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Campolindo Cross Country Undefeated

Submitted by Lee Geiger



Campolindo High School's cross country team just completed its first undefeated regular season - at every level, boys and girls, varsity, junior varsity and freshman/sophomore. This is a feat previously unachieved. Campolindo competed at the Diablo Foothill Athletic League (DFAL) Cross Country League Championships at Hidden Valley Park in Martinez on Saturday, November 7th.

Much of the team's success can be attributed the head coach Chuck Woolridge.

Of the six races taking place that day, the tightest race of the day was the girl's varsity race, featuring Campolindo and Acalanes high schools.

Sophomore Carrie Verdon fought tendinitis to race, giving her team the possibility of perfection. Verdon not only won the race but also beat her personal best time by 15 seconds.

Brooke Martini, Sarah Orders, and Sara Mostatabi of Campolindo Photo: Chuck Woolridge

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