



## AMERICAN STUDIES CROSS COUNTRY HITS THE TRAILS *By Juan Garcia('10)*

September 29<sup>th</sup> marked the beginning of a promising season for American Studies' Flying Senators. *Common Sense* investigates.

On this day our runners got to explore the slightly adjusted 5K course. The itching in some of our calves was met with subtle winds and pleasing temperatures that led to a great start for this fall's season.

"I think we lost some really good runners, but our other runners improved a lot and we're gonna come through better than expected this year," says Erluis Nacaj('11).

He spoke few words and yet captured the spirit of what much of the team feels as they come into the 2009 season.

This time around, the team has seen a stronger sense of commitment that started during the grueling August practices, and is sure to make its way into the last vital weeks that lead up to the City Championships.

As a member of the team, this reporter can tell you that it is a fact.

With the handing out of the running logs last June, Coach Elinson had specific, oxygen



Our underclassmen have collected the first trophies of 2009-'10.

increasing, muscle building and time cutting workouts in mind and less of the "British Bulldog" practices many athletes once glorified in past seasons.

The Big Apple Games training camp fell to budget cuts, with Bronx runners receiving the short end of the deal this summer.

American Studies had to live with not running 5K's this summer and made up for them with

rigorous multi-mile workouts.

Coach Elinson, who is an American History teacher by day, believes that "the intangible gains to our personality and character after being a member of a season like the one we are about to start will be with us for life."

Ask any team member and they'll tell you that the sore muscles the morning after were not a reason for complaint, but a

reason for us to pat ourselves on the back.

"I think we have a lot to live up to this year with the absence of runners like Hiroshi('09), but our team will rise to the challenge" says Thomas Bautista('12).

Other athletes agree, and perhaps this is why many of them have taken the initiative to take their workouts outside of school day practices, and into their own personal schedules.

Some of our newcomers were surprised at the team's commitment.

Jonathan Meythaler('13) asked: "You guys have to run during the summer?"

No one's mad at him, he didn't know. And besides, his performance during Tuesday's opening race (for HSAS at least) signals a good future with his top four finish.

Team Captain Ulices Rodriguez('10) refused to comment on his rumored record taking agenda this year, but he did say: "From the looks of it, I think American Studies is proving to

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## MLB PREDICTIONS *By Andy Bell-Baltaci('10)*

Unlike some postseasons in years past, this year the MLB postseason featured at least 7 of 8 teams which have made it to October at least once in the past three years.

The American League playoff picture includes the Yankees, clinching home field throughout the playoffs, playing Minnesota in one ALDS match up. The Boston Red Sox, who clinched the Wild Card, faced off against the Los Angeles Angels of Anaheim, who have made it to the postseason every year since 2003, the longest current streak in baseball.

In the National League, the playoff picture is still pretty much a toss-up until the end. The Los Angeles Dodgers clinched home field advantage throughout the playoffs.

St. Louis and Philadelphia had identical records for second place in the National League going into Monday and have won their respective divisions. The only spot not decided until the end in the National League was the Wild Card, in which the Rockies had a 2.5 game lead over the surging Braves. **Here were my predictions going into the playoffs.**

### American League:

Yankees will defeat the Twins 3-1. The Yankees have killed the Twins every time they have played

them in October. Anaheim will defeat Boston 3-2. Anaheim is a lot steadier than Boston this year in terms of offensive production. The pitching is no less great in Anaheim than in Boston, so offensive production is the key match up, and with the home field advantage, I believe Anaheim can pull through.

Yankees will defeat Anaheim 4-2. The Bronx is burning and the Yankees can ride that energy and have the late inning magic to pull through.

### National League:

Colorado will defeat Philadelphia 3-2. It will be close, but Colorado has been healthier than Philadelphia this year, and the Rockies have a great pitching staff led by the likes of Jorge De La Rosa, while Brad Lidge has had one of those years he would like to put in the closet.

The Dodgers will win NLDS 3-1 against Philadelphia. The Dodgers are the best team in the league. It's as simple as that.

In the NLCS, St. Louis will defeat Colorado 4-0. See prediction for same NLDS match up. But, they would lose 4-3 if they played the Dodgers. It's a real toss-up but the Dodgers have an explosive team that has displayed shades of the team that played under Tommy LaSorda. *Continued on Page 3*

## DIVISION "A" CROSS COUNTRY BRONX FROSH/SOPH CHAMPIONSHIPS

### MEN'S RESULTS

#### FROSH RACE

1<sup>ST</sup> PLACE JOHN F. KENNEDY

2<sup>ND</sup> PLACE AMERICAN STUDIES

3<sup>RD</sup> PLACE TAFT EDUCATIONAL COMPLEX

#### SOPH RACE

1<sup>ST</sup> PLACE BRONX SCIENCE

2<sup>ND</sup> PLACE AMERICAN STUDIES

3<sup>RD</sup> PLACE BATHGATE ED COMPLEX

4<sup>TH</sup> PLACE JOHN F. KENNEDY

### WOMEN'S RESULTS

#### FROSH RACE

1<sup>ST</sup> PLACE TAFT EDUCATIONAL COMPLEX

2<sup>ND</sup> PLACE AMERICAN STUDIES

3<sup>RD</sup> PLACE BRONX SCIENCE

4<sup>TH</sup> PLACE DEWITT CLINTON

#### SOPH RACE

1<sup>ST</sup> PLACE DEWITT CLINTON

2<sup>ND</sup> PLACE BRONX SCIENCE

3<sup>RD</sup> PLACE AMERICAN STUDIES

COME OUT TO SUPPORT THE TEAM  
BOROUGH CHAMPIONSHIPS ARE ON  
TUESDAY OCTOBER 27<sup>TH</sup>, 2009