

2023 CPHS Cross Country Seniors

Andre Velez

How long have you been doing cross country?

Two years

What is your favorite memory from XC?

My favorite memory was at the Ed Sias Invitational this year when I was able to PR after being motivated by Kaleb Robinson throughout the whole race.

What are your plans after CP?

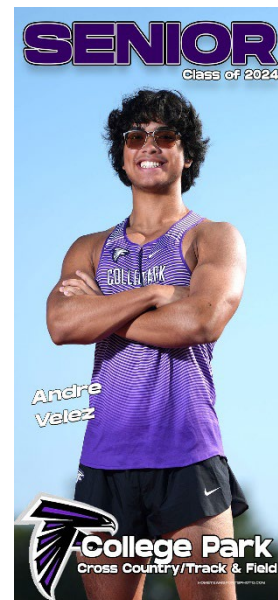
I plan to go to a 4-year university and hope to get accepted into UC San Diego. My other choices would be state schools such as SJSU, SDSU, and SFSU.

What do you do with your free time?

I love to train with weights at the gym and build computers. I also like to spend time with my friends before we all graduate.

Is there anything else you'd like to share about your experience at College Park?

CP has treated me so well even with an introduction through Zoom. I have made so many friends and every year was an experience to remember. Although there have been ups and downs, I'm ready to accept that this is my last year at College Park, and I would like to thank the community for being so awesome.



Campbell Brock

How long have you been doing cross country?

I've run cross country since third grade, so 10 years.

What is your favorite memory from XC?

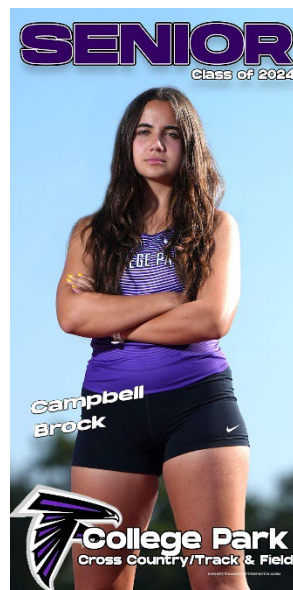
My favorite memory is the one long run that I went on with Ava where we talked the whole time.

What are your plans after CP?

I plan to attend a 4-year college.

What do you do with your free time?

I like to garden, solve puzzles, and bake.



Kate Isherwood

How long have you been doing cross country?

One year

What is your favorite memory from XC?

Throwing up at the finish line in Clovis next to Campbell.

What are your plans after CP?

She intends to go to a 4-year university but major is still undecided.

What do you do with your free time?

Lacrosse, soccer, and hanging out with friends.

Is there anything else you'd like to share about your experience at College Park?

She's glad that she ran after three years of her coach begging her to.



Luke Afonine

How long have you been doing cross country?

Three years in high school, I took a year off while studying abroad in Germany.

What is your favorite memory from XC?

My favorite memory was doing XC in my sophomore year. I was able to race in the same race as my brother, Lev, and travel together to Clovis and other state meets.

What are your plans after CP?

I plan on attending a 4-year university, in or out of state.

What do you do with your free time?

In my free time, I love watching basketball, as well as studying physics. When I get the chance, I love to travel.

Is there anything else you'd like to share about your experience at College Park?

I had a really wonderful experience my past four years being in touch with the team and I hope that I can maintain the good connections that I've made into the future.



Mia Gonzalez

How long have you been doing cross country?

I started XC freshman year and have been running for four years now.

What is your favorite memory from XC?

My favorite memory is getting a PR every race sophomore year and being awarded most improved runner at the end of the season.

What are your plans after CP?

I plan to go to DVC after I graduate.

What do you do with your free time?

I like to read, draw, and paint.

Is there anything else you'd like to share about your experience at College Park?

I ended up really enjoying cross country and I am very glad that I went out of my comfort zone and tried it out freshman year.



Sarah Green

How long have you been doing cross country?

I have done XC for four years, even in the pandemic years.

What is your favorite memory from XC?

My favorite memory was when I ran a 15:04 2-mile in my freshman year after coming back from an injury. When I looked at the results, I couldn't believe that I had dropped more than a minute off of my PR.

What are your plans after CP?

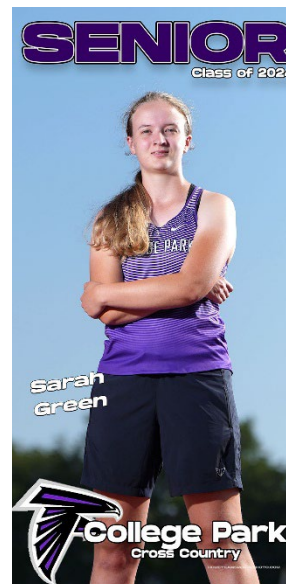
I plan to go to a 4-year university to study environmental engineering or something similar so that I can help fight climate change.

What do you do with your free time?

I like to play cello, read books, make bracelets on my bead loom, and go on hikes.

Is there anything else you'd like to share about your experience at College Park?

Even though I have never been on Varsity, I have really enjoyed running cross country for four years.



Ava Alviz

How long have you been doing cross country?

Four years

What is your favorite memory from XC?

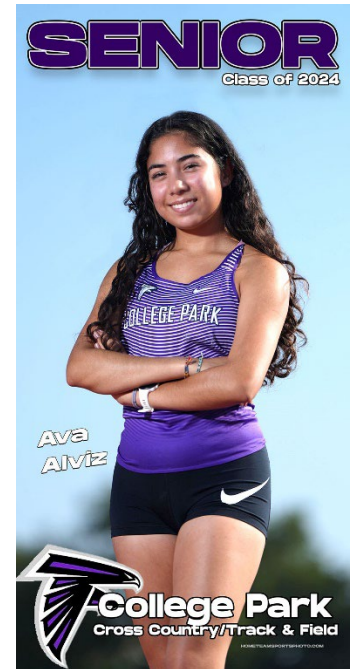
My favorite memory was singing along to music on long runs with Campbell as well as racing her during strides.

What are your plans after CP?

I plan on attending a 4-year university, most likely in-state.

What do you do with your free time?

In my free time, I like to listen to music, make friendship bracelets, and hang out with my friends.



Missy LeClaire

How long have you been doing cross country?

Four years

What is your favorite memory from XC?

Jumping in the pool with my teammates before a hard and incredibly hot workout during my sophomore year.

What are your plans after CP?

I plan to attend a 4-year university and hopefully run at a Division III level. I'm interested in traveling and earning a degree for a career in the medical field.

What do you do with your free time?

I play the piano and guitar, hang out with friends, and chill with my pets.

Is there anything else you'd like to share about your experience at College Park?

Advice to younger runners: Try new things and don't be afraid to make mistakes. I didn't think that cross country could be my favorite sport until I decided to try it, and I'm so glad that I did.

