



SOUTH HIGH SCHOOL CROSS COUNTRY

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1-Mile Time Trials
Oct. 25, 2017

West High School Track
Sunny and later Clear, 72°F

“You can either be a winner or a wiener!” West High’s Head Coach Jason Druten continually encouraged the runners during their races at the 1-Mile Time Trials at West High. South High’s Cross Country athletes had a fun day running their hearts out for one mile. Because the event was held in the evening, runners were able to have an easier day with the cooler temperatures that made up for the torrid weather from the past few days. The athletes who did not attend the event instead had regular practice at South.

Students are advised to sign in to Cross Country correctly under the white tent—not at the gate to the track—every day to avoid undeserved truancies, as happened the day of the meet. On Thursday, Head Coach Brian Tokuda is generously offering students to clear up their truancies if they prove their understanding of the importance of signing in correctly through writing a small paragraph about their mistake, which will be meticulously checked by TA Andrew Leung, future English teacher. Just kidding about that meticulous check. Later on at the race, though, signing in was the farthest thing from the athletes’ minds; they all loved how the event was just a “practice meet,” and Boys JV runner Robert Solis had the nerve to say, “I don’t want to do this!” Freshman Hans Spieleder said, “My heart’s pumping, I’m nervous, but I think I’ll do well.” At the meet, TA Andrew Leung hijacked the press box for West High’s field, maximized the microphone volume, and reminded people politely to return their timing chips so as not to make their schools pay for them.

Boys JV runner Simon Lam said, “I saw my whole life flashing before me in the last 100 [meters].” Before the race, Freshman Jonathan Austin said, “I’m nervous, but I feel ready. We run five to six miles a day, so *a* mile—I can do that!” Austin ended up getting a 5:41. Mark Chung, who before the race said that it would be “pretty fast,” was unhappy with his performance. He said that he was “very, very disappointed”; he thought he could break the six-minute barrier but got a 6:14. Freshman Brandon Ito, who stayed strong throughout his entire race, finished third overall and first among South’s boys in his race with a time of 5:42. JV runner Matt Brill came in first among South’s runners in his race with a 5:17. He stated after running, “Dead, dead inside. I ran so hard, I feel dead.”

In a spectacular performance, freshman Cora Hesson ran a 6:30. She said, “I’m amazed; last year, I ran around a 7:30, but all the practice has helped!” Girls JV runner Amara Ugwu said, “Cross Country improved me as a whole; I attribute my success to [the program]. Overall, it was pretty fun.” She ended up getting a 7:15. JV Girls Anna Radmilovich and Selina Brown came in together with a 6:38. Radmilovich said, “I was really proud to finish with one of my best friends.” Brown agreed and added, “I was pretty happy with my time.”

With just about five more weeks in the 2017 Cross Country season, runners are taking care not to injure themselves. West High’s Head Coach Druten exclaimed, “Now, I don’t want anyone breaking a collarbone or a leg! Take it easy!” With Pioneer League Finals coming up next week, athletes hope to secure good final runs before the team transitions to post-Cross Country and pre-Track. The League Finals will be the last non-CIF or state race for the runners. We all wish the athletes well in these final weeks of the season.

- TA Andrew Leung
Wednesday, Oct. 25, 2017