



**Cross Country Runners of the Week  
Week #3-September 22, 2008**

**Men-Nuno Espandinha, Modesto JC**

Meet: Shasta Invitational, Cottonwood, CA



Nuno Espandinha-The freshman sensation, Nuno placed second at the Shasta invitational and ran the 3rd fastest time ever on the 4 mile rugged course. Nun's time was 22:06.71.

**Women- Ana Mendez, Modesto JC**

Meet: Shasta Invitational, Cottonwood, CA



Ana Mendez-Ana placed second at the Shasta invitational and paced the MJC women's team to a 46 point win over second place San Mateo. Ana's time of 19:37.26 places her 3rd all time at the challenging Shasta course.