



Turns & Distances

A publication of the Officials Committee of the Pacific Association USA Track & Field
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AWARDS AND RECOGNITIONS

USATF OFFICIALS HALL OF FAME

- 2007 Horace Crow
Leo Costanzo
- 2008 Lori Maynard
George Kleeman
- 2009 Dick Connors
- 2010 Bob Podkaminer

THE DICK CONNORS

MERITORIOUS SERVICE AWARD

(INSTITUTED JUNE 1, 2015)

- 2015

THE DICK BARBOUR

MERITORIOUS SERVICE AWARD

(RETIRED JUNE 1, 2015)

- 1985 Hank Patton
- 1986 George Newlon
Roxanne Anderson
- 1987 Dan Dotta
Del Dotta
- 1988 Harry Young
Henry "Hank" Weston
- 1989 Ed Parker
Harmon Brown
- 1990 Horace Crow
- 1991 (No award)
- 1992 Dick Connors
- 1993 George Kleeman
- 1994 Tom Moore
- 1995 Charlie Sheppard
- 1996 Norm Morrison
- 1997 (no award)
- 1998 John Luppés
- 1999 Richard Zulaica
- 2000 Jim Hume
Jim Wynn
- 2001 Bob Shor
Rick Milam
- 2002 Bob Rauch
- 2003 Lori Maynard
Sonny Maynard
- 2004 Gail Wetzork
- 2005 Phil Watkins
- 2006 Bill Edgar
- 2007 Ed Hicks
- 2008 Dick Iwamiya
- 2009 Bruce Colman
- 2010 Bobby Hughey
- 2011 Don Bailes
- 2012 Shirley Connors
Margaret Sheehan
- 2013 Bob Podkaminer
Dr. Leon Glover
- 2014..... John Murray
- 2015.....

The Officials' Executive Committee Renames Awards

As our Annual Meeting approaches, it is time to think of which of our Pacific Association officials deserves recognition. Our awards are named after one of our officials who had a great impact on the sport of track and field and on the training and mentoring of Pacific Association officials.

With the advent of more officials who have had an influence, the Executive Board of the Officials' Committee has seen fit to recognize this and has added / adjusted the names on several of our annual awards.

THE DICK BARBOUR MERITORIOUS SERVICE AWARD has been retired and the

THE DICK CONNORS MERITORIOUS SERVICE AWARD created.

The Dick Barbour Special Recognition Award - Field has been created co-equal to THE HORACE CROW SPECIAL RECOGNITION AWARD - FIELD in recognition of our large population in that officiating specialty. We now give two awards.

THE GEORGE NEWLON SPECIAL RECOGNITION AWARD - TRACK remains as does

THE LORI MAYNARD SPECIAL RECOGNITION AWARD

These changes have been made with no disrespect in mind but acknowledging that there is great interest in recognizing the importance Dick Connors had on our training, mentoring and organization.



Our MERITORIOUS SERVICE AWARD is a plaque while the Field and Track SPECIAL RECOGNITION AWARDS are golden plates. Both with appropriate sentiments inscribed.

THE DICK BARBOUR**SPECIAL RECOGNITION AWARD — FIELD**

(INSTITUTED JUNE 1, 2015)

2015

THE HORACE CROW**SPECIAL RECOGNITION AWARD — FIELD**

1995 Sonny Maynard
 1996 Rich Zulaica
 1997 (no award)
 1998 Bill Edgar
 1999 Joan M. Wilson
 2000 Phil Watkins
 2001 Dr. Leon Glover, Jr.
 2002 Bruce Colman
 2003 Dick Petruzzi
 2004 Teddy Hayes
 2005 Shirley Connors
 Margaret Sheehan
 2006 John Murray
 2007 Bill Hawkes
 2008 John Shirey
 2009 Jim Waldron
 2010 Pat Randall
 2011 Leon Wimbley
 2012 John Lilygren
 2013 Charles Murphy
 2014 **John Bowen**
 Dave Soeth
 2015

THE GEORGE NEWLON**SPECIAL RECOGNITION AWARD — TRACK**

1995 Bob Mason
 1996 Ben Morjig
 1997 (no award)
 1998 Jerry Colman
 1999 Bobby Hughey
 2000 Dan Davidson
 2001 John Coie
 2002 Gerry Collet
 2003 Dick Iwamiya
 2004 Rick Urband
 2005 Joe Harper
 2006 Richard Cabral
 2007 Colin Campbell
 2008 Jeannie White
 2009 Rory Osborne
 2010 Tiffany Banks
 2011 Phil Leake
 2012 Dennis Boyle
 2013 Elisabeth Price
 Jonathan Price
 2014 **Leroy Milam**
 2015

THE LORI MAYNARD**SPECIAL RECOGNITION AWARD**

2009 Art and Becky Klein
 2010 Deanna and Jon Vochatzer
 2011 Keith Conning
 2012 Dave Shrock
 2013 (none)
 2014 **Joanne Camargo**
 2015

Pacific Association Track and Field
Officials Committee

2015 Outstanding Service Award

Presented to

In recognition of outstanding contributions to
officiating in the sport of Track and Field

Have you worked with someone who you feel is an exceptional official and deserves recognition. Now is the time for your input. Send Awards Chair **Dr. Leon Glover** an e-mail (lcglover11@gmail.com) and give him your suggestion(s) and supporting reasons. Time is short so do not wait.



Other than the above listed “major” awards, we have certificate awards: a National Officials’ committee certificate which is reserved for National or Master Level officials and a Pacific Association committee certificate which is reserved for Association Level officials.

Ooops, I made a boo-boo,” said Layout Editor Jim Hume

In the 07.25.15 T&D Conversation With Teddy Hayes, I forgot to give credit to **Christopher Zepeda** for the pictures and information about Hartnell College athlete **Diego Leon**, the 2015 CCCAA Male Athlete of the Year. I also forgot to give credit to **Willie Harmatz** for the pictures and information about Willie’s induction into the Long Beach City Hall of Fame. Their contributions were appreciated.

CREDITS

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HEARD AT THE TRACK...DAVE SHROCK

PA/USATF AWARDS...PA/USATF WEB SITE

LAYOUT...JIM HUME

USATF National Award Certificate**2014**

Mike Bower (Clerk)
 Steve Crow (Throws)
 William "Dave" Miller (Throws)
 Steve Villegas (Starter)

2013

Jay Abbott (Vertical Jumps, Throws)
 David Ahn (LDR Referee)
 Deanna Bower (Throws)
 Charles Buettner (Starter)
 John Collins (Throws, High Jump)
 Robert Dietrich (Track Referee, Field Referee)
 James Hart (Throws)
 Ajay Padgaonkar (Race Walk Judge, Throws)
 James Starmer (Starter)
 Lloyd Stephenson (LDR Referee)

2012

John Busto (Starter)
 Ed Gordon (Vertical Jumps)
 Peter Guerrini (Competition Secretary and
 FinishLynx operator)
 John Pretto (Throws and Vertical Jumps)
 Karen Williams (Clerk)
 Stephanie Bolden (Clerk)

2011

Mike Aro (Throws)
 Dino Certa (Starter)
 Bruce Makinson (Horizontal Jumps/Starter)
 Elisabeth Price (Race Walk Judge/Lap
 Counting)
 Jon Price (Race Walk Judge/Lap Counting)
 John Wise (Starter)

2010

Robert Benoy (Horizontal Jumps)
 Steve Green (Throws)
 Dick Cochran (Throws)
 John (J. R.) Heberle (Starter and Electronic
 Measurement)
 Ann Gerhardt (Race Walk and Jumps)
 Leroy Milam (Clerk and Starter)

2009

Sean Laughlin (FinishLynx Operator)
 John Lilygren (Vertical Jumps)
 Baird Lloyd (LDR and Horizontal Jumps)
 Leon Wimbley (Horizontal Jumps and
 electronic measurement)
 Mark Youmans (Horizontal Jumps and
 Throws)

2008

Katherine Berman (LDR)
 Richard Berman (LDR)
 Derwent "Deri" Bowen (Throws)
 Anthony Camargo (Competition Secretary)
 Sue Murray (Throws)
 Ted Waldo (Jumps and Throws)

2007

Irene Herman (LDR, Umpire)
 Jeanne Sanders (Horizontal Jumps)
 Mike Sands (Vertical Jumps)
 Robert Thompson
 Mark Winitz (LDR)

2006

Andy Anderson (Starter)
 Dennis Boyle (Vertical Jumps)
 Charles Des Jardins (LDR, Field Referee)
 Joe Keever (Throws)
 Jon Siegel (Vertical Jumps)

Encounters with the Elders:

Bob Shor, 60 years an official... By Bruce Colman

We were quite moved, a couple years ago, when the Pacific Association Youth Committee named one of their meets The Bob Shor-Charlie Sheppard Classic. The fourth installment was held in San Jose in April.

This honors two certified officials who are almost always there for Youth meets

Sheppard created the youth committee's original on-line registration system, while also working as back-up starter for many meets and serving as the youth committee's records chair. He has done heroic work over the years, chairing PA's Disabled Athletics Committee. (This lately has been renamed the Para Athletes Committee.)

Shor has been principal starter for club meets, association championships, Junior Olympics meets, both on the track and in cross-country. He was Youth cross-country chair for many, many years.

In addition, he represents the Empire Runners to the Pacific Association Board of Athletics; and will be the starter for the USATF National Club Championships in Golden Gate Park, in December. By all accounts, over several decades, he has never missed a meeting, whether of different Youth and LDR committees, or of the Board of Athletics...until a recent bout of ill-health.

Awards he has received include the PA Officials' Dick Barbour Meritorious Service Award (2001), the Pacific Association Service Award (2006), and PA Long Distance Running Committee's Lifetime Service Award (2015). Certified since 1990, he is a Master official.

Bob sat down to breakfast with Turns and Distances at a café in Santa Rosa, in early May, and said he didn't want to be paid for working track meets.

SHOR: It would be work and I don't think I'd enjoy it. I don't know. I've never tried it. I don't want to try it. I just want to do it because I want to do it. Because I like it. I mean, I've worked, done pretty good. But it was work. I've never found out what I wanted to do in the way of a job that I really enjoyed the job. Never had it, just worked because I had to eat, had to pay rent.

But this track and field, after I started it, I don't think I was doing it for two weeks after I started, all of a sudden I realized how great it was.



PACIFIC ASSOCIATION AWARD RECIPIENTS

bold face = certified official

HALL OF FAME AWARD

2007 **Dr. Harmon Brown**
Horace Crow
George Kleeman
Lori Maynard
Sonny Maynard
Tom Moore

2008 **Richard Connors**
Ed Miller

2009 **Robert 'Pod' Podkaminer**

2011 **Don Bailes**

2014 Ruth Anderson
Don Bowden
Ed Burke
Irene Obera

TOM MOORE AWARD

2002 **Tom Moore**

2003 **Dr. Harmon Brown**
Herb Rodabaugh

2005 **Robert Bowman**

2009 **Robert 'Bob' Rush**

2011 **Sean Laughlin**

2014 **Sonny Maynard**

SERVICE AWARD

2003 **George Kleeman**
Charlie Sheppard

2004 Ron Daniels
John Mansoor

2005 **Joanne Camargo**
Irene Herman

2006 Cyni Calvin
Robert 'Bob' Shor

2007 Tyler Abbott;
Robert 'Pod' Podkaminer

2008 **Maura Kent**
Mark Winitz

2011 Jack Leydig
Joy Upshaw
Lee Webb

2012 **Maria Costello**
Dan Davidson
Ken Grace
Dick Iwamiya
Joe Keever
Art Klein
Becky Klein
Gary Wang
Phil Watkins

2014 **John Murray**
George Paddeck

COACH'S LEGACY AWARD

2009 James "Jim" Hunt

2010 Bud Winter
Jim Santos

2012 Margaret Dixon
Walt Lange

2013 Kirk Freitas
Ed Parker

2014 Margaret Dixon
Walt Lange

As a little kid, I was going to play for the Dodgers. Then I realized I wasn't quite good enough, so there it was: track and field.

BC: *So how did you start officiating?*

SHOR: My first year in high school at the end of the track season, our sprinter made it to the state meet. And the guy from the next town over also made it to the state meet. So their sprinter and our sprinter were going to be at our high school just for practice, before they went to the state meet. And the coach asked me if I would just help them out. All of a sudden he had me starting for these two guys. I was a sophomore. And the coach just told me, when you say "set," just wait before you fire the gun. So I started the races, just for the two of the guys, just for practice, not races. That's where it started.

BC: *Where was this?*

SHOR: I'm from New York, I was born in Brooklyn, and at that time we were living out on Long Island, living in the town of New Hyde Park, going to Great Neck High School.

BC: *So you basically started officiating even at the beginning of your running career.*

SHOR: Yeah. When I was in high school, and the next year, my junior year, I was starting the dual meets, except for the mile. I used to run it. That was the longest race then, in high school, one mile. If you competed in anything from 440--which they used to call it, not 400--or longer, you could only be in one running event; that was it. So my junior and senior years, I ran the mile, and the rest of the time at our meets, I fired the gun for the other races.

BC: *What kind of times did you run?*

SHOR: In high school, I got down to four-forty-something, nothing spectacular. But I loved it. I just loved the sport, I loved the whole atmosphere. And cross-country, I liked



cross-country a lot better than track. You weren't running around in circles, you were out running in the hills, just mentally it was better.

BC: So you were born in Brooklyn, you grew up on Long Island, how did you wind up in Santa Rosa?

SHOR: For college I went to a military school.

BC: Are you from a military family?

SHOR: No, no, no, no military relatives whatsoever, from any side, just me, I was the outcast, in the military.

I went to Pennsylvania Military College, what it was called then, near Philadelphia. The name has been changed. Now it's Widener University. Because of Vietnam, the enrollment kept going down and down and down, they had to do something, so they changed the name.

But the military attitude benefited me. I like to think it did, anyway.

Then I went to law school, and after the first semester I dropped out, because one of my professors mentioned that if you're gonna be successful in this business, you gotta get an A in ambulance-chasing. And I figured, no, that's not my bag.

Then I went on active duty and I went to Vietnam, I was there in '65 and '66.

BC: What was your service in Vietnam?

SHOR: I was with the advisors, we were advisors to the Vietnamese infantry. When I went there I was a first lieutenant, when I left I was a captain. And I got hit and I had to get out because of the injury

BC: Where in Vietnam, do you remember?

SHOR: For the most part, it was just 60 kilometers north of Saigon, but you couldn't go anywhere, you went anywhere, boom, you got shot at.

BC: Do you speak Vietnamese at all?

SHOR: Yeah, because we were advisors. I spent time at Fort Bragg, in North Carolina, then eight weeks at Monterey, at the language school, and I learned how to speak Vietnamese, because the teachers couldn't speak English, so you learned. And then when I got over there, because I was with the Vietnamese, I don't think I'd been there too long, I realized, I don't have to translate. They would say something and I could answer right away in Vietnamese. It shocked the heck out of me. How could this happen? I didn't have to think in English. And I can still speak Vietnamese, a little bit, not as much, at a high school level, because we have a couple of Vietnamese kids in high school, but they were born here, and I can speak better Vietnamese than they can – their parents, no, their parents speak Vietnamese, and I can speak with them a little bit.

BC: After the service...

SHOR: When I got out, I got myself a job up in northern California. I was hired in New York for a company that owned a couple of lumber mills near Arcata and Crescent City.

I met a woman when I was up there in Arcata, Linda, and we married. Unfortunately, after ten and a half years, she died of cancer.

And I got married again, and I've been married ever since to another one, Alix. She worked for the county as a social worker. Different departments, different positions. She is now retired but helps out with a few different organizations. She has very little interest in sports. But she sticks with me.

We got married in 1980 and we had a daughter, born about a year and a half later, she's now Adrienne Johnson. She, her husband, and their boys live in Quincy

I was in the lumber business about a year and a half. I could see I wasn't going to stick with that, so I worked for the newspaper in Eureka, selling advertising, and I've been in sales ever since. I worked for that newspaper, I worked for a very short time for the newspaper in Salem, Oregon, and then

moved here, to Santa Rosa, and I was working for the newspaper here, selling advertising.

After about six years, I started working for a winery, Windsor Vineyards, hawking wine, with personalized labels, over the phone. That's when I realized, sales is sales. No matter what you're selling, you're not selling the product, you're selling yourself. People don't buy the product, they buy you. That's how I wound up selling wine. Not that I drank very much of it, but I sold it.

I worked for Windsor Vineyards for 13 plus years and then came retirement, and that's the best part. I tell people, if I'd known retirement was so good, I would have done it years before.

Now I've been retired about 15 years.

BC: *You do a lot with youth. How many meets do you figure you work a year?*

SHOR: Probably about 120. Like this week. Here I had a meet last Saturday, Sunday, then I had a meet on Tuesday and yesterday and I got one today and I got a youth meet this Saturday. And there's no meet Sunday because it's Mother's Day and if we had a meet on Mother's Day, it would be over. The parents would never come to a meet again.

BC: *How did you get involved with Youth on the governance side? In fact, **Joanne Camargo** tells us that when she became Youth Chair, you and **Charlie***

Sheppard constituted the entire PA youth committee.

SHOR: When Joanne became the Youth Chairman, Charlie Sheppard and I were quite active as officials and on the Youth committee, but there were quite a few other people as active we were or more so.

The reason I got involved with the youth was my daughter. I didn't even know youth existed until then, then I found out what it was, and I got with the local youth club, and I started helping them out, and I went to the meetings, for the youth committee. Come January we would set up the schedule for the year, and I'd just see what was going on, ask questions, and I got involved in it. In '89 is when I got with the youth. It just grew from there.

BC: *So, you've been officiating essentially your whole life.*

SHOR: In Arcata, I used to start the meets up in Arcata. Everywhere. Even when I was in the service. When I was at Fort Polk, in Louisiana, we were doing basic training, every eight weeks we would rotate, eight weeks, then a new group. I used to start at the small high school track meets, in a small town. Kinda pathetic, but I liked it. It was just too small a town.

BC: *You volunteer at Santa Rosa High School, is that right?*

SHOR: I'm one of the coaches with the high school. On the list, I'm listed as the head girls' coach, although there's one person who coaches the whole thing, he's actually the head coach, then it's myself and we have a bunch of other people that do the coaching. The way they pay, they have a head boys' coach, they have a head girls' coach, and then they have assistant coaches, depending on the number of kids. So we've got two assistant coaches, but one person is listed as the head coach. I coach the hurdles and I help out on everything else, everything, whatever that has to be



Bob is all decked out in his starter's red jacket and headset/microphone for the start line.

done. The only thing I can't do is pole vault. That is not my bag.

BC: *Understood! We're our own little cult over there – athletes, coaches, officials.*

When we were talking to Mark Drafton, at Santa Rosa Express, he mentioned you working with Sarah Bei (2001 Pan Am Games steeplechase winner) and Julia Stamps (six-time All American in cross country and track at Stanford, six-time national team member) and Kim Conley (US Olympian at 5,000 meters in 2012). That was through Santa Rosa High?

SHOR: No, Santa Rosa Express.

BC: *Did you see something really special in them at the beginning?*

SHOR: They have that something that you can't read in the book. They don't like to lose. There's just something there, they just have it.

Like with Kim Conley, she didn't have that at the beginning, but the other two girls did. They just *Did Not Like To Lose* and didn't take 'em long to realize if they want to win, if they don't want to lose, they gotta work. And they put the effort in and you didn't have to push. They would work. And they were a pleasure to work with because of that. And you wonder, how come the others don't want to do that? Because that's why there's just those few, especially in distance running.

In sprinting, the way I look at it, you've either got the speed or you don't have the speed. You can improve it, but you're not going to move from the bottom to the top.

But in distance running, it hurts. And you just have to make it hurt more.

Like when I talk to the kids on this, I say, okay, in cross country,

you're going so far, now the faster you go, the sooner you get to the finish, the sooner it stops hurting. And they laugh. It's not funny! It's true! You gotta make it hurt, and some people can do it, some people can't. It's upstairs. It just says that. The light doesn't go on and say, "that's enough," but that's enough, you can't go any faster. But other people just do it. And that's what makes the difference between why some are better than others.

BC: *Coach Drafton also gives you credit for teaching rules and especially etiquette to the parents and athletes with Santa Rosa Express.*

SHOR: Track etiquette, well, it's not so much the rules, it's the attitude. Maybe I'm being as biased, as prejudiced on this as possible, but I like to think people in track are just a step above people in other sports. In this sport, there's no contact. It's you, it's an individual. One thing we don't have in this sport is a bench. Nobody sits on the bench. Everybody plays. That's a different attitude. And with the parents, all of a sudden, parents realize what this has done for their kids. And all of a sudden, parents want to get involved in it. It's just a different attitude.

There are no time outs in this sport, nobody sits on the bench, it's a different attitude, it's you. And if you're content to come in last, that's fine, but most of the kids don't want to come in last, so they work.

Also, in other sports half of the people clap and the other half boo. In our sport nobody boos. Well, I guess the only time they boo in our sport is after a false start when they blame the starter. One person breaks, seven don't, but it's the starter's fault. Oh well.

BC: *We get a bit of that in field events, too. And umpires! Miss steps on the line or a baton exchange out of the zone by 10 centimeters, and you'll hear about it.*

But, let's talk about the qualities or skills that a starter should have, in your opinion, especially to work with youth.

SHOR: You've got to have confidence in them, they've got to have confidence in you, that when you say "on your marks," that they're not going to mess it up for you, you're not going to mess it up for them. Get 'em in there, just so they know, when I say "on your marks," get in position. When I say, "set," come up

immediately. And what I find, you've got hold them. You can't just say, set-go. Sure, it's a legal start, because nobody breaks, but it's not a fair start because they don't get out even. Get them set, and when they're all still, boom!, then, the gun goes off, and all eight of them get out even. After all eight are out of there, then as a starter, I'm done. But to get them out even, that's the whole thing.

And it's just something. I remember when I first started doing this, 60 years ago, I was scared stiff and all of a sudden I realized that, hey, if I can do it, they can do it, and I could feel it, you just know that you're doing it right. And it doesn't matter if it's Youth or it's a high school, or it's college, or whatever.

I do a lot of the LDR, the cross country and road running, both starting and refereeing. See, there's another thing. I used to run. And if I was supposed to run at 9 o'clock, upstairs, in the head, I was ready to go, and I had to sit there and wait and wait and I would go crazy, I had to go to the bathroom, nothing came out, but I had to go to the bathroom. It's nerves! So I figure, these runners, they have to be thinking, most of them are thinking the same way, maybe all of them, I don't know. But I figure we're going to start at 9 o'clock, we start at 9 o'clock, period, on the button, and I'll go to the nearest second, so everybody knows, that's the way it's going to be. And it makes me feel good, sometimes people come over and say thank you.

BC: What is your advice for a new official, just starting a career with us?

SHOR: Go out there and have a good time, and so far as learning, no one thing is difficult, if you're trying to get it all put together, that takes time. But if you can go out there and take care of one thing and make sure it runs right, and you're out there to make it right for the athletes, you're not out there to make it right for you, it's for the athletes. And if you're doing that, it makes you feel good.

That's what the sport's all about. We don't get paid for doing this, we're out there to help them; they're not there to help us.

But there are always details to take care of, sometimes a lot of them.

It's like a couple years ago, when they had the World Masters Championships in Sacramento, I was on the technical end, and for the steeplechase, we had to get a trellis, that's what the rules say, so when the runners come up they can see it's a water jump, they know that there's something there.

So I go out and I get the trellis, make sure I've got a 30 inch high trellis to put across, because that's what it is for the women. And I put it down and all of a sudden, it sticks up above the top of the barrier. And I think, maybe I got the wrong trellis. And I measure it and it's 30 inches. Then I realize the water jump barrier is too low.

I did the measurement again and saw it just happened to be the thickness of a 2x4, an inch and a half. So I just took the caps off and put a piece of 2x4 in there, drilled the holes and set it in there, and every way this is legal, so now, it's at 30 inches and when you raise it six inches for the men, it's 36 inches.

I just happened to catch it. But if the trellis hadn't have been there, I wouldn't have realized it was too low.

I like things to be done right

BC: What do you see as the best outcome for an athlete coming through the PA youth program?

SHOR: Starting with the youth, what you gotta realize is you can take kids born the same day – physically, not mentally but physically – some are way ahead of others. And some that are down at the bottom end, as they grow older, they catch up and they go ahead of the other people and they're the ones who end up being successful. The ones that start doing it at the

top, it's too easy. And then when the others catch up with them, they don't want to do it anymore.

BC: This is going back to Julia and working hard, isn't it?

SHOR: But she worked hard and she kept going.

They're special. Julia Stamps and Sarah Bei, it just so happened that they were four years apart, so they never competed against each other, not in high school, because one graduated and the other started.

We had another girl from around here, right in between, **Trina Cox**. She never won a league championship, but she won the state meet. But in the league, she had Julia Stamps for the first two years and Sarah Bei for the last two years. But she won the state meet in cross country and she made it to the state meet on the track, but nobody knows who she is because she was beaten by these other two girls. But she was also one of the top girls we've had around here, also came through the Santa Rosa Express.

BC: What's the best individual athletic performance you've been part of?

SHOR: Oh, my god.

There are so many spectacular races that I've seen. I've gotta say with Kim, making it to the Olympics, that was just her race, that was just unbelievable, the way she pulled that one out, by far.

I've seen many spectacular races, not just with the Youth, but going all the way back, even when I was in high school, my idol was a guy who won the Olympics in '56 at 1500 meters, happened to be an Irishman, but he was going to Villanova, Ron Delany. He was my idol in track, and

just seeing him in some of these indoor meets, where he would hang back and then take off. At all levels, a race is a race is a race.

Somebody jumping 29 feet. You can't imagine how far 29 feet is. You look at your house, you don't have a room that's close to 29 feet. And you wonder, when Bob Beamon cleared 29 feet, how high up did he have to go? Everybody thinks, boom, you take off and you go straight. But there's gravity. If you're going to go straight, you're going to come down right away. How high did he go? I can remember when Beamon set the world record, that's back in '68 in the Olympics and I'm thinking, that will never ever happen again, it's impossible. But it's happened. Not very often, but it's happened again, it's just unbelievable.

It's the same thing when somebody has high jumped 8 feet. You look at 8 feet, go in your house, and measure from the floor to the ceiling, that's not eight feet! And someone has actually cleared that. That's unbelievable.

And in the pole vault. Over here at the JC, one time I just wanted to show somebody what twenty feet is like. Up in the bleachers, I got up on top and I let a tape measure hang, and I realized it wasn't 20 feet high! That's high! How can they do that? It's amazing.

BC: Tell us something personal, that people might not know about you.

SHOR: When my daughter was about 5, for whatever reason I cannot remember, she went riding at a stable just up the hill from where we still live and my wife, Alix, and I were hooked. That summer we spent a week at a dude ranch in Quincy and figured out how to ride a horse. Our daughter really got good at it, my wife and I took some lessons at the local stable and for some reason or other we bought a horse for our daughter. For quite a few years after that we would spend a week each summer and/or winter at a real live cattle ranch north of Susanville or at a ranch north of Pyramid Lake in Nevada. That all came to an abrupt end when our daughter went to college. I think I'd have a tough time riding a horse now.

I still have lots of friends back east from college, and I still can't figure out how come when I went back for my 50th college reunion, all the other guys there were old, I was the only young guy there, I can't figure that out.

BC: *What would you like your legacy to be, here in the North Bay?*

SHOR: Just so they don't call me a bum, basically that's it, just be nice.

There's other people who are putting as much effort or more.

I just want to do this as long as I possibly can.

Bruce Colman thanks the following individuals for helping to prepare this interview: Joanne Camargo, Mark Drafton, Irene Herman, George Kleeman, Margaret Sheehan, and Dave Shrock.

SANTA ROSA EXPRESS has started a Bob Shor-Express Scholarship. Qualifying athletes will receive help towards paying college expenses. For more information or to contribute, click here: <http://santarosaexpress.org/>

How Youth feels about Bob Shor

Joanne Camargo tells a story about a Pacific Association Youth championship when it was 110 degrees on the track.

Bob had problems with the heat – passed out, Joanne says – and was sent back to the hotel.

One of the Bantam boys came up to her, and said, "Where's Bob?" He's back at the hotel, resting. "I can't run if Bob doesn't start me. Will he be here tomorrow?"

He was.

--bc

2014 Pacific Association of USA Track & Field Association Award Recipients

Tom Moore Award Recipient:



Sonny Maynard: Sonny began his participation in track and field as a pole valuter in high school with an old bamboo pole and jumped about 12 feet...A good height with a bamboo pole. In the 1970's he began coaching the "Woodside Striders". He was a good swimmer and during the summers taught swimming. He got more involved in track and field when his wife, Lori got involved in Master level race walking. For years he just officiated local high school and JC colleges in the Bay Area. He became Nationally Certified in 1986 even though he already had been officiating at many meets in the area. Sonny has been the meet coordinator of officials at Stanford since the early 1980's. He volunteered his time for the 1984 Olympics in Los Angeles, and officiated the Olympic Trials in 1988, 1992 and 2000. He officiated at seven USATF Outdoor Championships from 1987 to 2003. Sonny has served on the Board of Athletics and has been the Vice President of the Board from 1990 to 1993. He has been on the Officials Certification Committee and has served two terms as Vice President of the Pacific Association. Sonny has been awarded the National Certificate in 1992 and the first national Official's Committee Horace Crow Award in 1995, the PA Dick Barbour Service Award in 2003, and inducted into the Pacific Association Hall of Fame in 2007.

Hall of Fame Inductees



Ruth Anderson: As far as runners go, Ruth got a late start at age 46. She was well ahead of her time as not many women ran ultra-distances let alone marathons when she started.. She was a pioneer in the ranks of ladies that would or could run 50 miles, 50k, or 100k. Ruth might have been the first woman to run and finish a 100k race. She established many ultra-records over the years. She even has a 50k / 50 mile / 100k race named after her in the San Francisco Bay Area. Ruth was inducted into the USATF Masters Hall of Fame in 1996 and is one of four ultra-runners in the Hall of Fame. Ruth currently resides in Oregon with her daughter.

Don Bowden: In 1956 Don was an Olympian in the 1500 meters, but what he is remembered most for was the run he accomplished in 1957. He was the first American to run a sub 4 minute mile 3:58.7 at the AAU Pacific Association Championships in Stockton, on June 1, 1957 which made him the first American to run under 4 minutes and set a USA record. While at UC Berkeley Don was world ranked #3 in the 800 meters, and on May 24, 1957 he ran the third leg (1:49.5) for the University of California 4X880 yard. relay world record of 7:21.0 in Los Angeles. Don was inducted into the USATF Hall of Fame in 2008. Don currently resides in Saratoga.



Ed Burke: Ed is an Olympic Hammer Thrower, and qualified for the 1964 Olympics in Tokyo where he placed 7th, and competed again in the 1968 Olympics in Mexico. After being (*unfairly*) called for a foul on his first two throws in Mexico he decided to quit throwing after the Mexico Olympics.



In 1979 while watching the World Cup track meet on television with his daughters who have never seen their dad throw a hammer, Burke decided to try once more time to make the Olympic team, and qualified for the 1984 Olympics in Los Angeles. Being the oldest member of the team at 44, he was selected to carry the American Flag at the opening ceremonies of the Los Angeles Games. Ed was the first American to qualify for the Olympic team 20 years apart. In 1968 he threw the Hammer 235'11" setting a USA record at the time and qualifying him for the Olympics in Mexico City. His lifetime best throw of 243'11" qualified him for the 1984 Olympics in Los Angeles. He was inducted into the National Masters Hall of Fame in 1996.

Ed is still competing at the Senior and Masters levels and has set a number of records in the past few years.

Irene Obera: At 80 years old it doesn't look like Irene will ever slow down. She has set USA and World records, not just in the USA but, on almost every continent around the world. From 1975 to the present she has won 24 Gold medals, 6 Silver medals in the 100m, 200m and 400m in the Masters and Senior meets at the same time setting many USA and World records. At the present time she has 4 pending world records, 100m, 200m, 80m hurdles (27"), 200m hurdles (27"). Irene is not only a runner but she has also put time in as a USATF Certified Official, and served as Pacific Association Masters T&F Committee Chair 1974-1976. She was inducted into the USATF Masters Hall of Fame in 1996. Irene currently resides in Fremont.



Pacific Association Service Awards



John Murray: For years of coordinating officials at national competitions within our association, sitting on the national officials selection committee, in addition to serving as our Assoc. Officials Committee Chair

George Paddeck: For years of coordinating our coaches/officials LiveScan background check which is a time consuming and tedious role.



Missing From The Track

Aggies lose a legend in John Pappa... By *Davis Enterprise* staff from page B1 | July 23, 2015

John Pappa, a longtime coach and educator best known for a decorated 27-year career at UC Davis, died late Saturday night in his home in McCloud. He was 85.

Later enshrined in the Cal Aggie Athletics Hall of Fame, Pappa coached football, track and field and cross country for various stretches from 1965 to 1992.

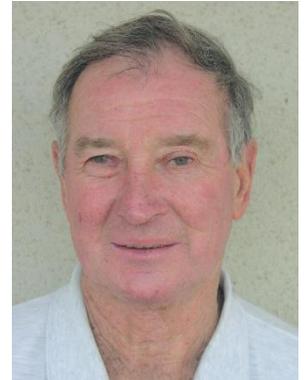
Pappa arrived at UCD as a coach and physical education supervisor in 1965, initially guiding the Aggie track and field team and freshman football team, then joining Jim Sochor's varsity football staff as the offensive line coach.

During Pappa's five years as the O-line coach, UCD started its streaks of 20 straight conference championships and 37 consecutive winning seasons.

In addition to his contributions with the Aggie football program, coach Pappa's name is more synonymous with the track and field and cross country teams at UCD. He served as the head track coach from 1966 to 1978, then remained on the staff as an assistant when **Jon** and **Deanne Vochatzer** assumed the helm in 1979. Pappa also mentored the cross country program for 11 seasons. Between those two sports, he earned seven conference *Coach of the Year* awards.

Pappa entered the Cal Aggie Athletics Hall of Fame in 1998.

Ed: *John Pappa began officiating in 1961, became a USATF certified official in 1990 and most recently served as both a track and a field referee until he became an Emeritus official.*



Heard at the Track

- **Dave Wellman** has been hired full-time at Santa Rosa JC after 3 years as a part timer. Replaces Olympian Ron Whitney.
- **Kyle Whitmore** (former coach at Hercules HS) has taken over at Diablo Valley College in Pleasant Hill. The Vikings first T&F Coach **Gay Bryant** who coached at the college from 1952-1989 recently died at the age of 87 in Lincoln. Also an outstanding athlete at Stanford, Bryant was a Triple Jump gold medalist in the 1951 Buenos Aries PanAm Games.
- **Tony Nicolosi** has been named the new head Cross and Track & Field coach at Cal State East Bay replacing Ralph Jones who moved to North Carolina. Nicolosi was assistant coach in charge of training, recruiting, fundraising and meet management at Western Colorado State University, a successful DII program before coming to the former Cal State Hayward campus.
- **Joey Nunes**, a former Cal State Stanislaus distance standout has been named the Notre Dame de Namur cross country coach. Nunes honed his skills with graduate assistant and intern stints at University of Alaska and Northwest Missouri University before accepting the position at the Belmont University.
- Current UC Davis head coach **Rahn Sheffield** has been selected to coach the USA Women's sprints and hurdles at the IAAF World Championships in Beijing. Sheffield was the San Diego State head coach for 23 years prior to coming to Davis three years ago and has served on numerous USA staffs previously.



Sometimes you just have to protect your cameras...



Is starter **Leroy Milam** already prepared for El Nino?

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