

## 2007 Cross Country Updates

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Nov. 17, 2007

### Three Runners Represent Santiago Canyon at Cross Country State Championships

**Fresno, CA-** Sophomore Alicia Ayala (Villa Park HS) and freshmen Heather Krystek (Esperanza HS) and David Ferreira (Foothill HS) represented the Santiago Canyon College (SCC) men's and women's cross country teams on Saturday morning at the California State Cross Country Championships at Woodward Park.

Ayala finished in 37th place out of 189 competitors with a time of 19:47. Ayala's time was a 67-second improvement from her freshman season on the state championship course. Krystek placed 98th overall with a time of 21:08 for the 5,000 meter course.

On the men's side, Ferreira completed the four mile course in a time of 22:28 to finish in 110th place out of 199 runners.



Sophomore Alicia Ayala earned First-Team All-Conference honors for the SCC women's cross country team.

Nov. 3, 2007

### Hawks Compete in Southern California Regional Cross Country Championships

**Walnut, CA-** The Santiago Canyon College (SCC) men's and women's cross country teams competed in the Southern California Regional Cross Country Championships held at Mount San Antonio College (Mt. SAC) in Walnut on Saturday morning. The men's and women's races each featured fields of approximately 230 competitors representing 40 community college teams.

The SCC women's squad finished 23rd overall in the team scoring led by sophomore team captain Alicia Ayala (Villa Park HS) who placed 15th overall in a time of 19:26 on the



Freshman David Ferreira will represent the SCC men's cross country team at the California State Championships in Fresno.

extremely hilly Mt. SAC course. The freshman group of Heather Krystek (91st, 21:39), Lorenza Valdez (105th, 22:04), Carrie Follo (157th, 23:28) and Lauren Fortelny (202nd, 25:34) rounded out the top five for SCC. Both Ayala and Krystek earned individual qualifying berths into the California State Championships which will be run on Saturday, Nov. 17 at Woodward Park in Fresno.

The SCC men's team placed 28th overall and advanced one individual to the state championships. Freshman David Ferreira (Foothill HS) was the lone qualifier for the Hawks as he placed 77th overall with a four-mile time of 23:01. Sophomore Kevin Medema (150th, 24:38) and freshmen Sam Morales (181st, 26:08), Vincent Acosta (199th, 28:00), and Tony Puente (202nd, 28:17) completed the scoring for the men's team.

Due to the local wildfire situation, the Orange Empire Conference Cross Country Championships were also decided at this meet. Both the men's and women's squads earned fifth place finishes in the final conference standings. Ayala placed fourth in the conference and earned First-Team All-Conference honors for the women's team, while Ferreira was an individual medalist with his 15th place finish in the men's race.



**Sept. 22, 2007**

## **SCC Cross Country Teams Run Hard at Orange Coast Classic**

**Costa Mesa, CA-** The Santiago Canyon College (SCC) cross country teams recently competed at the Orange Coast Cross Country Classic held at Fairview Park.

Running in rainy and muddy conditions, the women's squad finished 6th overall out of 11 teams led by sophomore standout Alicia Ayala (Villa Park HS). She finished in 5th place overall out of 87 competitors in a time of 20:38. Ayala's time was the second fastest in SCC history for the Fairview Park course.

Other finishers for the women's team included the freshmen foursome of Heather Krystek (45th, 24:13), Lorenza Valdez (46th, 24:14), Kaylen Hewko (53rd, 25:18) and Carrie Follo (61st, 26:16).

The men's team finished in 9th place overall led by freshman David Ferreira (Foothill HS). He ran to a 27th place finish out of 85 competitors in a time of 22:31. Freshmen Sam Morales (64th, 25:54), Andy Morales (65th, 26:16), Vincent Acosta (67th, 26:21) and Garrett Aryan (68th, 26:39) completed the scoring for SCC.



**Sept. 15, 2007**

## **Running Hawks Face Top Teams from NorCal in Fresno Invite**

**Fresno, CA-** The Santiago Canyon College (SCC) cross country teams traveled north to compete against the top teams from Northern California at the Fresno Invitational Saturday at Woodward Park.

Featuring a 29-team field, the meet represented a great opportunity for the SCC cross country teams to race under similar conditions to what they may face at the end of the season in regional and state championship meets.

The women's team finished in 13th place overall led by sophomore Alicia Ayala (Villa Park HS) who established herself as one of the elite runners in the state with a 7th place finish in the field of 182 competitors. Freshman Heather Krystek finished in 61st place to finish second on the team in scoring.

The men's squad finished in 24th place led by freshman David Ferreira (Foothill HS) who placed 63rd in a time of 22:17 for the 4-mile course.



**Sept. 7, 2007**

## **Hawks Compete in OEC Cross Country Preview**

**Fullerton, CA-** The Santiago Canyon College (SCC) cross country teams faced off against conference rivals at the Orange Empire Conference (OEC) Cross Country Preview Friday morning at Craig Park in Fullerton.

The women's team was narrowly defeated by Saddleback College and Riverside College to finish in fifth place in the seven team field. Sophomore team captain Alicia Ayala (Villa Park HS) placed second overall out of 57 competitors with an impressive time of 18:20 for the 5,000 meter course.

Other standout performances for the women's squad included freshmen Kaylen Hewko (Rosary HS) and Cindy Villaverde (El Modena HS). Hewko finished scored as SCC's number three runner despite participating in her first-ever cross country event. Villaverde showed off her potential as a long-distance runner as she stepped up to finish fifth overall for the Hawks.

The SCC men's squad finished in sixth place overall led by freshman David Ferreira (Foothill HS) who placed 12th out of 59 runners.



SCC's Alicia Ayala runs to a first place finish at the Riverside Invitational

Sept. 1, 2007

## Santiago Canyon Cross Country Sweeps Individual Titles at Riverside Invite

**Moreno Valley, CA-** The Santiago Canyon College cross country teams kicked off the start of the 2007 season by competing in the Riverside Invitational held in Moreno Valley on Saturday morning. The men's and women's squads successfully overcame the hilly terrain and 104 degree heat as they ran to third place finishes within the eight team field.

Sophomore Alicia Ayala took home the individual championship for the SCC women's squad as she charged to the front of the field from the starting gun and led wire-to-wire to earn the 14-second victory over Jesusa Jones of Fullerton College. Ayala's time of 13 minutes, 25 seconds for the 2-mile Moreno Valley course represented a 58-second improvement on her time last year at this meet. Lorenza Valdez (16th place), Heather Krystek (17th), Carrie Follo (28th), and Julia Bock (31st) rounded out the top-5 scorers for the Lady Hawks.

Freshman David Ferreira took home the individual title for SCC in the men's race as he was able to hold off the Riverside tandem of Ian Iverson and Mike Munoz on their home course. Ferreira took the lead with a little less than one mile remaining and used a late surge during the final 800 meters to earn the victory in a time of 17 minutes, 49 seconds for the 5000 meter course. The freshmen foursome of Sam Morales (18th place), Vincent Acosta (25th), Garrett Aryan (27th), and Andy Morales (29th) completed the scoring for the men's squad.