

Faster than Four Minutes

By Rebecca Eckland



Photo provided

The mile is often the benchmark of fitness for casual joggers to competitive runners. Lafayette resident Tim Bayley can run it in under four minutes. In fact, he can cover the distance in 3:58.3 to be exact; a remarkable time few can accomplish.

A resident of Lafayette, Bayley's running career began eleven years ago in England when, at age 17, he was on the cusp of becoming a professional cricket player. At the time, he had re-

cently started running and decided, in lieu of the game, he would pursue the challenge of distance running.

He competed for the University of Brighton in England where he received his undergraduate diploma before coming to the States to pursue a Master's degree and two-year running career at Iona College in New York. In those two years, Bayley consistently turned out impressive performances in the 800 meter (or half mile) distance; in his first year of competition he placed second in the NCAA outdoor championships, and he placed fifth in his second year. Following graduation from Iona, he placed fifth in the 800 meter race at the British Olympic Trials.

Since that time, Bayley has shifted his focus to the mile. He's broken the four-minute barrier four times so far. Once in 2009 for the Inaugural Sports Basement Elite Mile Event

which was held in Lafayette. "We ran up and down Mt. Diablo Boulevard," comments Bayley in his classic British lilt. "There were nine sub-four minute milers in that event which was exciting," he said.

Bayley's goals are as impressive as his accomplishments: he's working toward the World Championships, and later, the 2012 Olympic Games in the 1500 meter race also known as the "metric mile."

Of the Texas Relays, a recent race in Austin, Bayley said: "It was a controlled race with a big sprint to the finish. I came in sixth, but I beat some really good runners."

In addition to his own training, Bayley coaches youth and adult members of the Lamorinda community. He also belongs to the Bay Area Track Club and is the representative for the Contra Costa County area, promoting fitness community-wide.

Moraga Baseball Association

Submitted by Jin Meng

April 12, 2011

Mustang Division

Cardinals 6, A's 2

Cardinal Highlights: Adrian Hyatt 3-for-3, 3 RBIs, 4Ks; Ian Concepcion 1 RS, 1 RBI; Bryan Kikugawa 1 RBI, 1 RS.

A's Highlights: Paul Gannett 3-for-3, 3Ks; Eddie Gross 1B, 1RBI; Will Weaver 1 RS; Luke Ahearn 1 RS.

Pinto Division

Dodgers 13, Yankees 12

Dodgers Highlights: Luke McCurdy 3-for-4 3RS, Cole Curtiss 2-for-4 2RBI's Shane Nelson 3-For-4 RBI.

Yankees Highlights: Quinn Panos 3-for-4 4RBI, Tommy Richards 1-for-3 2RBI's, Jack Nunn 3-for-3 3RBI

April 13, 2011

Mustang Division

Pirates 3, Cubs 0

Pirates Highlights: Nick Kronenberg 1-for-3, 3B, 1 RS, 2 IP 4K's; Semaje Diestler 1-for-2, 2B, 1RBI, 1BB; Grayson Gillbanks 2 IP, 3K's

Cubs Highlights: B. Woolsey 2 IP, 5 K's

Giants 6, Angels 5

Angels Highlights: Luke Campo 1-for-2, 2B, 2 RBI; Stephen Chilimidos 1-for-2, 1B; Joe Arth 1-for-2, 1B; Derek Schmitz 1-for-1, 2 RBI.

Giants Highlights: Jake O'Balle 2-for-2, 2B, 2 RS, 2 RBI; Aidan Lyon 2-for-2, 3 RBI, 2 SB; Dominic Gillibert 1-fir-2, 1 SB, 1 IP, 3K.

Pony Division

Moraga Tigers 2, Orinda 1

Tigers Highlights: Kyle O'Connell 1-for-3, RS; Jake Rider 2-for-3, RBI, 3IP, 4K; Mark Santaguida 1-for-3, RBI; Double play: Rossi-Smoot-Rider.

Orinda Highlights: Schnier 1-for-3, RS, 4IP, 2K; Haskell 3IP, 1K.

Bronco Division

Giants 9, Dodgers 8

Dodgers Highlights: John Lawicki 2-for-3, 2B, RS; Quinn Cuddihy 1-for-1, 2 RS; Anthony Kim 1-for-1, RS, 2 RBIs.

Giants Highlights: Trevin Kroichick 1-for-2, 2B, 2 RS, RBI; Jake Walgenbach 2-for-2, 2 RS, 2 RBIs; Jacob Pappa 2-for-2, 2 RS; Declan Rector 2 1/3 IP, 1R, 2 Ks.

Pinto Division

Red Sox 6, Moraga A's 14

Red Sox Highlights: Chase Bennett 2-for-3, 2B, Ty Huckuntod 3-for-3, 2B, 3 RBIs; Brent Avenell 2-for-3.

A's Highlights: Ben Jules 3-for-3, 2B; JT Clark 2-for-3, 2B, 2 RBIs; Oliver Bak 2-for-3, 1 RBI; Luca Rago 2-for-3, 1 RBI.

April 16, 2011

Mustang Division

Yankees 10, Angels 8

Yankees Highlights: Grant Harper 2-for-3, 3B, 2B, 3RS, 3RBI, 2IP, 5K; Will Windatt 2-for-3, 2B, 3RBI, 3SB; Chase Peterson 1-for-2, 2B, 2RBI.

Angels Highlights: Joe Arth 2-for-3, RBI, RS; Peter Schmitz 2-for-3, 2B, RBI; Sam Ouzounan 1-for-2.

Red Sox 13, A's 3

Red Sox Highlights: Jeremy Gunder-son 2-for-3, 2 2B, 1 RS, 3 RBIs; Donovan Robles 1B, 1 SB, 3 RS; Luka Brown 1B, 3RS; Lucas Allen 1B, 1RS, 2 RBIs.

A's Highlights: Eddie Gross 2-1B, 2 SB, 2RBIs; Peter O'Donnell 1B, 1 SB; Will Weaver 1B, 1 SB.

Giants 10, Cubs 7

Cubs Highlights: Jonathan Gong 2-for-3, 2 RS, 2 IP 0 RS; Will Bishop 2-3, 2B, 3 RBI; Eric Moore 1-for-2, RS; Ryan Jeter 1-for-2, RBI

Giants Highlights: Spencer Drennan 2-for-3, 4 RBI, SB; Cole McNeil 1-2, RS, RBI, 1 IP, 0 RS; Steffan Westphal 2-for-3, SB, 1 IP 0 RS; Jake Chan 1-for-3, RS, 2 RBI, 2 IP, 4 Ks.

Cardinals 13, Pirates 7

Cardinals Highlights: Ian Concepcion 3-for-4, 2RBIs, 2RS, 1SB; Bryan Kikugawa 3-for-4, 3RBIs, 3RS, 1SB; Adrian Hyatt 1IP, 3K's, 0ER 2BB OH, 2-for-4, 1SB; Max Schoenberger 2-for-4, 1RBI.

Bronco Division

Moraga Giants 7, Orinda Hurricanes 6

Giants Highlights: Trevin Kroichick 1-for-2, 2 RS, 2 RBI, 3 IP, 0 H, 0 R, 6 K; Vince Mossotti 1-for-1, 3B, 2 BB, RBI; Declan Rector 1-for-2, BB, 2 RBI; Harry Curtiss 2 IP, 2 R, 4 K.

Hurricanes Highlights: Derrek Garcia

1-for-3, RS, RBI; James Gammon 1-for-3, 2 RBIs; Jimmy Foley 1-for-2, 2 RS.

Pinto Division

Cubs 14, A's 11

Cubs Highlights: Joe Schmidt hit a triple in the third, 3 RS; Drew Isola 3-for-3, 2 RS, 3 1B; Kimo Okamura 3-for-3, 3-1B; Nicolas Meng 3-for-3, 3-1B; Stephan Kikugawa 1-for-2, 1-1B;

A's Highlights: Adam Harper 3-for-3, 2-1B, 1-HR; JT Clarke 3-for-3, 3-1B, 1 RS; Oliver Bak 3-for-3, 3-1B, 1RS; Maxwell Weaver 2-for-3, 2-1B, 2 RS.

Yankees 15, Red Sox 9

Red Sox Highlights: Brent Avenel, 3-for-3 with 2 runs and 1 RBI; Daniel Wheeler, 3-for-3 with 1 run, 1 RBI, and a double; Chase Bennett: 2-for-3 with 1 run, 3 RBIs, and a double; Julia Ortega, 2-for-3

Yankees Highlights: Tommy Richards: 2-for-2 with 2 run; Gideon Johnson, 2-for-3 with 1 RBI; John Hunter, 3-for-3 with 3 runs and 3 RBIs; Nick Fitzpatrick, 3-for-3 with 3 runs, 2 RBIs, and 3 doubles.

Dodgers 17, Giants 13

Giants Highlights: Graham Becker 4-for-4, 3 RS, 2 RBI, 2B, 3B; Jonathon Dow 3-for-4, 2 RS, 2B; Evan Yabu 2-for-3, 1 RS, 2 RBI; Jason Simi 3-for-3, 1 RBI.

Dodger Highlights: Nate Powers 3-for-3, 1 RS, 4 RBI; Josh Fleming 3-for-3, 3 RS, 2 RBI; Michael Coane 2-for-3, 1 RS, 1 RBI.

April 17, 2011

Bronco Division

Dodgers 15, Red Sox 4

Dodgers Highlights: Brett Smith 3-for-3, 2 RS, 1 RBI; Quinn Cuddihy 2-for-2, 1 RS, 3 RBI; Red Sox Highlights: Caleb Casimere 2-for-2, 1 RBI, 2 IP; Will Stenzel 2 RS; Sam Foss 2 IP;

Moraga Giants 16, Orinda Red Bulls 5

Giants Highlights: Ryan Schulze 1-for-1, 2 BB, 3 RS, RBI; Trevin Kroichick 3-for-3, 2 RS, 3 RBI; Harry Curtiss 3-for-3, 3 RS, RBI.

Red Bulls Highlights: Brett Massey 1-for-2, BB, 2 RS; Mike Stanard 2-for-2, 2B, BB, 2 RS.

Moraga A's 6, Orinda Owlz 5

Athletics Highlights: Calvin Gee 2IP's, 3 K's, 3-for-4, 3-1B's, 2 RS; Jack Lawrence 2-for-4, 2-1B's, 1RS, 1RBI; Dylan Richardson 2-for-3, 1BB, 1B, 2SB

Owlz Highlights: Matt Weisenflush 3-for-4, 3RS, 1BB, 2-1B's; Ryan Ochs 2IP's, 2SB, 1B; Hank Chow 1-for-3, 1B, 1RS

Mustang Division

Giants 5, Pirates 2

Pirates Highlights: Michael Crews 1-for-3; Semaje Diestler 1-for-2, BB, RS; Ryan Lenahan 1-for-2; CJ Rago 2 IP, 0 RS, 3K

Giants Highlights: Jake O'Balle 2-for-3, 2B, 2 RBI; 1.67 IP, 5K; Cason Johnston 1-for-3, RS; 1.33 IP, 2K, 0 RS to close game; Cole McNeil 1-for-3, 2 RBI; Brandon Gentry 1-for-2

Giants 5, Pirates 2

Giants Highlights: Jake O'Balle 2-for-3, 2B, 2 RBI; 1.67 IP, 5K; Cason Johnston 1-for-3, RS; 1.33 IP, 2K, 0 RS to close game; Cole McNeil 1-for-3, 2 RBI; Brandon Gentry 1-for-2

Pirates Highlights: Michael Crews 1-for-3; Semaje Diestler 1-for-2, BB, RS; Ryan Lenahan 1-for-2; CJ Rago 2 IP, 0 RS, 3K

April 19, 2011

Pinto Division

Dodgers 19, A's 16

Dodgers Highlights : Shane Nelson 4-for-4, 3 RS, 2 RBI, 2B; Jack Williams 4-for-4, 2 RS, 3 RBI; Ben Powers 4-for-4, 2 RS, 2 RBI, 2-2B's.

A's Highlights : Conor Fritch 3-for3, 2B, 2 RBIs, 2 RS; Luca Rago 2-for-3, 3 RBIs, 2 RS; Oliver Bak 3-for-3, 2 RS.

April 20, 2011

Mustang Division

Redsox 5, Giants 1

Redsox Highlights: Lucas Allen 2 IP, 5 K's, 0 ER, 2-for-2, HR, 2 RBI, 2 RS; Marco Nykodym 1-for-2, 1 RS; Tom McGuire 1-for-2, 2B.

Giants Highlights: Aidan Lyon 2 IP, 2 K's, 2-for-2, 2B, 1 RS; Dominic Gillibert 1-for-1, 3 IP, 3K; Cason Johnston 1 IP, K, 0 ER.

Angels 4, Cardinals 4

Angels Highlights: Sam Ouzounian 1-for-2, 2B, 1 RS; Stephen Chilimidos 1-for-3, 1B, 2RBI; Kyle Sintchak 1-for-3, 1B, , RBI, 1RS; Joe Arth 2 IP, 4KO.

Cardinals Highlights: Dylan Grausz 2-for-2, 3B, 1B, 2 RBI, 1 RS; Leif Carlson 1-for-2, 1B, RBI; Bryan Kikugawa 2-for-3, two 1B; Justin Feldman 1-for-2, 1B, RBI, 1 RS, 1 IP, 3KO

Pinto Division

Yankees 11, Giants 7

Giants Highlights: Jonathon Dow 3-for-3, 2B, 1 RS; Brady Manz 2-for-3, 2B, 1 RS, 2 RBIs; Sam McGonigle 1-for-3, 1 RS; Will McGaughey 1-for-3, 2B, 2 RBIs.

Yankee Highlights: Jack Dougherty 3-for-3, 3 2B, 3RS, 2 RBIs; William Thomas 3-for-3, 1 RS, 2 RBIs; Gideon Johnson 1-for-3.

Cubs 13, Red Sox 12

Cubs Highlights: Jack Bunzel-Hardie 2-for-3, 2 RBI, 2 RS; Alex Clare 2-for-4, 1 RBI, 1 RS; Stephan Kikugawa 2-for-2, 2-1B; Drew Isola 1-for-4 with game winning single.

Red Sox Highlights: Declan Bhagwat 2-for-3, 2-2B, 2 RBI, 2RS; Arik Nashan 2-for-3, 1-3B, 3 RBI; Julia Ortega 3-for-3, 1-2B, 2 RBI.

April 23, 2011

Bronco Division

Moraga Giants 8, Piedmont Pirates 7

Giants Highlights: Harry Curtiss 2-for-3, RS, RBI, 2 IP, 0 H, 5 K; Luke Jeffries 1-for-2, 2B, RS, RBI; Evan Gabrielson 2-for-3; Vince Mossotti 2-for-4, 2B, 2 RS

Mustang Division

Giants 20, Pirates 2

Giants Highlights: Dominic Gillibert 3-for-3, 2B, BB, 4 RS; Aidan Lyon 4-for-4, 2 RBI, SB, 4 RS, 2 IP, 0 R, 4K; Jake O'Balle 4-for-4, 2B, 3B, 6 RBI, 1 IP, 0 R, 3K; Cole McNeil 3-for-4, 2B, 3 RBI, RS, 1IP, 2K

Pirates Highlights: Semaje Diestler 1-for-2, 2B, RBI; CJ Rago 1-for-2, RS, SB, RBI, 1.67 IP, 4K; Michael Crews 1-for-2, SB

Yankees 10, A's 8

A's Highlights: Paul Gannett 2IP, 3Ks, 3 1B, 2 SB, 1 RBI, 1 RS; Mason Loyet 1B, 1SB, 1RS; Corey Goldman 2 IP, 3Ks, 1RBI, 1RS

Yankee Highlights: Tommy Raftis 2 IP, 2 Ks, 2 SB, 2 RS, 1 RBI; Mark McCurdy 2 IP, 2 Ks, 2SB, 3B, 2 RS; Rex Curtis 1B, 1SB, 1 RS, 1 RBI.

Pinto Division

Giants 13, A's 12

Giants Highlights: Brady Manz 3H, HR; Jackson Rusconi 4H, 4RS; Jonathan Dow, 4H, 4 RBI.

A's Highlights: Ben Jules, 3H, 2B, 4RBI; Max Weaver, 3H, 3B(x2), 2B, 2RBI; JT Clark, 2H, 2B, 2RBI; Xavier Esquer, 3H, RBI, 3RS.

Lamorinda Schools

Will Your Facebook Page Help or Hinder Your College Chances?

By Elizabeth LaScala, PhD

Many parents can recall the days when students applied to one, or perhaps two or three colleges, got accepted to their first choice school, and were done. Colleges too can recall the days when prospective students could be identified, contacted and wooed all for the price of postage. But those times are long gone and college admissions offices around the nation and the world are embracing social media "with more than 80 percent of colleges using Facebook to connect with, recruit and research potential students." (US News and World Report, Colleges Bring Campuses to Facebook, April 7, 2011)

This profound change in communication between colleges and prospective applicants is a very big deal. Several billion people engage in social media (Facebook, Twitter, YouTube) and many of them are applying to college. Today's students have grown up with the Internet, and feel comfortable with it as a means of socializing and communicating with their friends. What many fail to realize is that their on-line presence is now their on-line resume. Just as students can learn a great deal about a school by logging onto Facebook and following the conversations, so too can a college admissions office learn about an applicant. Do admission officers really have the time to check into their applicants social media identities to learn more about them? Yes, they do. And although they do not have the time nor the need to check up on every student who applies, when a selective university is down to the wire on limited seating for their most popular majors, scarce resources and scholarship awards, the information that they find on-line can persuade the admission committee one way or the other.

Here's what our students can do to make their on-line presence work in their favor:

- It's a no-brainer now to clean up your Facebook page and take care not to post dicey photos or racy prose on social networking sites. However, what about more simple matters—like writing to your friends about how much you long to be admitted to your first choice school when you have just composed a sincere, heartfelt letter to your second choice asking to remain on their waitlist and promising to accept an offer of admission the moment it is offered. No matter how private you think your site is, think

again, and take care about what you (and your friends) post.

- According to Jackie Burrell, The 5 Dangers of Facebook and other Networking Sites (About.com) "business and medical school admissions officers surf social networking sites in even greater numbers than their undergrad brethren...as do prospective employers." If this is true, then they are not impressed with posts that shout "Par-tay! Woo-hoo!"
- Admissions officers can use any publicly available information to make sound decisions about candidates in order to strengthen the quality of their entering freshman class. So use social media to enhance your image. If you are an artist post a link to photo galleries. If music is your passion, post clips of your performances. If volunteerism is your deal, post a link to an article that was written in the local press about one of your service projects.
- Consider building your own website. By doing this well, you can display your computer skills as well as your graphic design talents at the same time. Take the time you usually use to post birthday party or prom photos to create an on-line presence that supports rather than detracts from your college or graduate school application by adding substance to those skills, talents, abilities which you can only write about on your application.



Elizabeth LaScala Ph.D. guides high school and transfer students through the complex world of college admissions. She develops best match college lists, offers personalized essay coaching, and tools and strategies to help students tackle each step of the admissions process with confidence and success. Elizabeth helps students from all backgrounds, including college-bound athletes, to maximize merit and financial aid awards. She earned certification from UC Berkeley in College Admissions and Career Planning. Contact her @ (925) 891-4491 or elizabeth@doingcollege.com.

