

On the Run with Matt McGowan

Written by Matt McGowan

Monday, 07 August 2017 00:00 - Last Updated Monday, 07 August 2017 08:28



Congratulations to all of the athletes who competed at the USATF Outdoor Championships. Good luck to the Ohio athletes who qualified for London's IAAF World Track & Field Championships starting August 5th. Here is a list of Ohioans competing next month: Tianna Bartoletta - long jump, Emily Infeld - 10,000 meters, Erik Kynard Jr - high jump and Drew Windle - 800 meters.

<http://runohio.com/index.php/features/1359-usatf-track-a-field-outdoor-championships>

One athlete who drew a lot of media attention at the USATF Outdoor Championships was Ohio Northern University (my alma mater) junior Emily Richards who finished 8th in the 800 meters. As a senior in high school she placed 11th in 400 meters at the OHSAA State Championships. She had a high school PR in the 800 meters of only 2:21 and this Spring she establish a new NCAA Division III record of 2:00.62.

<http://runohio.com/index.php/features/1358-ohio-northern-junior-all-american-emily-richards-delawarehayes-finished-eighth-in-the-usa-in-the-womens-800-meter-run>

As a coach it is great to see athletes progress. I have been coaching for a long time. When I was in graduate school I started and coached the Women's cross country club and the team finished fourth each year at the All Ohio Championships. A number of the athletes came out for the team after I posted flyers in the residence halls with one girl earning All Mid American Conference honors. Years ago I had a high school freshman girl who had difficulty doing the 2 mile field hockey conditioning and quit the team. Her senior year she ran 10:59 and finished 4th at the 3200 meters at the State meet. In talking to the Ohio State coach about her thinking about running in college I was told he had six recruits coming in and she wouldn't make the

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team.. In her first race at OSU she placed 5th on the team and ended up running the second fastest time for a women athlete (at the time) in the 5,000 meters - 16:28. Another example of seeing someone progress was last year when I coached a girl who ran 32 minutes as a freshman and as a senior last fall lowered her time to 22 minutes. Congratulations to all of the coaches who help athletes progress while developing a love for the sport and a desire to continue running after high school and college.

{ad}Also, congratulations to all of the athletes who participated in the OHSAA Track & Field Championships as well as to athletes who have run a personal best this year.

It amazes me to see the number of races now being held around Ohio.. A number of communities have more than one race on the same weekend. A lot of the races are memorial runs and many of those runs are for individuals who were very active in the running community. Two such races this summer are the Bob Lennon Memorial 5km on July 23rd - <http://runohio.com/index.php/features/1348-bob-lennon-memorial-5k10k-july-23> and the Jeff McGowan Memorial 5km on August 13th.

<http://runohio.com/index.php/features/1295-jeff-mcgowan-memorial-5k >

Hopefully, you can find a number of races to run. If you are not able to run a race on a given weekend, contact the race director of a race in your hometown to see if they need any help. I am sure most races can use a few extra good volunteers.

For the fifth year the Jeff McGowan Memorial Fund awarded scholarships. This year's winners were Circleville's Bryce DeLong and Bishop Watterson's Samantha Mikula.

Olympian Bridget Franek, and Gold Medalists Bob Schul and Butch Reynolds were on hand signing autographs on the 40th annual Columbus 10K last month. A copy of the poster and their autographs is on the back cover.

I am also helping with two summer 3km cross country races to be held Thursday evenings in July on the Bryn Du Mansion Great Lawn in Granville. I hope you will be able to attend one or

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both events and enjoy the day/evening in Granville -

If you are directing a race please send RUNOHIO your race information and/or an entry form as soon as you have the information available.

<http://runohio.com/index.php/features/1347-the-12th-annual-granville-bryn-du-summer-cross-county-series>

If you want to reach the runners of Ohio and surrounding States, contact RUNOHIO – runohio@ee.net for advertising information. Advertising is available in the print RUNOHIO, on the RUNOHIO web site or in the monthly RUNOHIO E-Newsletter.

If you are not a subscriber or if your subscription is running out, I hope you will take a few minutes to subscribe or renew your subscription to RUNOHIO. With your support, RUNOHIO can continue to provide you with the running news you want in print and on the web.

The deadline for the mid September - mid November issue is August 27th for calendar information and September 2nd for advertising.

Good luck with your upcoming races. I hope to see you at a race.

Matt McGowan

www.runohio.com