

Big 8 Conference - Men's Cross Country

Athlete of the Week #1 9/8/07 Beaver Invitational



Nelson Mwangi

Nairobi High School, Kenya

First started running on September 18, 2006 and has quickly become one of the finest community college distance runners in California. In his first competition in 2006 he lost a shoe at the mile mark of the Crystal Springs Invitational, ran the next two miles barefooted, before taking a seat on the side of the trail at the 3 mile mark quitting the race. A mere one year later he is letting his legs speak for him. At the Beaver Invitational he placed 2nd out of 120+ runners, which ranked him 1st in the Big 8 and 2nd in NorCals.

Athlete of the Week #2 Fresno Invitational



Gus Gibbs – American River

Tamalpais High School (transfer from City College of San Francisco)

Started running at American River College one year ago and has made dramatic improvements since his days at CCSF running 15:08 last year at ARC in track & field. In recent action he placed 10th out of 260+ runners in the Fresno Invitational - 2nd out of all Big 8 runners, 3rd NorCal runner behind a West Valley runner and Nelson Mwangi (ARC).