



# “GARY SHAW” EKIDEN XC RELAY

(5-Person Cross Country Teams)

**SATURDAY, OCTOBER 20, 2007**

**WILLIAM JESSUP UNIVERSITY**

**New WJU XC Athletic Facility, Rocklin, CA**

**Co-conducted by WJU & Forest Lake High School**

Coaches,

Please accept our invitation to the “Gary Shaw” Ekiden Relay scheduled for Saturday, October 20 at William Jessup University’s new Cross Country Athletic Facility, located in Rocklin, CA. Please also pass the word and notify your fellow coaches from the community college, University, and High School programs about this unique event to give teams a break from the same old weekly pounding out of 5k, 4-mile, and 8K races.

## **"EKIDEN RELAY" FORMAT (5-person teams):**

Each relay person runs a different distance in the following order: (1) 2000m, (2) 1500m, (3) 1500m, (4) 2000m, and (5) 3000m.

Each school may enter as many teams as desired, plus we will host one 2-mile open race at the conclusion of the relays for any runner not competing on a relay team. Here is the time schedule:

9:00 am - High School Girls’ Relay & Co-ed Relay (scored separately – At least two girls must be on each co-ed team)

9:50 am - High School Boys’ Relay

10:40 am - College/Open Men’s Relay, College/Open Women’s Relay & College Co-ed Relay (scored separately– At least two women must be on each co-ed team)

11:30 am - Open 2-mile Fun-Run for Non-relay runners, Coaches, and general public.

11:50 pm - Awards

12:15 –1:45 pm – **Surprise Recognition & Lunch for Coach Gary Shaw** (*See next page*).

LUNCH COST: \$6 / Person – Please RSVP your team’s number count for our advance preparation.

## **REGISTRATION DEADLINE: OCTOBER 15:**

### **E-Mail Entries to [NVogt@Jessup.edu](mailto:NVogt@Jessup.edu)**

... And Use this Format for EACH Athlete in the body of your message:

*First Name, Last Name, School, M/F, Graduation Year, and Team Designation (i.e. A, B, or C, etc..)*

Race tags will be made up for all entered athletes.

### **ENTRY FEE:**

\$6.00 / Runner (or \$75.00 Maximum / School)

**Send Checks (payable to *William Jessup University*) to:**

Nick Vogt, Cross Country Coach

William Jessup University

333 Sunset Boulevard

Rocklin, CA 95765

**T-SHIRTS: A limited supply of T-shirts will be on sale after the last race for \$10/Shirt**

### **HISTORICAL INFORMATION – EKIDEN RELAY:**

An Ekiden is a long-distance relay race, where a single runner from each team wears a cloth sash (tasuki) suspended from the shoulder across the chest. The sash is passed from one teammate to the next, like the baton in a regular relay. Eki means "station," while den means "transmit." The Ekiden relay, and the name itself, has spread from Japan to different parts of the world, including China, Kenya and Tanzania.

The first Ekiden relay was run in 1917, the 50th anniversary of the transfer of Japan's capital from the ancient city of Kyoto to Tokyo. This new type of relay race was named Ekiden by the poet Toki Zemmaro (1885-1980), who was head of the city's newspaper Social Affairs Department at the time.

### **DIRECTIONS TO WILLIAM JESSUP UNIVERSITY:**

From Sacramento, go 11 miles on East I-80 (toward Reno); Take Ramp (RIGHT) onto SR-65 (towards Lincoln / Marysville), and go 5 miles; Turn RIGHT (East) onto Sunset Blvd; Travel 0.4 mile and Turn LEFT (North) onto Atherton Rd; Arrive at William Jessup University, 333 Sunset Blvd, Rocklin, CA.

We look forward to seeing you and your runners at the Ekiden Relay on Saturday, October 21.

Don Zea, Cross Country Coach  
Forest Lake High School

And...

Nick Vogt, Cross Country Coach  
William Jessup University

**Questions:** Phone (530) 878-0697 (day or night) Or... (916) 577-2368 Or... E-mail: [NVogt@jessup.edu](mailto:NVogt@jessup.edu)

**“SURPRISE” APPRECIATION LUNCH FOR COACH GARY SHAW**  
**12:45 p.m.**  
**Saturday, October 20, 2007**  
**William Jessup University Dining Hall**

This year we would like to acknowledge the contribution that Coach Gary Shaw has invested in our nation's youth, college, and Olympic running and track programs for over 40 continuous years. (**NOTE:** If you see Gary, please **don't mention the dinner**, because we are attempting **to surprise him** with this special time to recognize him for his contribution to our great sport).

Coach Gary Shaw is an international figure in the world of track and field. Gary started coaching while working on his teaching credential and Master's Degree at San Francisco State. During his first two years, 1966 & 1967, he was the defensive back coach and part-time head track coach at Santa Rosa J.C. The first year they won the Golden Valley Conference track title and the dual meet record for two years was 20-1. His first full-time job was at Redwood High School in 1968 where he was head J.V. football coach (5-3) and head track coach (12-0). In his first year, his team won the Marin County and North Coast Section Championships. Robin Williams was on this team. Robin ran the 880 yards in 1:58.2 and ran on the mile relay team at the state high school championship meet with a time of 3:19.8.

Gary stated coaching at Hartnell College in August, 1969. A summary of his team accomplishments are:

<b>SPORT</b>	<b>YEARS</b>	<b>DUAL MEET RECORD</b>	<b>%</b>	<b>CONF CHAMPIONSHIPS</b>
Asst FB	1969-1987			
Track (W)	1979-2006	222 – 27	89.2%	15
Asst XC (W)	1986-2005			8
XC (M)	1988-2005			10
Track (M)	1970-2006	324 – 16	95.3%	29

Gary has had 65 track/cross country athletes receive athletic scholarships. Gary attributes his success to being supported by six areas of greatness: many assistant coaches, tri-county athletes, parents, athletic directors, secretarial/support staff, and most importantly his wife Susie Shaw. Gary has been a Coast Conference track representative since 1970. He has coached a sport every semester since 1966.

Gary believes that he has had the best job of all – he has been in the business of assisting student/athletes to help create great memories. Gary truly believes he has worked for forty years, but yet never had a real job.

**LUNCH COST:**

\$6 / Person – Includes All-you-can-eat pasta buffet, salad bar, and beverages. If you plan on joining in on the lunch, please RSVP your Team's approximate number count for our advance preparation. Others in the community who are not taking part in the Ekiden Relay may also join in on the lunch.

**NOTE:** If your team chooses not to purchase lunches, please join in for the first 10 - 15 minutes to recognize Coach Shaw's contributions to our great sport.

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