

The Empire Runner



The Prez Sez...

As a graduate of Maria Carrillo High School (go Pumas!), this is hard for me to write, but September 2011 was one heck of a month for Montgomery Viking Alumni.

Most noticeable to the majority of us in Santa Rosa was the 25th Annual Viking Opener Alumni Race. (It was either the 25th annual for the Opener as a whole, or just for the alumni, I'm not sure...) The Viking Opener is one awesome HS invite, which runs by-grade races for all the prep harriers. In the middle of the event is the Alumni Race, which scores runners based on the HS, or region, from which they graduated.

This year, the Viking Alumni, spearheaded by Larry Meredith, put on an exceptional showing, with a ridiculous number of alumni. Half of the starting line was a sea of red. It was no surprise, then, that the Vikings took home the team titles for both men and women. Even more, Montgomery's "B" team took second in the women's race, with Montgomery "A", "B", "C", and "D" teams all in the top-10.

But Maria Carrillo (men) and Santa Rosa (women) took home the individual titles. Just saying!

The very next day, two former Vikings – Kim Conley ('04) and Sara Bei Hall ('01) toed the line at the USA 5K National Championships. Kimmy ended up finishing in 2nd in 15:49, by far her best placing ever at a National Championship. Sara, a long-time professional runner for ASICS, finished just two places back in 15:57. That's two women from the same HS (who together earned a team California State XC Title) placing in the top four at a national championships.

But that's not all. In virtue of their showings at the USATF Track and Field National Championships (Kimmy 10th 5,000m, Sara 5th steeplechase), these two Vikings have been named to Team USA for the upcoming Pan American Games, to be held in Guadalajara, Mexico. So hopefully I'll have some more amazing news to report at the end of October!

Run Happy,

Alex Wolf-Root