



SOUTH HIGH SCHOOL CROSS COUNTRY

4801 PACIFIC COAST HIGHWAY
TORRANCE, CALIFORNIA 90505
EDITOR'S EMAIL: 1045916@etusd.org

ANDREW SALINAS, BOYS VARSITY COACH
RICK ESPONDA, VARSITY COACH

BRIAN TOKUDA, HEAD COACH

MANDI JOHNSON, GIRLS VARSITY COACH
ANDREW LEUNG, REPORTER / TA

Pioneer League Finals
Nov. 1, 2017

Charles H. Wilson Park. Flat on sidewalk with grass. 3.2 miles.
Cloudy, 75°F

"I'm really sad. I hope I make Track so I don't join the [unathletic] kids in P.E.!", freshman Amaan Merchant joked. The last race of South High's 2017 Cross Country season was the Pioneer League Finals, held at Charles H. Wilson Park on November 1. The cloudy weather proved to be favorable to the runners, making them hopeful for a strong end to the season. Runners, however, complained about the hilly course on grass, thinking that the terrain would impede them from performing at the best of their abilities. South High, though, won numerous awards at this meet, ending the season well.

At the start of the Boys Freshman race, Hunter Dunlavey assumed a position at the front of the pack. Dunlavey quickly fell behind in his race, however, after attempting to keep up with the first place runner. Isaac Chon said, "It was pretty bad—at least for me it was." Luffy Saito said, "It was long at the beginning, but during the second mile, I was alive! I felt that I was running!" Nathan French made a PR, getting a 23:01. He said, "I was surprised that I made a PR on the longest course of the season." The Boys JV race mostly went well. Some of them, though, were not proud of their performances. Kyle Nakai said, "It was like going through the fire and the flames!" Later, the Boys Varsity team made great times in their race. Dia Antazo finished with a 17:00. He joked of his performance, "I got that last West guy. He's millions of dollars in debt. I killed his family and burned his house down."

For the JV Girls, their race was successful. Emily Columbine said, "I got second. I wish I got first, but Rania deserved it." Carli Colditz got third place. Amara Ugwu said, "I am thankful for the season and the wonderful people I got to run with and hope for the best next season." Emmaly Sanchez, Cora Hesson, and Sara Da Silva stated, "A great way to end the season ... learning about Stuart." Stuart is the couch cushion the Varsity team brings to meets for runners to sit down on. The Girls Varsity team also had a great day, and they won first place, beating West and Torrance High. Rivka Ben-Avides, who ran a 21:05, said, "I'm extremely proud of how we did today. Personally, I felt really good. And I'm super excited to go to CIF this year, making this my second year there."

Because of financial hardships, the pizza party, originally planned to be hosted at Lamppost Pizza, was moved to Wilson Park, where the food was delivered. Varsity runner Nick Majamaki provided music. All athletes joined in when the chorus of Bon Jovi's song "Livin' On A Prayer" came on. Girls JV runner Amara Ugwu said, "When [the song] 'Ocean Man' came on, [TA] Andrew [Leung] looked like he was about to cry." The runners were served pizza, with girls getting first priority. JV runner Quinn Kato said of the boys' secondary treatment, "Where's the equality?!"

As the 2017 Cross Country season ends for South High, many runners are feeling sentimental about the memories made throughout the fall, but they are also looking forward to Track & Field. JV runner Mark Chung said, "It's pretty stressful for me. It's been my first year of Cross Country. There have been some good and bad races, but overall, it's been pretty fun, and I hope to do it again next year. It will be pretty weird to switch to Track because I'll be transitioning from distance running to sprints." Nevertheless, all athletes will enjoy their time off this month. The Christmas season will bring pre-Track, and later Track & Field will start. We commend all runners for a wonderful season and hope for their continued success in the future.

- TA Andrew Leung
Wednesday, Nov. 1, 2017