

60<sup>th</sup> Annual South Bay Cup  
Sept. 27, 2017

Columbia Park. Flat on pavement, grass, and dirt. 3.0 miles.  
Sunny, 73-78°F

Isaiah 40:31 says, "They will run and not grow weary[;] they will walk and not be faint." That was the case at the 60<sup>th</sup> Annual South Bay Cup, held at Columbia Park. At the meet, JV Girls runner Kelly Chung joked, "I hate running. Just kidding." Many of South High's runners expressed their discontent at running the large course with numerous turns. Quite a number of South's athletes, including Selina Brown, Catherine Roach, Anna Radmilovich, Lukas Berhe, Allison Fujimoto, Nicholas Bellavance, Robert Martinez, and Asst. TA Khalid Mihlar were either unable to attend or run at the meet. Brown said, "Many people are sick now." TA Andrew Leung attended the second half of the meet, riding in style with hurdle star Sean Hamilton's '97 Mazda Miata. JV Boys runner Mark Chung was kind enough to lend his laptop to TA Andrew so he could write a preliminary draft of this ANDREW MAGIC™. Head Coach Tokuda said that he would be too tired to write his competing TOKUDA MAGIC™ on the night after the meet, so TA Andrew hopes to publish his ANDREW MAGIC™ first. At the South Bay Cup, the top 30 runners from each race were awarded with a medal, and numerous plaques and trophies were given out at the end.

Overall, the boys did well at the meet, with many getting in the top 30. Varsity runner Troy Wakimoto said, "I desTROYed the competition." JV runner Lucas Smith said, "I seriously regret drinking a Coke before this." JV runner Robert Solis finished in the top 20 and won a medal with a time of 18:40. He said that it was his "first medal of the season." Dia Antazo got first place among South's runners and third overall in the Varsity race with a 16:33. Varsity runner Stephen Del Signore got a 17:55. In the JV race, Ryan Taylor won a medal after being first among his fellow runners from South, while getting seventh place overall. Freshman Matthew Peters got a 17:14, winning third place among Frosh boys and getting a trophy at the awards ceremony. JV runner Tyler Lum said, "The weather was hot, my feet were hurting, but as a man once said, 'Pain is weakness leaving the body.'" South High's JV boys got third place overall, earning a plaque.

Of the girls, freshman Rania Gomaa did very well, getting second place in her race. She said, "Good, good good. Feels good. I finished! South Cross Country does it best." The other girls did exceptionally as well, with Gomaa commenting, "Everyone ran really well today; it was amazing that they ran the really hard course in the high heat." JV runner Carli Colditz got a trophy for getting second place in her race. Varsity runner Hannah Nakamoto said, "I'm happy that I stuck with my pace, even though it was painful. This is my first step to running at Clovis." Varsity runner Emily Columbine said, "I ran as hard as I could, but at Clovis, I'll run harder!" The hopes are high among the Varsity runners as to whether they will make it in the top seven and be eligible to run at Clovis.

South's next event is the Palos Verdes Invitational at Palos Verdes High School on Friday. The meet will be organized into 18 different events, including an open race at the end, which some have encouraged TA Andrew to run. Sadly, it is doubtful if TA Andrew will be able to attend; he must go to his fourth and fifth periods. He, though, hopes to ride to the meet with Asst. TA Khalid Mihlar after school. The course at the Palos Verdes Invitational will feature the infamous "Agony Hill," which many of the runners have decried. This, coupled with the unusual schedule, will prove to be challenging for both runners and staff. Friday's meet will truly be a test of our abilities.

- TA Andrew Leung  
Wednesday, Sept. 27, 2017