



The Great Cow Run
Cerritos Regional Park
September 5, 2015



The Great Cow Run
- The Higashi Roman Memorial Run -
September 5, 2015

Final Race Schedule

Open Race (Registration Required)

6:15am - Registration Begins

7:15am - Higashi Roman Memorial Run

TEAMS WITH INDIVIDUALS COMPETING IN THE OPEN RACE MAY PICK UP THEIR TEAM PACKETS BEGINNING AT 6:15AM. IF THE INDIVIDUAL WHO IS COMPETING DOES NOT HAVE THE PAYMENT FOR THE PACKET, THEY WILL ONLY BE ALLOWED TO PICK UP THEIR RACE BIB.

High School Invitational

7:00am – Team Registration Begins

8:00am - Boys Freshmen

8:30am - Girls Freshmen

9:00am - Boys Varsity

9:30am - Girls Varsity

10:00am - Boys Sophomore

10:30am - Girls Sophomore

11:00am - Boys Junior Varsity

11:30am - Girls Junior Varsity



The Great Cow Run
September 5, 2015

Participating Schools

Aquinas
Alhambra
Ayala
Brethern Christian
Burroughs (Burbank)
California
Calvary Chapel Downey
Cathedral City
Centennial (Corona)
Cerritos
Citrus Valley
Contreras
Culver City
Dominguez
Downey
Edison
Fountain Valley
Huntington Beach
Immaculate Heart
Julian
Kennedy
La Mirada
La Serna
Long Beach Millikan
Long Beach Wilson
Los Alamitos
Loyola (Boys)
Mayfair
Paramount
Redondo Union
Rosemead
Roybal LC
San Juan Hills
Santa Margarita
Serrano
South Torrance
St. Joseph (Girls)
Wiseburn - Da Vinci
Yorba Linda

THE GREAT COW RUN RECORDS

BOYS VARSITY

1	Elias Gevdon	12	14:13	2010	Loyola
2	Robert Brandt	12	14:22	2014	Loyola
3	Austin Tamagno	10	14:31	2013	Brea Olinda
4	Brian Zabilski	12	14:34	2014	Saugus
5	Bryan Fernandez	11	14:43	2011	Dos Pueblos

GIRLS VARSITY

1	Samantha Ortega	12	16:30	2014	Saugus
2	Claire Graves	10	16:33	2014	Citrus Valley
3	Kimberly Cosica	12	16:56	2014	South Torrance
4	Addi Zerrenner	10	16:59	2011	Dos Pueblos
5	Karis Frankian	10	17:15	2009	Saugus

BOYS JUNIOR VARSITY

1	Adam Viella	11	15:26	2014	El Modena
2	Ned Trim	11	15:39	2010	Loyola
3	Connor Rafferty	11	15:49	2011	Loyola
4	Jacob Fofi		15:51	2010	Marina
5	Andrew Medina	12	15:55	2010	Loyola
5	Dustin Horney	12	15:57	2010	Marina

GIRLS JUNIOR VARSITY

1	Fatima Sorto	12	18:46	2011	Long Beach Poly
2	Athalia Magana	11	19:11	2011	Cerritos
3	Mackinzie Moncibais	12	19:11	2014	Saugus
4	Sierra Pilarski	11	19:14	2014	Saugus
5	Madi Penna	12	19:15	2014	Saugus

BOYS SOPHOMORES

1	Nick Lofgren	10	15:32	2012	South Torrance
2	Aaron Zambrano	10	15:52	2011	Loyola
3	Anthony Lopez	10	15:55	2012	Downey
4	John McAndrews	10	15:56	2011	Loyola
5	Skyler Garcia	10	15:57	2012	Brea Olinda

GIRLS SOPHOMORES

1	Katie Huntington	10	18:16	2010	Saugus
2	Raelyn Werley	10	18:26	2010	Martin Luther King
3	Jenav Jauregui	10	18:30	2009	Saugus
4	Heidi Hoslet	10	18:45	2010	Saugus
5	Rachel Iida	10	18:47	2013	Yorba Linda

BOYS FRESHMEN

1	Robert Brandt	9	15:20	2011	Loyola
2	Novoa Hugo	9	16:02	2013	Long Beach Poly
3	Danny Lee	9	16:12	2011	Kennedy
4	Seckinger Dalton	9	16:14	2011	Martin Luther King
5	Bryan Pluma	9	16:17	2012	Downey

GIRLS FRESHMEN

1	Mariah Castillo	9	17:51	2014	Saugus
2	Grace Catana	9	18:11	2014	South Torrance
3	Abby Davis	9	18:26	2014	Saugus
4	Nicole Beaudoin	9	18:26	2012	South Torrance
5	Emily Park	9	18:30	2012	Kennedy (La Palma)

The course for the innagural 2005 meet was different than the current course, therefore, records are from 2008 to current.

HIGASHI ROMAN MEMORIAL RUN RECORDS

M	Mike Chavez		14:53	2008	Former Esperanza
F	Arriaga, Chloe		17:43	2014	Equalizers

ALUMNI HIGASHI ROMAN MEMORIAL RUN RECORDS

M	Thien-Nam To		15:33	2011	c/o 2009
F	Melody Lim		21:32	2011	c/o 2010

THE GREAT COW RUN TEAM CHAMPIONS

2014

BOYS SWEEPSTAKES	Lovola	17		
SMALL SCHOOL	Yorba Linda	14		
GIRLS SWEEPSTAKES	Saugus	25		
SMALL SCHOOL	Yorba Linda	15		
BOYS VARSITY	Saugus	61	75:35:00	15:07
SMALL SCHOOL	Yorba Linda	304	81:16:00	16:15
GIRLS VARSITY	Saugus	39	88:10:00	17:38
SMALL SCHOOL	Yorba Linda	221	94:43:00	18:56
BOYS JUNIOR VARSITY	Ayala	87	85:27:00	17:05
SMALL SCHOOL	El Modena	31	81:48:00	16:21
GIRLS JUNIOR VARSITY	Saugus	16	97:11:00	19:26
SMALL SCHOOL	Yorba Linda	135	111:42:00	22:20
BOYS SOPHOMORES	California	77	85:38:00	17:07
SMALL SCHOOL	Esperanza	169	88:54:00	17:46
GIRLS SOPHOMORES	Saugus	24	98:38:00	19:43
SMALL SCHOOL	South Torrance	118	106:41:00	21:20
BOYS FRESHMEN	Lovola	34	84:39:00	16:55
SMALL SCHOOL	South Torrance	135	90:16:00	18:03
GIRLS FRESHMEN	Saugus	89	101:04:00	20:12
SMALL SCHOOL	Torrance	73	102:45:00	20:33

2013

BOYS SWEEPSTAKES	Lovola	14		
SMALL SCHOOL	Brea Olinda	13		
GIRLS SWEEPSTAKES	Long Beach Poly	17		
SMALL SCHOOL	Yorba Linda	10		
BOYS VARSITY	Redondo Union	84	77:06:00	15:25
SMALL SCHOOL	El Modena	169	78:29:00	15:41
GIRLS VARSITY	Martin Luther King	85	95:41:00	19:08
SMALL SCHOOL	Brea Olinda	179	99:32:00	19:54
BOYS JUNIOR VARSITY	Lovola	20	81:12:00	16:14
SMALL SCHOOL	Esperanza	178	89:33:00	17:54
GIRLS JUNIOR VARSITY	Long Beach Poly	30	103:24:00	20:40
SMALL SCHOOL	Santa Margarita	164	117:06:00	23:25
BOYS SOPHOMORES	Martin Luther King	67	85:46:00	17:09
SMALL SCHOOL	Cathedral	169	88:57:00	17:47
GIRLS SOPHOMORES	Long Beach Poly	71	107:43:00	21:32
SMALL SCHOOL	Yorba Linda	62	105:19:00	21:03
BOYS FRESHMEN	California	98	92:02:00	18:24
SMALL SCHOOL	Yorba Linda	152	94:25:00	18:53
GIRLS FRESHMEN	Los Alamitos	40	104:04:00	20:48
SMALL SCHOOL	Yorba Linda	162	111:47:00	22:21

2012

BOYS SWEEPSTAKES	Lovola	16		
SMALL SCHOOL	Brea Olinda	20		
GIRLS SWEEPSTAKES	Long Beach Poly	21		
SMALL SCHOOL	Brea Olinda	19		
BOYS VARSITY	California	51	75:59:00	15:11
SMALL SCHOOL	Brea Olinda	70	75:57:00	15:22
GIRLS VARSITY	Long Beach Poly	59	93:32:00	18:42
SMALL SCHOOL	Brea Olinda	233	100:12:00	20:02
BOYS JUNIOR VARSITY	Lovola	28	81:38:00	16:19
SMALL SCHOOL	Brea Olinda	79	84:36:00	16:55
GIRLS JUNIOR VARSITY	Martin Luther King	39	103:55:00	20:47
SMALL SCHOOL	Cerritos	181	112:58:00	22:35
BOYS SOPHOMORES	Lovola	90	84:35:00	16:55
SMALL SCHOOL	Brea Olinda	30	81:01:00	16:12
GIRLS SOPHOMORES	Long Beach Poly	79	107:27:00	21:29
SMALL SCHOOL	Rosemead	81	107:04:00	21:24
BOYS FRESHMEN	Martin Luther King	45	84:58:00	16:59
SMALL SCHOOL	Rosemead	207	92:21:00	18:28
GIRLS FRESHMEN	Long Beach Poly	84	106:46:00	21:21
SMALL SCHOOL	South Torrance	37	99:41:00	19:56



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In Memory Of ...



Darren Craig Higashi

Darren Craig Higashi graduated from Cerritos High School. Darren was an avid golfer and was a member of the CIF Championship Golf Team at Cerritos High School. Darren went on to play golf at Long Beach City College. Darren's love of the outdoors and the game of golf lead him to a job at the Cerritos Iron-Wood Nine Golf Course as a Recreation Leader II (part time) in June of 1990. Darren's outstanding customer service and public relations skills were appreciated by all who can into contact with him. In July of 1999, Darren landed a full time position as a Park Gardener I with the City of Cerritos. Each day, Darren tried to make everything a little better than he found it. His love for his job and the City of Cerritos was surpassed only by his love for his daughter Danika, mom Tomoko, dad Doug and friends.

In August of 2007, Darren was killed tragically in an automobile accident on his way to work. His caring, sensitivity and compassion are his legacy. Kind words, a gentle smile and a helping hand was his way of making a difference in the lives of the people in our community every day. Darren has truly been missed! His memory will live on through events like the Higashi Roman Memorial Run. Darren's family and friends would like to thank you for bestowing this great honor on such a deserving individual.

Regina Nicole Roman

Regina Nicole Roman was a student at Cerritos High School. Regina Nicole joined the track and field team during the second semester of her freshman year. What stood out the most about Regina Nicole is that in all that she did, she put forth her best effort, no matter how she was performing in comparison to others. Her determination and wonderful attitude led the list of wonderful traits that Regina Nicole possessed. In addition to her involvement with cross country and track & field, Regina Nicole was an officer of the class of 2010. As an officer, Regina Nicole worked hard to ensure the success of the class.

As we remember and celebrate the life of Regina Nicole Roman, images of her smile, the laughter that passed through her as she performed in Mammoth and while participating in activities in ASB Camp, and that determination that she showed on all the tough runs in Mammoth run through my mind. Although in August of 2007, the life of Regina Nicole was cut short, the memory of Regina Nicole will live on forever, as she has instilled the term *Ohana* in the members of the Cerritos Cross Country team.

Thank you for taking the time to remember the wonderful life of our angel, Regina Nicole Roman.

Also in Loving Memory Of Others in the CHS & Cross Country Community

Rachelle Wong (Former CXC Athlete), Richard Pliss (Parent of CXC Athlete)
Adam Bloomfield (CHS Math Teacher), Kevin Cook (Pacifica Alumni), Sam Bisogno (teacher)
Susan Megna (teacher), Rick Renaker (advisor), Eric Middleton (husband of teacher)



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The Story Behind the Great Cow Run

In 1956, the area currently known as Cerritos was incorporated as Dairy Valley. On any given day, you could see cows roaming around the city and the aroma in the morning was not the greatest of wake up calls.

Although the city has developed from those times with the construction of the world famous Cerritos Auto Square, the Los Cerritos Center, the Cerritos Towne Center, the Cerritos Center for the Performing Arts and the Cerritos Millennium Library, the city's roots still roam around the city, as the city's transportation system, the COW (Cerritos on Wheels) allows residents to get from one point of the city to another.

The Cerritos Millennium Library was the first public titanium buildings in the continent of North America and cost an estimated \$40 million dollars to construct. Adjacent to the library is the newly created sculpture garden where residents can enjoy the aesthetics of the sculpture art on display.

Year in and year out, the city of Cerritos also is recognized for their excellence in the Tournament of Roses Parade, a proud moment for the city. Also, the city is recognized as a Tree City USA for its emphasis on a park-like atmosphere.

The city has been known to be the second highest retailer in California and was named one of the most diverse cities of its size by a study of Cal Sate Northridge. The city was also one of the first cities to offer city-wide broadband services to its residents at any location in the city, including in their own COW buses.

Cerritos High School is able to boast about its successful alumni's including UCLA Men's Basketball Coach, Ben Howland, Major League Soccer Player Marcelo Balboa, and Blind Date Host, Roger Lodge, just to name a few. The city also was home to the well-known quarterback, Troy Aikman and also to former first lady, Pat Nixon.

Also movies such as She's All That, Wayne's World and Coneheads have been shot partially within the city.

With so much progress in recent times, it's hard to imagine that the city began as a dairy farming area, as in where we stand right now, could have been the place that the cows formerly of Dairy Valley called home! Thus, the birth of the Great Cow Run!



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Thanks to Our Sponsors, Supporters and Companies!!!

Thank you to all those who participated in this year's event and allowing it to be a successful one! We also thank all those who volunteered their time to help run this event!

**The Higashi Family
The Roman Family**

**Participants
Coaches
Parents
Supporters/Donors**

**Los Angeles County Department of Recreation (Angel Baltazar)
The Office of Don Knabe
City of Cerritos Recreation Department (Sheree Titus/Ernest Vital)
Lynda Johnson, ABCUSD School Board Member**

**Road ID
Tapioca Express
The Watanabe Family
The Nishibayashi Family**

Companies We Worked With For the Meet

**Ahava Design (T-Shirts)
Finished Results (Timing)
Road ID (Bibs – Great Cow Run)
EsotericPSI (Designs)
Crown Awards (Medals)
Vista Print (Signs)
Utility Safeguard (Course Flags)
VS Athletics (Various Meet Supplies)
CARE Ambulance Services (Medical)
Portable Restrooms (Southern California Industries)**

Thanks to anyone else we may have forgotten!!



The Great Cow Run

Cerritos Regional Park

Bloomfield



The Great COW RUN

Please Direct Questions To:
 Jason Watanabe, Cerritos High School
 wutanabe5@aol.com

The park is located on the corner
 of 195th and Bloomfield in Cerritos.

CERRITOS

CROSS COUNTRY



**The Great Cow Run
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September 5, 2015**

Directions to Cerritos Regional Park

19800 Bloomfield Ave
Cerritos, CA 90703

(Please be sure to recheck directions before distributing.)

From the 605 North (Including 405)

Exit on Del Amo Boulevard

Make a right off the exit onto Del Amo.

Make a left onto Bloomfield.

Make a right onto 195th.

Buses may drop off athletes at the first parking lot on the right.

Athletes may proceed towards the lake and stay to the right.

From the 605 South (Including 5 South/105 South)

Take the 91 East.

Exit on Bloomfield.

Make a right off the exit onto Bloomfield.

Make a left onto 195th.

Buses may drop off athletes at the first parking lot on the right.

Athletes may proceed towards the lake and stay to the right.

From the 5 North

Take the 91 West

Exit on Bloomfield/Artesia

Make a left off the exit onto Artesia.

Make a left onto Bloomfield.

Make a left onto 195th.

Buses may drop off athletes at the first parking lot on the right.

Athletes may proceed towards the lake and stay to the right.

Parking for Buses

Buses should return to Bloomfield heading North.

Make a LEFT into the Bloomfield Parking Lot at Cerritos HS – 12500 East 183rd Street, Cerritos, CA 90703.

Security will be on site to direct traffic at the school beginning at 6:30am.

Drivers will be nearby the Cerritos Towne Center which is approximately a ½ mile walk where they will have access to food and shopping.

Parking for Spectators

Parking at Cerritos Regional Park can sometimes be limited. Please provide this information to your potential spectators!

Please do not park illegally including in the Target parking lot, if you do so, you park at your own risk and may be towed.

There are neighborhoods across the park on the west side of Bloomfield.

However, if you park at this location, please do not J-walk across the street!

Encourage spectators to use the crosswalk at 195th and Bloomfield.

Arrive early as the parking lots may fill up quickly!

Portable Restrooms

Cerritos
Tent Area

Black Nike Tent

FINISH

Medalist Chute

CLOCK

Awards

Timing
Tent

Awards
Team Pick Up
Packet

Chip
Removal
(Open Race)

EXIT

PHOTO AREA

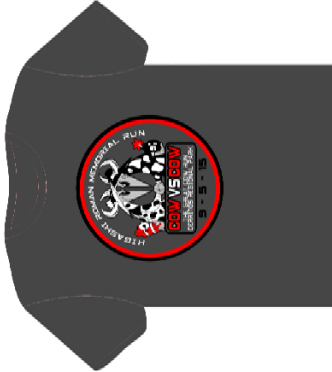


Special Award
Top 3 Finishers (Male/Female)
Top Alumni & Top Youth

Finishers
Medal



T-Shirts - \$15
Buttons - \$1
Cow Hats - \$20
Cow Bells - \$5



Water - \$1
Gatorade - \$2 or 2/\$3

Black Nike Tent

Open Race
Registration
Chip Return

T-Shirts
Open Race
Pre-Registration

Snack
Bar
(Drinks Only)

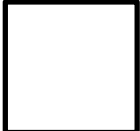
EXIT

Balloon
Animals
(Donations)



Ambulance

Map/Results



No Team Tents By
This Building Please!!!

High School is approximately one mile from the park.

NORTH OF THE PARK DOWN BLOOMFIELD

FROM THE SOUTH MAY STOP ON BLOOMFIELD IF NO CARS ON THE SIDE DROP OFF SOUTH #1

FROM THE NORTH DROP OFF PICK UP * Start/Finis

Absolutely NO BUS parking at the park

CERRITOS REGIONAL

No Parking in Target lot in Target lot

Cerritos HS BUS PARKING 12500 EAST 183RD STREET

Lot will have staff on site in the morning to guide the buses.

Private Neighborhood No Parking

Residential Parking Use Crosswalks

Residential Parking Use Crosswalks

Residential Parking Use Crosswalks

Street Parking (Bloomfield Ave) - Use Crosswalks

Start Finish Area

NO Bus or Trailer Parking Please!!

Use Artesia HS!

TARGET No Parking

Map labels include: Moorshire Dr, Bracknell St, Liddington St, 195th St, Cerritos Regional County Park, Cerritos Sports Complex, Coyote Creek, Del Amo Blvd, Winkler Ave, Wilder Ave, Vandemere St, ABC Driving School, Elvins St, Wardham Ave, Bloomfield Ave, Claretta Ave, Miles St, Eckleson St, Inglenook Ln, Del Amo Blvd, Robin, and Academia.

Private Neighborhood No Parking

Residential Parking Use Crosswalks

No Bus or Trailer Parking Please!! Use Artesia HS!

Start Finish Area

Street Parking (Bloomfield Ave) - Use Crosswalks

Residential Parking Use Crosswalks

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Private Neighborhood No Parking

Residential Parking Use Crosswalks

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Start Finish Area

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Registration

Name _____
Address _____
City _____ State _____ Zip _____
Phone Number _____
E-mail _____

Date of Birth _____ (Required for Division)

Gender: _____ MALE _____ FEMALE _____

Entry Fees: \$30 Prior to 8/28/15
\$35 Race Day*

Checks Payable to Cerritos Cross Country. Please mail the entry form to Cerritos Cross Country, 12500 East 183rd Street, Cerritos, CA 90703 For questions please contact Jason Watanabe: Jason.Watanabe@abcusd.us, WUTANABE5@AOL.COM, or 562-396-5470.

Payment Type: _____

Shirt Size: YL SM MED LRG XL XXL

Sponsoring Athlete: _____
** Name of athlete who will receive credit for your registration (if any).

CHS Alumni: Class of _____
Coach/Parent: School: _____
*Shirts Not Guaranteed to Participants Who Register on Race Day.

WAIVER: In consideration of the acceptance of this entry in said cross country race to be held on September 5, 2015 in Cerritos, California, we, the undersigned participants intending to be legally bound, do hereby, for ourselves, our heirs, executors and administrators, waive, release and forever discharge any and all right or claims for damages which we, or either of us, may have or which hereafter accrue to us, or either of us against any and all persons, organizations and legal entities affiliated with such race and more particularly, the staff, coaches, parents, athletes and volunteers of Cerritos High School, the city of Cerritos, the ABC Unified School District, and its councils, together with their representative officers, agents, employees, successors, assign and/or sponsors, for any and all damages, which may be sustained or suffered by us in connection with or entry in, and/or arising out of our travel to, participation in and returning from said race. I/we hereby agree to release to the race promoter full and exclusive rights to record my performance in said race on film, videotape, or still photography for use without compensation. I/we understand that this is an arduous athletic event and hereby certify that I am properly conditioned to participate. (Adult guardian must sign for those participants under the age of 18.)

Print Name of Participant _____

Signature _____ Date _____

Parent Signature _____ Date _____

NOTE: Athletes on a high school cross country team are not allowed to participate in the open race of the meet.

The Great COUNTRY RUN

The Higashi Roman Memorial Run

\$30 \$35-Race Day September 5 2015 with T-Shirt!!

Cerritos Regional Park Race Begins at 7 15am

No shirt guaranteed after 8/28/2015

CHS Alumni/Staff Special/ABC Jr. High
\$15 (NO SHIRT) - \$25 (W/SHIRT)

3M For Run Walk

CERRITOS ALUMNI COACHES AND PARENTS TEAM SUPPORTERS, ETC

Awards/Divisions
MEDALS to the top 200
finishers and a cow bell to the
top three overall/gender!!
THERE ARE NO
DIVISIONAL AWARDS,
HOWEVER, ALL YOUTH
ENTRANTS WILL
RECEIVE A MEDAL

Help your Cerritos Cross Country team raise money for the 2015 Cross Country season by racing in the 8th Annual

Higashi Roman Memorial Run on Saturday, September 5, 2015. Race day registration runs from 6:15am to 7:00am.

Additional Donations gladly accepted and appreciated! Checks should be written to Cerritos Cross Country.

The Higashi Roman Memorial Run

Open Race: 7:15am
Cerritos Regional County Park
19800 Bloomfield Avenue
Cerritos, Ca 90703



HOSTED BY
THE CERRITOS
ALUMNI



**The Great Cow Run
- The Higashi Roman Memorial Run -
September 5, 2015**

School Participation Waiver

School _____

Address _____

Coach _____

Cell Phone Contact/Number on Meet Day _____

As a participating school in the Great Cow Run, I agree to the following:

Each school is responsible for the health, safety, and actions of their own athletes.

All athletes are physically fit and capable of completing and competing in the invitational.

All athletes have been cleared according to the standards of the school.

Coaches are in possession of the emergency contact and insurance information of each athlete.

Coaches are responsible to provide first aid, water, and other equipment in relation to health and safety to their own athletes and will be readily available in case an emergency arises.

Coaches are responsible for the return of all timing chips at the end of the meet, both used and unused. All chips not returned or returned after departing from the meet will result in a charge to be determined by the timing company which will be the full responsibility of the school missing the timing chips.

Schools assume the risk on behalf of their own athletes for participation in this event.

Any injuries, illnesses or deaths that may occur to an athlete of a participating school are the responsibility of each participating school and not the responsibility of the Great Cow Run, Cerritos High School, the ABC Unified School District, or any individual or groups involved in the planning or execution of the event.

By signing below, the aforementioned school and their participants waive the right to pursue legal action against the Great Cow Run, Cerritos High School, the ABC Unified School District, or any individual or groups involved in the planning or execution of the event, if no deliberate attempt to injure or harm a participant, including, but not limited to, coaches and spectators, in any way is made.

Signature, Head Coach

Print Name, Head Coach

Date

Team:

[illegible]