

Happy Sunday to All PHS Staff, Athletes, Families and Fans,

I hope today finds everyone resting and recovering in some capacity or another (Woodbridge crew driving back) after Saturday's seriously successful day for Ponderosa Cross Country. There is a lot to recap and celebrate after a highly competitive day for us up and down the state in which Ponderosa was in 7 different races from 8am in LA, to a hot dusty and dirty day out in Angels Camp and back to LA under the lights after 9pm with Captain Emmy Angelo! After reviewing video and pictures today I am in awe of all that occurred yesterday by our Ponderosa Cross Country Team. Seriously brought to tears this morning by the effort, grit, tenacity and dedication demonstrated by our Bruin CC Family! I realize many of you do not or did not have access (as you need plus accounts or memberships) to see the video coverage at Woodbridge. I will have these 3 Woodbridge Race videos up and playing tomorrow in our team room (P-1) before school, during lunch and before practice. I will also show the amazing Frogtown Pics taken by Mr. Calderon tomorrow at the start of practice. You do NOT want to miss any of the videos or pics as they are all so inspiring!

For those families, fans and parents that cannot be @ Ponderosa tomorrow here is the quick Bruin CC Stat Recap! Please sit down and prepare to have your mind blown!

Woodbridge Mens 3 Miles Race 27 - 8:10am - Green Varsity B with 129 runners our **Ponderosa Boys team took 3rd place** with each Bruin finishing with a PR, personal record!

#5 Dusty Smith 14:49.4 *Personal Record

#7 Devin Maldonado 14:58.4 *Personal Record

#14 (Captain) Jacob Arthur 15:29.8 *Personal Record

#21 (Captain) Weston Lauer 15:39.0 *Personal Record

#42 Gavin Scowcroft 16:13.7 *Personal Record

#48 Jacob Judi 16:24.4 *Personal Record

#65 Drew Drinon 17:03.01 *Personal Record

#69 (Captain) Austin Jones 17:06.9 *Personal Record

Woodbridge Womens 3 Miles Race 28 - 8:30am - Green Varsity B with 142 runners our **Ponderosa Sophomore Stud and Captain Sadi Angelo led the race from gun to finish line and WON!** Although not a PR, it is near impossible to break your personal best when the next girl is 11 seconds behind you and the entire race you are out front alone!

#1 Sadi Angelo 17:13.2

Frogtown 2 Miles Girls Junior Varsity Div. 1-5 @ noon with 102 runners

#53 Mia Hasanain 19:46 *Personal Record

#59 Maddison Mills 20:00 *Personal Record

#61 Melanie Hellam 20:12 *Personal Record

Frogtown 3 Miles Boys Varsity Large Div. 1-3 @ 1:30pm with 156 runners

#62 Josh Landeros 19:07 *Personal Record

#89 (Captain) Jackson Gilbert 19:57 *Personal Record

Frogtown 3 Miles Girls Varsity Large Div. 1-3 @ 2pm with 115 runners *Running a girls varsity team without our front 2 runners Emmy & Sadi. Our young girls team took 3rd place against D1 & D2 schools, with such heart and tenacity that once we crossed the finish line 2 of our Bruin ladies had to go straight to the med tent! Giovanna Jones led our squad with a 4th place finish to all upperclassmen higher division girls and the next freshman across the finish line was our 2nd to finish for our squad Caitlyn Mallot!

#4 Giovanna Jones 19:30 *Personal Record

#11 Caitlyn Mallot 21:15 *Personal Record

#23 Alex Grunder 22:42

#29 Ainsley Allen 23:14 *Personal Record

#35 Eva Beck 23:45 *Personal Record

#49 Lilli Erwin 24:58

#53 Kayna Patel 25:16 *Personal Record

Frogtown 2 Miles Boys Sophomore Large Div. 1-3 @ 2:30pm with 104 runners

#9 Logan Calderon 12:46 *Personal record

#17 DJ Kleefeld 13:08 *Personal record

#18 Aiden Lam 13:13 *Personal record

#19 Wyatt Saura 13:14 *Personal record

#20 Colby Courtner 13:15 *Personal record

#50 Mason Chafer 14:34

#92 Wilcken Scott 17:21

#98 Teddy Lanyon 18:22 *Personal record

Woodbridge Womens 3 Miles Race 60 - 8:54pm - Rated Varsity with 101 elite girls *Athletes / Teams have to apply & be accepted into this race by the race director.*

Ponderosa Senior Stud & Captain Emmy Angelo with her 3rd Woodbridge appearance crushed an amazingly executed, strategic race, to medal, PR, set the Ponderosa Girl's school record and put the bow, glitter and neon sign closing out our super successful Bruin CC Weekend!

#3 Emmy Angelo 16:45.4 *Personal Record and NEW SCHOOL RECORD!

CONGRATULATIONS to all of our Ponderosa Cross Country Runners for their hard work this weekend!

This week please start preparing and planning for our VERY important first league meet on Thursday 9/24/26 out @ Phoenix Park. Although there are many LESS teams to compete against from what we saw yesterday these teams have some GREAT TALENT and we will have our work cut out for us! Thursday's CVC Meet counts toward trying to win a league title banner for Ponderosa. This means athletes need to be rested, well fueled, hydrated and in a positive mind set along with cleaned laundered uniforms and warm ups! The team will be out of school early and leaving from Ponderosa via school bus as a whole team! The details as listed on our athletic.net season schedule are copied here for you as well.

Captains out of class 11:15am Team out of class 11:30am Depart Ponderosa by 11:45am.
Race times: F/S Boys 2pm, F/S Girls 2:20pm, Varsity Boys 2:45pm, Varsity Girls 3:15pm +Cool down Depart Meet, Team dinner stop @ Chipotle Mexican Grill 5223 Hazel Ave, Fair Oaks, CA.
*Athletes need to bring money if they wish to purchase dinner! Eat dinner, depart Chipotle for Ponderosa HS. Approximate arrival back to Ponderosa HS 6/6:30pm.

I hope this information helps for your planning purposes!

:) Coach Karen Norwood

Working hard to get better...GO BRUINS!

Karen Norwood

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