



According to the 2016-17 High School Athletics Participation Survey conducted by the National Federation of State High School Associations. Girls outdoor Track and Field for the ninth year in a row is the number one sport offering with high school girls with 494,477 participants. Boys Track & Field finished second to football with 600,136 participants nationwide. Also nationwide both boys (16,699) and girls (16,658) track & field was the second most popular sport offered at the high school level only behind basketball in the number of schools which offer the sport.

With boys track and field being so popular I still don't know how colleges and universities athletic departments have justified dropping men's track and field programs. If your alma mater dropped men's track and field, I hope you will write them a letter asking them how they can justify this and maybe withhold any donations until men's track and field is reinstated.

The Ohio High School Athletic Association Track and Field Championships will be held at the Jesse Owens Memorial Track at Ohio State University on June 1st and 2nd - <http://runohio.com/index.php/news/1495-the-111th-boys-and-44th-girls-ohio-high-school-athletic-association-track-a-field-championships>

. Hopefully, the OHSAA will soon start counting all of the high schools that have athletes participating in track & field. According to the National Federation of State High School Associations Ohio has 787 boys track and field teams (as if a school has one athlete they count the school as having the sport). All surrounding States (Indiana, Kentucky, Michigan, Pennsylvania, and West Virginia) follow the one athlete rule. However, the OHSAA requires 9 athletes for them to count a school as having track & field, thus they only recognize 690 schools as having boys track & field. Note: a few years ago a school with fewer than 9 athletes which the OHSAA didn't recognize as having a boy's track & field team took home the team State Championships trophy. New this year the OHSAA Track & Field Championships will take the top two fifth place finishers in the running events at the Regionals to the State Championships.

A few year ago I coached a boys 4x100 meter relay team which placed ninth in the State semi finals allowing the ninth place team to the finals for the first time. The team went on to place eighth. Two years later I coached a team which placed tenth in the 4x100 meter relay semi final (the top team not making the final). Luckily, all four members of the team returned the next year and won the 4x100 meter relay title setting school records in their final six races to end the season undefeated.

If you attend the OHSAA State Track and Field Championships I hope you can stay in town and run the 41st annual Columbus 10K on June 3rd, which is now known as the HOKA ONE ONE Columbus 10K presented by RUNOHIO - <http://runohio.com/index.php/news/1480-41st-annual-columbus-10k>

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 5k/10K on July 22nd - <http://runohio.com/index.php/features/1479-bob-lennon-memorial-5k10k-sunday-july-22nd>

and the Jeff McGowan Memorial 5K on August 12th -

<http://runohio.com/index.php/features/1482-jeff-mcgowan-memorial-5k>

. 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.

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 both events and enjoy the day in Granville -

For the sixth year the Jeff McGowan Memorial Fund awarded scholarships. This year's winners were Circleville's James Doty and Bishop Watterson's Shane Merklin. A few of the recent past winners include: Circleville - Bryce DeLong, Draven Bass, Jenna Liston and Alyson Leib; Watterson - Samantha Mikula, Max McClelland, Olivia Britt, Jessica Passwater and Hanna Merklin

If you are directing a race in 2018 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/1481-race-directors>

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 July – mid September issue is June 18th for calendar information and June 23rd for advertising.

My mom, Donna Jean McGowan, who along with my younger brother, Jeff, helped me start RUNOHIO 30 years ago, passed away since the last printing. She would help proof read and in the early days helped put on mailing labels. Also, Jeff's dog Miles which he had for eight years before my mom cared for him, then when my mom went to the nursing home 2.5 years ago I had the pleasure of being a dog owner. Miles went to visit Jeff and my mom last month.

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

Matt McGowan

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