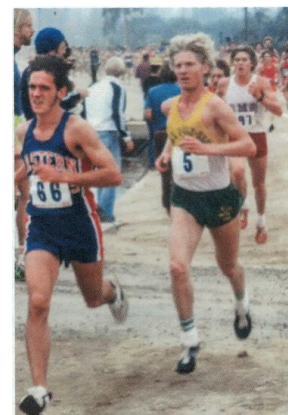


# Danny Aldridge

b 9/13/56

Danny Aldridge was born in Michigan in 1956 but moved to Petaluma with his mom and brother at the age of four. In 1960 Petaluma was a very small town and many of Danny's early activities revolved around school and working for the Parks and Recreation department after high school.



Sports were an important part of his Petaluma days, especially when he discovered an aptitude for running. While not planning to go to college after high school, his 1:49 half mile time caught the attention of several college and university track coaches. With a promise of a full ride scholarship, Danny headed to USC. Dislike of Los Angeles, the turmoil of the 70's and a promised-but-not-delivered cross country program brought him back to Petaluma and to Santa Rosa Junior College where he became the state junior college champion at the 1500. More scholarship offers poured in.

A long time friend, Stan Hockerson, suggested that Danny look at Cal Poly, a smaller school in a smaller setting. It fit him perfectly. With two more years of track eligibility and three years of cross country, he excelled in his running events and worked with coaches and teammates with whom he would establish life long friendships. At Cal Poly he won two individual national titles and helped win two national team championships.

After Danny used up his college eligibility, he was asked to stay on as cross country coach. His team placed 4th place in the Division II Nationals during his first year of coaching (although he claims the team was already put together very well by the previous coach.)

Among a long list of outstanding racing accomplishments was a 1981 race with a great Kenyan runner, Henry Rono. Danny went under 4:00 minutes for the mile-one hundredth of a second under the magic number! He also ran a 3:58.2 mile that same year.

In 1981, Danny was invited to join Athletics West, a team sponsored by Nike, in Eugene, Oregon and ran as a professional for five years. Athletics West was the first organization to offer high level training and support for post-college track and field and cross country athletes. Danny raced nationally and internationally with Athletics West for four years.

Following that career, he returned to Petaluma with an offer from Stan to run a speciality shoe store, Sports Afoot. Back in the area lead to other opportunities to continue his presence in running. Again as a coach. Five years at Sonoma State in cross country and track; five years assistant coach under Doug Courtemarche with Santa Rosa High School and the Santa Rosa Express; nine years at Maria Carrillo High School; currently cross country at the Sonoma Academy.



His coaching experience had lead to many memories of times spent with his athletes. The most memorable events revolve around the growth and maturity of the athletes as they gain confidence in themselves and belief in their potential.

In his 50's Danny decided to get back into running doing a sub-five mile at age 51.

800m-1:49.21, age 18-95.1% of standard; mile- 3:59.95, age 24- 92.75% of standard. Other impressive results include: 3:38- 1500m, 32:04- 2 mile, 28:28- 10K, 2:21.42- marathon.

Danny has been a member of Empire Runners since 1990.

Congratulations Danny on your outstanding success and accomplishments in racing and your dedication to coaching others to meet their potential.