



WEDNESDAY NIGHT LAUNDRY RUNNERS

Scholarship Committee Monterey County High School Graduating Class of 2018

Thanks to the generous donations from our members, from the Big Sur Marathon Foundation, and from local businesses, WNLR gave away \$7,500 in scholarship awards this April to outstanding track and cross country student-athletes in Monterey County's High School Graduating Class of 2018. To receive this award, eligible student-athletes must have some of the most competitive track and cross country times in Monterey County, must have a GPA of at least 3.0, must demonstrate good character and leadership qualities as described in a letter of recommendation by a coach, must be actively involved in community service, and may demonstrate financial need. Eligible students are assessed on their personal-best times for the 3-mile cross country distance, and for the 3200m, 1600m, and 800m track distances. Demonstrated improvement and dedication to the sport is crucial. As such, eligible student-athletes must also intend to continue their running career at the collegiate level.

This year, nine award winners were chosen from a county-wide pool of eligible student-athletes. Many of these student-athletes you can find running local races.

<u>Name</u>	<u>High School</u>
Henry Loh	Pacific Grove
Isabelle Torres	Salinas
Octavio Rubio	Palma
Sarah Delgado	North Monterey County
Brandon Gutierrez	North Salinas
Robert Valencia	Marina
Edgar Medina	North Monterey County
Diego Barajas	Alisal
Josue Del Real	Alisal

Most Outstanding Scholarship Recipient Henry Loh – Pacific Grove High School



For every distance over 800m (missing the best 800m time by only 4 seconds), Henry Loh is this year's outstanding runner from the Monterey County Class of 2018. His 3200m time (9:48) is 5th best in the history of all Pacific Grove High School runners, and he achieved All-League status in the Mission Trail Athletic League for his sophomore, junior, *and* senior years. Henry's 1600m time is an impressive 4:30, and his 3200m time is a blisteringly-fast 9:48. It is no surprise, then, that his exceptional running helped lead his team to state-wide meets for the past two seasons. Off the field, Henry Loh is an academic superstar too. With an aggressive 6 AP-class course-load and a running career to manage, Henry also found time to lead the PGHS robotics programming team to their world championship competition in Houston, to win the Monterey County Mathletics competition three years in a row, to play in the PGHS Orchestra and excel in his studies on violin and viola, and to pursue and complete a full-time paid internship with NPS in the summer entering his senior year at PGHS... all while maintaining a GPA well above 4.0. Henry will continue his multidisciplinary success in the Computer Science program at UCLA in the fall and will continue to be a lifelong runner.

Isabelle Torres – Salinas High School



Preferring the uneven terrain of cross country events over the flat track, Isabelle Torres has a speedy 3-mile time of 19:06 and a brisk 3200m time of 12:14. Isabelle leads the Salinas High School women's distance team by example, and has continued to grow as a runner since her freshman year, being promoted to the varsity team early in her high school career. When not running, Isabelle maintains a 3.5 GPA and kicks-butt on her AP exams. She volunteers at local events and with organizations all around Salinas, and participates in her local government. Isabelle will be attending Hartnell College to advance her running career while saving-up for a transfer to Georgetown University to study Forensic Psychology.

Sarah Delgado – North Monterey County High School



Preferring the speed of a track to the undulating and ever-changing terrain of a cross country meet, Sarah Delgado has a speedy 800m time of 2:19 and an impressive 1600m time of 5:31. In fact, her 800m time is the 4th fastest in the history of North Monterey County High School. As a quiet but ever-present leader on her track and cross country team, Sarah runs for her teammates and for her past and present coaches, all of whom inspire her to be the best version of herself that she can be. Academically, Sarah pursues an impressive course-load focused on STEM fields and college prep, and maintains a GPA well over 4.0. Having started her running career in the 6th grade with her older siblings, Sarah already is a lifelong runner, and will continue to be one at San Jose State while she studies Civil Engineering.

Octavio Rubio – Palma High School



With the best 800m time out of all of our scholarship candidates this year (1:59 – 7th best all-time at Palma), Octavio Rubio stands out as a dedicated runner and committed student. Despite not finding track and cross country until his junior year, Octavio Rubio excels in the sport. This past fall, he helped lead his team to be the 2017 Track League Team Champions, the 2017 Salinas City Champions, and to a 5th Place Team finish in the CCS. Alone, he was a CCS semifinalist in the 800m. In the classroom, Octavio is an Honor Roll student, a member of the National Honors Society, and a Palma CORE leader. While not at school or out running, Octavio volunteers his spare time at a local ER. He has been accepted to the University of San Francisco, the University of San Diego, and American University in Washington DC, and will study biology in the fall. Octavio is committed to being a lifelong runner; he

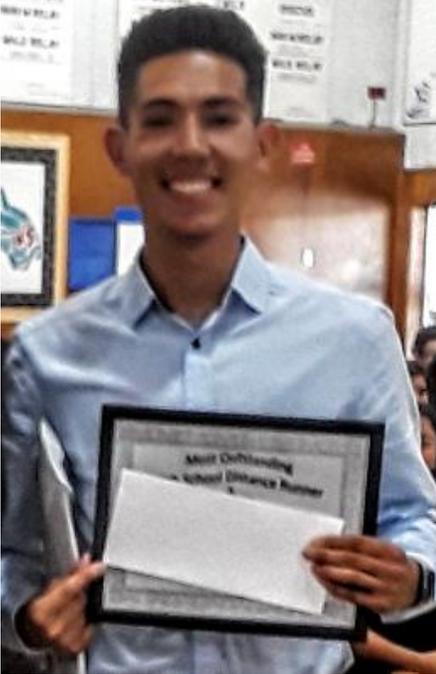
says that running helps keep his body healthy and strong, and his mind clear and focused.

Robert Valencia – Marina High School



As captain of Marina High School's cross country and track teams for all four years of high school, and with consistently solid race times for all four of our required events, Robert Valencia has earned himself a spot among the 2018 WNLR scholarship recipients. Robert has been a perennial presence at CCS, either as part of his team (recently) or as an individual (earlier in his high school career). Off the field, Robert volunteers extensively with his church and with BSIM events. He is also president of Marina High School's chapter of the National Honor Society and president of the yearbook committee. However, his most impressive achievement is his extremely high GPA (well above 4.0) and his status as Valedictorian for Marina High School's Class of 2018. Robert will major in Engineering at UCLA in the fall and will continue to run competitively whether at the D-I or club level. To Robert, running is a lifelong passion that has taught him determination, time management, and discipline, and is an activity that provides him with the chance to de-stress and focus when he needs it.

Brandon Gutierrez – North Salinas High School



As a strong athlete, leader, and academic, Brandon Gutierrez is a model recipient for one of WNLR's 2018 scholarships. Brandon's 800m time of 2:00 and his 3-mile time of 16:07 demonstrate that he is a runner skilled in both short and long distances. As for leadership, Brandon has been the leader for North Salinas High School's cross country team for the past three seasons. In his coach's words, "[Brandon's] leadership skills were fundamental in leading the team to their first championship title in the history of NSHS Cross Country". Not to be out-done by his performance on the field, Brandon also maintains a 3.6 GPA in school and is planning for a career as a pediatric nurse practitioner. He will attend Hartnell College in the fall where he will continue to run track and cross country.

Edgar Medina – North Monterey County High School



When asked why he runs, Edgar Medina had two answers. First: "I like speed and I like being fast; I love to race and train". Second: "I run not just to compete but also for mental and physical health". With these mantras in mind, Edgar Medina is a well-deserved recipient of one of WNLR's scholarships this year. Although he didn't find his passion for running until his junior year, Edgar quickly rose to the status of team captain by giving 100%. Between his first cross country season (fall 2016) and his second (fall 2017), he shaved a full minute and a half off of his 3-mile time for a personal best of 16:38, which landed him 5th place finish in the MBL (Monterey Bay League) for the 2017 cross country season. The drive and determination that make him so competitive on the field show-up in the classroom as well: in the form of his 3.8 GPA and his passion for debate. Edgar Medina will be attending San Jose City College in the fall and will be able to pursue a degree in political science there while still competing in track and cross country.

Diego Barajas – Alisal High School



With solid track and cross country times, as well as a determined attitude, Diego Barajas is another well-deserved winner of one of our 2018 WNLR scholarships. Despite a few injuries that sometimes kept him unable to train in the off-seasons, Diego still managed to achieve a 2:10 time for the 800m and a 4:47 time for the 1600. And despite the occasional race-day setback – such as being spiked or shoved off of the track, or being trampled during a cross country meet – Diego has always finished every race he has started. Academically, Diego has maintained a 3.5 GPA, has completed over 180 hours of community service, and is part of several clubs at Alisal High School: Book Club, Writers of Alisal, ASB, Link Crew, and MESA (Math, Engineering, and Science Academy). He will pursue a degree in Environmental Science at UC Riverside in the fall. Best of luck, Diego!

Josue Del Real – Alisal High School



Josue exemplifies the changes we hope to see running bring to our student athletes. Since starting his running career at Alisal High School, Diego has used his experiences in track and cross country to improve his confidence and assume leadership roles among his peers. In doing this, he has built cross-school friendships with other runners, despite on-the-field competition. This kind of camaraderie is what the WNLRs are all about. Moreover, Josue has been able to hit a 2:01 time in the 800m, a 4:45 time in the 1600m, and a 16:16 time in the 3-mile. Now that he has developed both as an athlete and a leader, Josue will continue his running career as CSU Fresno, where he will compete in both track and cross country. He graduates from Alisal High School with an impressive 3.4 GPA.



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The purpose of the WNLRL Scholarship fund is to recognize local excellence in athletic and academic achievement and to help our Monterey County student athletes achieve broader success. We hope to continue using the WNLRL Scholarship Fund to ease the financial burden of college for exceptional Monterey County student-athletes who may otherwise find college prohibitively expensive. Your donations are welcome and encouraged.

For more information about the Wednesday Night Laundry Runner Scholarship Program, please visit www.wnlr.org/scholarships

Special thanks go to Emily Cole, Mike Dove, Erin Golec, Rod Mackinlay, Patie McCracken, Cath Tandler-Valencia, Susan Walkup, and all of the Monterey County teachers and coaches for facilitating the nomination, interview, and decision-making process. Additional thanks goes to those committee members who attended High School award ceremonies to present each student-athlete with their award.