

Marin County Office of Education  
Cross Country Program for Middle School/Junior High School

BRIEF HISTORY

The Marin County Middle School/Junior High School Cross Country Championship was founded in October 1971 by Donald Meroff. There were only 42 runners that first year participating in three boy's and one girls' race. They represented Santa Venetia, coached by Don Meroff, and Davidson, coached by Jerry Hansen and Hank Ryan. Each school won two first places.

All middle and junior high schools in Marin joined the program in 1973. There are now four/five meets each year with this year being the third year the championship is held at Indian Valley Open Space. Each year between 300-400 students run in the final championship.

The course is one and one-quarter miles in distance. All participants who finish the race receive a ribbon. The top runners, including the first-place winner, are awarded a medal.

To complete in the final meet, a runner must participate in at least one meet before the championship race. All competitors will run by grade level.

The following people have this event a success over the years:

Manny Arroyo	Brad Fink	Tom McAllister	Ray Orwig
Peggy Austin	Kevin Finn	Tom McCutcheon	Brian Rasmussen
Dave Barni	Jose Fusilier	Bruce Mendle	Hank Ryan
Laura Benjamin	Matt Gillespie	Don Meroff	Eileen Smith
Lala Briggs	Jerry Hansen	Marilyn Murphy	Laura Smith
Matthew Bruner	Steve Hoffmire	Gene Ng	Paul Stevens
Dolels Burch	Greg Irish	Joyce Niboli	Bob Thompson
Lori Coppola	Norlene Jones	Jeremy Noble	Bill Tucker
Peter Donoff	Phil Jonik	Reed Nottingham	Don Vachini
Peter Eldredge	Matthew Kelly	Gary Oefinger	Susie Van Buskirk
			Scott Zellers

The 1990 Cross Country Championship was dedicated to the memory of Bob Thompson. Bob gave freely of himself for the students of Marin Luther King Jr. Academy. He was a war hero, an athlete, a principal, a teacher, a coach and mostly a friend to all. The 2013-14 school year is the 43<sup>rd</sup> year of the Marin County Cross Country Championships.

On October 21, 2010, Don Meroff, the Founder and Meet Director of the Middle School/Junior High Cross Country Championship for 40 years retired. The Don Meroff Award was created for the outstanding contributions in Cross Country.