

Boys: The Hunk With a Kick

San Diego, Dec. 9--All 32 boys in the Kinney National High School Cross-Country Championship were bunched together at the half-mile point in the 5,000-meter race. The split was a controlled 2:19, the temperature was in the 70s, the sun was strong and Teddy Mitchell of Longwood, Fla. held a nominal lead over Bryan Dameworth, the favorite from Calabasas, Cal.

"I think if I can stay with him, I can outkick him," Mitchell had said during the course walk-through the day before. "Staying with him is the hard part."

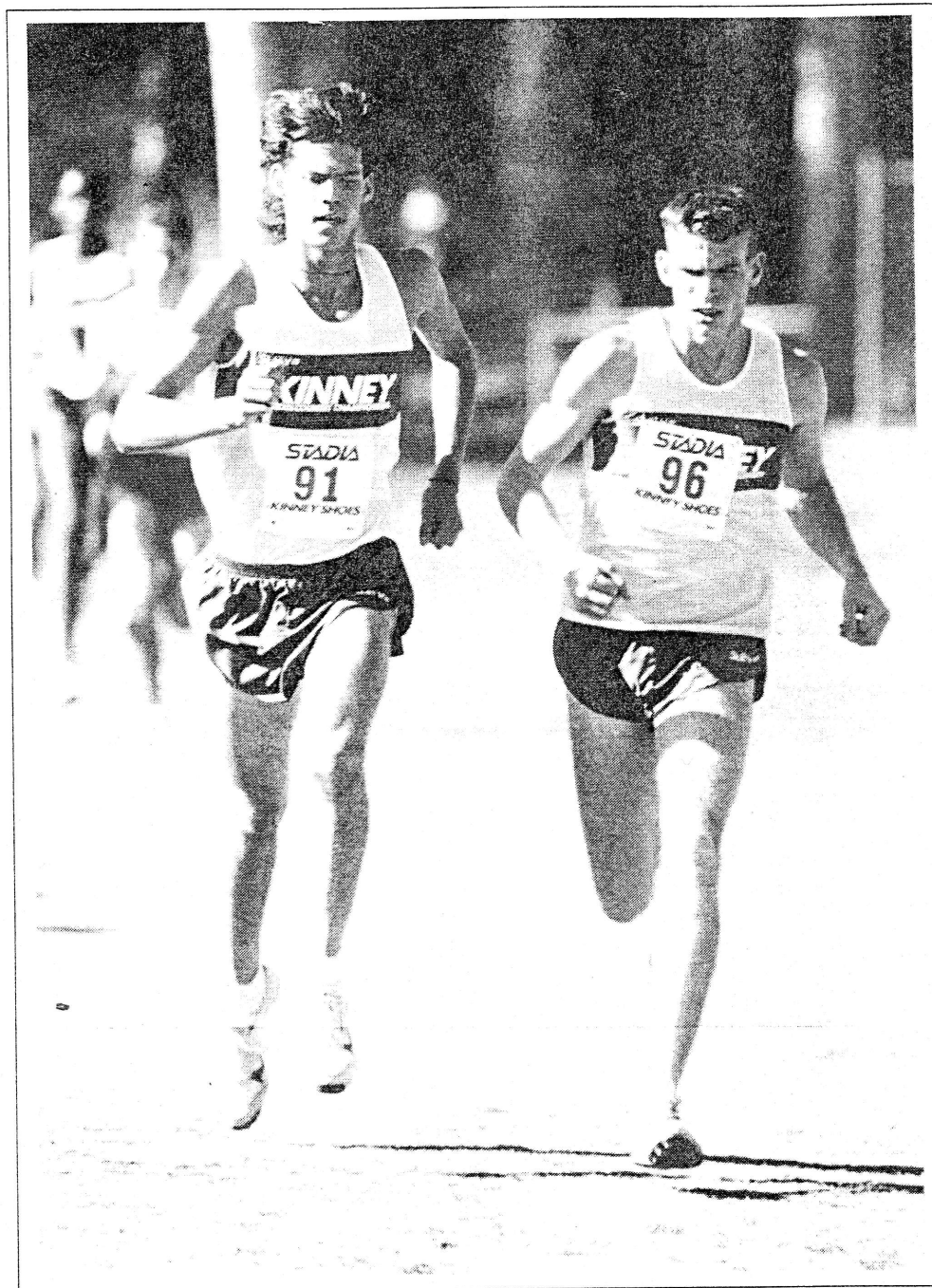
More than anything, it was Dameworth's strength that awed Mitchell. An Agoura HS senior, Dameworth had run unbeaten through the fall, winning the California state title and then the Kinney Western Regional by 20 seconds in 14:39 for 5k. Dameworth had a Liquori-like finish, striking from 600 meters out. But could he sprint?

"I was hoping it would not come down to a kick," Dameworth would say afterwards. "I'm not known for a murderous kick."

Mitchell, from Lyman HS, also unbeaten and the Southern Regional winner over the celebrated Martin Keino (Son of Kip) of Fork Union, Va., was competing in his third Kinney finals. Another repeater was Mike McWilliams of Grove City, Pa., the Eastern Regional victor who was 6th last year. The top eight from four regional events qualified for the nationals, earning expenses-paid trips to San Diego.

Being the favorite is a heavy burden under any circumstances, and in a race brimming with state champions from all corners of the nation, it was hardly a welcome role. "I know people expect a lot of me. I'm trying not to think about it," Dameworth had said.

The course at Morley Field in Balboa Park, a short walk from the world-renowned San Diego Zoo, unfolds gently. It takes the runners on a gradual downward slope, curling through a wooded trail on a bit of an incline to the half-mile, crosses a road



Maris (96) hung with Dameworth (91) until succumbing to his kick with 250 left. (Kinney photos by David Madison)

and enters the picnic grounds where a steep, two-tiered hill awaits them. They must run the hill twice.

The mile time, at the base of the hill, was 4:40. Mitchell and Dameworth shared the lead. "The first time, the hill doesn't bother you," said

Mitchell. "The second time, it kicks your butt."

A 3.9 student with engineering in his plans, Mitchell is given to careful analysis. But this time his measure of the hill proved optimistic. The leaders flew down the descent, losing their

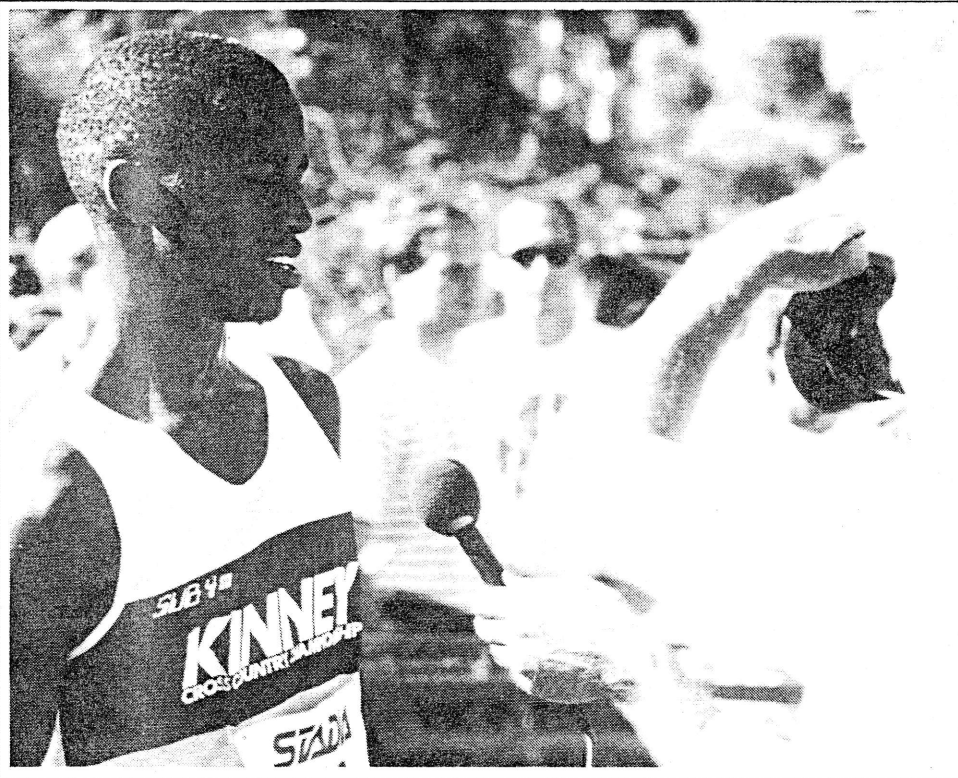
The Harrier Vol. 14, no. 8 Dec. 26, 1989



Early on, the field was tight. From left, Casiano (88), Quintana (92), Stewart (66), Dameworth (91), Mitchell (71), Kuntz (93), Burnham (97) and Crowe (64). The half-mile split was 2:19.

KINNEY HIGH SCHOOL CHAMPIONSHIP: BOYS RESULTS (5k)

1. Bryan Dameworth	12	West	Agoura HS	Calabasas, CA	14:49.9
2. Andrew Maris	12	West	White River HS	Buckley, WA	15:00.9
3. Louis Quintana	11	West	Arroyo Grande HS	Nipomo, CA	15:10.0
4. Michael McWilliams	12	NE	Grove City HS	Grove City, PA	15:10.7
5. Stuart Henderson	11	MW	McDonald HS	McDonald, OH	15:10.9
6. Martin Keino	12	So	Fork Union HS	Fork Union, VA	15:13.0
7. Stuart Burnham	12	West	Ferris HS	Spokane, WA	15:15.9
8. Phillip Castillo	12	West	Grants HS	Grants, NM	15:19.1
9. Teddy Mitchell	12	So	Lyman HS	Longwood, FL	15:21.9
10. Kevin Hogan	11	NE	Westhampton Bch HS	East Moriches, NY	15:24.0
11. Eliazar Herrera	12	West	Hoover HS	Glendale, CA	15:25.2
12. Jason Stewart	12	NE	Weiser HS	Bernville, PA	15:26.0
13. Michael McClaran	12	MW	New Prairie HS	New Carlisle, IN	15:26.8
14. Jason Casiano	11	MW	Portage HS	Portage, IN	15:27.3
15. Brant Armentrout	12	So	Mt. Tabor HS	Winston-Salem, NC	15:28.7
16. Greg Kuntz	12	West	Mead HS	Spokane, WA	15:31.6
17. Kyle Armentrout	12	So	Mt. Tabor HS	Winston-Salem, NC	15:33.6
18. Michael Going	12	NE	Wheatley HS	Old Westbury, NY	15:35.0
19. Brian Clas	12	NE	Union-Endicott HS	Endicott, NY	15:40.8
20. Ibrahim Aden	10	So	Woodson HS	Fairfax, VA	15:41.2
21. Phil Downs	10	MW	Memorial HS	Madison, WI	15:41.4
22. Warren Jones	12	West	Ben Lomand HS	Ogden, UT	15:41.8
23. Andrew Rosette	12	MW	Chagrin Falls HS	Chagrin Falls, OH	15:48.6
24. Michael Morin	12	So	Sulphur HS	Sulphur, LA	15:49.8
25. Ricky Gallegos	11	So	Crystal City HS	Crystal City, TX	15:50.5
26. Rob Huff	12	MW	Lahser HS	Bloomfield Hills, MI	15:51.4
27. David Brooks	12	MW	Broad Ripple HS	Indianapolis, IN	15:55.1
28. Tom Swanson	11	MW	Shawnee Mission NW HS	Shawnee, KS	16:05.8
29. Bill Khan	12	NE	Cicero-No. Syracuse HS	Cicero, NY	16:13.8
30. David Crowe	12	NE	Girard HS	Lake City, PA	16:16.1
31. Chris Magill	12	NE	St. Raphael HS	Pawtucket, RI	16:20.9
32. Chris Wilson	12	So	Niceville HS	Valparaiso, FL	dnf



The 17-year-old Martin Keino took sixth. He welcomes the pressure of being Kip Keino's son. "It inspires me," he says.

KINNEY ON TV

The ESPN telecast of the Kinney Nationals will be aired Saturday, Dec. 23. It will be a half-hour installment of the Road Race of the Month series, produced by Salmini Films.

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rhythm, and once on the flats again, Mitchell fell behind. "I went for it. Bryan hammered the hill. It cost," he would say later.

At this point, approaching halfway, there was a whole lot of shaking going on. Keino, who'd seemed more concerned with the 422 trigonometry problems his teacher had given him than the dynamics of the race, coolly snaked into the top ten. The group between him and the front-running Dameworth now included McWilliams, Phillip Castillo of Grants, N.M., California's number-2 runner Louis Quintana of Arroyo Grande HS and three Washingtonians--Stuart Burnham and Greg Kuntz of Spokane, and Andy Maris, a senior from White River HS in the town of Buckley.

Maris had placed 6th in the Western Regional, 30 seconds behind Dameworth, and was noticeably quiet in the days before the race. While the other competitors mingled at meet headquarters in the Del Coronado Hotel, Maris was off by himself, headphones on, all poker face, as though reciting a mantra.

His posture had purpose. It was a psych job. After the race, Maris would explain that he'd been staring at Dameworth. "That was my way of saying, I'm as good as him. I felt, if I kept him in sight then, I could keep him in sight during the race."

Sports psychologists, take note. Maris' ploy worked. He drew even with Dameworth, and, leaving the finish area on the second loop for the final climb, the two young men opened a 40-yard gap. Quintana, Mc-

Williams and Keino followed in single file. The two-mile split was 9:37.

Dameworth and Maris took the hill hard. Elbows grazed as each fought for position. "We both cut the corners close," Dameworth would say. "He was intense. I could feel it. At the top of the hill, we were flying."

With a quarter to go, it was a two-man race. "It boiled down to who wanted it more," said Dameworth.

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--Jack Shephard, Track & Field News

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1989 Winning Marks:

Boys: 10.56, 21.34, 46.57, 1:51.51, 4:11.20, 9:03.62, 14.09, 37.47, 40.79, 3:14.95, 10:09.71, 6-10, 17-3 1/4, 25-3 1/4, 50-2 1/2, 58-7, 189-10

Girls: 11.59, 23.63, 55.79, 2:13.28, 4:53.94, 10:41.23, 13.77, 43.76, 46.79, 3:51.33, 12:17.98, 5-8, 19-2 1/2, 41-8, 48-9, 166-4.

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Echoing Mitchell's assessment, Maris would say, "I never heard of him kicking. If I'm tough, I can kick like a madman."

Of course, Dameworth had never had to kick. All season long, his 80-mile-a-week strength had been sufficient. Now, in the climax of the national championship with less than 300 to go, pure speed was called for.

Dameworth had it. He surged ahead at about the 250 mark and in an instant Maris was broken. He wobbled while Dameworth galloped to victory in 14:49.9, the 7th fastest time in the 11-year history of the meet. Maris followed in 15:00.9. Quintana (15:10.0), McWilliams (15:10.7) and Stuart Henderson of McDonald, Oh. (15:10.9) were next. Keino took 6th (15:13.0) and Mitchell 9th (15:21.9).

Dameworth grinned, but when questioned seemed more relieved than joyful. "I was scared," he said. "It seemed like we both wanted it. I was saving one final surge."

Maris' psyching system had taken him far, but he said he was forced to retreat at the moment of truth. "I had all positive thoughts throughout the race. Then, just one negative thought," he explained.

What was that?

"Oh, my God, he's the best."

Why did you think that?

"I was running as fast as I could just to hang on."

Then, expressing a sentiment shared by Mitchell, McWilliams and others unaccustomed to crossing a tapeless finish, he added, "I'm not totally satisfied. I was thinking, today Kinney, tomorrow the world."

IN THE CHUTE AT KINNEY

The daughter traveled 10,000 miles to compete and the mother came 10,000 miles to see her.

Judy Stott, a senior from Hawaii Prep in Kamuela, HI, made the 5,000-mile roundtrip to California twice in a week. First, she competed in the Western Regional in Fresno, placing 7th to earn a trip to the finals, where she finished 17th.

Her mother, Mary Stott, lives in Beijing, where Judy's father, Paul, works as an executive with the World Bank. "There are no American high schools in Beijing," said Mrs. Stott. The family had previously lived in Virginia, and last year Judy made the Kinney finals as a student at Langley HS. She has also lived in Canada (her birthplace) and Africa.

It was Judy's decision to attend school in Hawaii. "She can be the best runner in the history of the Islands," said her coach, Bill Conley. "It's possible she can set three state records this spring."

-Mike Byrnes



Indiana rivals Mike McClaran (83) and Jason Casiano (88) ran together, finishing a stride apart in 13th and 14th.

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Girls: Sweet Melody Hits The High Note

San Diego, Dec. 9--Racing toward the halfway point in the Kinney National High School Cross-Country Championships, two athletes set the pace. One was a young woman--senior Cruz Zarco of Sargent HS in Center Colo., a finalist the previous year. The other was merely a child--freshman Elizabeth Mueller of Waterford, Conn., all of 14.

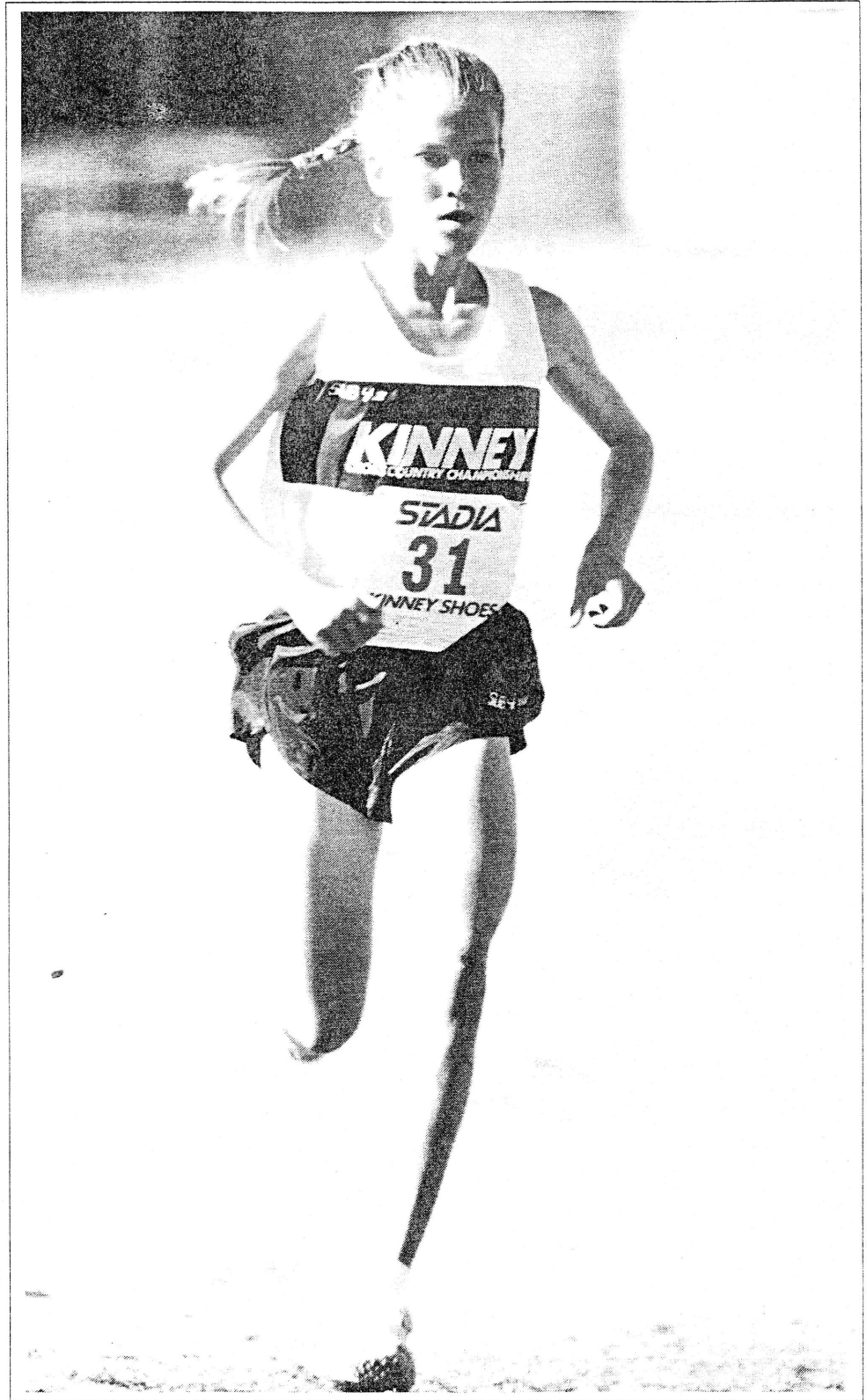
This front-running union of maturity and experience with un-ripened talent reflected the character of an event that had 19 underclassmen in the field of 32. Zarco, number-one in her class academically, had stayed up till 2 in the morning in her junior year to get her homework done after practice. She had college on her mind. Mueller, a budding naturalist, chases after frogs in her spare time, and seemed to buy up every gift-store sombrero in San Diego.

There they were, the woman and the girl, taking the best young female runners in America through the first mile in 5:23. They skooted up the hill on the first of two loops of the 5,000-meter race with an air of confidence that belied the depth of this remarkable field.

Four of last year's top six were back, including the defending champion, Celeste Susnis of Kankakee Valley HS, Wheatfield, Ind., and junior Melody Fairchild of Boulder (CO) HS, who defeated Susnis handily in the Midwest Regional and had placed second to her in last year's nationals.

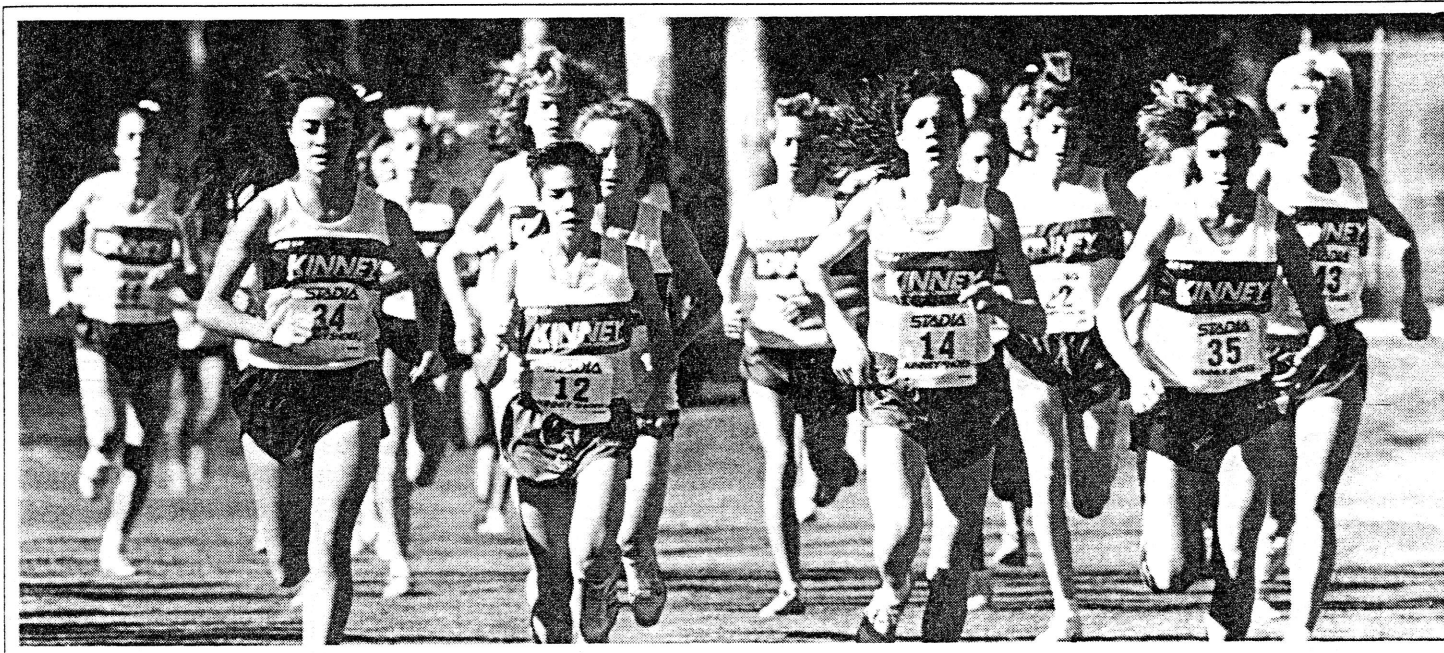
Mueller's daring tactic was innocent enough. "I just wanted to go with the flow," she said later. She could afford to take risks. Mueller had won her state and New England titles before placing second in the Northeast Regional. She is coached by Jan Merrill-Morin, 1976 Olympic finalist in the 1500 and a veteran of the World cross-country championship.

But at eight minutes into the race, Mueller received her inevitable compupance. Fairchild, measuring her effort, decided enough was enough



Fairchild surged ahead halfway and built a 22-second lead at 2.5 miles. (Kinney photos by David Madison)

continued on page 12



Zarco (34) and the freshman Mueller (12) moved out early and led through the first mile. Others up front here include Rudolph (14) and Nelson (35).

KINNEY HIGH SCHOOL CHAMPIONSHIP: GIRLS RESULTS (5k)

1.Melody Fairchild	11	MW	Boulder HS	Boulder, CO	17:05.5
2.Megan Thompson	12	MW	Hazelwood HS	Florissant, MO	17:12.7
3.Carole Zajac	12	NE	Baldwin HS	Pittsburgh, PA	17:22.9
4.Sarah Schwald	11	West	Mead HS	Spokane, WA	17:35.3
5.Celeste Susnis	12	MW	Kankakee Valley HS	Wheatfield, IN	17:39.2
6.Megan Flowers	10	So	Trinity Valley HS	Ft. Worth, TX	17:47.8
7.Elizabeth Mueller	9	NE	Waterford HS	Waterford, CT	17:50.5
8.Cruz Zarco	12	MW	Sargent HS	Center, CO	17:51.0
9.Deresa Walters	11	NE	East HS	Rochester, NY	17:57.9
10.Amy Rudolph	11	NE	Kane HS	Kane, PA	18:02.8
11.Rebecca Spies	11	West	Livermore HS	Livermore, CA	18:04.0
12.Jennifer Owens	11	West	So.Lake Tahoe HS	So.Lake Tahoe, CA	18:08.6
13.Deena Drossin	11	West	Agoura HS	Calabasas, CA	18:14.3
14.Carrie Moller	12	West	Rogers HS	Spokane, WA	18:14.5
15.Alexa Lange	12	So	Herndon HS	Reston, VA	18:30.8
16.Jeannine Rothman	11	West	Westlake HS	Westlake Village, CA	18:32.7
17.Judy Stott	12	West	Hawaii Prep HS	Kamuela, HI	18:36.3
18.Calley Nelson	12	MW	Florence HS	Florence, CO	18:36.7
19.Marny Westphal	12	So	Brookwood HS	Snellville, GA	18:37.3
20.Mindy Plubell	11	NE	Clearfield HS	Frenchville, PA	18:37.5
21.Meghan McCarthy	10	So	Robinson HS	Burke, VA	18:37.8
22.Kathy Knabb	11	NE	Peters HS	Bridgeville, PA	18:39.1
23.Leanne Burke	11	NE	Randolph HS	Randolph, MA	18:41.8
24.Monal Chokshi	9	NE	Bridgewater-Raritan HS	Bridgewater, NJ	19:01.6
25.Melissa Bowden	12	So	Battle HS	Bristol, VA	19:07.8
26.Megan McGrath	10	MW	Chrisman HS	Independence, MO	19:09.6
27.Jackie Concaugh	10	So	Annandale HS	Alexandria, VA	19:10.6
28.Amy Marx	12	MW	Southeast HS	Lincoln, NE	19:10.9
29.Beth Bartholomew	12	West	Fremont HS	Sunnyvale, CA	19:13.0
30.Gina Derks	12	So	Gulliver HS	Miami, FL	19:17.5
31.Becky Diehl	11	MW	Valparaiso HS	Valparaiso, IN	19:25.9
32.Stephanie Beckes	11	So	Salem HS	Virginia Beach, VA	19:43.8



Schwald (41) set her sights on Fairchild (31). Between them here is Lange (23), with Flowers (21) to her left.

But this was Fairchild's day. She zipped through the two-mile in 10:58 and amassed a 22-second lead by 2.5. Thompson, 6th last year, moved into second and began to chip away at the margin. Zajac was third, Schwald fourth and Susnis fifth.

Fairchild slowed in the stretch, her crisp form in tact. Victory was hers. Not allowing herself a smile, she snapped the tape in 17:05.5. Thompson charged in second in 17:12.7 and said, "I held back a lot. I told people, if I finished in the top three I'd be ecstatic."

Zajac, who'd said she was aiming for the top five, took third in 17:22.9, while Schwald was fourth and Susnis fifth. Schwald, her hair matted from the heat, was brutally frank. "Melody has an awful lot of strength. Deep down inside, I kind of knew she'd win."

Fairchild was surprised no one tried to steal the race. "I thought Celeste would try and take me out from the beginning," she said. "I usually go out hard," said Susnis, "but not here."

Fairchild is 5'2 1/2", 95 pounds. She looks younger than her 16 years. "People tell me they don't know how I do it. Size doesn't say much. It doesn't matter how long your legs are but how big your heart is," she said. "I felt more relaxed today than ever before."

She has been running since the third grade when she first entered the Bolder Boulder 10k and "realized running made me feel better than anything else." Indeed, she seems a natural, driven by dreams of a glorious future. "I always thought running for the U.S. Olympic team would be the greatest," she said. "It seems every step I've taken has moved me closer to that goal."

Her poise is another gift. "The more pressure, the better she responds," said her coach, Guy Zak-

and accelerated to the lead. She ran with economy, her body erect, her form graceful, reminiscent of another Boulder runner, Frank Shorter. "A few days ago," she related afterwards, "I saw Shorter running by on Boulder Creek Path. He called out, 'Lift your stride.' That gave me a spark."

Not that Fairchild needed one. She had been the talk of the season, winning big races by two minutes and hitting 16:45 for 5k at 5,000 feet. She marvels at altitude's gifts. "When you come down to sea level," she said, "your lungs feel twice as big."

Zarco and Mueller fell back, as did Amy Rudolph of Kane, Pa., who'd gotten a piece of the lead at one point. Susnis, her long arms churning,

moved up, along with Carole Zajac of Pittsburgh, the Northeast titlist, Megan Thompson of Florissant, Mo., making her fourth appearance in the meet, and Sarah Schwald of Spokane, Wash., the Western Regional winner who followed Fairchild's bobbing braid onto the second loop.

Schwald, TAC junior 1500 champion, had a wealth of experience and in the last year had moved from Colorado to Washington, where she was a junior at Mead HS. During the introductions, she'd strutted to the start, way up on her toes, her head cocked. It was a rare splash of showmanship, and from Schwald, known as an independent thinker, a charming touch.

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Thompson (33) finished strong to take second, while McCarthy (22) fell to 21st.

revsky. "She's able to concentrate and not let the outside pressures get to her."

Fairchild possesses a genuine sweetness. The Boulder papers refer to her as "Sweet Melody." Zakrevsky sees Fairchild's future in the 10,000. She won the citizen's race at Bolder Boulder last spring in 36:01, which would have placed her 13th among the elite women. She is also the '89 TAC junior champion for 10,000 on the track, at 35:54.47.

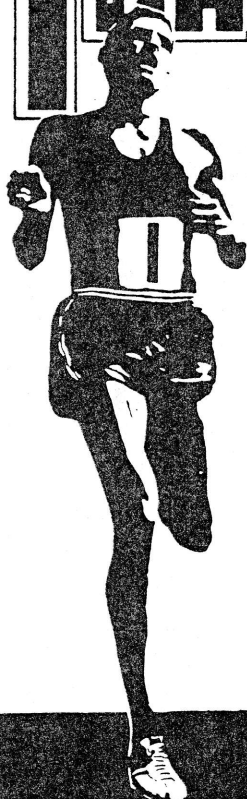
Some of Fairchild's workouts amaze her coach. She'll do 6 x 1 mile in 5:30. Or she'll run five miles uphill, from 5,400 to over 7,000 feet, in 39 minutes. "I think she has a very high pain threshold," Zakrevsky said.

So, it seemed, did young Mueller. As she hit the final straight, she was 9th. Zarco was 8th. Zarco lifted, pulling away. Mueller, who trains only 15 to 20 miles a week, would not let her have it. She sprinted and leaned at the finish, a half-second ahead of Zarco, becoming only the third freshman ever to crack the top ten.

The girl outran the woman. Next year, as a senior, Fairchild will make for a good-sized target.



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