

2016 PA Legacy Coach Award Recipient

The Legacy Coach Award has been initiated by the Pacific Association's Coaches Committee in recognition of the many influential coaches who have served in our association, and have selflessly strengthened our sport(s) through teaching, mentoring, and promoting our profession. Criterion is weighted heavily on coaches who were not only great coaches, but who also inspired and trained/mentored many of us to become coaches ourselves.

Previous recipients are: Jim Hunt (Humboldt State), Jim Santos (Hayward State), Bud Winter (San José State), Margaret Dixon (Oakland PAL), Walt Lange, (Jesuit HS), Kirk Freitas (Chico State), Ed Parker (Millbrae Lions TC), Darrell Hampton (Oscar Bailey TC-Berkeley HS), and Willie White (Berkeley HS, Berkeley East Bay TC and Cal State Hayward)



Bob Shor: Every runner who races in in the entire Bay Area, knows him, if not by name at least by his familiar figure, poised before the starting line, pistol raised to the sky, booming voice commanding every attention, “Runners, ON your mark!” over 120 times a year. No one in north San Francisco bay history has done more to support track and cross country than Bob Shor. He has been ubiquitous in the 48 years of his contributions to Pacific Association track and cross country.

“Born, raised, and thrown out of Brooklyn,” Bob’s interest in running began in high school where he ran cross country and track (4:45 mile), but even then he often helped out by firing the gun at the start of races. Bob continued running cross country and the one and two-mile track events at Pennsylvania Military College, graduating in 1962 as a 2nd Lieutenant. After college he served in Vietnam and obtained the rank of US Army Infantry Captain. Even in the military, Bob started races, volunteering at high school meets while doing a stint at Ft. Polk in Louisiana. After the military Bob moved to Arcata where he lived for 7 years and worked as assistant track and cross country coach at Humboldt State University. In Arcata, he served as starter at local high school and college meets and for AAU events in Oregon. In 1976, Bob moved to Santa Rosa and continued running for health and recreation but not as a competitor. Several years later, Bob encouraged his daughter to join the Santa Rosa Express. She eventually lost interest in running, though Bob did not. In 1989 he began assisting Doug Courtemarche who was then the Express head coach. In 1992, he took over Doug’s position which he held for over two decades, and still coaches.

Locally, hundreds of young runners from 7 years old to high school age, including several who went on to gain college scholarships and become running super stars, began their careers with the Santa Rosa Express. Those athletes mentored by Bob included **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) and local top runner **Trina Cox**. Bob was also the Pacific Association’s Youth Committee Chair for many years, and is still active in the committee with its cross and track programs.

In 2010 Bob lost a third of one lung in surgery to remove a cancerous tumor which leaves him a bit short-winded as he peddles his bike up and down the hills of Howarth and Spring Lake Parks on workouts with his young Santa Rosa Express protégés. Currently Bob is fighting liver cancer, and is in our thoughts and prayers.

In recognition of his contributions to North Bay runners through the decades, the Santa Rosa Express has set-up the Bob Shor Scholarship Fund to benefit Sonoma County athletes wishing to continue athletics in college. For further information: www.santarosaexpress.org