

Great job over the weekend Mustangs!

There were a handful of PRs and great performances by a ton of the kids that competed. Thank you everyone for your support.

Mustangs Lower-Levels competed at Glen Helen Regional Park at the Inland Empire Championships, and a handful of PRs took place, but the highlight of the meet was Ashlee Randall finishing 2nd in her race. Great job leading your squad.



Up in Clovis, the Men's and Women's varsity team competed great and followed the race plan and executed it efficiently, despite nobody on the team being 100%. The women started the meet off with a smart and controlled first mile, coming through the Women's XL Schools race in 5th place. The plan was to hit the gas and take over the second mile, and the women did just that. The team moved up from 5th to 1st by the 2.1 mile mark and held on strong for the win over the last mile.

1 mi split	5 th place	154 points
2.1 mi split	1 st place	109 points
5k split	1 st place	154 points

The women collectively moved up in the most important part of the race, held on strong through the hilly section, and while everyone in the race faded, we faded the least and held on to a narrow victory over perennial D2 Powerhouse Ayala HS Team 154-164. The biggest difference maker today was Kayla Wrathall who finished as the team's 3rd woman, and finished very closely to our 2nd woman, Galilea Jimenez. Kayla was the only scorer to beat her opponent. Ayala had the better 1, 2, 4, and 5 runners, but the 10-point swing came from Ms. Kayla Wrathall this weekend. Nice work!

30	↑4	Kayla Wrathall	Eleanor Roosevelt	19:41.5	27
31	↓12	Dasha Zerboni	Canyon Crest Academy	19:43.0	28
32		Jaslin Arana	Clovis	19:43.4	29
33	↓6	Sanya Gowda	Folsom	19:46.0	30
34	↓3	Olivia Johnson	McClatchy	19:46.1	
35		Keira Sorenson	Central	19:47.6	
36	↑9	Frieda Cedillo	John F Kennedy	19:49.0	
37		Lydia Mendoza	Franklin	19:53.4	31
38	↓9	Jocelyn Pacheco	Granada Hills Charter	19:54.0	32
39	↑5	Sophia Guy	Canyon Crest Academy	19:54.3	33
40	↓2	Meztli Velazquez	Granada Hills Charter	19:56.3	34
41	↓11	Lauren Dudek	Folsom	19:56.6	35
42	↑10	Rebecca Doherty	Crescenta Valley	19:56.9	36
43	↑6	Tessa Jennings	Amador Valley	19:58.2	37
44	↑6	Kayla Kashima	Foothill	19:58.4	38
45	↓13	Getzell Pacheco	Sheldon	19:58.5	39
46	↓10	Madison Bravo	Ayala	19:58.8	40

Kayla faded and was caught by only four people, compared to Madison Bravo of Ayala HS. She was caught by 10 people the last mile. **This is the reason the women won on Saturday.**

All other girls on the team executed the race plan and it was a team effort. We will go over more in the team meeting.

The only girl with a PR converted was #7, Marisol Alvarez who ran 44 seconds faster than she has ever run before, to run a converted 20:15 (6:45 pace) for 3 miles.

In the men's race, battled and sleep deprived, the men's team looked SIGNIFICANTLY stronger than it was on Wednesday.

1 mi split	15 th place	328 points
2.1 mi split	5 th place	157 points
5k split	6 th place	212 points

1	-		Ayala	80
2	↑1		Trabuco Hills	118
3	↑1		La Serna	122
4	↑1		Patrick Henry	130
5	↑10		Eleanor Roosevelt	157

This picture to the left is the 2.1 mile split. We were FAR back at the mile mark, but the team hit the gas and collectively passed 171 people. WOW! That's executing a race plan. If things go according to plan, we will be feeling good and heating up when it matters most.

Highlighted by 3 second PR (Breckner) and 7 second PR (Linares) they two of them ran equivalent to 15:39 and 16:15 for 3 miles.

We will go over more in the meeting.

In the JV races at Clovis, the Men's team was led by varsity members Julian Arellano (10th) and Luis Esparza (11th) and both guys took the race out in a good position, and both came in at the mile right

around 5:10. The guys moved up and at the 2.1 mile split Luis was in 6th place (19 seconds back from 1st place) and Julian was in 12th place. Although both guys faded the last mile, they still held on for a solid 1-2 punch.

Julian finished in 14th with a time of 17:09 for 5k (5:31 pace) which converts to 16:39 for 3 miles, good enough for a 21 second PR (Personal Record). Esparza's time converts to 16:42 (5:34 pace) for 3 miles. J-Brown, Kevin, and Churchill rounded out the scoring

The men's JV team finished out the day placing 7th out of 25 scoring teams. Notable takedown, Perennial powerhouse program Dublin HS's JV team finished in 8th place right behind us!

In the women's JV race, the women got out hard and gave it their all. The team finished 13th out of 23 teams. Notable performance, Senior Megan Sanders decided to hold on strong. She got out and was in 51st at the mile, 57th at the 2.1 mile, and 54th at the finish. A consistent and determined effort landed her with a 48 second personal best and a new PR of 21:09. Sophomore Riley Gossard, finished in 3rd overall and had a 7 second personal best to run a converted 21:27 for 3 miles. Ninth grader Salma Jimenez continues to improve by leaps and bounds, Salma ran a personal best of 23:09 converted for 3 miles (42 second personal best. Juniors Leya Claudius and Dinah Flores both went out hard and although both faded, they gained valuable race experience and finished as the 2nd and 5th scorers respectively.

We will go over all results in team meetings this week.

This week's training plan looks like this: (70's and 80s towards the end of the week forecast).

Speed and Sleep on the forecast everyone!

Monday 10/11 7 am long run at the track. Quick team meeting before run. No drills.

3:10 PM in the quad for core workout, JV HIIT workout.

Tuesday 10/12 3:10 practice at the track. Recovery run. Varsity weight room 4-5 pm

Wednesday 10/3 8:10 am practice at the track, core, stretching, rolling.

3:10 pm practice at the track, speed workout (repeats)

Thursday 10/4 7 am practice at the track, recovery run for JV. Varsity 2 miles before weight room 7:15 am.

Varsity 3:10 PM practice Recovery Run

Friday 10/5 3:10 practice at the track. Team meeting to discuss Saturday's run, light core workout and band work before workout (grass 300m repeats).

Saturday 10/6 Practice in Walnut, CA. Park behind Run Republic Running store: 20687 Amar Rd Suite 3, Walnut, CA 91789 The team will be running from the store, to Mt. Sac to get on the course a few times before the Mt. Sac Invitational and CIF PRELIMS AND FINALS.