

## Bella Vista High School Cross Country

Bella Vista High school has a rich history of success in Cross Country. Bella Vista High School has 12 Sac Joaquin Section Varsity championship team titles (1980, 1981, 2015 and 2016 for the boys and 1984, 1985, 1986, and 1989, 2012, 2013, 2014, and 2015 for the girls) and 7 individual varsity champions, Jim Mebust 1974, Harold Kuphaldt 1981, Damian King 2017 and 2018, Ann Kuphaldt 1985 and 1986, and Kendall Derry in 2013.

The last 12 seasons BV Cross Country has experienced a resurgence. In the last 10 years Bella Vista has had 17 Section team titles (4 Varsity girls, 2 Varsity Boys, 2 F/S girls, 4 Sophomore boys, 4 Freshman boys and 1 JV Boys), and the boys and girls varsity teams have each qualified for the State Championships 6 of the last 10 years. This includes a top 8 finish in 2017 in the state meet by the boys and 2 podium finishes for the girls in 2014 and 2105.

Join the team, have fun, and experience a great season of BV Distance!



**Limited space available!**  
**\$100.00 non-refundable deposit due now to hold your spot.**  
**Final Payment of \$275 due by 6-15-21**

This cost includes all food, lodging, coaching, and transportation. We want everyone to attend, so scholarships are available upon request for those who can't afford the cost.

GO TO [BVTRACK.COM](http://BVTRACK.COM) for more info and forms

Send checks (and forms) payable to "BV Cross Country and Track Boosters Club" to:  
Melissa Hymas:  
4100 Hillcrest Ave  
Fair Oaks, CA 95628

**BV Distance**  
[h.kuphaldt@gmail.com](mailto:h.kuphaldt@gmail.com)



## Bella Vista HS Boys & Girls Track Distance Camp



**Clair Tappaan Lodge near  
Donner Lake, CA**

## Specifics:

**What:** Bella Vista Track Distance Camp. Great food, great places to run, fun and games.

**When:** July 26 - July 30, 2021

**Where:** Clair Tappaan Lodge

19940 Donner Pass Rd. Norden, CA 95724 • (530) 426-3632.

**Why:** Because we want to have fun and condition for the 21/22 school year!

**Who:** Anyone entering grades 9-12 for the 2021/2022 school year.



## Fun activities planned: Donner Lake beach day!



## Awesome running trails!



## Spectacular scenery!



## Coaching Staff:

### **Harold Kuphaldt (Head coach):**

Former Bella Vista High school runner and school record holder in both the 1600m (4:05.18) and 3200m (8:51.99). He is a two-time NCAA Division I Track and Field All-American and sub-4 minute miler from the University of Oregon. 2021 will be his 13th season as coach for BV. He has more than 25 years of coaching experience in multiple sports.

### **Erica Swenson (Assistant Coach):**

Erica enters her 2nd season as assistant coach. She has added a fun and positive energy to the coaching staff.

### **Chris Goode (Assistant Coach):**

Former Jesuit HS Distance standout and Sacramento State Distance runner. He has coached professionally. Chris enters his 6<sup>th</sup> season as assistant coach.

### **Jon Holmes (Assistant Coach):**

Former HS Distance standout, Jon enters his 6<sup>th</sup> season as assistant coach.

