

Demmelmaier rebounds following her tragic loss

By Susan O'Brien
Staff Writer

Cathy Demmelmaier is a gutsy kid.

Her high school track coach, Jerra Rowland, will tell you that. Augie Argabright, her coach with the San Jose Cindergals, will concur.

"Her father was killed in an auto accident last year," Rowland recalled. "The day after, we had our league meet. I told her she didn't have to run but she ran anyway and did really well. She won a couple of events and anchored our mile relay team."

The petite, pony-tailed Lynbrook High School sophomore does not recall that meet very vividly but she knows well how much the tragic loss has meant to her.

"It was really hard. He used to come to all of my meets and before each race he'd tell me what to do," Demmelmaier remembered. "He was really good in sports himself so he knew what he was talking about. When he told me what to do before a race and I did it,

I'd usually win or get my best time."

But Demmelmaier, demonstrating great maturity for her 15 years, is learning to read-just, to fill the great void left her.

"At first I was going to do all my running for him. Right before a race I'd think 'God, I wish he were here to tell me what to do.' But I realize that he can't be here and I have to do the thinking on my own. I try but it doesn't always work."

Cathy doesn't mean to imply her coaches aren't helpful to her before races. They too offer last minute advice, but it just isn't the same. It can't be.

"My coach says things to me before a race but since he's my coach anything he says will encourage me. But," Cathy pointed out, "he says the same things to everybody so its not the same."

Demmelmaier has been involved with running since she was in the seventh grade. At that time she asked a man in her neighborhood if he knew of any running clubs in the area

and that is how she heard about the Cindergals. While coach Argabright feels she showed potential from the start, Demmelmaier has less than glorious memories of her first venture out.

"Not many runners are very good when they're starting out. When I first went out running I almost threw up after jogging about a lap," Demmelmaier admitted.

From that first day it was evident that Demmelmaier had the dedication necessary to achieve success in running. Every day that means getting up early in the morning for a practice run, going to school, then going to practice with the Cindergals.

"The practices usually last one-and-a-half to two hours and our practice runs are like races," Demmelmaier said. "When I get home I'm usually too tired to do anything except finish my homework and go to bed."

Her hard work has already paid off in moderate success. In addition to winning consistently with her high school track team, in the mile and the 880, she also won the Pacific Association cross country championship at age 13 and last year was on the winning 14-15 year-old Cindergal cross country team in the Nationals at Memphis, Tenn. She also enjoys competing in road races.

Track, though, is Demmelmaier's favorite style of running. Right now she is concentrating on getting her time down in the 880. Her best time so far is 2:13.4, which she ran at the Age Group Classic at UCLA to finish third in the race. Argabright feels she will improve.

"She has an intense desire to succeed and she keeps improving," said her coach. "She's the type of athlete that's going to continue to improve gradually. She likes to work hard and I feel she has a lot of potential."

Demmelmaier will get a chance to put some of that potential to the test today when she competes in the 880 in the Bruce Jenner Classic. She has already been through a much bigger test in her young life, however, and she has shown her coaches and everyone who knows her that she indeed has the ability to succeed.

rack

ARA VALLEY

3, Awalt 63
Gunn (Dyal, Fank, ic) 44.6, 120 HH — 0, Gibbs (G) 17.5, 880 — Gulevich (G) r (A) 2:05.1, Alley — Bostic (G) 10.5, 7, Preising (G) 11.0, (A) 53.5, Gibbs (G) 55.1, 2 mile — Igle-7, Ohls (A) 10:21.1, 10:29.0, 330 LH — 1.7, Bunge (A) 43.0, 220 — Bostic (G) A) 24.5, V. Preising — Kurr (G) 4:35.8, 44.6, Fox (G) 4:46.0, Gunn (Gulevich, Ludeman) 3:32.9,

cs (A) 163-8, Dewerk well (G) 157-3 1/2, SP 56-3, Robinson (A) r (A) 45-8 1/2, PV — 1-6, Snyder (A) 10-0, HJ — Stuart (G) 6-0, Meyers (A) 5-6, LJ A) 19-11, Hatton (A) G) 19-4 1/2, TJ — Hat-2, Zakrisson (A) 43-0,

Gunn 108; Awalt 11.

ZA LEAGUE

1, Homestead 65, Homestead (Sikorski, Trippi) 46.3, Cuper-Friend (C) 2:06, Igel r (H) 2:09, 120 HH — Yu (H) 17.2, Pavic Caban (C) 6-2, Tex-lano (C) 6-0, 2 mile — Clifton (H) 10:48, 9, 100 — Creedon (C) 4) 10.5, Texiera (C) no (C) 41-2, Williams erman (H) 39-2, 440 52.2, Steele (H) 54.8, 7, 220 — Trippi (H) (H) 24.6, Friend (C)

GIRLS SANTA CLARA VALLEY

Gunn 71, Awalt 27
440 relay — Gunn (Hollister, Hall, Lewis, Rockwell) 52.5, Awalt 52.8, 2 mile — Houston (G) 12:32, Orten-berger (G) 13:04.6, Miotke (A) 13:25.0, 110 LH — Lewis (G) 16.09, Hall (G) 17.1, Hollister (G) 17.72, 880 — Birkei (G) 1:33.6, Monforte (A) 2:37.2, Barscovic (A) 2:47.0, 100 — Rockwell (G) 12.0, Hanke (A) 12.1, Lewis (G) 13.0, 440 — Birkei (G) 1:02.9, Corsiglia (A) 1:03.2, Koo (A) 1:04.0, 220 — Hanke (A) 27.5, Lewis (G) 28.5, Hollister (G) 29.0, Mile — Huston (G) 5:39.0, Ernst (G) 5:59, Ortenberger (G) 6:08, Mile relay — Awalt (team un-available) 4:25,

DT — Crisler (G) 93-9, McNaul (G) 76-10, Ruinard (G) 72-8, SP — Crisler (G) 34-9, McNaul (G) 25-10, Anderson (G) 25-7, HJ — Abraham (G) 4-10, Harman (A) 4-8, Anderson (G) 4-6, LJ — Rockwell (G) 17-5, Harman (A) 16-3 1/2, Abraham (G) 15-7 1/4,

DE ANZA LEAGUE

Homestead 59, Cupertino 49
440 relay — Homestead (Steen, Maurer, Stanly, Sotis) 53.7, Cuper-tino 54.4, 2 mile — Kwong (H) 11:57, Geredes (H) 13:16, Salerne (C) 13:16.8, 880 — Schreyer (C) 2:35.6, Fox (H) 2:39.4, Demo (H) 2:39.6, 110 HH — Stahl (H) 16.1, Lippha (H) 19.2, no third, 100 — Tonneson (C) 12.4, Stanly (H) 12.6, Patterson (C) 12.8, 440 — Cutsforth (C) 1:05.1, Steen (H) 1:06.9, Lippha (H) 1:07.5, 220 — Woods (C) 27.3, Tonneson (C) 28.5, Stahl (H) 28.8, Mile — Fair-banks (C) 5:42.0, Demo (H) 6:08.0, (He) Kwong and Geredes (H) 6:26.0, Mile relay — Cupertino (team unavailable) 4:28.3, Home-stead 4:37.4,

DT — Woodbeck (C) 135-1/2, Sta-sio (H) 125-6 1/2, Weakley (H) 109-6 1/2, SP — Woodbeck (C) 38-3 1/2, Stasio (H) 36-7, Weakley (H) 31-7 1/2, LJ — Wakeman (H) 16-5 1/2, Dutra (H) 15-6, Capulli (C) 15-1 1/4, HJ — Stahl (H) 4-8, Healy (C) 4-6, Martel (H) 4-4,

JV — Homestead 90, Cupertino 17