

# Hanson Goes the Distance

Submitted by Susie Romak



Tyler Hanson holding his medal after finishing the 3200 meter run at the Adidas Meet of Champions Distance Classic in Azusa, CA. Photo provided

Tyler Hanson, a senior at Miramonte High School, crushed his 3200m personal-best time at the 2013 Adidas Meet of Champions Distance Classic on March 23. Hanson ran a 9:10.29 to place second in the exciting nighttime Invitational portion of the event. Not only did he take 12 seconds off his best time, he is currently ranked third in the state of California, and ninth in the nation for this two-mile event. The meet was held at Azusa Pacific University.

Hanson, the No. 12 seed, was motivated to stay with the front of the pack. He was excited about his accomplishment. "When I crossed the finish line in second place, I couldn't believe that I had just run 9:10," he said. "More than anything, this will serve as an indicator for what is to come later this season."

# Top Honors for Lamorinda United U17

Submitted by Corinna Sassano and Joe Petite



Top row, from left: Coach Pedro Osorio, Jessika Martinez, Jane Fessenden, Megan Reid, Julia Reshke, Mali Tehaney, Courtney Attard, Lauren Petite, Rachel Lindenauer, Lindsay Wilson, Carly Moran; bottom row: Regan Gong, Abby Onderwyzer Gold, Farah Otero-Amad, Emily Orwig, Stephanie Munoz, Annie Loose, Sarah Mills, AJ Morgan. Photo provided

The Lamorinda United '95 girls' U17 team has started its 2013 season with a bang, winning two college showcases and posting a record of 8-0. At the Las Vegas Players Showcase, the girls beat the No.1 teams from Washington, Minnesota and Nevada on their way to a 4-0 record. Lamorinda was able to outscore its opponents 11-4. The highlight of the weekend

was the team's defeat of Heat FC. In a hard-fought game, Lamorinda overcame an early 2-0 deficit to rally and win the match 3-2.

According to getsoccer.com, the two Showcase wins vaulted the team to the No. 1 ranking in NorCal and No. 15 in the nation; United '95 is also ranked No.1 in the nation in Goals Scored and No.1 in Win Rate.

# Miramonte Runs to No. 1

Submitted by Alison Zamanian



From left: Rebekah Ent, Kera Deakins, Georgia Roden, and Tina Romak. Photo provided

The Miramonte High School girls' 3200 relay team improved on their school record by 23 seconds at the Nike Stanford Track & Field Invitational on March 30. The team ran 9:20.23, a time which currently puts them at No. 1 in California and No. 2 in the nation.

Lead runner senior Kera Deakins started out strong and held her personal best time at 2:24.8 for the first leg of the race. Senior Tina Romak marked a PR of 2:18.9, while passing three run-

ners in the second leg. Sophomore Georgia Roden held their second place position until she met the leader stride-for-stride, running a personal best of 2:21.8. Lady Mats anchor senior Rebekah Ent ran a phenomenal PR of 2:14.7, charging ahead and leading the team to victory.

Sprint coach Tristan Tool attributes their fierce competitive drive to the fact that this relay team has an extremely strong alternate in junior Lindsay Buckel.

# It's Magic

Submitted by Andrea Hilsabeck



Photo Ryan Caulfield

The Orinda Magic Emerald seventh grade girls' basketball team played in the WCBBA tournament and defeated the Alameda Vipers, Manteca Heat, and Woodland.

# Former Cougar Fastest Runner

Submitted by Mark Orders via Linda Sprouse at Colorado University



Moraga's Carrie Verdon in the World Junior Cross Country Championship in Poland on March 24. Photo Wayne Verdon

Former Campolindo cross country runner Carrie Verdon has continued to find success running for Team USA and for Colorado University. Verdon won two consecutive state finals while at Campolindo, and as a freshman, she recently earned a top finish at the IAAF

World Junior Cross Country Championship in Poland on March 24. Verdon led the U.S. crossing the line in 20th place with a time of 19 minutes and 33 seconds. She finished third overall at the U.S. Junior Championships in February.

# Race Ya!

Submitted by Abigail Buckley



Teddy Buckley. Photo Deven Hickingbotham

Racers from around northern California headed to Sugar Bowl Ski Resort for the Tahoe League Championships on March 23-24. Local Moraga ski racer and

Alpine Meadows team member, Teddy Buckley, finished first overall in Parallel Slalom in his age group U11/U10.

## Lamorinda Weekly

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