

Tori Meredith

b 8/22/1957



Tori Meredith grew up in Santa Clara and was inspired by her father, Jerry, high school track and cross country coach and life-long runner. As a 10-year-old she received a certificate of achievement in an AAU Physical Fitness Pentathlon which started her on a path to join a running team. At age 11 she earned the Presidential Physical Fitness Award, she participated on a swim team and won numerous awards in Parks and Recreation Department running events. Tori's running talent even earned her a new bicycle at a county fair event.

Tori is truly a 'Pioneer of Running'. She experienced frustration with the high school sports programs that severely limited the participation of girls. Title Nine paved the way for many girls and women to begin careers as active participants in a wide variety of sports that had previously been closed to them. Tori's running career paralleled the Title Nine revolution as she was a member of the very first team at her high school (Branham, San Jose) and college (Santa Clara University).

At Santa Clara University Tori majored in General Humanities. Her interest in working with children led her to a teaching credential in Special Education and Elementary Education at San Francisco State University. Tori's first teaching experience was on a Navajo Indian reservation in Window Rock, Arizona.

While getting her credentials, Tori trained in Golden Gate Park and ran a few local races. In 1982 she moved to Tampa, Florida where she worked as a Special education teacher and ran as a sponsored member of the Tiger Team winning many races and getting a lot of press! There she volunteered with Special Olympics track and when the University of South Florida began their first season of women's cross country, Tori was the coach.

Drawn back to California in 1988 Tori met and married Larry and joined Empire Runners, perhaps a requirement insisted upon by her husband. Over the ensuing years, she has assisted with Empire Runner events, coached cross country at Montgomery High School (where the girls team earned a state title in 2000), taught special education classes at Steele Lane and Brook Hill Schools in Santa Rosa and taught Physical Education at Proctor Terrace, Helen Lehman and Burbank Schools. In 2011, Tori helped launch the iDo26.2 program, an initiative to spur young students to exercise throughout Sonoma County. She continues to serve as a board member of that organization.

Tori takes joy and pleasure in seeing her former students continue their interest in running and healthy life styles. Whenever she crosses paths with her former students they greet her with stories of their activities and memories of having her as a coach and mentor. You will often see her helping out at high school track and cross country meets.

Despite the generosity of her time with younger runners, Tori is an outstanding athlete in her own right. She has long been present at club training runs, especially Thursdays in Howarth park. Running and racing through Trione-Annadel State Park and on anything that resembles a trail allows Tori to get enjoyment out of the sport into which she has put so much effort helping others.

While claiming not to have 'most favorite runs or races', here are some of the outstanding times and distances Tori has run.



High school	880 track	age 17	time-2:22.3	age-graded result- 82.91
Summer Track Series	1 mile, track	age 55	time-6:09.2	age-graded result- 84.18
Rainbow classic, FL	5k road race	age 28	time-18:27	age-graded result- 81.96
Avenue of the Giants	Marathon	age 39	time-3:50:25	