



WEDNESDAY NIGHT
LAUNDRY RUNNERS

WNLR Distance Runner Scholarship Award Recipients Class of 2022

Thanks to the generous donations from our club members, from Granite Construction, and from Big Sur Marathon Foundation, WNLR provided \$9,800 in scholarship awards this spring to outstanding track and cross country student-athletes in Monterey County's High School Graduating Class of 2022. This brings the total scholarship money awarded to Monterey High School Seniors since the inception of this program to a whopping \$165,375. 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 and in an interview, 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, and candidates must also intend to continue their running careers at the collegiate level.

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

<u>High School</u>	<u>Recipient</u>
Alisal	Andrea Cornelio
Alisal	Leonel Garibay
Alisal	Emiliano Ramirez
Alisal	Anahi Rosas
Carmel	Sophia Davi
Greenfield	Maria Garcia
Marina	Steven Aspeitia
North Monterey County	Issac Hernandez
North Monterey County	Diego Villegas-Cano
Palma	Moises Benito
Seaside	Bryan Lopez
Stevenson	John Puka
York	Michael Julian

Alisal High School



WNLR Scholarship Recipients from Alisal High School. Left to right: Mike Dove (WNLR), Emiliano Ramirez, Anahi Rosas, Andrea Cornelio, Leonel Garibay, Principal Garcia.

Alisal High School – Andrea Cornelio

Andrea Cornelio is an all-around excellent runner. Her high school records include a 19:29 3-mile time and a 2:36 800m time, which demonstrate dominance in both short and long distances. As leader on the Alisal cross country team since her freshman year, her work ethic and care for her teammates has helped her grow into the incredible student athlete that she is. Andrea will use her collegiate experiences at either San Joe State or Chico State to propel her towards a career in the medical field either as an EMT or as a Travel Nurse.

Alisal High School – Leonel Garibay

Leonel Garibay is a well-rounded student-athlete. Competitive race times coupled with an excellent GPA and a dedication to community service make Leonel a great candidate for this scholarship. He is looking forward to continuing his life as a runner and as a data science major as UC Davis in the fall of 2022.

Alisal High School – Emiliano Ramirez

A multi-sport athlete and dedicated runner, Emiliano runs to destress and recharge after extended studying. Throughout his academic and athletic career, he has worked to break-down barriers that stand in the way of his success; running is one of the ways he keeps his focus while working to achieve those goals. Although he is not sure exactly what he will major in for his collegiate career, he plans to focus on math and/or computer science for the next stage of his education, which he will start at Hartnell.

Alisal High School – Anahi Rosas

With a zippy 3200m time of 12:55, Anahi Rosas is a force to be reckoned with! Anahi has demonstrated leadership on the Alisal cross country team since her freshman year in addition to consistently participating in a variety of other clubs. Academically, Anahi graduated 8th in her class and will major in Math at UCSB in fall 2022. She aspires to be a math professor and will continue to run either competitively or for personal fitness and fulfillment.

Carmel High School – Sophia Davi



With the fastest women's 1600 time out of this year's nominees and a diverse set of extra-curricular activities, Sophia Davi is an impressive student-athlete. Sophia has run track and cross country for Carmel High School all four years of her attendance, was cross country team captain for both her junior and senior years, and won the Pacific Coast Athletic League sportsmanship award for three seasons (once for cross country, once for track, and once for soccer). An avid lover of both the arts and sciences, Sophia will major in biochemistry with a focus on either medical research or teaching, she will minor in art, and she will continue running.

*WNL Scholarship Recipient from Carmel High School:
Sophia Davi.*

Greenfield High School – Maria Garcia



WNLR Scholarship Recipient from Greenfield High School: Maria Garcia.

In her coach's words, Maria Garcia is a "quiet leader," demonstrating leadership skills by setting the example. Her dedication to running, her commitment to academics, and the love she has for her family all show that Maria is going to go far. For Maria, running is a way to destress and find peace – something that many (if not all) runners can understand. Maria will be attending Hartnell college in fall of 2022 and wishes to pursue a career in education. Here, Maria leads through example by choosing a career that gives back to her community.

Marina High School – Steven Aspeitia

"I have coached Marina High School for nine years, and I do not think I can name an athlete who has been more dedicated and consistent to their training than Steven Aspeitia is." Coach Bermel has strong praise for Steven, and it is all well-founded. Steven has achieved very competitive times in the 1600m and 3200m races during his high school career and dedicated countless hours of pre-and post-practice time to improve his strength and endurance. Steven is poised to excel at the collegiate distances (4mi/8k/10k), and will run for Monterey Peninsula College in Fall 2022 before transitioning to a 4-year institution.



WNLR Scholarship Recipient from Marina High School: Steven Aspeitia.

North Monterey County High School



WNLR Scholarship Recipients from North Monterey County High School. Left to right: Issac Hernandez, Coach Francisco Cornejo, Diego Villegas-Cano.

North Monterey County High School – Issac Hernandez

Issac has been a committed member of the North Monterey County High School track and cross country teams throughout his high school experience and has maintained an excellent GPA. Dedication to the sport of running has allowed Issac to become the kind of leader who always reaches-out to teammates who need assistance. Dedication to academics has helped Issac decide to pursue an associate degree in business management at Hartnell in Fall 2022 before transferring to a 4-year university to complete a degree in computer science.

North Monterey County High School – Diego Villegas-Cano

North Monterey County High School Coach, Francisco Cornejo, describes Diego as the kind of dependable individual who is always helping others and who strives to become a better athlete. His diverse academic and extra-curricular interests, a habit of continuously helping others, and consistent dedication to the sport of running show that he is the kind of person who helps local running groups thrive. With competitive running times during his high school career, Diego will run for Hartnell in fall 2022.

Palma High School – Moises Benito



WNLR Scholarship Recipient from Palma High School. Left to right: Moises Benito and Rod MacKinlay (WNLR).

Moises's 14:52 3-mile time coupled with his 2:00 800m time hit-home the point that he is an all-around exceptional runner. What's more is that we worked hard as a freshman and through covid to improve his fitness, enhance his skills as a runner of all distances, and achieve these competitive times. Moises's exceptional academics has helped him focus his career goals on civil engineering. Moises will run for Hartnell during the 2022-2023 academic year to complete his engineering prerequisites before transferring to a 4-year institution, preferably (in his words) Cal Poly SLO.

Seaside High School – Bryan Lopez

Coach Aleru lauds Bryan Lopez for being one of his most hard-working student-athletes and for being a teammate who consistently helps the younger athletes both on and off the track/course. In fact, Coach Aleru claims that Bryan's leadership and positive influence with his teammates was the driving force in helping Seaside High School's 2021 cross country team achieve a 3.4 team GPA. Bryan is excited to start a new chapter in his life and will be attending a local community college to pursue business studies before transferring to a 4-year school to complete his education in both business and science.



WNLR Scholarship Recipient from Seaside High School: Bryan Lopez.

Stevenson School – John Puka



WNL Scholarship Recipient from Stevenson School: John Puka.

With an 800m time of 1:57 and a 1600m time of 4:29, John Puka is a very impressive track athlete. Of his dedication to the sport of running, Stevenson’s track and cross country coach says: “John stands out among a handful of once-in-a-generation runners in terms of his mental fortitude, the quality of workouts he has completed, and his performance in competition.” John leads his teammates by example and showcases care and support for the younger teammates. His excellent academics, coupled with his dedication to the sport of running, will lead him to Tufts University in Fall 2022.

York School – Michael Julian

Put simply, Michael Julian boasts both an extraordinary academic and extracurricular resumé *and* the fastest 3-mile, 3200, and 1600 times of all 2022 scholarship nominees. Michael is not only a county-wide force of running excellence but was also part of York School’s CCS-winning freestyle swim team. Michael has been team captain of both the track team and the swim team since his sophomore year of high school. Starting in the fall of 2022, you will find Michael pursuing a degree in microbiology at UCSD and aspiring to a career in medicine as a brain surgeon. He lives by the mantra “a healthy body breeds a sharp mind.”



WNL Scholarship Recipient from York School: Michael Julian.



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The purpose of the WNLRL Scholarship Program 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 Program 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 Pat Brew, Emily Cole, Mike Dove, Erin Golec, Rod MacKinlay, Adam Roach, Cath Tendler, and all the Monterey County teachers and coaches for facilitating the nomination, interview, and decision-making process.