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Armstrong leaves - Juniors take over

By SHAWN MILLER

Davis Bike Club Racing Team

All week you could feel anticipation within the group for the Amgen ToC and the kids were fired up. We started the week with our "15 minutes of fame" courtesy of KXTV channel 10, who were very interested in our program and our riders given the success this group has had in developing young riders. Thanks must go out to all the kids and the parents for making an effort to get to the shooting on a day off Monday.

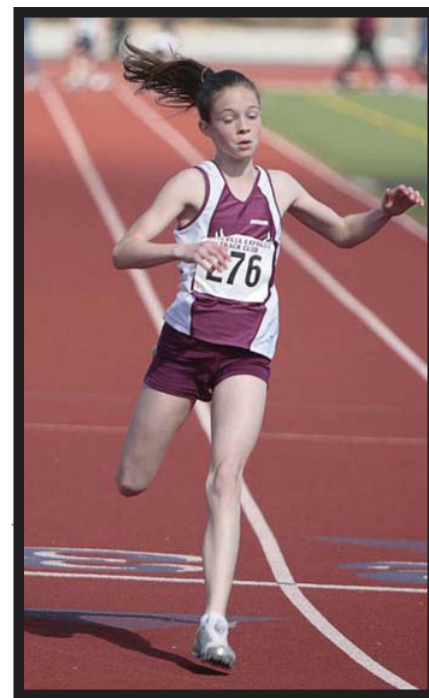
Tuesday new kits arrived. Something about a new kit, they just "feel" fast. If a new kit wasn't enough motivation for the weekends crit how about a training ride with a few of your favorite Pro-Tour riders? Seems Astana, Saxo Bank, Garmin and Ouch were taking in the sights along the American River bike-path regularly, just ask Robby or Torey. Cool indeed.

When the fireworks started for real the weather looked ominous. By the end of the ATOC prologue rain was falling and the next day's start in Davis would prove interesting, in particular the Juniors crit which was to follow.

First I have to tip my cap to every single rider, male or female, new or experienced that saddled up yesterday. The conditions were very rough and it was clear early they would stay that way.

Story continued ...

Read the entire article and see more race photos on page 6. (See "Davis Junior Critrium")



Indoor Junior Olympics

Two time All-American Mackenzie Arnold heats up the Arizona track with several big-time achievements. More Junior Olympic results and information on Mackenzie's Roseville Express Track Club inside on page 4.



Buffalo Babes take third at Nationals

By JOE HARTMAN

Buffalo Chips Running Club

The Buffalo Babes enjoyed another trip to the United States Cross Country Championships recently. The venue for this year's event was the Agricultural History Park in Derwood, Maryland, just north of Washington, D.C. The race determines USA Track and Field's national individual champions for cross country (XC) in the junior and open divisions. The top six runners in each race also qualified for the World IAAF Cross Country race to be held on March 28th in Amman, Jordan.

The Buffalo Babes are the high school girls division of the Buffalo Chips Running Club, one of the nation's largest and oldest running clubs. The Buffalo Babes have been in existence since 2000 and are celebrating their 10th anniversary season. In that time-span the girls have won 15 national team titles at either this event or the Junior Olympics, making them one of the premier youth club teams in the Sacramento area.

At the US cross country championships, the Junior Women's race extends from age 14-19 which means high schoolers have the opportunity to race against college freshmen who are accustomed to the six kilometer distance. While the race does serve as the world qualifier, the Buffalo Babes and other high school all-star teams were also vying for the national team title.

Story continued ...

Read the entire article and see more photos from the girls' trip on page 3. (See "Buffalo Babes")



Rio Americano wins Jack Scott Tourney - again

For the third year in a row the boys basketball team triumphed in the renowned school-sponsored Jack Scott Tournament, however, many have forgotten the true story behind the tournament which all ties back to the sign dedicated to a man named Jack Scott.

The history behind the Jack Scott Tournament, inside on page 6.

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Local youth travel teams competing year-round in high powered tournaments



Many fans have no idea there are quite a few local youth baseball teams competing year-round in various high skill tournaments. These tournaments usually bring out the highest level of talent in many different age groups, and they offer the chance for young players to continue playing through the winter if the desire is there.

Players will face what amounts to the best of the best in all-star teams, and the opportunity to play in front of large crowds, in the finest facilities in the country.

Here is a list of some upcoming tournaments, for those interested in checking out the highly competitive realm of youth tournament baseball:

Mar 07 - 08	Opening Day Extravaganza	Kloss - Elk Grove
Mar 07 - 08	Opening Day Extravaganza	LCP - Elk Grove
Mar 07 - 08	Opening Day Extravaganza	Davis
Mar 24 - 25	First Strike and Balls	Davis
Apr 18 - 19	Rounding First	Davis
Apr 26 - 26	Pitch, Hit and Run	Woodland
May 09 - 10	Mothers Day Celebration	McAuliff - Sacto
May 23 - 25	Super N.I.T. Weekend AA	McAuliff - Sacto
May 30 - 31	Super N.I.T. Weekend AA/AAA/Open	Woodland
June 13 - 14	School's Out Celebration	Davis
June 27 - 28	Super 16, The Ultimate Quest for #1	Kloss - Elk Grove
June 27 - 28	Super 16, The Ultimate Quest for #1	LCP - Elk Grove
June 27 - 28	Super 16, The Ultimate Quest for #1	McAuliffe - Sacto
June 27 - 28	Super 16, The Ultimate Quest for #1	Woodland
June 27 - 28	Super 16, The Ultimate Quest for #1	Fresno Complex
July 04 - 05	TBA	Fresno Complex
July 11 - 12	Summer Heat Woodbat Battle	McAuliffe - Sacto

Locations and additional tournaments can be found on the web via the following websites:

www.AllStarTravelball.com
www.PlayUTrip.com
www.NorCalTravelball.com
www.BigLeagueDreams.com



Tournament teams now holding try-outs!

Players needed at the 10u, 11u, 12u, 13u, and 15u age divisions.



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Buffalo Babes

- Continued from front page

The Buffalo Babes 2009 national team consisted of six team members and one individual. (Only six runners are allowed to be scored in this format). The Buffalo Babes team members were Nicole Mendoza (senior, St. Francis H.S.), fourth-fastest runner at section XC finals, Sarah Tusting (senior, Benicia H.S.), third-fastest runner at section XC finals, Samantha Diaz (senior, Ponderosa H.S.), 800 meter section champion, Diana George (senior, Livermore H.S.), sixth place at the state XC meet in Division 2, Isabel Andrade (junior, Petaluma H.S.), ninth place at the state XC meet in Division 3, and Tiffany Heflin (sophomore, Lassen H.S.), third place at the state XC meet in Division 4.

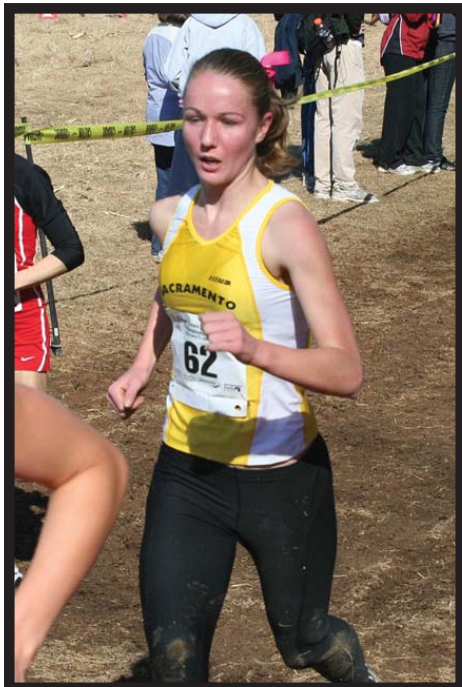
The 'last-minute' individual runner was Jacque Taylor (junior, Casa Grande H.S.). Taylor was the NorCal runner of the year for the 2008 cross country season and is a two-time state runner-up. She finished second in the Division 2 cross country race at Woodward Park at Fresno and took the silver medal in track at 1600 meters (4:49). Taylor finished top twenty for the second year in a row at this race, taking 18th place with a time of 22:23.



Photo by JOE HARTMAN

The race winner was Ne'ely Spence, a freshman at Shippensburg University in Pennsylvania. The winning time was 20:43. High schoolers took the next three spots: Ashley Brasovan of Wellington, Florida in second, Alex Dunne of San Clemente, CA in third, and Allie McLaughlin of Colorado Springs, Colorado in fourth. Brasovan was the 2007 Foot Locker national high school champion in cross country and was runner-up in 2008. Dunne and McLaughlin also made the Foot Locker finals race last December, as did Taylor.

The Buffalo Babes, who had won this meet three years in a row from 2006-2008, had to accept a third place finish this year. But still, the team raced well and was very happy regarding their overall performance. After Taylor, Diana George was the next team member to the finish placing 19th overall in a time of 22:33. Following George to the line were Sarah Tusting (27th place, 22:51), Nicole Mendoza (44th place, 23:36), Isabel Andrade (48th place, 24:11), Tiffany Heflin (57th place, 25:21), and Samantha Diaz (58th place, 25:22).

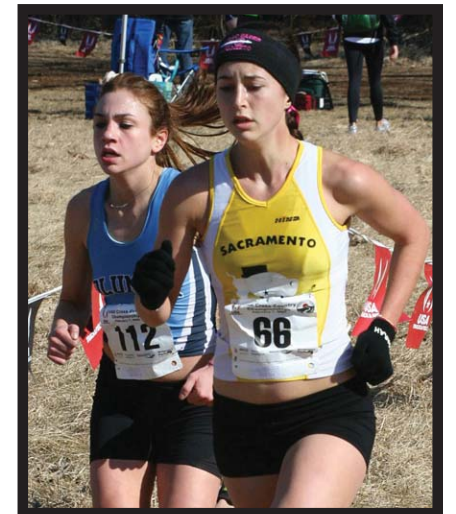


All photos by JOE HARTMAN

In the Junior Men's race, defending champion German Fernandez won the national title once again. Last February in San Diego, Fernandez edged Ryan Sheridan of Iona College by one second in the eight kilometer race. At the time Fernandez was a senior at Riverbank High School just outside Modesto. This year, Fernandez, now running for Oklahoma State, breezed to a nineteen-second win over Christopher Derrick of Stanford University. Fernandez is one of America's brightest distance hopefuls. One of his many high school accomplishments was breaking the fabled Woodward Park state meet 5k record in a time of 14:24, one of the most amazing runs in the annals of high school cross country.

The Buffalo Babes enjoyed the rest of their stay in the District of Columbia by doing as much sightseeing as they could during the quick weekend. In addition to a very informative Capitol tour courtesy of Congressman Dan Lungren's office, the Buffalo Babes were able to stroll through Georgetown, visit the Lincoln Memorial and FDR Memorial, and catch glimpses of several other sights including the White House. The touring, racing, and forged friendships were memories that will endure for the Buffalo Babes as long as the cornerstones of the famous monuments they visited.

The Buffalo Babes were coached in Washington by Priscilla Moreno, a graduate of Oak Ridge H.S. and UC Davis ('04), and the team is organized by Joe Hartman. The next major club meet for the Buffalo Babes will be the national Junior Olympics for cross country next December in Reno, Nevada.



Smith retires as Rio football coach

By ALEX MCFALL
Rio Americano, The Mirada

After 23 years with the Rio football program, Mike Smith has resigned as head coach of the varsity team.

In a speech delivered at the end-of-season football banquet, Smith stated that he would be leaving the position for good. He had "resigned" in 2003, but returned after a one year hiatus.

Principal Rob Hollingsworth said he was aware of an arrangement between Smith and the football program.

"He approached me and said that he would coach for the next three seasons, and then resign," he said. "That was four years ago, so it isn't a surprise to see his resignation."

However, his announcement stunned the team.

"I couldn't believe he was leaving," junior and defensive lineman Mahyar Kamalinifar said. "There's no coach who could possibly take his place."

Assistant coach Jason Wallace was as surprised as his players.

"I had no idea," he said. "I was saddened, because he is a great coach, is great for Rio and great for the kids."

In the coaching community, Smith was both a valuable asset, and an indispensable force that drove his players to success.



Photo by ALEX REINNOLDT/ Rio Americano, The Mirada

Smith declined to be interviewed for this story, saying that he did not think his resignation was newsworthy.

But players and assistant coaches say he made a big impact.

"I see him as a teacher, with a very gruff exterior," Wallace said. "But I know that deep down he is a very loving person, and he cares a lot about his kids. That's the bottom line."

Players agreed.

"It's a sad thing for the program," senior tackle Joe Portale said. "But he's done a lot for this sport, and he deserves time to relax."

Smith's last year as a coach was one of the most successful in over a decade. The team was second in the Capital Athletic League behind undefeated section champion Casa Robles and reached the playoffs for the first time since the 1990's.

But Smith did not measure success by wins.

"The true record of a team is how successful they are later on in life, because that's what matters, not a high school football record," Smith said in an earlier interview with the Mirada.

Hollingsworth said that the school has advertised the position.

Wallace, who is also stepping down to spend more time with his children, said that he hopes fellow assistant coach Christian Mahaffe applies for the vacated position, because he is "a great coach, and very deserving of the opportunity."

While he may be stepping down from coaching, Smith will continue to be a part of the school staff as a physical education teacher, and will continue to see the football players when they take his well-known weights class.

Roseville's Meckenzie Arnold - Two time All-American

Meckenzie Arnold (pictured at right) of the Roseville Express Track Club, has just returned from Arizona as a two time All-American. Competing in the USATF Junior Olympic Indoor Championships for the second year in a row, Mackenzie achieved personal records in both the 60m Dash and 60m Hurdles, and added a bronze medal in the long jump. All-American honors were awarded for her performance in the 60m Hurdles and the long jump.

The Roseville Express Track Club was formed in May 2004. The mission of the club is to provide developmental & competitive opportunities for youth ages 7-18 in track and field, cross country and race walking. We are a competitive club and travel across Northern California during our regular season and across the USA to compete in the USATF Junior Olympics each year.

Photo by SCOTT TAGGART

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Race Walking

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Throws

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Cross Country

2K, 3K, 4K, 5K (race distance based on age group)

If you would like to learn more about RETC please visit our website at:
www.eteamz.com/RosevilleExpress



Rio Americano students, teachers, alumni continue support of CIM

By ALEX REINNOLDT and KATE FINEGOLD
Rio Americano - The Mirada

The California International Marathon (CIM) truly was, as the Kenyans for the men and the Russians for the women took the winnings, but the majority of people were there with one goal in mind: fun.

The marathon is an annual event for many students, teachers and alumni, and participation ranges from running the marathon or relay to volunteering to cheering on the runners. However, enthusiasm and fun joined everyone together that early Sunday morning of Dec. 7.

Beginning in Folsom at seven in the morning and finishing at the State Capitol, the 26.2-mile course follows a historic gold miners' route. This year was the 26th annual CIM, with over 9,000 participants and more than 2,000 volunteers.

The CIM is a great opportunity not only for runners to get a personal best time, as it is a net-downhill course, but also to get a qualifying time for the Boston Marathon or for the Olympic Marathon Trials.

Last year, two Rio teachers, Curt Casazza and Antonio Losada, ran qualifying times for the Boston Marathon, an accomplishment which both repeated this year. Casazza finished this year's marathon with a time of 2:58:51 and Losada finished at 3:25:56.

Another long distance runner from Rio, Adam Ferreira, the autism teacher, is the current record-holder for the Sacramento Cowtown Marathon that takes place in Feb. With a time of 2:20:31, he broke the previous record in 1982. While he took time off to play golf and does not run as much as he used to, Ferreira has run a couple of times with Casazza and Losada for 8-mile runs.

They were not the only Rio runners participating, though. Senior Samantha Adair ran the whole marathon as well. Phillip and Jill Montbriand, chemistry teacher and counselor at the school, both participated in the CIM relay. Also, a group of students, including senior Alisse Baumgarten and juniors Aaron Goodrich, Alex Reinnoldt and Gavin Moler, ran the relay as team Rocinante. All four are members of the cross-country and track team, and they placed seventh out of 26 coed high school teams.

"I thought it was a great experience," Moler said. "It's a cool thing to accomplish something like that and have other people to share it with."

All four agree that their achievement outweighed the cold weather and fatigue of the race.

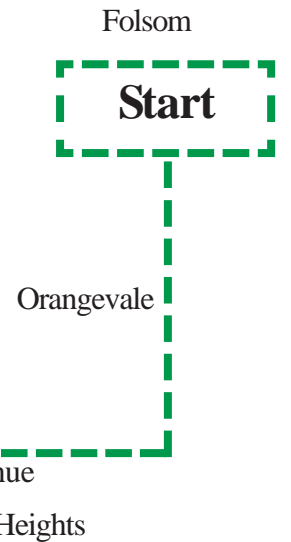
"Getting up early in the morning, running in the cold, and feeling like the blood in your limbs is going to freeze was not so fun," Goodrich said. "But, when you finish you feel pretty great, and seeing your friends at the finish line is very worth it."

Baumgarten agreed that the race was a "great bonding experience."



Rio teachers Antonio Losada and Curt Casazza pose for a picture at the end of the CIM.

Photo by ALEX REINNOLDT



Policemen ride along the streets during the CIM to make sure the roads stayed clear for the runners.

Photo by KATELYN PETERSON



Left: Bikers also joined the runners in the race.

Right: Onlookers and runners were amazed by one man who stood out due to his lack of footwear during the entire marathon.

Photos by DENISE REINNOLDT



Downtown Sacramento
Finish
Capitol Park



Left: Junior Alex Reinnoldt passes the time chip off to teammate Junior Gavin Moler at the third relay point in the marathon.

Right: Rio 2006 graduate Michael Simpson waits for his teammate at the third relay point. Many Rio alumni have continued running in the marathon after high school.

Photos by DENISE REINNOLDT



Left: Many runners were seen wearing tin foil around themselves to retain heat after their run.

Right: Senior Cashel Barnett plays the drums in his band to entertain the runners.

Photos by DENISE REINNOLDT



Above: Volunteers from the Interact Club pass out water and pretzels to the fatigued runners passing by on Fair Oaks Blvd. and Stewart Road.

Photo by KATELYN PETERSON

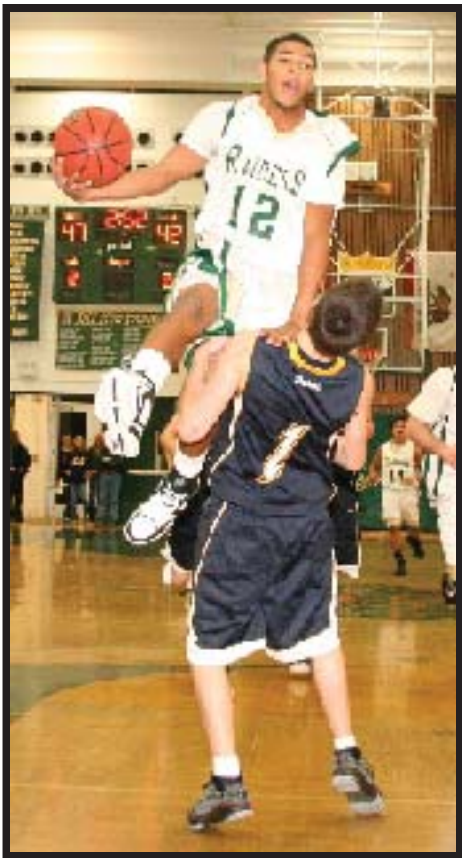


Photo by ALEX MCFALL

Rio Americano win honors fallen teacher

By JESSIE SHAPIRO and SARAH VAIRA
Rio Americano, The Mirada

For the third year in a row the boys basketball team triumphed in the renowned school-sponsored Jack Scott Tournament.

The tournament was nerve-wracking to the end as each game saw the team barely come out on top by a few points. They defeated Cordova, 65-60; Center, 57-55; and in the championship game, Oak Ridge, 77-67.

However, many have forgotten the true story behind the tournament which all ties back to the sign dedicated to a man named Jack Scott.

Scott was a P.E. teacher that started at the school in 1963, at the age of 37. Along with being a teacher, he was a head coach of many of the sports at the school which included football, basketball and baseball.

In 1971 Scott retired from coaching, but remained an active member in the district by becoming an administrative assistant.

His work ethic reflected his hard working and affectionate nature, which made him a

role model for students, athletes and colleagues.

However, in 1975, shock was brought upon the whole community when Scott died due to a plane crash.

Remembering Scott's dedication to the students and the program is important not because a tournament is named after him but instead due to his influence on the lives that were his responsibility.



Photo by ALEX MCFALL

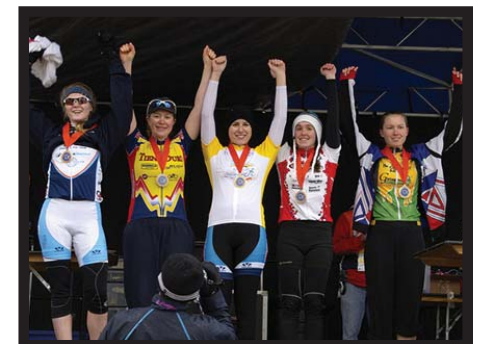
Davis Junior Criterium

- Continued from front page

In the 10-14 race the field shattered on lap one as a rider from Team AC (above category) attacked from the gun. This move and the wind blew the field apart. We had several riders in this group, most new, some riding their first race. Each did a great job. Karch was able to make it into the initial chase group and was riding very well with national champion Dylan Drummond from Tieni Duro and Matthew Valencia from Sugar CRM. They rode with women's' junior national champion Katrina Howard and a rider from SJBC. The SJBC rider and Katrina attacked and left the three to fight it out. The rain and wind was treacherous and with 3 to go Drummond tried to slide under a lapped rider and lost his front wheel. Like dominoes all three hit the deck and slid. Karch was last man in but first man up and remounted to chase, sadly Matthew was not so lucky and we hope his injuries are minor.

In the end Karch motored solo for the last three laps winning the 10-12 division, he was stoked. New rider Charlie Kimball was having a very good first ride until disaster struck in the form of a blown front tire and a resultant crash. I hated to see him hit the deck and suspect we will see more of him in the 13-14 as he looked good. Young Will Kanz also rode well getting some experience and toughness in the difficult conditions. And Cami Rolles and Spencer Salk also gritted it out for the home town crowd. Would be nice to see them out again.

The womens 15-18 was all about tactics. Riders were coy about working and left it to others to work. April gainfully took up the effort and was always at or near the front. At the back end newcomer Kayleen Dobner was learning the ropes in the toughest of conditions. She was gapped off early, but hung in and finished, well done. For April,



clearly the fitness is there. In the end however those who had sat-in wicked it up and jumped her so she'll have to wait another day to get that win.

The 15-16 Men's field was large and stacked. Torey and Robby would have to stay near the front and counter Tieni Duro and Specialized. Torey appeared to get a bad start and was fighting from the back, Robby on the other hand did everything right. He covered the early move, was vigilant on the front and looked good. Then it happened, someone moved left and overlapped, in a flash 4-5 riders tumbled, sadly Robby among them. This guy gets my hard-luck award for the last two weeks. The upside, he was scraped but unhurt. The downside, the bike was not. His day was over. We need to pull together behind him to keep his season on-track and offers of a ride were there by the end of the day. Thank you, this is what "team" means.

The 17-18 would be much like Cherry Pie, Specialized on the sharp end. They had Four riders who attacked relentlessly from the gun and yet time after time one ominous force

drug them back, El Gigante. I've ridden with Zack Wick since his initial days as a 13-14 and recall working with Steve to get him home from the race ride after a long day doing all he could to hang on. Yesterday I saw a young man who was simply a mental rock. With almost no help early on, young ZW made every right move. Mid-race Tap's was able to help out as two groups came back together. Cody was clearly not on a good day but was giving it his best to help Zach. With one to go it was El Gigante who threw down his own move and it almost worked. Specialized was shocked and Charlie Avis gave chase but couldn't close, this was special. Out of the last corner Zach had the gap but the finish was just too long, Charlie bridged and then jumped with 50m to go, game over.

Ride of the day? Unquestionably ZW, everybody in the field knew it. Down the road I would be very weary, he is due his pay-back.

NATOMAS

Y O U T H

TRACK CLUB

Natomas Youth Track Club begins second season

Youth Track & Field In Natomas!



The Natomas Youth Track Club (NYTC) is a non-profit youth sports club in the Natomas area. NYTC prides itself in providing a holistic approach to the physical and character development of its children.

The NYTC is a member of the USA Track & Field (USATF) Pacific Association. Youth Track & Field programs are designed for boys and girls age 6 to 18 yrs. old. Divisions are established by USATF and are as follows:

- Sub-Bantams (ages 8 & under)
- Bantams (ages 9 & 10)
- Midgets (age 11 & 12)
- Youth (age 13 & 14)
- Intermediate (ages 15 & 16)
- Young Men/Women (ages 17 & 18)



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The USATF Pacific Association is the largest association in the country as it includes athletes from all of Northern and Central California, the Bay area, and Reno, Nevada. Children in NYTC have enjoyed the competition!

The goal of the Natomas Youth Track Club is to introduce boys and girls to the sport of Track & Field and to use this sport as a platform for developing accountable, confident, and disciplined young men and women. The philosophy of the Natomas Youth Track Club is that winning, in it of itself, is not an indicator of success. True success is accomplished when children develop a positive character through their experiences in athletics.

This community based youth club was founded in 2008 and looks forward to commencing the 2009 Track & Field season.

If you'd like more information about the Natomas Youth Track Club, please call Migdalia Wade at **(916) 690-1667** or e-mail mrwade@natomasyouthtrack.org.

www.natomasyouthtrack.org



National Baseball Institute

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These clinics are extremely popular with single mothers who have a desire to help their child improve!

Whether you're a coach or parent, this clinic will give you the ability to teach the children the skills of the game along with various drills to make it fun for the kids.



Tournament teams now holding try-outs!

Players needed at the 10u, 11u, 12u, 13u, and 15u age divisions.
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Clinics, camps, individual lessons, and tournament management

The principle objective of the National Baseball Institute (NBI) is to provide advanced training and competition to various age groups as they prepare to enter a new or higher level of play.

We also have clinics available for coaches who have a desire to learn valuable coaching techniques, and for parents (mothers OR fathers) who may have never played the game but would like to learn how to teach their children the basics.

National Baseball Institute's camps and clinics are designed to promote a complete understanding of the game of baseball – both in physical fundamentals, and strategy.