



**Cross Country Runners of the Week
Week #2-September 13, 2008**

Men-Anthony Costales, American River
Beaver Invitational, Folsom Lake, Folsom, CA



Anthony Costales of American River College repeated his performance in Week #1 by winning the Beaver Invitational at Folsom Lake and earned Runner of the Week honors for week #2. Anthony topped second place by 7 seconds, the next ARC athlete by 33 seconds, and the next non-ARC Big 8 athlete by 4:13. He covered the extremely hilly, tough 4 miles in 22:57. Costales is currently ranked #1 on the NorCal Coaches Poll.

Women-Brianna McCready-Diablo Valley College
Santa Rosa Invitational, Spring Lake, Santa Rosa, CA



Brianna McCready-Diablo Valley College was nominated as the Big 8 Conference Runner of the Week for week #2 as she toured the Spring Lake, Santa Rosa 5k course in 19:34 besting Genevieve Speas of Sierra College by over 1 minute and leading her teammates to a win over Sierra College 21-38. Her season-opening effort also earned her a #4 ranking on the NorCal Coaches Poll.