



**Cross Country Runners of the Week
Week #1-September 6, 2008**

Men-Anthony Costales, American River

Meet: Big Man Invitational, Stockton, CA



Anthony Costales-ARC (Center) was nominated as the Big 8 Conference Runner of the Week for week #1 as he dominated a field of 32 other runners in the season opener at the Big Man Invitational. Costales covered the 4.0 mile course in 22:01 in searing 108 degree weather. ARC's #1 runner out-distanced the second place runner by 37 seconds as he led his teammates to a 1-7 sweep in the meet at Stockton hosted by SJ-Delta.

Women-Amanda Remington-SJ-Delta

Big Man Invitational, Stockton, CA

Amanda Remington-SJ-Delta was nominated as the Big 8 Conference Runner of the Week for week #1 as she opened the season with a win at her own invitational nipping Ana Mendez (MJC) by 2 seconds as she covered the 3.1 mile course in 20:21, an excellent time considering the 108 degree heat!