



Monta Vista Track & Field
mvrunning.com

2023 Team Banquet



Coach Flatow and Barb's Goals for California International

Goal: 3:20

Stretch Goal: 3:10

At the least: Finish!



3:10 Marathon ~ 7:15 per mile

Miles 1-5	Miles 6-10	Miles 11-15	Miles 16-20	Miles 21-25	Mile 26
7:36	7:22				
7:19	7:19				
7:12	7:21				
7:06	7:28				
7:22	7:09				



1:13:14
Avg 7:19

California International Marathon



3:10 Marathon ~ 7:15 per mile

Miles 1-5	Miles 6-10	Miles 11-15	Miles 16-20	Miles 21-25	Mile 26
7:36	7:22	7:18	7:25		
7:19	7:19	7:23	7:15		
7:12	7:21	7:28	7:23		
7:06	7:28	7:21	7:22		
7:22	7:09	7:33	1:13:14		

Avg 7:19

Mile 11-19
Avg 7:23

3:10 Marathon ~ 7:15 per mile

Miles 1-5	Miles 6-10	Miles 11-15	Miles 16-20	Miles 21-25	Mile 26
7:36	7:22	7:18	7:25	7:49	
7:19	7:19	7:23	7:15		
7:12	7:21	7:28	7:23		
7:06	7:28	7:21	7:22		
7:22	7:09	7:33	7:42		

3:10 Marathon ~ 7:15 per mile

Miles 1-5	Miles 6-10	Miles 11-15	Miles 16-20	Miles 21-25	Mile 26
7:36	7:22	7:18	7:25	7:49	
7:19	7:19	7:23	7:15	8:28	
7:12	7:21	7:28	7:23	8:43	
7:06	7:28	7:21	7:22	8:40	
7:22	7:09	7:33	7:42	8:46	

3:10 Marathon ~ 7:15 per mile

Miles 1-5	Miles 6-10	Miles 11-15	Miles 16-20	Miles 21-25	Mile 26
7:36	7:22	7:18	7:25	7:49	11:27
7:19	7:19	7:23	7:15	8:28	
7:12	7:21	7:28	7:23	8:43	
7:06	7:28	7:21	7:22	8:40	
7:22	7:09	7:33	7:42	8:46	

Coach Flatow Finish:
3:25:02/7:53 per mile

Finish:
3:25:02,
pace 7:53



Short stride
"marathon
shuffle"

I want to live in a world
where an elite will take
the time to help me.

How Does That World Come To Be?

(Angela Duckworth agrees...this is a hard problem)

This is not transactional—we don't automatically get something back for what we give.



Karma is unreliable!

Angela Duckworth's Question...

Why did the relationship between Tommy Lasorda (Hall of Fame manager of the Dodgers) and Mike Piazza (Hall of Fame player for the Dodgers) work?



Acceptance to Harvard, Stanford, , Carnegie-Mellon, Hopkins...



MVTF as a utopian society 😊



Dr. Duckworth writes a book, we have a team, our goal is the same.

A pair of hands is shown holding a glowing, translucent Earth globe. The globe is centered on the Americas, with North and South America visible in shades of green and yellow. The oceans are a deep blue, and there are white, swirling cloud patterns. The hands are rendered in a semi-transparent, blue-tinted style, appearing to hold the globe from below. The background is a dark, solid blue gradient.

**We are the ones that we
have been waiting for.**

And on with our show...

THANK YOU TO...

My Incredibly Tolerant Wife

- Being at SO MANY meets
- Uniforms
- Forms and Administration
- Putting up with my crazy hours

Our incredible coaches

- Curtis Liang
- Samantha Louie
- Isaiah Smith
- Sarah Feng
- Tyler Jackson
- Irina Stiasny
- Emma Seyer

And don't forget:

Jodi Johnson, Chrissy Dobbins,
Ashley Cahalan



Thank You Parents!

Busy lives but...

- Driving
- Snacks
- Volunteers at home meets
- Washing all our muddy, sweaty gear!
- **GENEROUS** contributions (more than \$1,000 in addition to Booster membership!)



MV Athletic Boosters

Thank you to everyone who joined!

It's not too late to join or add-on donations to the track team.

Yoga Mats



Spin Bikes



New Canopies!!!



Do We Have Your
Uniform???

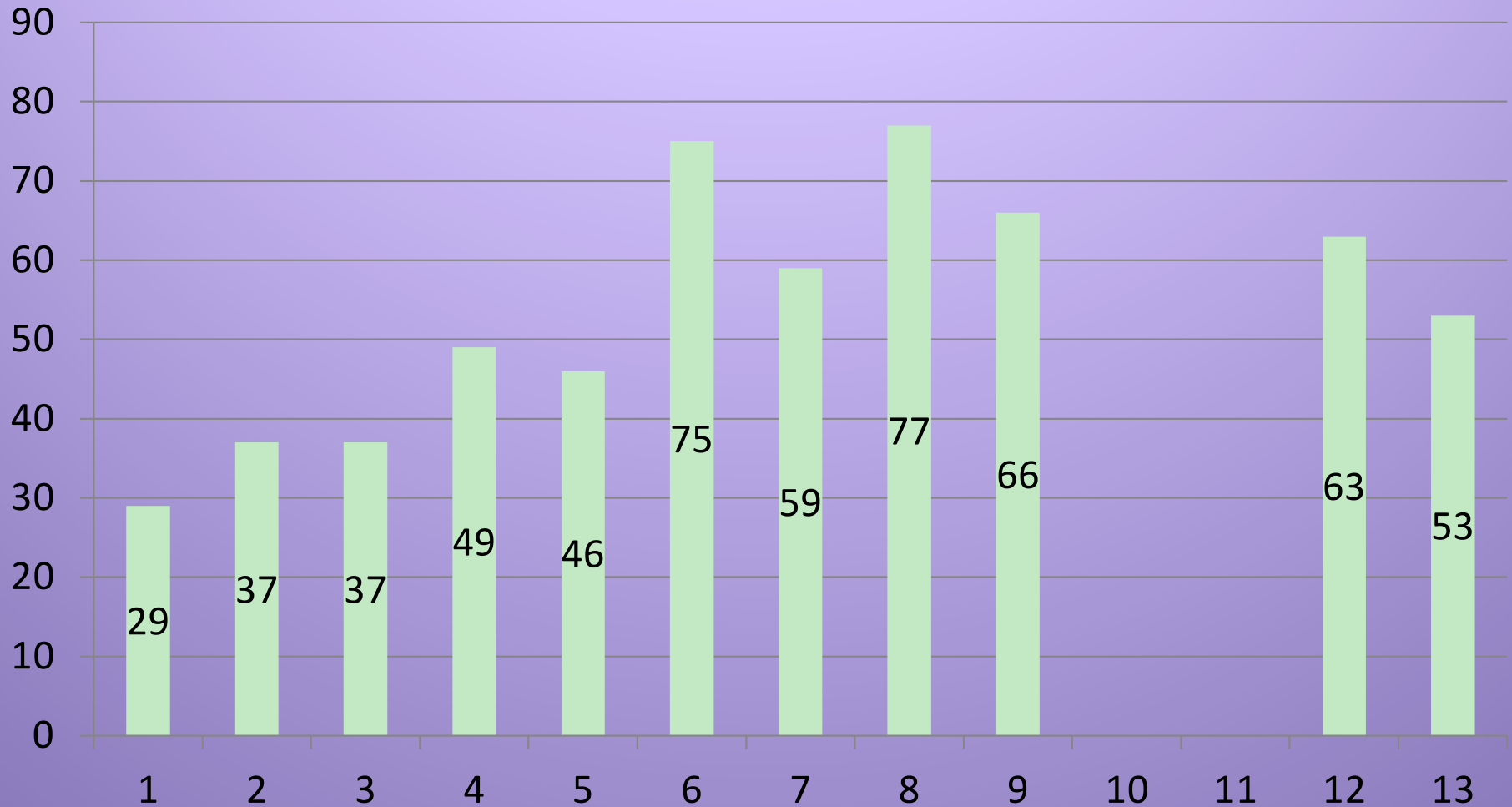
XC—did you fill out
your 'keeping' form?
Senior delinquency
notices tomorrow ☹️



Recognition and Awards

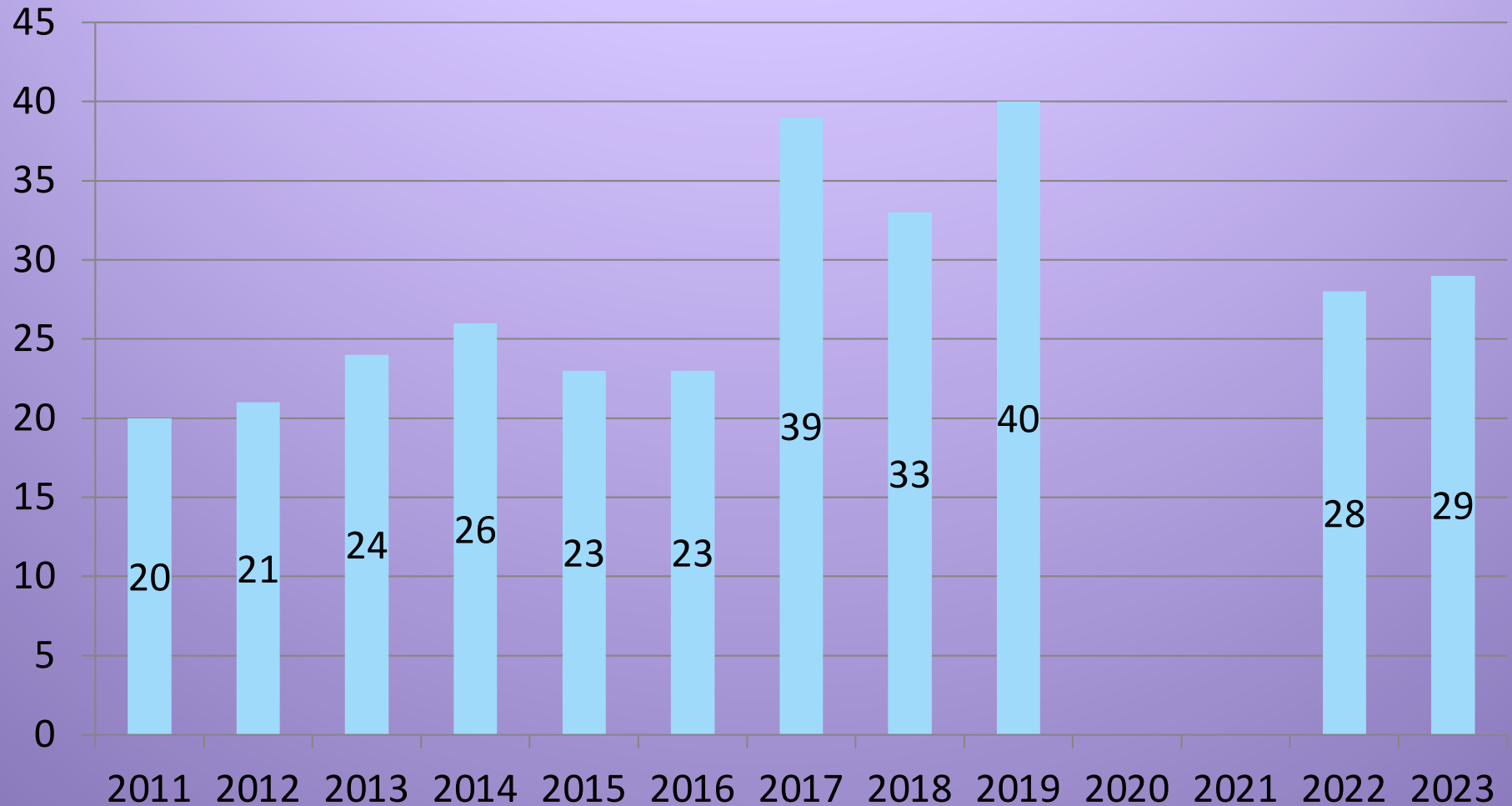


League Medals Won By Monta Vista



Monta Vista's SCVAL Qualifiers

Individual Qualifiers and Alternates



2023 SCVAL Qualifiers/Alternates

Boys 4x100m Relay

Boys 4x400m Relay

Boys 4x800m Relay

Ethan Lu

Hayden Selvakumar

Sean Basu

Denny Dong

Tanay Parikh

Agasthya Kothuri

Darren Lin

Girls 4x100m Relay

Girls 4x400m Relay

Girls 4x800m Relay

Margaux Francoeur

Yvonne Chen

Katie Lee

Valerie Ayzenberg

Nikhita Saldi

Avani Kalari

Anika Bhandarkar

Lelani Laruelle

Clara Fan

Joey Suresh

Gillie Ross

Alice Ross

Lavinia Lei

CCS Finalists—This Saturday!

Clara Fan: High Jump and Triple Jump

Denny Dong: 800m

Lelani Laruelle: Long Jump 1st Alternate



CHAMPIONS

Clara Fan VG High Jump

Lelani Laruelle VG High Jump

Clara Fan VG Triple Jump

Gillie Ross VG Shot

Clara Fan VG Long Jump

Denny Dong VB 400m

Lauren Moore JV Triple Jump

Lauren Moore JV Long Jump

Ryan Shen FSB High Jump

MEDALISTS

1-6 Individual

1-3 Relay

Ravi Polisetti—3rd FS 4x400R
Sola Nojima—3rd FS 4x400R
Jayden Tang—3rd FS 4x400R
Manas Kottakota—3rd FS 4x400R
Lelani Laruelle—3rd V 4x100R
Katie Lee—3rd V 4x100R
Maya Mizrahi—3rd V 4x100R
Clara Fan—3rd V 4x100R
Yvonne Chen—6th V 100mH
Valerie Ayzenberg—3rd V 800m
Nikhita Saldi--6th V 800m
Anika Bhandarkar-5th V 3200m
Lelani Laruelle--3rd TJ
Joey Suresh—5th TJ
Alice Ross—6th V Shot
Lelani Laruelle—5th V LJ
Lavinia Lei-2nd V Discus
Alice Ross-5th V Discus
Gillie Ross—6th V Discus
Sean Basu--5th V 400m
Hayden Selvakumar—6th VB 400m
Denny Dong—3rd VB 800m

Ethan Lu—4th V 300mH
Sean Basu-4th V 200m
Tanay Parikh—6th V 3200m
Agasthya Kothuri--3rd V TJ
Darren Lin-4th V TJ
Darren Lin—4th V LJ
Ridhima Katare—5th JV 1600m
Madi Polidoro—6th JV 1600m
Raje Kenyan—6th JV 100mH
Camille Yip—4th JV 400m
Ridhima Katare—6th JV 800m
Raje Kenyan—6th JV 300mH
Madi Polidoro—4th JV 3200m
Michelle Zheng—2nd JV Shot
Anika Manjesh—5th JV Shot
Michelle Zheng—2nd JV Discus
Anika Manjesh—3rd JV Discus
Jenna Bergendahl—4th JV TJ
Ethan Yang—5th FSB TJ
Ravi Polisetti—6th FSB 3200m
Sola Nojima—5th FSB 800m
Manas Kottakota—5th FSB 400m
Ravi Polisetti—6th FSB 1600m
Joseph Han—3rd FSB HJ
Joseph Han—2nd FSB LJ
Ryan Shen—3rd FSB LJ

A wide-angle photograph of a group of people, likely a sports team or a group of runners, participating in a race or training session on a green artificial turf football field. The field is marked with white yard lines and numbers, including '40' and '30'. The runners are in various stages of a running stride, moving from left to right across the frame. They are wearing a variety of athletic clothing in different colors. In the background, there is a wooden fence, a large house with a red roof, and a hillside with trees under a clear sky. A grey trash can is visible in the lower right foreground.

Most Inspirational

Most
Inspirational
Athlete
Joey Suresh



Most
Inspirational
Athlete
Katie Lee





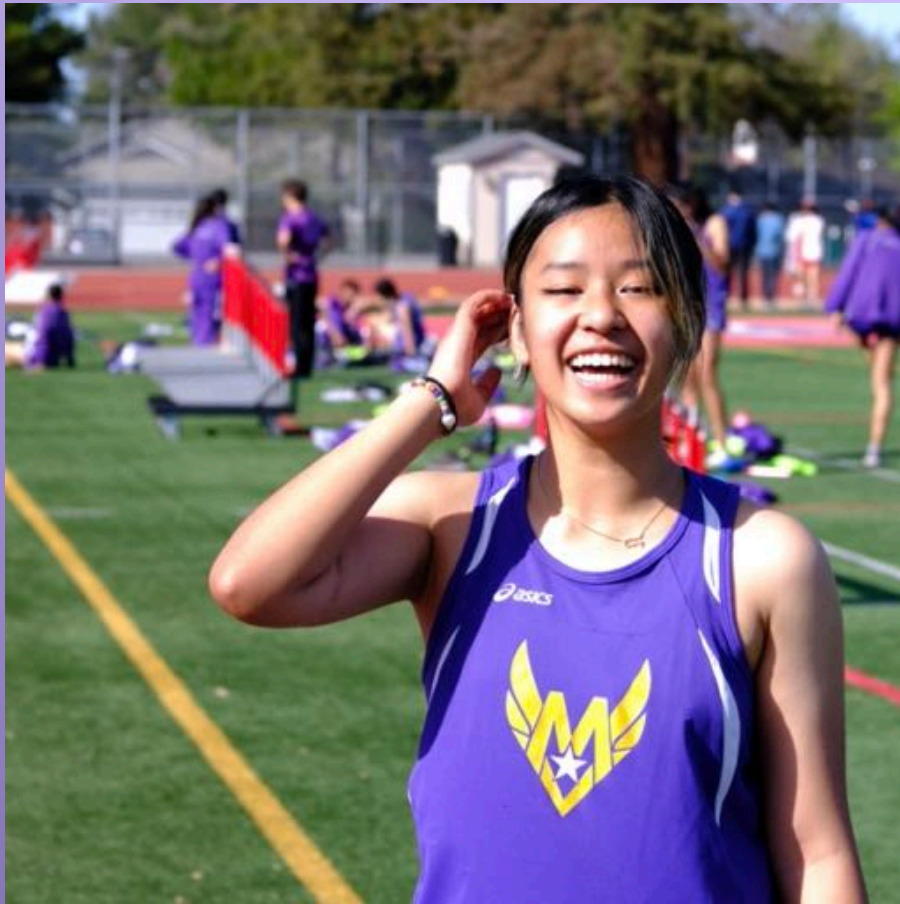
Sprints-Hurdles

Iron Athlete

Hardest Working Sprinter-Hurdlers


Iron Athlete Hardest Working Sprinter-Hurdlers

Lourdes Diaz



Ryan Liu





Most Valuable Sprinter- Hurdlers



Most Valuable Sprinter-Hurdler
Ethan Lu





Most Valuable Sprinter-Hurdler
Yvonne Chen



Jump



Rising Stars

Rookie Jumpers of the Year

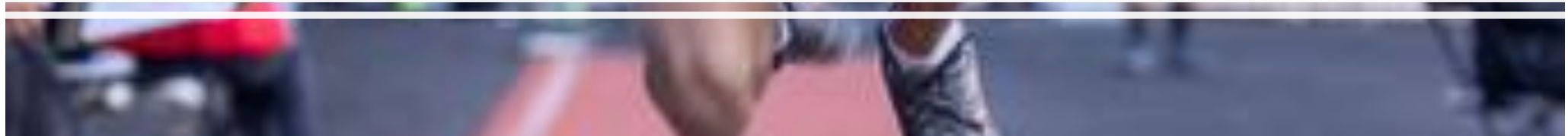
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Rookie
Jumper of
the Year
Lelani
Laruelle





Rookie Jumper of the Year
Agasthya Kothuri





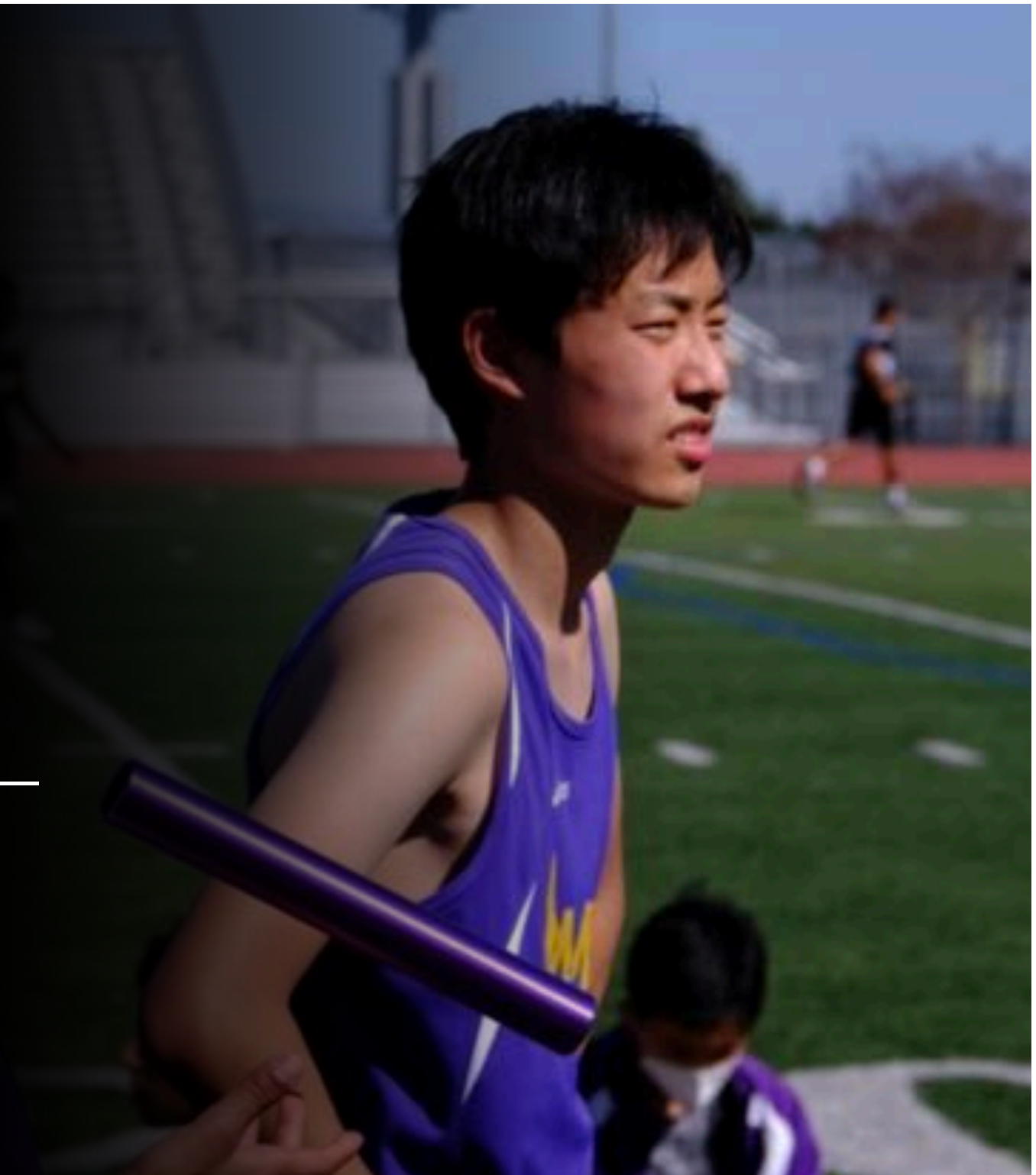
Rookie Jumper of the Year
Joseph Han



Most Valuable Jumper



Most
Valuable
Jumper
Darren Lin





Throw

Rising Stars

Rookie Throwers of the Year



Rising Star Fiona Rusak





Rising Star
Gillie Ross


Most Valuable Thrower



**Most Valuable Thrower
Lavinia Lei**



Run



Cross Country 2023 Pre-Summer Meeting:
D101 (Mr. Bonacorsi's office near Field House)

Thursday, May 18

Lunch Time – 1:30 pm

Bring your lunch; please be prompt!

Bring friends too!

**HEY SPRINTERS AND HURDLERS...
YOU THINK XC WON'T HELP?**

**Please talk to Coach Tyler and Coach Smith!
AND jumpers!**

A Plea to Parents of XC runners...



- Get them a new pair of **running shoes** now, and **ANOTHER** at the end of the summer!
 - More than half of the kids who were hurt last year had worn/poorly fitted shoes
 - PLEASE get new shoes from a running specialty store!
- Get **physicals scheduled now**
- Read the article on **iron/serum ferritin in mvrunning**
 - All kids can benefit from being tested, almost every girl!

Did you know...



*In 2018 and 2019,
the freshman
cross country
team had GPA .25
points higher than
the rest of the
Monta Vista
freshman class!*

Grit Recognition

"The Clipboard"

Distance Quality Workouts: XC 2019

Date	Time	Distance	Notes
10/12/19	1:12	4.00	10/12/19
10/13/19	1:12	4.00	10/13/19
10/14/19	1:12	4.00	10/14/19
10/15/19	1:12	4.00	10/15/19
10/16/19	1:12	4.00	10/16/19
10/17/19	1:12	4.00	10/17/19
10/18/19	1:12	4.00	10/18/19
10/19/19	1:12	4.00	10/19/19
10/20/19	1:12	4.00	10/20/19
10/21/19	1:12	4.00	10/21/19
10/22/19	1:12	4.00	10/22/19
10/23/19	1:12	4.00	10/23/19
10/24/19	1:12	4.00	10/24/19
10/25/19	1:12	4.00	10/25/19
10/26/19	1:12	4.00	10/26/19
10/27/19	1:12	4.00	10/27/19
10/28/19	1:12	4.00	10/28/19
10/29/19	1:12	4.00	10/29/19
10/30/19	1:12	4.00	10/30/19
10/31/19	1:12	4.00	10/31/19

Grit
Recognition
100% Workout
Attendance

Anika
Bhandarkar

Megan Nieh



Rising Stars

Rookie Distance Runners of the Year

Rising Star
Rookie Distance
Runner of the
Year
Ethan Yang





Rising Star
Ridhima Katare

Ironman Award

Hardest Working Distance Runner

Ironman Award
Hardest
Working
Distance Runner

Valerie
Ayzenberg



Distance
Most Valuable

Distance
Most
Valuable

Anika
Bhandarkar



Most Outstanding Athletes



Most Outstanding
Athletes
Denny Dong
and Clara Fan

Coach Flatow Next Year



- Accepted to UPenn Masters Program in Applied Positive Psychology 2023-24
- *I am not leaving Monta Vista!!!*
- Still sorting out what this will mean for cross in 2023 and track in 2024

Thank You and Good Night

