jackman	50	19:48	6:36
5 Chapin	84	21:52	7:17

Frosh/Soph Boys

1 DeSelle	2	12:21	5:52
2 Currie	12	13:00	6:11
3 Waters	19	13:30	6:25
4 Funk	38	14:05	6:42
5 Buonaccorsi	39	14:05	6:42
6 Phelps	60	15:09	7:12

Varsity Boys: 13 teams, 97 finishers

1. De La Salle 46, 2. Clayton Valley 70,
3. Castro Valley 75, 4. Logan 106,
6. Montgomery 170

Frosh/Soph Boys: 13 teams, 107 finishers

1. De La Salle 59, 2. Westmoor 72,
3. MONTGOMERY 94, 5. Casa Grande 124,
6. Analy 155, 8. Logan 216,
10. Castro Valley 242, 11. Rancho Cotate 278,

Artichoke Invitational

Sophomore runners bring home 5 medals in this very crowded invitational. Jason DeSelle leads the boys in time and places 6th in the F/S division. Jake Currie also medals in that race with his 19th place finish. Three medalists come from the girls F/S race: Diana Rancourt getting 12th, Megan McRae placing 17th and Shewit Haile taking 20th. That team takes 3rd among 20 teams.

Of those returning from previous years on the course, Kevin Chapin improves the most, a cut of 2:41 from last year. Christina Cushing leads the girls in improvement at 1:25 better. Jake Currie, at 1:13, also is more than a minute faster than in 1994. Brook Buonaccorsi cuts 57, Jeremy Jackman takes off 48, Megan Scott gets her first PR of the year by 40 seconds and John Staroba is 25 seconds faster this time. Other PRs: Jason DeSelle, 26; Michelle Finch, 17; Lisa Mackie, 15; Kevin Funk, 13; and Sarah Viall, 6 seconds.

Castro Valley Invitational

Diana Rancourt wins the frosh/soph race with the 5th-fastest F/S time in this meet's history. Teammates Shewit Haile (6th), Megan McRae (8th) and Amy Bei (12th) get medals for placing in the top 15. Brittany Allard in 18th wraps up the team title for the Vikings.

Jason DeSelle runs a strong race to take 2nd in the boys F/S division and Jake Currie medals in 12th. That team ends up 3rd among 13 teams.

Kevin Funk leads the varsity boys with an 8th-place finish and Christina Cushing takes 26th to leads the girls varsity. The girls JV team is topped by Amy Bernard's 30th-place finish. April Malvino and Sarah Viall run varsity for the first time.

Cushing has the most improvement of those runners who have been on the course before, a best by 1:44. Travis Phelps is 57 seconds faster than last year. Brook Buonaccorsi ran 41 seconds faster than his 1994 time; DeSelle was 39 better and Jake Currie improved by 28 seconds.

NBL Dual Meet vs. Ukiah
October 25 at Spring Lake
Course: 3 miles, rolling

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Rancourt	1 V	19:58	6:39
2	Haile	3 V	20:26	6:48
3	Vion	4 V	20:29	6:49
4	Cushing	5 V	20:51	6:57
5	McRae	6 V	20:59	6:59
6	Bei	7 V	21:04	7:01
7	Glidden	1 JV	21:41	7:13
8	Finch	2 JV	21:43	7:14
9	Allard	9 V	22:43	7:34
10	Mackie	3 JV	23:05	7:41
11	Malvino	4 JV	23:06	7:42
12	Bernard	5 JV	23:38	7:52
13	Scott	6 JV	25:46	8:35
14	Perry	7 JV	25:57	8:39

Varsity Girls: 13 finishers
MONTGOMERY 19, Ukiah 43
JV Girls: 7 finishers

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	DeSelle	1 V	15:57	5:19
2	Funk, K.	2 V	16:19	5:26
3	Staroba	5 V	16:52	5:37
4	Currie	6 V	16:53	5:37
5	Finlay	9 V	17:15	5:45
6	Jackman	10 V	17:21	5:47
7	Waters	12 V	17:45	5:55
8	Funk, G.	13 V	18:20	6:06
9	Buonaccorsi	1 JV	18:32	6:10
10	Phelps	2 JV	19:23	6:27
11	Chapin	3 JV	19:25	6:28
12	Buser, J.	4 JV	19:59	6:39
13	Larsen	6 JV	20:46	6:55
14	Buser, G.	7 JV	21:22	7:07
15	Anderson	11 JV	23:07	7:42

Varsity Boys: 14 finishers
MONTGOMERY 23, Ukiah 33
Junior Varsity Boys: 18 finishers
Ukiah 26, MONTGOMERY 31

NBL Dual Meet vs. Ukiah at Spring Lake

In a battle of unbeaten, the MHS varsity boys easily outrun the Wildcats to finish off a perfect dual meet season at 13-0. Jason DeSelle crushes the sophomore school course record by 29 seconds, becoming just the 6th Viking to break 16 minutes on the course. The JV boys winning streak that spanned 11 years and 89 meets ends at the hands of Ukiah despite the 1-2 finish of Greg Funk and Brook Buonaccorsi. Diana Rancourt becomes only the third Viking girl to break 20 minutes on the home course and leads her team to an easy win. Amy Bei breaks Rancourt's MHS frosh course record. A total of 24 Vikings set PRs, led once again by Amy Bernard's 1:36 time cut. Greg Funk's win was fueled by a PR of 1:22 and the brothers Buser, Jon and Geoff, each improve by 1:21. April Malvino joins the 1-minute PR club, cutting 1:05 from her best of 2 weeks ago. Other impressive time leaps include a 55-second betterment by Georgina Vion, 47 seconds each by Shewit Haile and Jeremy Jackman, a jump of 43 seconds by Bei and 42 by Kevin Chapin. Chapin's total improvement for the home course this season: 2 minutes and 29 seconds. PR streaks: 5 straight for James Waters, Kevin Funk and Jason DeSelle; 4 in-a-row by Geoff Buser. Barriers: Megan McRae breaks the 21-minute mark; Jon Buser breaks 20 minutes; John Staroba and Jake Currie each break 17:00. Haile and Vion break 21; Jackman and Waters are under 18 for the first time.

North Bay League Championships
November 3 at Ukiah High School
Course: 3.1 miles, hilly

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Rancourt	4 V	21:34	6:57
2	McRae	7 V	22:12	7:09
3	Haile	12 V	22:31	7:15
4	Vion	13 V	22:33	7:16
5	Bei	18 V	23:07	7:27
6	Cushing	23 V	23:28	7:34
7	Glidden	1 JV	24:06	7:46
8	Finch	2 JV	24:31	7:54
9	Allard	5 JV	24:56	8:02
10	Malvino	7 JV	25:10	8:07
11	Mackie	8 JV	25:11	8:07
12	Reichmuth	32 V	25:13	8:08
13	Viall	14 JV	27:05	8:44
14	Bernard	19 JV	27:24	8:50
15	Perry	34 JV	29:57	9:39
16	Scott	36 JV	30:14	9:45

Varsity Girls: 41 finishers
1. Ursuline 41, 2. MONTGOMERY 53,
3. Ukiah 65, 4. Santa Rosa 66,
5. Rancho Cotate 138, 6. Allen 163,
7. Piner - incomplete.

Junior Varsity Girls: 40 finishers
1. MONTGOMERY 23, 2. Ursuline 34,
3. Ukiah 81, 4. Santa Rosa 99,
5. Rancho Cotate - incomplete.

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	DeSelle	2 V	17:12	5:32
2	Funk, K.	4 V	17:37	5:40
3	Currie	8 V	18:22	5:55
4	Staroba	9 V	18:27	5:57
5	Finlay	15 V	18:47	6:03
6	Jackman	25 V	19:58	6:26
7	Funk, G.	4 JV	20:08	6:29
8	Buonaccorsi	9 JV	20:54	6:44
9	Chapin	15 JV	21:59	7:05
10	Phelps	18 JV	22:27	7:14
11	Buser, J.	22 JV	23:02	7:25
12	Buser, G.	26 JV	23:59	7:44
13	Waters	43 V	24:08	7:46
14	Larsen	32 JV	24:53	8:01
15	Anderson	38 JV	27:34	8:53

Varsity Boys: 44 finishers
1. MONTGOMERY 38, 2. Ukiah 60,
3. Santa Rosa 74, 4. Cardinal Newman 77,
5. Piner 131, 6. Rancho Cotate 147,
7. Allen 180
Junior Varsity Boys: 44 finishers
1. Ukiah 17, 2. MONTGOMERY 62,
3. Cardinal Newman 71, 4. Santa Rosa 111,
5. Rancho Cotate 127

North Bay League Championship

Montgomery's varsity boys team is back atop the NBL once again after dropping to third in 1994. Jason DeSelle surprises the league with his 2nd-place finish, breaking David Toomey's course and MHS record of 1993. DeSelle and Kevin Funk earn First-Team All League honors. Second-Team honors go to Jake Currie and John Staroba as they both break into the top 10. The JV girls are league champions for the first time in MHS history. Sonya Glidden is individual champion in that race, making varsity for the NCS meet in the process. Michelle Finch (2nd), Brittany Allard (5th), April Malvino (7th) and Lisa Mackie (8th) give MHS 5 runners of the top 8 to easily defeat Ursuline, the only team to defeat the MHS JVs this season. The varsity girls, tied for first with Santa Rosa and Ursuline going into the meet, finish a strong 2nd to the Bears. Diana Rancourt (4th) and Megan McRae (7th) are First-Team All League selections.

North Coast Section Championships
November 18 at Newhall Park in Concord
Course: 3 miles, one challenging hill

	<u>Girls</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Vion	15	21:09	7:03
2	Haile	21	21:36	7:12
3	Cushing	31	22:12	7:24
4	Bei	35	22:27	7:29
5	McRae	57	23:43	7:54
6	Glidden		24:28	8:09

Varsity Girls: 13 teams, 80 finishers
Top 5: 1. Logan 48, 2. Acalanes 81,
3. Santa Rosa 84, 4. Washington 91,
5. MONTGOMERY 147

	<u>Boys</u>	<u>Place</u>	<u>Time</u>	<u>Pace</u>
1	Funk, K.	11	16:56	5:38
2	DeSelle	12	16:56	5:38
3	Staroba	22	17:20	5:46
4	Currie	24	17:29	5:49
5	Finlay	26	17:35	5:51
6	Jackman	50	18:35	6:11
7	Waters		19:02	6:20

Varsity Boys: 14 teams, 92 finishers
Top 5: 1. Bishop O'Dowd 63,
2. Castro Valley 87, 3. Logan 95,
4. Montgomery 95, 5. Ukiah 139

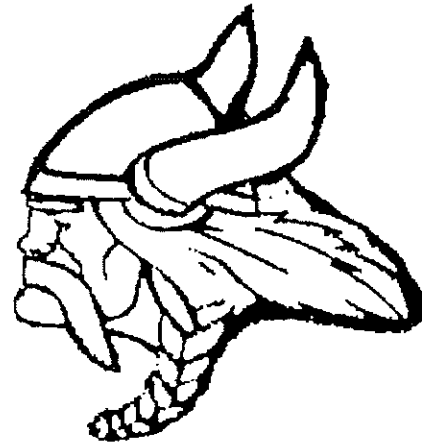
North Coast Section Championship Meet at Newhall Park in Concord

The season ends on a disappointing note for both teams as no Vikings qualify for the state championship meet. The boys' team finishes only 8 points out of the final qualifying spot even though the top 5 run a faster time than they did at the Adidas invitational 2 months earlier. John Staroba took the most time off, a 16-second PR. Jake Currie was 15 seconds better and Jerry Finlay runs 12 seconds faster than before.

The girls team came into the meet decimated by illness. Only 1 runner on the team was not suffering from either a cold, the flu or bronchitis. That person, Georgina Vion, had a great race, coming from 21st place at the 2-mile mark to finish 15th. Her time was 1:21 faster than she ran on this same course in September. Shewit Haile fought off early signs of the flu to PR by 59 seconds and a congested Christina Cushing was 24 seconds faster this time. Amy Bei improved by 20 seconds.

Of those who competed in the NCS meet, only Christina Cushing graduates. The returnees are already thinking about next year's NCS meet.

Cross Country



Practice Miles Season Totals

