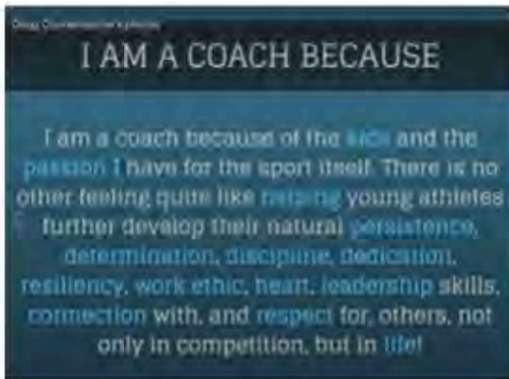


Doug Courtemarche

B. 12/20/1947

Doug comes from an athletically inclined family. Two older brothers and parents who both coached which created a very competitive household. Doug was thankful for all the wonderful coaches he had growing up and through high school. He looked up to them as and is thankful for the skills and lessons they taught him. It was then he realized that he wanted to coach and to help create a chance for kids to participate in sports. "When I was given the opportunity to coach, I immediately accepted. It has been a major force in my life. I have been coaching for 40 years. To be able to share and guide young people in those physical endeavors is a high that I hope I never come down from".

In 1971 Doug began his coaching career in Long Beach. He coached a youth track program, flag football and softball. Ironically it was on a campus of his old grammar school. Later he moved to Santa Rosa, but, because of work commitments was not able to resume coaching until 1982. With Santa Rosa Express Youth Track club and Bob Shor, Doug occupied his time for ten years as assistant coach and later head coach. A change to the Santa Rosa High School head coaching position in 1992 with Cross Country and Track and Field brought him to the Home of the Panthers. His commitment to youth sports and to high school cross country and track and field athletes is legendary.



Doug was nominated by a co-worker as a "Community Hero" for his work with kids at Santa Rosa Express and Santa Rosa High School. As a result, he was selected by the Atlanta Olympic committee to carry the Olympic Torch on its relay route through Marin County.

As for Empire Runners, Doug's introduction was to be in Howarth Park at the beginning of the Parkside 10K, a short-lived event in 1981. He joined in the run and later picked up information about the Club and showed up at a club meeting and offered to volunteer and direct meets (any organization's dream come true)!

Doug's involvement in the club continued to grow with the Fall Colors Tour. Road races were becoming more popular, permits and the like were being required and the race was in jeopardy of cancellation. Doug arranged to have it moved to Trentadue Winery in Geyserville. Unfortunately, the road in front of the winery had been recently oiled. Doug's race direction for that event included scrubbing the floor of the tasting room after the runners departed. His efforts enabled the run to be continued for one more year.

The Valley Ford relays, the Kenwood Foot Race, the Summer Track Series and the last 10K have long seen Doug's presence as a guarantee the events will come off well. He assumes responsibility when needed and delegates tasks as appropriate. Volunteers like to work with and for Doug.

A skilled magician when it comes to timing events and keeping track of finishers, Doug and his finish line partners have developed still secret ways of getting back on track when the more sophisticated equipment chooses to quit at an inappropriate time. Computers can be terrific but always have paper and pencil available for tick sheets and to record bib numbers.

Doug Courtemarche exemplifies the ideals of the Spirit of the Club Award. His long commitment to Empire Runners through volunteer efforts and leadership roles and his tireless dedication to youth sports with the Santa Rosa Express and Santa Rosa High School prove the point. On behalf of all the athletes and their families and friends who have benefited from your work, congratulations and thank you.



Nominated by Mike McGuire

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