

Friday, April 11, 2025

Wooster High School Hosts Thrilling Early-Season Track

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The sun beat down on Wooster High's track as athletes from across Northern Nevada converged for an electrifying early-season meet on March 4. The air crackled with anticipation - a mix of nervous energy, team camaraderie, and that unmistakable competitive fire that defines track season. For Wooster's squad, this wasn't just another meet; it was the first real test of their winter training, a chance to see how they stacked up against rivals from North Valleys, Churchill County, South Tahoe, and beyond.



Sprints & Hurdles: Where Adrenaline Meets Technique

The 100-meter dash heats kicked off with explosive energy. Wooster's **Elizabeth Greenwall** blazed down the straightaway, her form tight and powerful. "I thought I did awful until I saw I got second," the sophomore admitted later, still buzzing from her near-PR of 13.95. Nearby, teammate **London Lee** stretched for her hurdle event, reflecting on her chaotic first attempt at the barriers last season. "I had no idea what I was doing," she laughed, "but everyone - even competitors - was super supportive. That's why I love track."

On the boys' side, **Justice Brewster** prepared for his signature 400-meter race, his PR of 1:02 flashing through his mind. "I just focus on my lane," he shared about his pre-race routine. "If I worry about others, I'll psych myself out." His teammate **Andy Chavarria Morales**, aiming for a state-qualifying sub-56 in the 400, nodded in agreement. "It's a sprint, but it's also about control," he explained. "You have to pace it just right."

Distance Drama: Grit and Strategy on Display

The distance events showcased Wooster's depth. **Milo Gomez** and **Carson Boyer** paced together in the 1600, their friendly rivalry pushing both to new limits. "Sticking with Carson is how I PR'd last week," Mylo revealed, referencing his 5:06 best. Carson, whose 4:30 mile makes him one of Nevada's top distance runners, had bigger goals: "Our 4x800 relay could go to nationals," he said confidently.

Not to be outdone, **Robert Eaton II** recalled his most memorable race - a mile where he shocked everyone by surging ahead early. "They were going too slow, so I just went for it," he grinned. "Won by a mile - literally." Meanwhile, senior **Atticus Reyher** (4:39 mile PR) is looking to leave a legacy of greatness, having finished second at the NV State Cross Country finals this past October and looking for a first place finish in the mile and two mile this track season.



Field Events: Soaring to New Heights

Over at the pole vault pit, **Caine Sae Wong** eyed the bar set at 10'6" - his personal best. "Regionals is the goal," he stated matter-of-factly. Nearby, **Isaac Montejano** recalled the day he cleared 8 feet in pole vault. "I was mad that day," he chuckled. "Just launched myself over it."

The throws area buzzed with energy as **Natalyn Toledo**, new to discus, received encouragement from veteran throwers. "Everyone was so supportive even when I messed up," she said, embodying the inclusive spirit Coach Rath emphasizes. Churchill County's **Joseph** and **Ashton McCorney** showed their experience in shot put, with Ashton hitting a PR of 36'9" earlier in the season.

Rivalries and Revelations

The meet wasn't without drama. North Valleys' **Jody Zubate** and **Elias (last name withheld)** brought humor and heart to their events. "I'm just here for it to be warm - it's cold as shit!" Elias deadpanned before his 100m dash. Their teammate, a hurdler, offered sage advice: "If you fall, it doesn't hurt that bad... or so I've heard."

Churchill County's throwers and Truckee's **Andrew** (who advised newcomers to "skip triple jump, do long jump") added to the colorful tapestry of competitors. South Tahoe's **Kale Willers** summed up the day perfectly: "I'm here to cheer - not to run!"



Relays: Where Teamwork Takes Center Stage

As twilight approached, the 4x400 relays brought the crowd to their feet. Wooster's team - including **Bam Fernandez**, who lives for relay camaraderie - battled neck-and-neck with South Tahoe. "There's nothing like handing off to your buddy and cheering them home," Bam said. South Tahoe's **Evan**, a triple jump specialist (39'11" PR), agreed: "That's why I love track - individual effort, team spirit."

Coaches' Corner: More Than Just Times and Marks

Head Coach Paige Rath moved between events, her social worker instincts as sharp as her coaching eye. "I had an athlete miss practice last week because her family lost housing," she shared. "Track can wait - first we make sure she's okay." This holistic approach defines Wooster's program.

Assistant **Coach Winston Mora** drilled sprinters on block starts. "Life's like the 100m," he told them. "Explode from adversity, run through the finish." His wisdom resonated with athletes like **Andres Garcia**, focused on winning regionals: "Coach makes us believe we can do anything."

By the Numbers: Wooster's Standouts

- **Carson Boyer**: 4:30 mile | 2:04 800m | 9:55 3200m
- **Caine Sae Wong**: 10'6" pole vault
- **Elizabeth Greenwall**: 13.95 100m
- **Andy Chavarria Morales**: 56.73 400m
- **Isaac Montejano**: 8' pole vault

Looking Ahead

As the last relay crossed the line, Coach Rath gathered her team. "**This is just the beginning**," she reminded them. With the Reed Invitational on March 15 and state dreams ahead, one thing was clear: Wooster's track team isn't just building speed - they're building character, one stride at a time.

Final Thought

In a world obsessed with final times and podium finishes, this meet reminded everyone why high school track matters most - for the friendships formed, the personal barriers broken, and the life lessons learned when you're willing to put in the work. As **Milo Gomez** put it: "Track shows you your true limits... then helps you push past them."