

Quintana Keeps His Cool

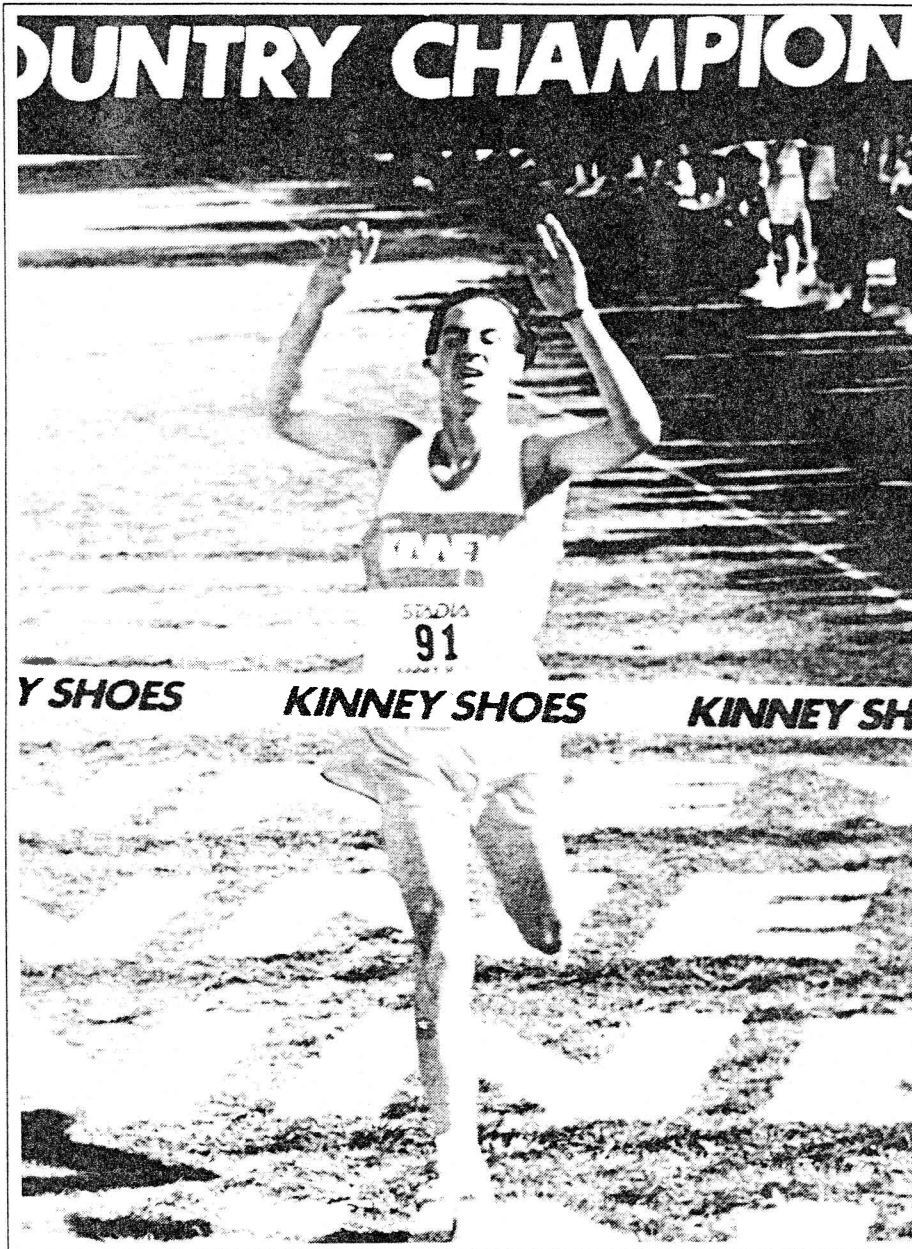
San Diego, Dec. 8—Pressure? What pressure? Week in and week out, Louie Quintana was a marked young man. "I'm sure the other 31 guys were keying off me. I could feel it," he said at the conclusion of the boys race in the 12th annual Kinney National High School Cross-Country Championships.

The unbeaten Quintana, a senior at Arroyo Grande HS up the coast in California, had been an obvious target since placing 3rd in the nationals the year before. He went on to run a 4:08 mile and raced through the fall season well ahead of many of the country's best harriers. He won the state meet by 17 seconds and the Western Regional by 12.

Quintana had even traveled with his team to Virginia to face the best in the East. He won by 45 seconds. It's no wonder another Kinney nationals repeater, Indiana state champ Jason Casiano, would say, "I kind of conceded him the race."

That might not be the perfect attitude to bring into a big race. But Quintana's aura was irrepresible. He was confident, yet subdued. He wrote poetry and played guitar. He was cool. He was hot.

And he'd been running in heat all season. When the temperature climbed to the 80s, it was no big deal. Others



Quintana's unbeaten record was so imposing leading opponents actually conceded him the victory.

would suffer. Not Quintana.

He let Phil Downs of Wisconsin shoot to a 25-yard lead at the half-mile on the 5,000-meter course at Balboa Park. The pack was tight and deliberate, as in the early laps of a European 10,000. Everyone sat.

"The course is deceptive," said Quintana. "It goes out slow. Works in my favor. I have decent speed—I'm a 1:51 half-miler."

As the group swallowed Downs, Quintana inched his way to the front lines and was within striking distance at the base of the hill, about a mile out. It's a two-loop course. There's one short, steep hill, followed by a tumbling downhill. That's where the moves are made.

Quintana made his on the downhill. "I let it all hang out," he said. Quickly, he had 40 yards, then 50. There was no catching him.

Beginning the second loop, Angel Martinez of California and Ricky Gallegos, the Southern Regional winner from Texas, were 2nd. There were small gaps to Somalian Ibrahim Aden of Virginia and Alan Culpepper of Texas. Aden's brother, Jama, a top miler, was there.

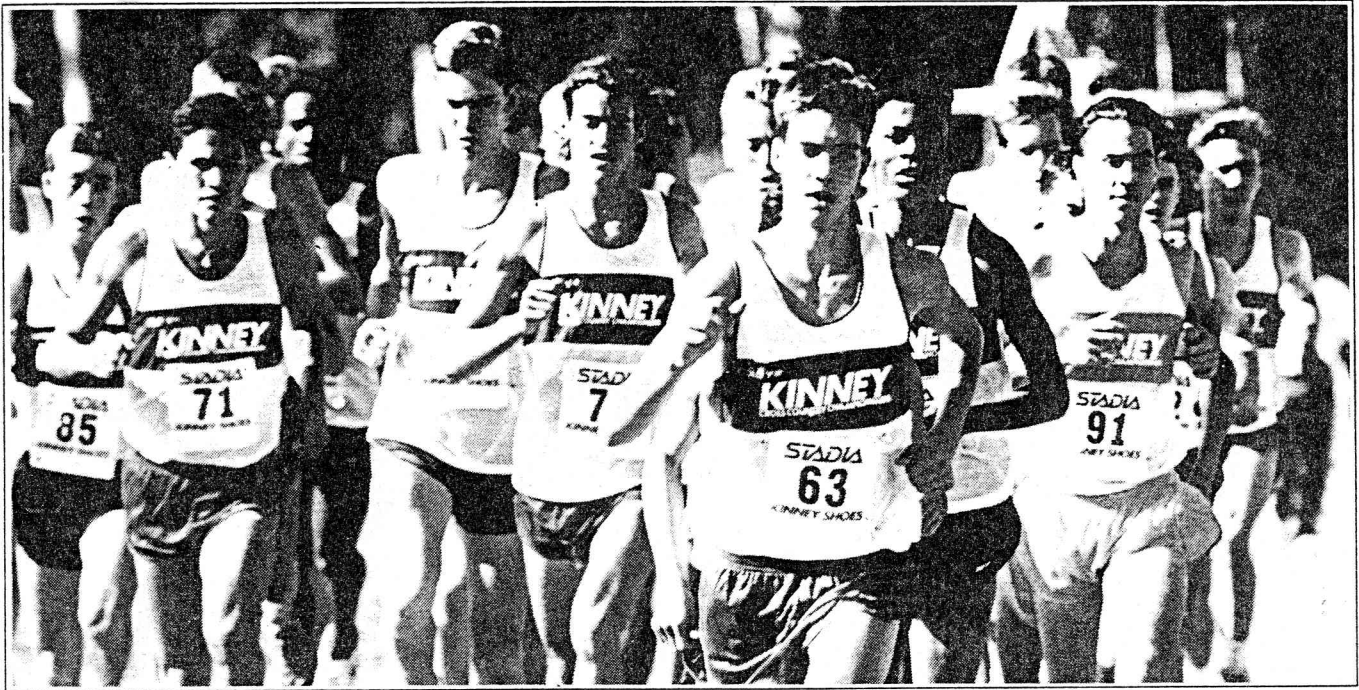
The day before, Jama did a workout on the course with Kinney guest Joe Falcon. They did repeat miles. Zip. Zip. The high school runners watched. Then another Kinney guest, John

Walker, came gliding along with Steve Scott. Eyes bulged. Living proof of what young talent could aspire to. Few will make it, of course.

Quintana looked like a future Kinney guest as he opened a 15-second lead, passing 2 miles in 9:40. A pack of eight trailed. It was headed by New York State champion Kevin Hogan, whose only loss of the season came in the Northeast Regional, where he placed

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Chip Furman of NY (63) leads the early pack on the Balboa Park course, which features one major hill that must be run twice.

Kinney High School Championship: Boys Results (5k)

| | | | | |
|----------------------|----------|--------------------|---------------------|---------|
| 1. Louie Quintana | 12 West | Arroyo Grande HS | Arroyo Grande, CA | 15:07.3 |
| 2. Jason Casiano | 12 MW | Portage HS | Portage, IN | 15:17.2 |
| 3. Dave Hartman | 12 West | Canyon HS | Canyon Country, CA | 15:21.0 |
| 4. Alan Culpepper | 12 South | Coronado HS | El Paso, TX | 15:25.3 |
| 5. Kevin Hogan | 12 NE | Longwood HS | Middle Island, NY | 15:25.7 |
| 6. Chip Furman | 12 NE | Tri-Valley HS | Grahamsville, NY | 15:26.8 |
| 7. Ricky Gallegos | 12 South | Crystal City HS | Crystal City, TX | 15:28.2 |
| 8. Eric Smoot | 12 MW | Mann HS | Gary, IN | 15:29.4 |
| 9. James Menon | 12 West | San Luis Obispo HS | San Luis Obispo, CA | 15:33.1 |
| 10. Ibrahim Aden | 12 South | Fork Union MA | Fork Union, VA | 15:34.2 |
| 11. Steve Oliver | 12 NE | Dallas HS | Dallas, PA | 15:34.6 |
| 12. David Gurry | 12 West | Blanchet HS | Seattle, WA | 15:36.9 |
| 13. Corey Ihmels | 11 MW | Williston HS | Williston, ND | 15:37.8 |
| 14. Phil Downs | 11 MW | Madison Mem HS | Madison, WI | 15:38.1 |
| 15. Brian Hesson | 10 MW | Caldwell HS | Caldwell, OH | 15:39.7 |
| 16. Angel Martinez | 11 West | San Gabriel HS | San Gabriel, CA | 15:43.5 |
| 17. Kevin Graham | 12 South | Riverdale HS | Riverdale, GA | 15:48.6 |
| 18. Trav Wettlaufer | 12 MW | Ramona HS | Ramona, SD | 15:49.0 |
| 19. Ted Fitzpatrick | 12 NE | Lexington HS | Lexington, MA | 15:51.8 |
| 20. Jim McCreery | 12 West | Campbell Cty HS | Gillette, WY | 15:53.8 |
| 21. Danny Harrell | 12 South | Jackson HS | Miami, FL | 15:55.0 |
| 22. A.J. Campbell | 11 MW | Grand Junction HS | Grand Junction, CO | 16:00.0 |
| 23. J. Maschmeyer | 10 MW | Churchill HS | Eugene, OR | 16:04.2 |
| 24. Nate Ruder | 12 NE | Fairport HS | Fairport, NY | 16:05.0 |
| 25. Bryan Spoonire | 12 NE | Asbury Park HS | Asbury Park, NJ | 16:05.3 |
| 26. Chris Georgules | 12 NE | St. John's HS | Danvers, MA | 16:13.3 |
| 27. Ted Molla | 11 West | Rincon HS | Tucson, AZ | 16:14.0 |
| 28. Mark Smith | 12 South | W. Albemarle HS | Crozet, VA | 16:17.7 |
| 29. Mike McClafferty | 12 NE | Bishop Egan HS | Fairless Hills, PA | 16:20.1 |
| 30. Kevin Odiorne | 12 South | Dobyns-Bennett HS | Kingsport, TN | 16:37.0 |
| 31. Matt Priest | 12 South | Poteet HS | Poteet, TX | 16:42.6 |
| 32. Darrell Hughes | 12 MW | Westland HS | Galloway, OH | 16:54.2 |

2nd. That prompted him to run aggressively in the nationals. Hogan was 10th last year. He felt he'd certainly do better. He had nothing to lose by going for it.

Casiano drew even with Hogan up the hill the second time, then surged into 2nd, a lonely place to be with Quintana way ahead. "I looked at Quintana's back," he said.

Despite Casiano's mental concession, he did not just let Quintana have it. He closed to within 8 seconds at one point.

Quintana was not about to give anyone hope. "I started my kick from 800 out," he said.

"He showed a gutsy style of running," said Casiano. "I couldn't cover his move. He's really a champion."

As Quintana approached the finish, he glanced back, saw no one close and shot an arm to the sky. He won by 60 yards. The time, 15:07.3, was the slowest ever at Kinney. The heat was deadly.

"No one could be unaffected by the heat," said Dave Hartman of California, who placed 3rd. He'd been following

Quintana all season. "I knew to beat Louie I'd have to run the race of my life. He's an amazing athlete."

There were more tributes to Quintana as the runners finished, swaying, grabbing water bottles, glad it was over. Culpepper was 4th and Hogan 5th. Aden was 10th, the first junior, and immediately the favorite for next year.

The Kinney final can be a humbling experience. Many high school runners accustomed to dominating their state sweat it out in the regionals, then find themselves out of contention in the championship. It's like the Olympic Trials: Getting in is what matters most. Being on the "team."

Quintana now has the Olympic gold medal of high school cross-country. At the same time, he seems to have things in perspective, seems to be enjoying himself. That was John Walker's message in his keynote address to the athletes. "Have fun," he said.

The athletes listened, then danced the night away.

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Running Commentary

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Fairchild Beats the Heat

San Diego, Dec. 8—All season it had been brewing, and even before that: the moment when Melody Fairchild of Colorado would show what a remarkable talent she truly was, in defense of her girls crown in the Kinney National High School Cross-Country Championships.

The Boulder High senior had been winning her races by upwards of 2 minutes and had taken the Midwest Regional by 1:18 without going full tilt. The questions being posed were: How good is she? How much will she win by?

These were not unfair questions. But they did infuse the race with the risk of disappointment. When your victory is taken for granted, what can you do to make people say, "Wow!?" You can run very fast, and that's what Fairchild set out to do.

"My first priority is to win," said Fairchild. "But when I do something, I like to leave my mark."

The odds were stacked against her. The day was sunny and hot, and as the field of 32 broke away for the two-loop 5,000-meter run, temperatures climbed near 80. There was no cooling breeze either.



In a virtuoso performance, Fairchild ran one of the greatest races ever by a high school distance runner, defeating the field by 59 seconds.

Kathy Knabb of Pennsylvania and Milena Glusac, one of seven Californians in the race, dashed to a 5-yard lead on the opening loop through the half-mile. California rivals Deena Drossin of Agoura HS and Jeannie Rothman of Westlake HS followed in a threesome with lanky soph Amanda White of Maryland.

Fairchild was taking it easy in 7th. Northeast winner Amy Rudolph of Pennsylvania was 8th. It was a surprise to see Rudolph that far from Knabb. The two are good friends. Where you find one, you find the other.

Rudolph, 10th in the nationals last year, had vowed to improve. Maybe she was just being careful. She had gone out quite fast in '89.

As the field headed for the hills, the gap closed quickly and Drossin had the lead at the mile. The split was 5:10. Fairchild was 2nd, Rothman 3rd.

Drossin was undefeated and had led her team to number-2 position in the The Harrier's Sporthill Super 25 national rankings. She'd beaten Rothman by 9 seconds in the Western Regional. They worked the hill intently, but at the top on the plateau that curves into the breathless descent, Fairchild pushed ahead and swept away.

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Fairchild was on her own now. Heat or no heat, those gathered at Balboa Park were in for a treat.

"I wanted that record," she would say. "I just tried to relax."

Starting the 2nd loop, Fairchild had 40 yards on Drossin, holding ground ahead of Rothman and Rudolph, now 4th.

continued on page 11



Deena Drossin of California (41) courageously set the early pace. She was eventually passed by her rival Jeannie Rothman (42), who placed 2nd.

Kinney High School Championship: Girls Results (5k)

| | | | | |
|----------------------|----------|-----------------|----------------------|---------|
| 1. Melody Fairchild | 12 MW | Boulder HS | Boulder, CO | 16:39.3 |
| 2. Jeannie Rothman | 12 West | Westlake HS | Westlake Village, CA | 17:38.4 |
| 3. Amanda White | 10 NE | Dulaney HS | Timonium, MD | 17:40.7 |
| 4. Leanne Burke | 12 NE | Randolph HS | Randolph, MA | 17:44.7 |
| 5. Veronica Barajas | 11 West | Channel Is HS | Oxnard, CA | 17:47.5 |
| 6. Deena Drossin | 12 West | Agoura HS | Agoura Hills, CA | 17:53.1 |
| 7. Milena Glusac | 10 West | Fallbrook HS | Fallbrook, CA | 17:59.9 |
| 8. Deresa Walters | 12 NE | East HS | Rochester, NY | 18:03.0 |
| 9. Kathy Knabb | 12 NE | Peters HS | McMurray, PA | 18:06.1 |
| 10. Monal Chokshi | 10 NE | Bridgewater HS | Bridgewater, NJ | 18:08.1 |
| 11. Carrie Garritson | 9 West | Rim World HS | Lake Arrowhead, CA | 18:18.5 |
| 12. Shelley Taylor | 11 West | Edison HS | Huntington Beach, CA | 18:21.8 |
| 13. Amy Rudolph | 12 NE | Kane Area HS | Kane, PA | 18:22.2 |
| 14. Jill Schuler | 10 MW | Floyd Cen HS | Floyds Knobs, IN | 18:23.4 |
| 15. Jennifer Warthan | 11 MW | North HS | Bloomington, IN | 18:25.8 |
| 16. Jennifer Rhines | 11 NE | Liverpool HS | Liverpool, NY | 18:26.1 |
| 17. Rachel Sauder | 11 MW | Archbold HS | Archbold, OH | 18:29.3 |
| 18. Erica Sumi | 10 West | Wilson HS | Long Beach, CA | 18:29.6 |
| 19. Molly Lori | 11 MW | E Kentwood HS | Grand Rapids, MI | 18:30.0 |
| 20. Robin Bryson | 12 West | Eisenhower HS | Yakima, WA | 18:35.1 |
| 21. Jennifer Norton | 12 NE | E Islip HS | Islip Terrace, NY | 18:38.6 |
| 22. Megh McCarthy | 11 South | Robinson HS | Fairfax, VA | 18:39.2 |
| 23. Viivi Tianinen | 11 South | East Bay HS | Gibsonton, FL | 18:45.5 |
| 24. Marg Robinson | 10 South | Huntsville HS | Huntsville, AL | 19:10.2 |
| 25. Mered Fitzgerald | 12 MW | Euclid HS | Euclid, OH | 19:11.1 |
| 26. Jessica Scafidi | 12 South | Leon HS | Tallahassee, FL | 19:24.6 |
| 27. Stacy Swank | 11 South | Texas Mil Inst | San Antonio, TX | 19:38.5 |
| 28. Anita Coverdale | 11 South | Brookwood HS | Snellville, GA | 19:40.3 |
| 29. Sarah DeMartini | 12 MW | Poudre HS | Ft. Collins, CO | 19:55.8 |
| 30. Kala Boulware | 12 South | Spr. Valley HS | Columbia, SC | 20:30.1 |
| 31. Megan Flowers | 11 South | Trin. Valley HS | Ft. Worth, TX | dnf |
| 32. India Ford | 12 MW | Euclid HS | Euclid, OH | dnf |



Top: Northeast winner Amy Rudolph of Pennsylvania (11) and Southern champ Meghan McCarthy (21) worked hard to battle the severe heat. Rudolph collapsed at the finish. Below: Soph Amanda

White of Maryland (13), in her first season of running, finished 3rd, a stride behind Rothman (42).

Thanks to all
 correspondents
 for their
 dedication to
 cross-country
 and assistance
 all season long.



Kinney Girls
continued from page 8

Fairchild hit 2 miles in 10:43. Her lead had grown to 160 yards. Rothman pulled ahead of Drossin into 2nd. Rudolph slipped to 5th. The heat was hurting. Megan Flowers of Texas was 6th. White was a stride back in 7th.

Back to the hills once more, Rothman could not see Fairchild. "I just concentrated on getting away from Deena," she said.

You can't race someone you can't see. Fairchild had faded into the woods like a deer. Up and over, she was quick alright. Relax? She could have poured a cup of coffee without missing a beat.

Soon she appeared, sprinting the final straight. The clocked showed 16 minutes and small change. The record was going to go. It had to. This kid had the will to make things happen.

Fairchild snapped the tape in 16:39.3. She'd beaten the record of 16:43.7 set by Janet Smith of New Jersey in 1983. She recovered so quickly and spoke to the press so evenly you'd

have thought her remarks were scripted. She said:

"Everything worked. I made a lot of sacrifices to get here."

"A lot of people think my training is complex, but it's just relax and have confidence."

"I love the feeling of running hard, of wanting something so bad."

"This is the worst heat I've seen at Kinney, but it didn't seem to affect me."

Rothman finished 2nd in 17:38. Fairchild had won by 59 seconds, a good 300 meters! It was the largest margin of victory ever at Kinney.

Others arrived at the finish on shaky legs. White, the soph, was a close 3rd. A topnotch swimmer, this was her first season of cross-country running. Her swim coach did not like the idea. Leanne Burke of Massachusetts took 4th. Drossin was 6th, Knabb 9th. Flowers had dropped out, ill.

The pen past the chute resembled a medical depot at a hot-weather marathon. There were fallen bodies, tears of pain and frustration. One belonged to Rudolph. She'd entered the home straight in 4th but was overcome by the heat and fell to her knees with 50 meters left. Others passed her. She could not respond. Finally, she got up. She wobbled. She went down again. She struggled to her feet. She could not run. She walked, tentatively, across the finish, and collapsed, in 13th place.

Later, back at the hotel, Rudolph sobbed as she called home. Knabb, her friend from Pennsylvania, sat by Rudolph's side and wrapped her arms around her. Knabb's eyes were red, too. They remained in that embrace, a comradeship built on running more powerful than even the grandest records.

Wow!

Kinney Finalists

Favorite Foods

(a sampling)

- spaghetti-Os
- pizza
- lasagna
- linguine/clam sauce
- meat loaf
- baked chicken
- quiche
- soup beans, cornbread
- donuts
- grapes
- ice cream
- masked potatoes
- steak
- tacos
- frozen yogurt
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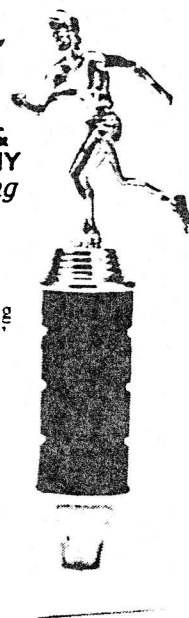
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