



COACH LEO LONG

Los Altos High School

1956 - 1963 1970 - 1981

October 15, 2007

To: Mountain View – Los Altos Union High School District
President and Members of the Board of Trustees

Re: Naming Los Altos High School Track in honor of
Coach Leo Long

We respectfully request that you find Leo Long worthy of recognition by naming the Track at Los Altos High School in his honor. It is within the purview of your Board to take exception to the policy that generally discourages the naming of facilities when it can be shown that such an action is “in honor of an individual who has made an extraordinary contribution to the school or community” (section 7310 Naming of Facilities). If this exception provision will ever be used, it should be now, with this man, who’s contribution to student athletes, the student body and community are at the very least “extraordinary”, and quit possibly unparalleled.

Enclosed in this packet are testimonials that support our request along with a brief summary of Leo Long’s extraordinary record of track results and service to your community. We have had to limit the number of letters to allow for the Board’s reasonable review, and further suggested to many willing supporters that lengthy public testimony was not necessary.

To directly address the Boards authority to “name a facility when appropriate” I have quoted from the text of materials received in Leo’s support that speak of his contribution to school and community:

California Coach of the Year

- Resolution of the California State Assembly Honorable Richard D. Hayden
 - in recognition of Leo Longs contribution and devotion to youth and athletics programs
 - for doing much to develop a strong well balanced athletic program
 - whereas Leo’s dedication and leadership on behalf of athletic programs in the community have been meritorious and deserving of his many accolades and honors.
 - resolved that Leo Long be commended for his many contributions to the Los Altos community as dedicated coach and individual
- Plato Yanicks, Coach Emeritus, Menlo Atherton High School.
“He gave much of his time outside school helping problem athletes, literally changing the lives of at risk students who were at a crossroads.....”.
“what Leo accomplished for Los Altos High School and for the Town of Los Altos should not be forgotten”.

- Dushan Angius, former Principal LAHS
He has had a significant and enduring influence on the lives of the thousands of athletes he coached at Los Altos High School – respected by all, revered by most.
- Milton L. Schmidt, former District Administrator
I would like to offer very strong support for this proposal. This would be an excellent way to memorialize the name of one who contributed so much to the student-athletes of the school, the school and district, and to track in the Santa Clara Valley and the State of California.
- Robert Stoecker, National High School Record, Discus
Leo asked me to speak at several Boy Scout events. He let me see for the first time in my life that the higher purpose of personal success was to share it with others, to inspire them and in that way give back to your community and others around you, especially to those who may not be as fortunate.
- Tom Burt, LAHS Football Coach
“I heartily endorse this request and would welcome Leo’s name being added to the present Tom Burt Field.....”.

To clarify for the Board we are requesting that a facility which has already been named after Tom Burt for it’s Football Field, be broadened to name the Track portion of the facility after Leo Long.

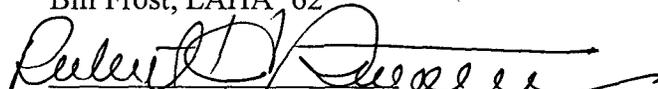
Reference to the facility would depend on the context, whether referring to a football event or track event. We don’t see this as a problem, and it is common place at many institutions. The Stanford Track and Field facility utilizes five names of distinguished leaders to define it’s individual uses.

With regard to actual fabrication and installation of a new sign, our group of alumni will cover all associated costs. We also understand that the exact language to be used on the sign may require further consideration by your Board, the Superintendent and Principal and Athletic Director of Los Altos High School

Thank you for your consideration of our request. We trust you will agree that Leo Long deserves this honor for what is certainly an extraordinary contribution to his school and community.

Sincerely,


Bill Frost, LAHA '62


Robert Stoecker, LAHS '62

Coach Leo Long's Record

Team Championships

- Dual Meets: 128 wins - 3 losses
1956 – 1981
- S.C.V.A.L. League Championships:
1958 – 1979 18 wins
- C.C.S. Championships:
1962 and 1970 2 wins
- California State Championships: 1 win
1970 (first team to win from C.C.S)
- 1962 team: Number One Dual Meet Team of All Time
for Northern California
(By Nor-Cal Track Writers Association)

Individual Athletes Honored

- High School All Americans - 7
- California State Champions - 11
- National Record Holders - 8
- Rick Brown: 1970 Track & Field News
"Runner of the Year"

Coach Leo Long's Individual Honors at LAHS

- Coach Pakistan Olympic Team 1958
- Coach Sudan Olympic Team 1960
- California State Coach of the Year 1979
(California Coaches Association)
- Coach of the Year 1979
(National High School Athletic Coaches Association)
- Teacher of the Year, LAHS 1979

Coach Leo Long's Individual Sports Achievements

- National Junior College Champion, Javelin 1951
- PAC – 10 Javelin Champion 1954
- NCAA Javelin Champion 1954
- All-American NCAA 1954
- All-American AAU 1955
- Hall of Fame, Stanford 1982
- Hall of Fame, Modesto J.C. 1995

October 4, 2007

To: MVLAHSD Board of Trustees
From: Bill Frost LAHS '62
Re: Dedication of track at Los Altos High School

This letter is being written in support of the movement to name the track at Los Altos High School after Leo Long. I know that, as a rule, the board discourages the naming of facilities. However, I definitely feel that Leo falls under the exception that the board may name a facility "In honor of an individual or organization who has made an extraordinary contribution to the school or community".

During Leo's tenure at LAHS his contributions to both school and community were enormous. He built and maintained what could arguably be called the finest track and field program in Northern California ----ever. You have no doubt received a copy of Leo's resume detailing league, section and state championships teams, along with national record holders and High School All-Americans, all coached by Leo. His record is truly envious, but it only scratches the surface.

Leo's defining quality as a teacher and coach was his ability to make students and athletes better people and citizens. He expected better behavior and performance from us all, and he modeled that behavior. Because of Leo, students set and achieved higher goals, resulting in better athletic and/or academic achievement than they may have ever imagined. The lessons that Leo taught lasted long after high school graduation also. They were lessons of life – and not just lessons for his state champions, national record holders and All-Americans. To Leo, we were all "champs", and the only requirement to gaining his complete attention was that we do our best.

From a personal standpoint, I can honestly say that, because of Leo, I was a high school teacher and track coach for thirty-five years. Once, during a crisis while I was the head track coach at Cupertino High School, I sought Leo out for advice. After a two-hour conversation, his advice was "If you think, in your heart, that you are doing the right thing, than go do it". I did, and everything worked out perfectly.

I can only hope that I have influenced students and athletes the way Leo influenced me. And I sincerely hope that this board will make the decision to honor this man by putting his name on the track at Los Alto High School.

Sincerely,



Bill Frost
LAHS '62

STOECKER AND NORTHWAY ARCHITECTS INCORPORATED

437 LYTTON AVENUE PALO ALTO CALIFORNIA 94301 650 327-7070 FAX 650 327-9659

Testimonial to Coach Leo Long

I met Leo Long at the beginning of my Sophomore year at Los Altos High School. I was a gangly uncoordinated kid who had just grown six inches in a year and walked like a new borne giraffe. Leo knew that I was a trouble maker on and off campus, and he pulled me aside one day to make me an offer that would eventually change my life. He gently but firmly suggested I was headed in the wrong direction and was wasting my time. If I would spend time with him on the Track and Field team instead, we could achieve greatness. His enthusiasm was contagious then, and still is.

When I turned out for the team, Leo was careful to let me know that anything short of complete dedication to solid goals wouldn't work for him. He sized me up and predicted I could break the national high school record if I put in the time. I didn't take him seriously then, but later realized he always meant what he said. Leo believed in himself and his ability to take athletes to the limit of their ability. All you had to do was believe in him and yourself.

Over the next three years Leo Long became like a father to me. We often met before School to practice. If it rained, we threw a ball full of led beebees against the gym wall or ran hurdles on the basketball court. He built a discus with a strap on it so it was possible to spin without releasing the discus. I began spending all my spare time at night, spinning inside the garage with that strapped discus. No adult in my life had ever made me feel that anything was possible, that greatness was within everyone's reach. He became the most inspirational person in my life, and still is today.

What Leo did for me, he made available to anyone on the team willing to make the commitment. Beyond his dedication to any individual who wanted success however, it was Leo's firm and often stated conviction that Track and Field was a team experience. His legendary pep talks were all about the team, and he would routinely remind us how important every member was. He knew everyone's best marks and predicted dual meet outcomes emphasizing the importance of second and third place finishes that he always portrayed as the core of a winning team. And win he did. His dual meet record of 128 wins and 3 losses is nothing short of amazing.

Leo was way ahead of his time on many levels. Looking back years later it became clear he was a remarkable innovator. Leo was the first high school coach in the area to understand the importance of weight training in Track and Field. He purchased weights and created a special weight training room for the team. This literally changed everything, especially for the athletes participating in the weight events. Leo shared this knowledge with other coaches. He wanted the level of performance to increase for everyone, his competition included.

As an athlete at Stanford, my Coach Payton Jordan brought in a sports psychologist who had developed a new technique called "positive affirmations". I smiled after his first lecture because years earlier Leo Long had used this technique in various forms as a part of his program.

His motivational techniques were way ahead of their time, and in some cases, remain unique. He developed a candy bar to be eaten before competition to create peak performance. It tasted like mud mixed with sawdust, yet I was certain it gave me an edge. Such sports enhancing energy bars are now commonplace.

He built distance markers for the discus area, where the 150 foot sign was small and each marker beyond was slightly larger until the 200 foot marker, the largest of all. This created an optical illusion for a thrower standing in the ring looking out at 200 feet, making it appear very close. Another of Leo's psychological edges used in practice.

He sat us in front of continuous loop motion films of the best athletes in the world performing their events. Leo knew that to learn proper technique, your mind had to first have the correct mental picture and then the body could eventually follow.

Leo started a "blue suit" program and associated table of distances and times. If you achieved those standards, you got to wear blue sweats. More of Leo's psychology at work and motivation for the entire team.

Beyond all his techniques to help individuals reach their full potential, Leo understood the power of student body support. Our home dual meets were absolutely packed. I used to worry about throwing out of the sector because both sides of it were lined with students three or four deep. He put out the word over the P.A. System, with Cheerleaders at noon rallies and before league championships at full student body assemblies. At one such assembly, Leo introduced a shot-putter who was going to give a demonstration. There was a ring and wrestling mats for the shot-put to land on. Leo told the crowd that John Ward was going to break the league record right there, right now. The student body began cheering as Ward stepped into the ring and with a great bellow launched the shot-put at least 100 feet into the bleachers opening a hole in the audience where it landed. Leo had painted a softball to look like a shot-put. The entire student body went absolutely crazy, and we, the members of that team standing behind our coach Leo Long felt, at that time, in that gymnasium, that we were a part of something bigger than ourselves or our team. We were a part of a Student body that wanted success for us. I remember that feeling of community support as if it were yesterday!

And that feeling is what Leo Long was really all about. He wanted us to understand the bigger picture beyond our experience with him on that team. That our time with him as athletes might be a fleeting moment in our lives, but learning to believe in ourselves, to know that we could be great at anything, that the team and the student body and community were a part of our efforts and a part of our success, that was the lesson.

To this day, I occasionally go through the Track and Field Syllabus he handed out to his athletes at the beginning of the season. The first 12 pages are about the schedule, coaching staff and various existing records. Not surprisingly, the next sixteen pages are all inspirational materials starting with his personal philosophy then followed by famous quotes from people like Charles Kingsley, Huxley & Plato, and poetry all of which portrayed a greater purpose that Leo felt this competitive experience was preparing us for. Lessons of courage, dedication, integrity, and cooperation, even charity were Leo's core values, what he wanted us to learn and use in our lives. Every athlete I've ever talked to who was on one of Leo's teams understood that, and the testimonial letters enclosed evidence the same.

It is my hope that some sense of this man's very large and positive impact on your community will be evident from the materials presented. I think Coach Long's record is less a result of his actual technical knowledge and more the result of his empowering people with inspiration and purpose beyond the individual and even team.

After Leo coached me to a national record, he asked me to speak at several Boy Scout events. He let me see for the first time in my life that the higher purpose of personal success was to share it with others, to inspire them and in that way give back to your community and others around you, especially to those who may not be as fortunate.

Today Leo Long lives in Northern California. At the age of 76, he has begun throwing the discus in Senior Competitions. It is no surprise that he also volunteers time teaching autistic children in his community.

I respectfully request that you find Leo Long worthy of recognition by naming the Track at Los Altos High School in his honor. It is within the purview of your Board to take exception to the policy that generally discourages the naming of facilities when it can be shown that such an action is "in honor of an individual who has made an extraordinary contribution to the school or community" (section 7310 Naming of Facilities). If this exception provision will ever be used, it should be now, with this man, who's contribution to student athletes, the student body and community are at the very least "extraordinary", and quite possibly unparalleled.

Sincerely,

A handwritten signature in black ink, appearing to read "Robert H. Stoecker". The signature is fluid and cursive, with a long horizontal flourish extending to the right.

Robert H. Stoecker
LAHS Class of '62



GROVE, ANDERSEN, GHIRINGHELLI - PHYSICAL THERAPY

127 Hospital Drive, Suite 101, Vallejo, CA 94589 • 707.552.8795 • Fax 707.552.9638
860 Southampton Road, Benicia, CA 94510 • 707.745.6144 • Fax 707.745.5698

October 5, 2007

Los Altos School Board

Dear Sirs:

I am writing to urge the Los Altos School Board to favorably consider naming the LAHS stadium oval, The Leo Long Track in honor of the former teacher and successful coach of the 50's, 60' & 70's. I feel the honor could be bestowed upon him simply based upon the many nationally ranked athletes he coached, the number of undefeated seasons, and the league, section and state championships that were won under his tutelage. It is truly an incredible record. However, I am writing from a different perspective.

I happened to be one of those average athletes who was recruited into track & field by Leo's boundless enthusiasm for competition and love of sport. I began as a one hundred pound freshmen, competing at the "D" level of competition and yet was made to feel valued as a part of the schools track & field program. As I grew in stature and in level of competition, Leo became more influential in my life. He instilled in me that if I was to succeed athletically, I had to perform academically. I recall that he made himself available to several of us, who struggled with our studies, during lunch hours in the band room. During my senior year, I received several university letters of interest, which I know were at Leo's behest. As I reflect on my successes athletically (competing four years on nationally, NAIA, ranked basket ball teams), academically (BA Pacific Lutheran University '67 & MA Stanford University '76), and professionally (Captain US Army, discharged '74 and private practice / business owner for 25 years), there have been a few individuals who have had a significant impact on who I am and what I have become. I consider Leo one of them. He was one of a few individuals at the high school level that provoked confidence in me that I could achieve at the next level. Leo was more than a teacher and coach; he was a mentor and role model. I'm sure he influenced many others in this way. It is why I feel it fitting that the Board honor Leo in this fashion.

Sincerely,

Mark E. Andersen MA, PT
Class of '63

9/27/06

"COACH"

I met Coach the first week of my sophomore year at Los Altos High School. The year was 1970. The Beatles were cool, but I wasn't. I was 6' 4", and 180 lbs. Had a chicken chest, and a typical smalltown teenage attitude. Gangly, cocky, and immature. Slightly angry at the world, and more than a little full of myself. Was a good athlete, (which was my saving grace, or so I thought), and basically got decent grades, so I could compete in sports. Had a pretty good freshman year overall. Had no idea what my future might bring..... Coach was about to change it all.

Coach was on his second tour of duty at Los Altos High. He had just completed a coaching job in Argentina, and was already a well known coach at the school. He had coached three national record holders. He lost only two dual meets during his first eight year stint, and had forged a reputation as a disciplined, exacting, and fair coach. It was definitely his way or the highway. Since I didn't drive yet, I wasn't going to test his reputation. Besides, I was still just a big kid, and there was that thing about my chicken chest. Fortunately, I made a wise choice.

Los Altos High had a great year in track and field, and Coach was the main catalyst behind it. What a team. It featured such stars as Ricky Brown, Chris Adams, Jim Andrews, and a host of other talented athletes. Coach could routinely get over 100 athletes out for the sport, when other schools had trouble getting 30. He made it fun, and challenging. He had a unique way of making every last one of us feel that we really mattered. Was famous for his pep talks. Animated, he'd say that the meet would be won or lost by the results of third place in the long jump, or the 440 or 100 yard dash. He'd have us so fired up for the meet, that we could have, and would have, run through a brick wall. He had an incredible knack for finding just the right words, stories, or prayers. I remember meetings where we'd be laughing one minute, and by the end we'd be in tears, filled with raw passion for the battle to come. He used only positive, uplifting coaching tactics. A believer in strict discipline, he was always a gentleman, never abusive. He knew when to push, and how hard.

By the way, Los Altos won the California State Championships that year. We were the smallest school ever to win, and still are. He coached four individual champions, and one national record holder that year. Amazingly, the first time I talked to him after that meet, he said simply... "You're next". More amazingly, I believed him.

Coach was blessed to have that one quality that separates an average man, from a man of greatness. He was a servant. Plainly, passionately, with wit and grit. He cared. You mattered, the team mattered, your performance mattered, your character mattered. It all meant something. Something good. Something worth living for. Something worth dying for. Our Saviour, our nation, our families, our school, our sport and ourselves. He found words, ways, and countless acts of service to help show us what mattered. He intervened on my behalf when I had a fight with my parents. He forgave me when I said and did things I should not have. He showed me how to behave, with grace under fire, in a world that only cherishes victory, at any cost. He was and is, a pillar of quiet strength. Resolute in his faith. Unwavering in his path.

With Grace, we'll meet someday on the first tee in heaven. He will be overjoyed to be there. Ready to serve as he always has. Oh, I forgot to tell you. His name is Leo Long, and this may be sacrilege, but he could have been named Fredrick von Grunswart. It wouldn't have mattered. To literally hundreds of us whose lives he changed, he will always be affectionately known as..... "Coach".

Sheter (Scott) Oute

To Whom It May Concern:

It is with great enthusiasm and privilege that I am writing in support of coach Leo Long and the dedication of the Los Altos High School track in his name.

Leo Long's legacy as a teacher, a coach and an institution at Los Altos High School is well chronicled. Coach Long established a boys track and field program that was unparalleled in its consistency and achievement in the state of California. The Los Altos boys track and field teams won the league meet finals 19 times in 22 years during the 1958 to 1979 era. Winning the 1970 California State Track and Field Championship was certainly a deserved tribute to Leo Long and his coaching brilliance.

I personally feel blessed and honored to have been a member of a Leo Long track team. He was a hero to many of us but he was also an individual who influenced how young men should live. Sportsmanship, honor, humility, accountability and dedication were all traits of coach Long and his teams. He touched the lives of countless athletes and at the same time helped shape a generation of solid citizens.

Leo Long is a man of success but more importantly he is a man of value. The value that he brought to Los Altos High School and the surrounding community was immense and is categorically worthy of distinction.

It is my hope that the legend of coach Leo Long will officially be memorialized and that future generations may come to know the rich tradition of coach Leo Long's Los Altos High School track and field teams.

Sincerely,

A handwritten signature in cursive script, reading "Neal G. Andersen", followed by a horizontal line extending to the right.

Neal G. Andersen

LAHS Class of 1970

October 5, 2007

Mountain View – Los Altos Union High School District
Board of Trustees

Subject: Naming the Los Altos High School Track in honor of Leo Long

From: Chris Adams, LAHS Class of 1970

To: MVLA Union High School District Board Members

This letter supports the proposed MVLA Union High School District Board action of naming the LAHS track in honor of Leo Long.

This action would be widely viewed as a confirmation of a core belief that an institution's prominence and stature are substantially built on the dedication and accomplishments of their individuals and teams. Coach Leo Long's career efforts brought great honor to Los Altos High School and its student athletes, and should be appropriately memorialized.

Following are some highlights of the impact of Leo Long on my athletic and professional development. I was enrolled at Los Altos High School from 1966 to 1970, graduating with highest honors, and participating on the 1970 State Championship track team. I am currently a licensed Professional Engineer in the State of California, managing various projects for transportation systems in the San Francisco Bay Area.

The Crowning Glory – 1970 State Track and Field Championship

The front page of the June 8, 1970 Palo Alto Times sports page called it "the Crowning Glory for the Knights". The June 1970 issue of the Los Altos Town Crier exclaimed "...unique individuals and coach..." The 1970 State Track and Field Championship was a culmination of 15 years of track and field excellence in which Los Altos High School won 14 of 15 league titles, 8 regional and sectional titles and, ultimately, the State Championship. Coach Leo Long was the coach for the first 10 seasons and returned from his mission in South America to resume his exploits at LAHS in 1970.

Leo the Inventor – the Power of Positive Thinking

It was mid-July 1969 when I got a call from an enthusiastic sounding person; it was Leo reaching out to me to offer his help for the upcoming season. I had no idea at the time what would ensue.

Leo Long was always inventing things. He was inventing new gadgets for training, new ideas for health, and new ways to win on the track. He was a "thinking-person's" coach, and a disciple of Jack Armstrong's "Power of Positive Thinking", a trend of the 1950's. After graduating from LAHS, I would go over to Leo's house in the summer for training and he would test out his ideas on me. I would tell him "hey coach, don't give up your day job!", but secretly, he inspired me. For example, in 1987, I was the project manager for the structural design of the world's deepest offshore oil platform. To win that assignment, we had to beat out competition from all over the world – it was easy. Leo Long's coaching, and the power of positive thinking carried over to business, as well as track and field.

Leo the Coach – Track and Field is a personal decision

Track and field coaching is not about whipping the troops into shape with fiery speeches, it is about mentoring, teaching and inspiring individuals to get the best from themselves. Most of us had opportunities in other sports; for example, baseball season coincides with the track and field season. It was a tough choice for me in 1966 to choose track and field, since I had just participated in a championship season with my Babe Ruth baseball team – I loved baseball. What would make me choose track and field over baseball? Simple – my first coach, Dave Maggard, who went on to become the US Director of Olympic Sports for the 1996 Olympic Games in Atlanta, put his arm around me while I was at my locker and asked me to join the track team.

Four years later, I got that call in the middle of the summer...from Leo, who was returning to LAHS as track coach ...“so let’s get to work and you’ll be sailing the discus over 200 in no time!”

I was truly blessed to have two world class coaches in 4 years at LAHS.

Final Crowning Glory for Leo, and a confirmation of core values of the MVLA Union School District

Naming the track in honor of Leo Long, is not just a personal honor for him and his athletes, it would be a powerful statement by the MVLA Board supporting their fundamental values of higher education: hard work, mentoring, and leadership.

Leo has been forever respected by his coaching peers and loved by his athletes, it is time that he is permanently recognized and honored by the school that he served so loyally and brilliantly.

Thank you for considering this request.



Chris Adams

LAHS Class of 1970
Professional Engineer, State of California
1970 Palo Alto Times High School Athlete of the Year

Date: October 15, 2007

To: Mountain View Los Altos Union High School
Board of Trustees

Re: Coach Leo Long Track

From: Rick Brown

When I think of Coach Leo Long I think of respect. The man commanded respect not only for his own accomplishments but from his athletes and anyone who was associated with his programs, which included not just Los Altos High School and it's entire student body, but the Town of Los Altos as well. It wasn't just a matter of collateral association to his coaching efforts either; his heart and soul breathed Los Altos and Los Altos High Spirit. Coach Leo Long's perennial accomplishments of nationally ranked individual athletes and teams put Los Altos High School on the map; the US map. It really is hard to imagine how many lives in the Los Altos Community that he affected.

The man as an example deserves to be remembered as an inspiration to the next generations of students and faculty in the hopes that someone like him will "step up" and affect so many lives in so many good ways as he did, it's an opportunity to help shape the future. Naming the track to honor such an inspirational figure can only help Los Altos High even more than he already has. Please name the track after Coach Leo Long as an example of what we all have the potential to be and do.

I am proud to have been associated with Los Altos High School, and for having had Leo Long change my life.

Thank you for your consideration,

Rick Brown
Los Altos High Graduate 1970
State Championship team 1970
State Champion in three events 1970
United States High School Track Athlete of the Year 1970
Coached by Leo Long 1970

Date: Sept. 26, 2007

From: Coach Tom Burt

To: Board of Trustees Mountain View-Los Altos Union High School District

Regarding: Naming LAHS track in honor of Coach Leo Long

To Whom it May Concern:

It has recently come to my attention that the School Board has been approached by a group of Los Altos High School graduates recommending the track facility be named in honor of Leo Long.

I heartily endorse this request and would welcome Leo's name being added to the present Tom Burt Field as Coach Long succeeded in bringing many championships to Los Altos, as well as a State Championship in 1970.

Sincerely,

Coach Tom Burt

October 8, 2007

Testimonial Letter for Coach Leo Long

To Whom It May Concern:

I have been asked to write a letter of endorsement concerning Coach Leo Long. This is something I am delighted to do. As his official biographer (I am working on a book of his life that should be published sometime next fall), it is difficult to say what needs to be said about this man on only one page, but I will try.

To say that Leo Long is a giant of a man would be something of an understatement. I've never met a man who is so soft-spoken, so unassuming, and anything but full of himself, and yet who is able to pull greatness out of the common man so consistently. Therein lies his greatness: the ability to take an average athlete and get him to tap into his latent abilities and develop them until that average athlete is no longer average, but above-average. And Coach Long didn't just do this in the spurt of one brief season – he has made this his *modus operandi* which had made him the winningest high school track and field coach of all time.

Today, at age 75, he still competes, and wins, in senior track meets. And he has taken his talent for bringing out the best in others and applying that to special education children, especially those with autism. And he is seeing great results there as well.

Please contact me for further information about my views of Coach Leo Long.

Warm regards,

Ara Norwood
Los Altos High School Class of 1977
(805) 657-5536



DEPARTMENT OF JUSTICE
GENERAL COUNSEL DIVISION

October 4, 2007

Mountain View-Los Altos
Union High School District
1299 Bryant Avenue
Mountain View, CA 94040

Dear School Board Members:

I am writing to support naming the Los Altos High School track after Coach Leo Long. I am not writing because of all of the wins his teams had (his superior record speaks for itself), but because of the success he had in developing the young people he coached.

Like many of us, I have been asked: "Other than your parents, what adult had the most influence over you when you were growing up?" My answer has always been the same: "My high school track coach, Leo Long."

Coach Long is the best teacher I ever had. I competed in track and cross-country at Los Altos, and while Coach Long was highly knowledgeable about both, today I regard those sports as merely the mediums he used for teaching.

Coach Long taught me about how to think positively about myself, and in my senior year, when I was captain of the cross-country and track teams, he taught me leadership. It became my job, as well as his, to encourage younger athletes to reach their potential.

Today, I am an attorney with 35 years of practice behind me. I manage a group of lawyers at the Oregon Department of Justice, some of whom are freshly minted attorneys. I am also an adjunct professor of law at Willamette University College of Law, where I teach energy law to third year students. In managing the attorneys who work with me and in teaching the students in my class, I apply the values Coach Long used in coaching to the practice and teaching of law.

Coach Long gave me the same can-do attitude I attempt to instill in the lawyers I supervise and the students I teach: to succeed, you must first believe you can. By way of example, his approach helped turn a young woman who had trouble getting through an oral argument without pausing and stuttering into an outstanding oral advocate. From Coach Long, I knew that I first had to convince her that she could be outstanding. Once she started to believe in herself, she was able to do the work she needed to succeed.

Teachers are revered in many cultures, but for some reason, in America they do not receive the credit they are due. While I cannot change that fact, I can ask that the School Board honor one teacher by naming the track at Los Altos High School after Coach Leo Long.

Sincerely,

A handwritten signature in cursive script that reads "Paul A. Graham".

Paul A. Graham
Assistant Attorney General
Attorney-in-Charge
Regulated Utility & Business Section
Los Altos High School Class of 1963

P.S. I am writing this letter in my individual capacity, not as an employee of the Oregon Department of Justice.

October 6, 2007

Board of Education
Mountain View-Los Altos Union High School District
Truman Avenue
Mountain View, CA 94040

Dear Board Members:

Leo Long was a giant among high school track and field coaches in the State of California. He was respected by his coaching peers for his unparalleled accomplishments in the sport: a state meet team championship, several individual state champions, a multitude of team region and league championships and an incredible dual meet record of 128 wins and 3 losses.

This visionary coach was ahead of his time in emphasizing weight training as a conditioning program for his athletes. His shot putters and discus throwers dominated the State of California during his tenure as coach at Los Altos High School. Many of his athletes went on to become conference and national champions during their college careers.

Leo believed in the team concept of track and field. He encouraged and worked with large numbers of student athletes. Although his teams had many individual stars, every team member was important to Coach Long. Each athlete had a contribution to make and a role to play, resulting in tremendous team unity and spirit.

Leo Long was one of the most positive people I have ever known. His teams reflected his confidence and positive spirit. They knew that when they stepped on the track they were going to win.

More than a coach, Leo was a father figure to many of his athletes. He gave much of his time outside of school to helping problem athletes, literally changing the lives of many at risk students who were at a crossroads in knowing what to do with their lives.

What Leo Long accomplished for Los Altos High School and for the City of Los Altos should not be forgotten. It is appropriate that the track and field facility at Los Altos High School should be named in honor of Leo Long.

Yours Truly,
Plato Yanicks
Coach Emeritus
Menlo-Atherton High School
Atherton, CA

DUSHAN ANGIUS JR.
348 SOUTH EAGLE NEST LANE
DANVILLE, CA 94506
925/736-2012

October 2, 2007

Board of Education
Mountain View-Los Altos School District
1299 Bryant Avenue
Mountain View, CA 94040

Dear Board Members:

The Leo Long Track certainly has a nice ring to it. I have been asked by a group of former Los Altos High School athletes to write a letter in support of naming the track at the high school after an educator of legendary proportions. It is with pleasure that I do so.

Los Altos High School opened in 1955, and Leo Long had just graduated from Stanford University where he was a student athlete and a world class javelin thrower, winning the NCCA championship in 1954. His throw of 236' 5" was one foot short of the national record. I was athletic director at that time, and after his graduation, we hired him as track coach. Leo joined a coaching staff many of whom I considered college coaches currently teaching at the secondary school level. Los Altos High School was truly blessed.

I worked with Leo for most of his 16 years at the school – as fellow coach and later as his principal. In addition to track, he taught classes in physical education and social science. Regardless of his assignment, he was thoroughly prepared, well organized, and extremely popular with his students. His personality and sense of humor made him a favorite of the teaching staff, as well.

His track program at Los Altos gained national attention over the years (actually, since he was named coach of the Sudan and Pakistani Olympic track teams for the Rome Olympics in 1960, he was internationally recognized). His track teams' remarkable records include 122 consecutive dual meet wins, perennial league champions year after year, multiple CSF Section Championships, and after finishing second in the State meet in 1960, Los Altos was crowned the California State Track Champion in 1970.

The most significant aspect of Leo's tenure at the school was the impact he had on his individual athletes. His coaching techniques and motivational ability led to many individual honors for team members: state champions, national record holders, and high school All Americans. Leo was one of a kind – and his teams loved him for it. He has had a significant and enduring influence on the lives of the thousands of athletes he coached at Los Altos High School – respected by all, revered by most.

I heartily endorse the proposal that the track be named the *Leo Long Track*, and feel honored to write this letter of recommendation on his behalf. I will be happy to provide more information upon request.

Respectfully,

A handwritten signature in cursive script, appearing to read "Dushan Angius". The signature is written in black ink and is positioned to the right of the word "Respectfully,".

**Dushan Angius, Ed.D.
Former Principal,
Los Altos High School**

6412 Clear View Drive
Anderson, CA 96007
(530) 365-5852
bmadgic@charter.net
www.bobmadgic.com

Board of Trustees
Mountain View-Los Altos Union High School District

October 7, 2007

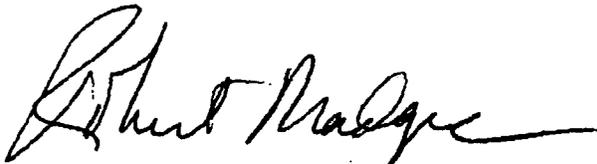
Dear Trustees,

I am writing to express my support of the proposal to name the track at Los Altos High School in honor of Leo Long.

Leo Long was an exemplary teacher in all respects, as well as being one of the most outstanding track coaches in California. His integrity, cooperative and positive demeanor, and commitment to educational excellence ranked as high as any staff member I had the pleasure of working with while serving as principal of Los Altos High School (1975-1981) and later as Assistant Superintendent in the district.

Leo Long is most deserving of this recognition.

Sincerely,

A handwritten signature in black ink, appearing to read "Robert Madgic", with a long horizontal flourish extending to the right.

Robert Madgic



Robert Thompson
Assistant Superintendent
Human Resources
(707)528-5352
Fax: 528-5487
Email: rthompson@srcs.k12.ca.us

September 28, 2007

Members of the Board of Education
Mountain View-Los Altos Union High School District
1299 Bryant Avenue
Mountain View, CA 94040-4527

Honorable Members of the Board of Education:

It is with great pleasure that I write this letter of support for naming the track at Los Altos High School after long-time coach Leo Long.

It was very apparent that upon entering Los Altos High School (LAHS) in the fall of 1966 that the track and field program was very special. Although there were two excellent head coaches, Dave Maggard and Del Dequine, during my initial three years at LAHS, it was apparent that a strong foundation and tradition had been established years before by Leo Long.

Coach Long returned to head the track and field program during my senior year. I was fortunate to be a member of the 1970 California State championship team. This was in no small part due to Leo Long's guidance. After I graduated, Coach Long continued the positive traditions he had established decades before. I doubt that you could find an athlete who worked with Leo Long who would not recognize that association as one of the highlights of his/her sports participation at Los Altos High School.

Please accept my full endorsement in your consideration of naming the Los Altos High School track after long-time coach Leo Long.

Respectfully,

ROBERT THOMPSON
Assistant Superintendent
Human Resources
(LAHS 1970 graduate)

RT:bc

Milton L. Schmidt

109 Defiant Way, Grass Valley, CA 95945 Phone (530)274-7399 E-mail milsch@sbcglobal.net

October 2, 2007

Board of Trustees
Mountain View – Los Altos Union High School District
1299 Bryant Avenue
Mountain View, CA 94040

Dear Members of the Board:

I understand that a group of Los Altos High School alumni has proposed naming the track at the school in honor of Leo Long, the school's long-time and extremely successful track coach. As a retired member of the district's staff, I would like to offer very strong support for their proposal. This would be an excellent way to memorialize the name of one who contributed so much to the student-athletes of the school, the school and district, and to track in the Santa Clara Valley and the State of California.

Others will no doubt speak to Leo's excellent record as a coach in winning an unprecedented number of dual meets, league championships, and the ultimate, the state championship. Behind those records is an outstanding individual.

Leo easily established rapport with students in the academic classroom and in his physical education classes. As a track and cross-country coach, he had a marvelous way of nurturing the growth of the individual's self-confidence and not just "psyching them up" for a meet. He taught team members the skills necessary to compete and also developed the mental attitude that it takes to not only work hard but to strive to do their very best. I firmly believe that the ethics he instilled in his athletes contributed to their success in track, in the school's classrooms, in college, and later as members of the community, and as civic and business leaders.

Not to be overlooked are Leo's outstanding personal qualities. His integrity and honesty are of the highest level, and as a result, he was a highly respected member of the district's staff. Other personal characteristics such as sense of responsibility, dependability, sincerity and professional competence are also excellent.

In closing, I could not recommend more highly that Leo and his track athletes be honored by having his name appear on the track at Los Altos High School.

Sincerely,



Milton L. Schmidt

Superior Court of California
County of Santa Clara



Superior Court Building
191 North First Street
San Jose, California 95113
(408) 299-2074

Chambers of
C. Randall Schneider, Judge

October 15, 2007

Board of Trustees
Los Altos-Mountain View High School District
c/o Robert Stoecker
Stoecker and Northway Architects
437 Lytton Avenue
Palo Alto, CA 94301

Dear President and Members of the Board of Trustees,

I am writing to express my whole-hearted support for the agenda-item requesting that the Board take all necessary steps to name the Los Altos High School Track facility in honor of former Los Altos High School Track and Field coach Leo Long. I would urge the Board to vote unanimously to name the track after Leo.

While at LAHS Leo was the ultimate mold of young men and one of the most influential and inspiring persons I have ever met. I certainly never would have become a Superior Court judge without applying some of the tenacity and endurance Leo taught us all who had the great honor and privilege of being educated, trained and nurtured by him at Los Altos High.

I have been blessed by having been adopted by a loving mother and father, by having been given a wonderful wife and three sons, by having competed for and with Olympic-caliber coaches and athletes, by having been appointed by the Governor of California as a judge for our great state, and by having served the People of California for over 23 years in my judicial capacity, but I can truthfully state that without the encouragement I, and numerous other boys at Los Altos, received from Leo Long at the critical times he provided it, many of these blessing would not have occurred.

I only wish I could put into words for you how important Leo has been to the character development of the numerous student-athletes he has guided over the years. It is without any qualification that I and my family and my fellow Los Altos High students support the request to memorialize the qualities that Coach Long represents by permanently associating his name and qualities with the Track Facility at LAHS.

Sincerely,

A handwritten signature in black ink, appearing to read "C. Randall Schneider".

C. Randall Schneider
Judge of the Superior Court of California
Santa Clara County

Leo

Leo Long had a huge impact on my life. I arrived at Los Altos High School, in the Fall of 1956, as a scrawny kid with no self confidence and certainly no demonstrated athletic ability---I was always the last chosen for pickup games, and I didn't make the Little League team. If AYSO soccer ("everybody plays") had been around then, the coaches would have found an excuse to keep me off the field. Never in my wildest dreams would it have occurred to me that when I graduated four years later I would hold the National High School record for the two mile run and the record for the fastest mile run by a student at LAHS, a record that stands to this day (one thing did not change, however: I was still a scrawny kid). And these accomplishments were largely because of Leo. Leo had an amazing ability to make me believe that I could accomplish undreamed-of things. He could read personalities and knew just how to talk to a sensitive, shy kid lacking in self confidence. It was this, and not technical issues concerned with training and race strategy, that has meant so much to me. The confidence he gave me allowed me to excel in academics and in my career.

Dave Boore



*Silicon Valley Chapter
of the
Sons of the American Revolution*

October 1, 2007

Board of Trustees
Mountain View - Los Altos Union High School District
1299 Bryant Avenue
Mountain View, California 94040-4527

Dear Members of the Board of Trustees:

The purpose of this letter is to provide support to the growing chorus of past student athletes of Los Altos High School (LAHS) for naming the school track the "Coach Leo Long Track". This effort is altogether fitting and proper.

As a means of self introduction, I graduated from LAHS in June of 1964, and was a student athlete competing in Football, Basketball and Track & Field. I also taught and coached at LAHS during the 1968/1969 school year as a teaching intern in the Stanford Teacher Education Program (STEP) at Stanford University.

Leo Evan Long earned an A.B. in Education in June of 1954 and an M.A. in Education in June of 1955 at Stanford University. In his athletic career at Stanford University, Coach Long placed in the Javelin event at the NCAA Track & Field championships over three consecutive years, was the NCAA Track & Field Javelin Champion in 1954, and was a member of the All-America College Track & Field Team. He was honored by being selected the "Athlete of the Year" at Stanford University during his sophomore year.

Coach Long was hired by the school district for the 1956/1957 school year - the second year of operations for the new high school - to serve under Principal John (Red) Wilkins, the first principal at LAHS. And, even though this was his first year of coaching Track & Field and there were no seniors in the student body, Coach Long coached the Varsity Track & Field team to an undefeated record in dual meets and a league championship in the Santa Clara Valley Athletic League (SCVAL).

In an extraordinary record of consistency and excellence, Coach Long accumulated a dual meet record of 118 wins and 2 losses, won thirteen SCVAL championships, and won the coveted 1970 California State Track & Field Championship without scoring any points in the sprinting, hurdling or jumping events.

If that wasn't enough, early during this teaching career Coach Long was called by the U.S. State Department to coach the Pakistan Olympic Track & Field Team in the summer of 1958 and the Sudan Olympic Track & Field Team in the summer of 1960. From the 1963/1964 school year to the 1968/1969 school year he took a leave of absence to serve as the Athletic Director and Athletic Coach for the Kaiser Corporation in Argentina.

In recognition of this extraordinary coaching career, Coach Long was honored by his peers as the "Best High School Track & Field Coach in California" at the California Coaches Association banquet on January 26, 1971 in Anaheim, California. I will leave it to others to list his contributions after this.

As you may know, this record is extraordinary not only due to its consistency and excellence, but also because it occurred at a public high school, which cannot recruit talent from geographical areas outside the boundaries of the school district. Coach Long was given the same random set of student athletes as any other coach of a public high school, and yet, he consistently produced uncommon results.

The win/loss record, league championships and state championship were not his only gift to student athletes at LAHS. Coach Long was more than a winning coach; he was also an educator and mentor in the finest expression of these words. Coach Long has a personal magnetism that reached the student athlete. This force could not be described using our traditional senses, but it was a force that we all felt nonetheless, and it instilled in all of us the Greek ideal of a sound mind in a sound body, the noble nature of open competition, the respect for our teammates and competitors, and by extension, for all others, and, most importantly, the belief in oneself. These ideals were communicated with an indelible intensity and tempered with a Mark Twainesque mixture of story telling and humor, and benefited and continues to benefit all members, not just champions, of the Track & Field teams over his decades of service at LAHS.

While Coach Long was in Argentina, I returned to Los Altos High School during the 1968/1969 school year as a teaching intern. One of my reasons for doing so was to "pay it forward" in return for the coaching and mentoring that I received from Coach Long, which for me resulted in a national ranking, medaling in two of the California State Track & Field Championships, and offers of college scholarships. I had the good fortune to coach a junior that won the Discus event at the 1969 California State Track & Field Championship and a freshman that I believed would be another Discus champion. When I learned that Coach Long would return to Los Altos High School for the 1969/1970 school year, I knew that these two outstanding student athletes would have the benefit of being coached by the best while I entered the M.B.A. program at Stanford University. For me it was a tremendous feeling to be able to offer something in return to Coach Long and LAHS. Both of these student athletes, along with many others, will be proffering their own letters of recommendation for naming the school track the "Coach Leo Long Track".

What is the benefit to the Mountain View/Los Altos Union High School District (MV-LA UHSD) for naming the school track the "Coach Long Track"? In coaching, mentoring and teaching, a school is most effective by offering exemplars of past achievements to its present teachers and student athletes. An extraordinary exemplar requires an extraordinary means of communication, which is best manifested by naming the school track the "Coach Leo Long Track". In order to ensure that his contribution to LAHS endures I would also proffer that the Track and Field display in the school gymnasium be expanded and that a stone marker be placed in an appropriate location on the side of the school track. A good example of such a stone marker rests on Angel field, the track at Stanford University.

If there are any questions, please contact me using the email address listed in the above letterhead.

Warm regards,

Charles A. Smart
President

The Silicon Valley Chapter of the Sons of the American Revolution (SVSAR) is a chapter of the California Society of the Sons of the American Revolution (CASSAR), under the aegis of the National Society of the Sons of the American Revolution (NSSAR). The Sons of the American Revolution (SAR) is an educational, historical and patriotic non-profit, Public Benefit Corporation (United States 501(c)3) consisting of 27,314 active male members (as of October 1, 2006) in 50 state and international Societies, and over 500 local/regional chapters.

October 1, 2007

Los Altos Mountain View High School
District Board of Education

Re: Leo Long and the Los Altos
High School Track

To Whom It May Concern:

Please accept this as my complete and total support of the proposal presented by Bill Frost and Bob Stoecker to honor Mr. Leo Long by giving his name to the Track at Los Altos High School.

I was fortunate to be coached by Mr. Long in 1970. Under his tutelage, I was fortunate to become a point scoring member of the 1970 CIF State Championship Track Team. Mr. Long not only trained us physically but he trained us mentally as well. He taught us to believe in ourselves and to come through when everyone else is trying to knock you off. He gave us lessons in organized preplanning to achieve a goal. Some call this simple goal setting, others call it periodization of training, in the business world it's a solid business plan. In any case it is never simple, it takes commitment, follow through and faith. These lessons are some of the foundations upon which I found later life successes. Leo Long gave this to me and to many others.

Leo Long's competitive record stands alone and does not need to be reviewed here. The record does however, stand as a testament to the contributions he made to the development of many young people. Leo Long deserves to have his name attached to this Track and Field facility. Perhaps as important is the fact that those athletes that follow from this day on will be able to take motivation as they compete on the grounds of such a great tradition, the Leo Long tradition. They too will have the opportunity to rise to a higher level and take Leo's lessons with them as they move on.

Sincerely,

Jim Andrew
Class of 1970
(403) 701-4998
jandrew@xplornet.com
30,000 Walcott-Quick Rd.
Telkwa, British Columbia
V0J 2X2

SEPT. 23, 2007

105 Altos- Mt. View School Board

Dear Board,

Thank you for taking this matter under consideration. When telling alumni about this effort the general response is: "Why did we take so long?" We now hope to correct that oversight.

Coach Long's record is beyond question. Underlying the championships, national record holders and the state medal winners was his belief in his athletes and the confidence he instilled in them. Leo Long personifies, absolutely, your by-law of an individual making an extraordinary contribution to Los Altos High!

I would think that the most meaningful result of an educator's career might be their impact on young people. I submit that this effort, after so many years, is testament to Mr. Long's most positive impact as an educator.

Respectfully,



Charles L. Bowen
Capt. USMM (Ret.)
484 Vereda
Ojai, ca 93023



Robin V. Ruble, CEO
1st National Group
227 Bellevue Way NE #392
Bellevue, WA 98004
(206) 650-4900
Fax (815) 461-6281
rublerv@msn.com

September 20, 2007

To Whom It May Concern:

My name is Robin Ruble and I ran for Los Altos HS from 1956 – 1960. I ran 220, 440, 880, mile and 2 mile and did well enough to earn scholarships to 44 universities and colleges. I chose Stanford to be close to home. Leo Long was my coach and a second dad and I give him most of the credit for any accomplishments I had. We spent many hours together both on the track and attended the same church on Sundays.

When I gather pen and paper and write a list of the top 10 people who influenced my life for the better, Leo Long would be on that list. Leo was more than a coach. He was a mentor, an inspiration and a friend. Long after H.S. we would still talk about the “good old days” and how they meant in shaping character.

Although I live in Seattle now, I would travel thousands of miles just to see Leo again and be in his presence. He is to the track athletes at Los Altos H.S. as John Wooden is to the UCLA basketball players. When you are in his presence the wisdom just rubs off. An example of this was once I asked him how he kept his four strapping sons from killing each other. He said it was really simple. “If they fight I get them together and have them kiss and make up.” So they didn’t fight much.

Leo had the ability to coach all kinds of kids. He was exceptional with the big guys who could throw the shot and discus (he had a national record holder) but he also had a California state champion in the sprints and middle distance as well as a 2-miler who set a national record. He could do it all.

On Sunday I would have an opportunity to discuss life with him and he was an inspiration to me because not only did he send four sons out on 2 year missions but

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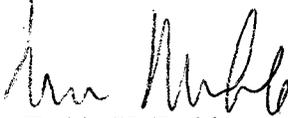
he also went to Argentina and helped coach the athletes and engage in missionary work himself. He led by example.

Leo also had a way of motivating you prior to a meet. He would get the whole team together and dope out each event on the blackboard and giving his prognosis of what he thought would happen. He would say in a very humble, quiet way – “Now Robin you are going to run the 880 today against Los Gatos. They have an up and coming half miler named Matt Tielemans who has run 1:58 and he has a big kick at the end. I know you’ve gone a little faster but I have you scoped out for second place”. Well - that would get me thinking and I’d get so charged up that my only option was to win. He did this for years and you’d think we would finally figure out his methods. But instead we just won track meets. Leo’s dual meet record is the greatest in history of any coach at any time in any sport. 120 wins and 2 losses. No one has even come close.

In short Leo was the greatest. I hope you consider renaming the Los Altos H.S. track in his honor. It is something that is a long time in coming. In fact while you are at it, why don’t you name the whole school? That’s how much he meant to us guys.

Thanks for reading this.

Sincerely,



Robin V. Ruble

Dear Coach Long,

I had what I consider an extraordinary experience a while back that brought me back several years to my track days at Los Altos and some of the inspirational events that took place then.

After completing pilot training in the U.S. Air Force in Del Rio, Texas I found myself attending Basic Survival School among the snow drifts in the mountains north of Spokane, Washington. We had been living off the land for the past 6 days and only had one to go. I for one was cold, hungry, and tired in that order. It was snowing, but we only had 5 miles to hike to where the buses were waiting to take us out of the mountains and back to civilization.

We had been living in a simulated guerrilla camp for the last day and a half and were preparing to make our "escape". Our "escape" consisted of the guerrillas giving small groups of us, one at a time, maps and a heading, like 291 degrees. They then fired long bursts of their M-16s. They yelled and screamed at us and in general went wild to more realistically simulate our escape.

I was suitably unimpressed. All I cared about was getting to those buses. We traveled in twos with a compass to guide us, and full packs on our backs. My partner and I traveled fast and took many compass readings. We didn't want any mistakes this close to completion of our ordeal. We made good time until we ran into a large marsh which showed up only as a dot on our map. Possibly it had swollen due to the rather heavy late snow we were getting. Anyway, we had to go around it in one direction or the other. The big question was which way to go. I believe we went to the right, and of course that turned out to be the long way around.

The snow was 3 to 4 feet thick in many areas and since we didn't have snowshoes the going was slow and exhausting. Often one foot would crash through the upper crust of snow and plunge the 3 to 4 feet to the ground smashing our shins on branches and snags on the way down. Before long we were totally exhausted and seemed to be getting no where. I recall taking large hand fulls of new fallen snow into my mouth in an attempt to quench my ever increasing thirst. Soon the cold became a factor. Frost bite was on our minds and for a while we stopped frequently to warm our toes and fingers. But before long we were both too cold and exhausted to do much more than trudge on.

Finally, we came to the other side of the marsh directly across from where we first came in contact with it. Theoretically if we picked up our 291 degree heading again, in about a half mile we should reach a river with an old wooden bridge. The buses should be waiting close by on the other side. Sure enough after another painful half mile we did reach a river. It was approximately 60 feet across and raging away! I should say that at this point we were both on our last legs. Our legs were bruised from our ankles to our knees, we were cold, and extremely exhausted. I was having tunnel vision and thought I would get sick at any time. We were resting about every 50 yards. Again we decided to go to our right in search of the bridge. Again we were wrong.

We followed the river approximately a mile then decided to back track. At this point I remember feeling really lost. We had guessed wrong all day long and I for one knew that I was at the end of my physical endurance. We had back tracked about a half mile and were back into the snow drifts when I realized I was "all out of gas". I was stumbling along. Finally, I went down for the last time. The snow against my face felt warm and I was very comfortable. I was numb all over. It was like being in a warm bed. I remember thinking that this must be the way those people felt before they froze striving for the North Pole. But I didn't even care. All feeling of pain was gone and I was in a twilight world. I knew I was going to die. I could not go any farther. Then it happened!

I heard a voice coming out of the dark sky and through the trees. I couldn't make it out at first but it sounded strangely familiar. Soon I realized it was Coach Long and he was saying, "Get up! Don't quit, punish yourself. Make it hurt. Don't let your body tell you what it can do, you tell it. The pain is in your head. Get up! I have never really been the masochistic type but that experience put me back on my feet in short order. The pain immediately returned but I knew that something very special had just happened to me and I refused to go down again. I punished my body and it responded in great fashion.

My partner, who was lying beside me, was surprised to see me get up and start trudging away again. This must have inspired him as he got up and followed without a word being spoken. I felt confident now but didn't want to press my luck, so when we came to a spot where a log was laying most of the way across the river, I decided it was time to go for broke.

My partner persuaded me to let him go first. It didn't really matter to me as I was determined one way or the other I was going across that log. Off he went. If he fell in the river he would probably go straight to the bottom carrying that heavy pack. Even if he managed to struggle out of the water he would surely freeze. He was most of the way across when the log began to roll. There was some pretty quick stepping and then he went in. Fortunately, he was far enough across that he was able to pull himself out and was only wet from the waist down. He now turned his attention to me and pleaded with me not to try it. To make a long story short, I knew I could make it. I did, and within 15 minutes we had found a nice warm bus. I had succeeded.

A month later I was in Pleiku, Vietnam. While there I received 3 Air Medals and was awarded the Distinguished Flying Cross. This success I dedicate to you Coach Long. Thanks for being there when I needed you!

*Barry Vann, Major
U.S. Air Force*

Resolution

BY THE HONORABLE RICHARD D. HAYDEN
TWENTY-SECOND ASSEMBLY DISTRICT

RELATIVE TO COMMENDING LEO LONG

WHEREAS, UPON THE OCCASION OF HIS BEING HONORED BY THE CALIFORNIA COACHES ASSOCIATION AT ITS ANNUAL COACHES'-OF-THE-YEAR AWARDS BANQUET AND CLINIC, LEO LONG IS DESERVING OF SPECIAL RECOGNITION AND COMMENDATION; AND

WHEREAS, THE CALIFORNIA COACHES ASSOCIATION ANNUALLY HONORS COACHES ON THE JUNIOR COLLEGE, HIGH SCHOOL, AND JUNIOR HIGH SCHOOL LEVEL FOR THEIR CONTRIBUTIONS AND DEVOTION TO YOUTH AND ATHLETIC PROGRAMS; AND

WHEREAS, MR. LONG, WITH THE EXCEPTION OF A FOUR YEAR LEAVE-OF-ABSENCE TO ORGANIZE OLYMPIC TEAM PREPARATIONS IN SUDAN AND PAKISTAN AND TO DIRECT ATHLETIC ACTIVITIES IN ARGENTINA, HAS BEEN THE TRACK AND FIELD COACH AT LOS ALTOS HIGH SCHOOL AND HAS DONE MUCH TO DEVELOP A STRONG AND WELL-BALANCED ATHLETIC PROGRAM AT THE SCHOOL; AND

WHEREAS, LEO'S DEDICATION AND LEADERSHIP ON BEHALF OF ATHLETIC PROGRAMS IN THE COMMUNITY HAVE BEEN MERITORIOUS, AND HE IS RICHLY DESERVING OF THE MANY ACCOLADES AND HONORS THAT HAVE BEEN BESTOWED UPON HIM; NOW, THEREFORE, BE IT

RESOLVED BY ASSEMBLYMAN RICHARD D. HAYDEN, THAT LEO LONG BE COMMENDED FOR HIS MANY CONTRIBUTIONS TO THE LOS ALTOS COMMUNITY AS A DEDICATED COACH AND INDIVIDUAL, AND EXTENDED BEST WISHES FOR EVERY SUCCESS IN HIS FUTURE ENDEAVORS; AND BE IT FURTHER

RESOLVED, THAT A SUITABLY PREPARED COPY OF THIS RESOLUTION BE TRANSMITTED TO LEO LONG.

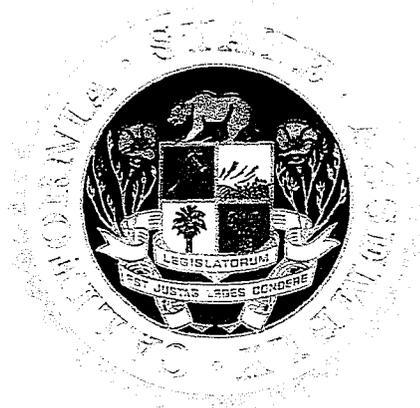
MEMBERS RESOLUTION No. 271

DATED: FEBRUARY 9, 1979

SIGNED

Richard D. Hayden

HONORABLE RICHARD D. HAYDEN
22ND ASSEMBLY DISTRICT



Wednesday, January 10, 1979

Los Altos' Long named best track coach

By Fran Errota
Staff Writer

Who is the best high school track and field coach in California?

The coaches have voted Leo Long of Los Altos High School the best. A ring and plaque symbolic of that honor will be presented to Long at the California Coaches Association banquet on Friday night, Jan. 26, in Anaheim.

The achievements of Long-coached teams and athletes makes the honor long overdue.

The high points are many. An obvious one is the 1970 season when Long's Knights won the state team championship with 29 points without a point in the sprints, hurdles or sprint relay. It is the only state championship in the sport by a boys team from Santa Clara County or the Central Coast Section and the meet has been held for 60 years.

Rick Brown turned in one of the greatest feats in state-meet history to spark the victory, being the first ever to attempt the difficult 440-880 double, and winning both races impressively in 1:50.6 and 47.6 and capping off his remarkable day with 46.8 which gave his mile relay team a win in 3:15.6.

Another hero in that triumph was Chris Adams whose 201-3 was a national record in the discus. He also was third in the shot put.

Jim Andrew, Larry Davis and Bob Thompson ran on the mile relay team with Brown and Andrew had placed third in the 440.

"The state title is an obvious high point," states Long, "but each year was really, I can't think of a more rewarding experience than being a high school coach."

Los Altos remembers a state meet Los Altos didn't win but might have had the rules at the time been what they are today.

"We had three outstanding discus throwers in 1961 but we could take only two (Bob Stoecker and Max Leetrow) and they went one-two for nine points," recalls Long. "In more than half of our meets that season, our third boy, Randy Schneider, had better throws than the third place mark in the state meet. A third would have given us 12 points, one more than the 11 with which Centennial of Compton won the title."

Long didn't, but could also have pointed out the fact Clayton Anderson of Fremont (Sunnyvale) had placed third in the high jump at 8-7 in that same state meet at East Los Angeles J.C. Anderson had attended Los Altos the previous season.

Five Los Altos athletes have won seven state titles in addition to the mile relay win in 1970.

Three Knight discus throwers won five gold medals, Stoecker winning in 1961 and

'62, Adams in '69 and '70 and Scott Overton in '72. The trio also claimed national records and Adams was the first high school discus thrower to surpass 200 feet. Overton is the school record holder at 204-1.

The discus has produced other standouts like Leetrow and Schneider, Chuck Smart, Steve Davis and Jay Pushkin who also scored in state meets.

"I think the big thing is the team aspect, like 13 Santa Clara Valley League championships, and the league dual meet record of 118-2," notes Long. "Few schools in the country, if any, can match our school records, we are proud of that because it shows the work and dedication of the kids."

"I've tried to motivate people to try to do their utmost. I think it helps them develop into superior individuals, not just in athletics, but in their later lives."

That philosophy proves sound when one reviews the developments.

Schneider, for instance, went into law and is among Santa Clara County's noted individuals in that field. Stoecker, a two-time NCAA discus champion at Stanford, is an architect. Smart is in the IBM corporate structure in Los Angeles. Adams is an engineer in London, working in the oil derricks in the North Sea and he's become a rabid soccer fan.

"I am proud of our school records," says Long.

Sample these marks: 100—9.6; 220—21.5; 440—47.0; 880—1:50.5; Mile—4:12.0 (oldest as Robin Rubie set mark in 1960, two years after school fielded its first varsity team); 2 Mile—9:03.0; 120 HH—14.3; 330 LH—37.0; 440 R—42.3; Mile R—3:15.0; HJ—6-9 3/4; PV—14-4 1/2; LJ—24-6; 7J—48-8; 9P—62-9 3/4; DT—204-1.

"I've asked coaches at a number of clinics if they had better marks," notes Long, "and no one has claimed better."

Long has taken two leaves at Los Altos to coach the national teams of Sudan and Pakistan for Olympic competition, and he was an athletic director and coach for four years in Argentina during the 80s.

He is a native of Oregon, attended Nyssa High School there and was the NCAA javelin champion in 1954 at Stanford.

Has he been offered jobs elsewhere?

Yes, I have been asked to coach on the college and junior college level," says Long, "but I like the enthusiasm of high school youngsters. I don't think it would be the same on another level."

And high school age people would be the biggest losers if Long decided to leave their ranks. The world needs more Leo Longs.

Long legacy comes to an end

BY DAVE PAYNE
Mercury News Staff Writer

Los Altos is losing an institution, and the business world is gaining an ambitious businessman.

Leo Long, 60, who put Los Altos High School on the map as a track and field power in Northern California for nearly two decades, is retiring from the school in June as a physical education teacher and the boys' athletic director.

He said he is moving in a new direction as a full-time entrepreneur.

Long said his career highlight probably was winning the state meet in 1970.

neur.

"I have really enjoyed being athletic director and working with young people all these years," said Long, who retired as the track and field coach after the 1979 season.

"But the time has come to move onto something new. I have some

business ventures going that will be occupying nearly all of my time."

Long said that, within the past year, he has started businesses that include selling an exercise device that he said will soon be appearing in a television commercial, and marketing a special

piece of expensive jewelry on cruise lines.

"I've got other things going, too," Long said. "I presently have five U.S. patents registered.

"I'm also looking into getting involved in a company that makes shoes with custom-made insoles, and I'm in the process of starting a commercial fishing business out of Shelter Cove, near Garberville."

Long said that he and his wife, Nancy, purchased a historic home two years ago in Garberville, 200

See **LONG**, Page 4



TOM VAN DYKE — MERCURY NEWS

Leo Long polishes 1970 state track and field championship trophy.

Long heading for retirement track

■ LONG

from Page 1

miles north of San Francisco. He also has a home in San Jose, where he lives during the week. He commutes to Garberville on weekends.

His home in Garberville, he said, was designed in 1926 by the late architect Julia Morgan, who also designed Hearst Castle in San Simeon and the Fairmont Hotel in San Francisco.

"We stumbled into a heck of a deal," Long said. "We're on 3½ acres on the Eel River. The property, which includes guest and carriage houses, is gorgeously landscaped.

"The house is 6,500-square feet. It has six baths and the living room is 40 feet long with a 22-foot ceiling."

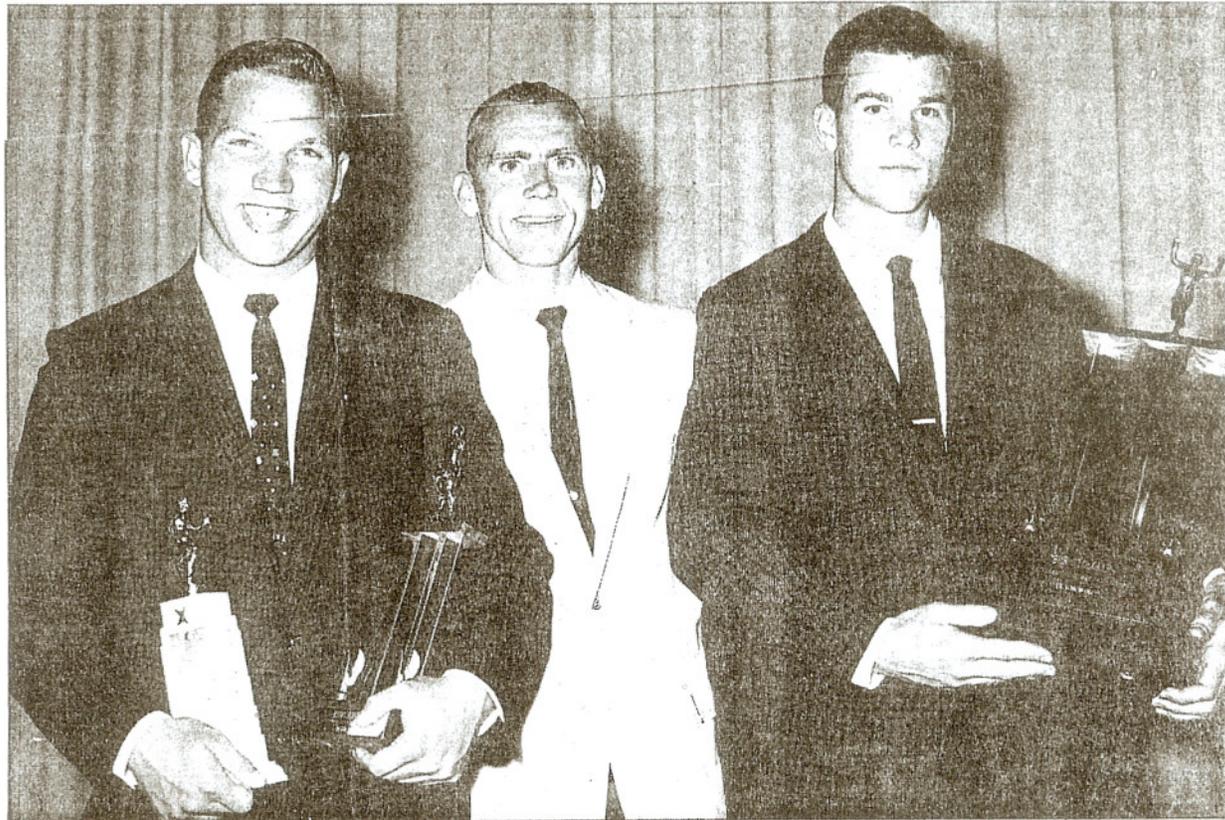
Long said he needs all the room he can get for visits from his family.

"I have 13 — and soon to be 14 — grandchildren," he said with a grin.

Long, who has five sons and a daughter, said the home is an architect's dream.

"Eighty-eight world-famous architects will be visiting our home as a group April 26 to study Morgan's work," Long said. "That's real exciting to us."

Long, who in 1954 was an NCAA javelin champion while at Stanford, will retire from teaching and coaching with some fond memories of a successful career as a track and field coach at Los Altos as well as on the international level.



Coach Leo Long is flanked by 1962 discus throwers Randy Schneider, left, and Bob Stoecker. Schneider is now a Santa Clara County Municipal Court judge. Stoecker is an architect in Menlo Park.

the 1961 state meet to Centennial of Los Angeles.

"Centennial had 11 points and we had nine," Long recalled.

"What was difficult to take about that meet was that Clayton Anderson, who transferred from Los Altos to Fremont after the 1959-'60 school year because his family moved, placed third in the high jump. Had he been jumping for us, the two points he received

keep pushing to get better," said Judge Randy Schneider, who threw the shot and discus at Los Altos before going to Cal to star as a football player and track and field athlete.

"He was always teaching. And he offered rewards as incentives for improving, like giving kids on

the team blue sweat suits who had reached a certain standard (set by Long), or possibly having your name put on a plaque.

"He was always positive. It was a real blessing for me to have him as a coach."

The Long legacy will no doubt linger in Los Altos.

From 1957 to 1979, with a four-year break, 1963-'67, to be a coach and teacher at an American school in Argentina, Long won a state boys' championship, a Central Coast Section title and 14 Santa Clara Valley Athletic League championships in 18 seasons as the track and field coach at Los Altos.

Four of his athletes won seven individual state titles, and he had a state champion in the relays.

Long also accepted invitations from the U.S. State Department to coach the Olympic track and field teams in Pakistan in the fall of '58 and Sudan in the summer of '60. He said neither assignment interfered with coaching his high school team.

Long said the highlight of his coaching career at Los Altos probably was winning the state meet in 1970 at Edwards Stadium on the Cal campus.

Los Altos amassed 29 points, 10 more than second-place Santa Ana, to become just the fourth school north of Fresno to win a state title in what was the meet's 52nd year. The others were Sacramento in 1930, Alameda in '54 and Berkeley in '57.

Los Altos remains as the only school from the Central Coast Section to win a state title in boys' track and field.

The stars on the '70 Los Altos team were sprinter Rick Brown, who won the 440- and 880-yard titles and anchored the mile relay team to a victory, and Chris Adams, who won his second straight discus championship.

Long noted that Brown's triple in a state meet was unprecedented.

"Rick had a remarkable meet," Long said. "I remember the newspaper people in Los Angeles telling me before the meet that I was crazy to enter Brown in the 440 and 880 because he couldn't possibly win both events."

Los Altos finished second at

for finishing third would have given us a co-championship."

Bob Stoecker became the first back-to-back winner in the discus at the state meet with championships in 1961 and '62.

"Stoecker, who is an architect in Menlo Park, went on to play football and throw the discus and shot at Stanford," Long said. "He was an NCAA champion in the discus. He is probably the greatest athlete I coached."

After Adams became the second discus thrower to win consecutive state titles in '69 and '70, Scott Overton won the '72 state discus championship.

Stoecker, Adams and Overton all broke national high-school records in the discus, Long noted. Overton still holds the school record at 204 feet, 5 inches. Adams is second at 201-3, and Stoecker third at 196-3½.

The only individual record at Los Altos that has been broken since Long retired as coach is in the pole vault. Todd Arnett's 15-foot vault in 1986 is the record. Todd Peterson had the best mark under Long at 14-4½.

Los Altos remains as the only school to win five state titles in the discus.

"We used to be called the discus-throwing capital of the world," Long said.

Many of Long's former athletes have gone on to be successful in a variety of professions, which Long said means more to him than any of the championships he has won.

"I've had athletes go on to be architects, judges, lawyers and doctors," he said. "I would like to think that the values I taught these kids helped lay the foundation for their futures."

There is a Santa Clara County Municipal Court judge who remembers Long playing a major role in his life.

"Leo taught me a lot about what it was to work hard and



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Los Altos High to dedicate track to former coach Long Sunday



A ceremony to dedicate Los Altos High's track and field facility to Leo Long, who guided the school's track team to a state championship during his 20 years as coach, is scheduled 1 p.m. Sunday in the Los Altos gym.

Long coached the team from 1958-1963, then 1970-1981. Los Altos went 128-3 in dual meets during Long's tenure, claimed 18 Santa Clara Valley Athletic League titles, two Central Coast Section crowns and was the first CCS team to win a state championship (1970). Long garnered state and national coach-of-the-year honors in 1979.

Long, 76, retired from coaching and teaching physical education at Los Altos in 1992.

Sunday's program includes the reading of proclamations honoring Long's contributions to Los Altos High and the community from the school board and cities of Los Altos and Mountain View. Board of Trustees president Judy Hannemann will represent the Mountain View-Los Altos Union High School District and Matt Pear, Los Altos High class of 1977 and former mayor of Mountain View, will represent the Los Altos and Mountain View city councils.

Long will address the audience for about 15 minutes, then there will be an open microphone session during which audience members will get a chance to share brief comments about the coach.

Chuck Smart, class of 1964, will present the Milkshake Award to Long, after which the audience will go to the field to view Long's name on the track sign and plaque, pose for a picture with the coach and drink free milkshakes.

There will also be a few surprises along the way, according to organizers.

For more information about the ceremony, call Bill Frost at (775) 219-6324. To make a donation toward the cost of the sign, plaque and display case, call Chuck Bowen at (805) 646-4507.

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From: "Charles A. Smart" <casmart@msn.com> [[Add to Address Book](#)]

To: Charles Andrew Smart III <casmart@msn.com>

Subject: Agenda for Track Dedication Program - 1:00pm to 5:00pm

Date: Apr 26, 2008 12:07 AM

Many of you have been asking about the agenda for the Track Dedication on Sunday. Bob Stoecker hasn't sent the agenda to anyone at this time. The photographer's agenda listed below is my best estimate of the program and includes the notes for the photographer. It's probably pretty close.

On Friday Bob sent me an email estimating that the program in the boy's gymnasium will go from 1:00pm to approximately 4:30pm with the trek to the field ending at approximately 5:00pm. This is an awfully long program, so bring seat cushions and anything you can think of to make yourself comfortable. According to the MSN weather forecast, Los Altos will reach a high of 81° with a few clouds on Sunday.

Agenda

- 1) 12:00 pm – Pre Program Photographs (Inside the boys gymnasium)
 - a. Coach Leo Long
 - b. Coach Leo Long and Nancy Long, his wife
 - c. Coach Leo Long and Nancy with three sons (Brian, Brent and David)
 - d. Coach Leo Long and Nancy with three sons and Grandchildren (I don't know their number or names)
 - e. Any other ad hoc photographs that coach long wants and that time permits

- 2) 1:00pm – Program Photographs (Inside the boys gymnasium) – The gymnasium bleachers on the right side will be pulled out into place so that the audience will be seated above the presentation. The presentation will occur on the gymnasium floor. Bob Stoecker has not provided anyone a copy of the program, so this is my best guess.
 - a. Introductions
 - b. Ms. Judy Hannemann, President of the Mountain View – Los Altos Unified High School District (MV-LA UHSD), will read a proclamation recognizing Coach Long.
 - c. Dr. Barry R. Groves, Superintendent of the Mountain View – Los Altos Unified High School District (MV-LA UHSD), will deliver a few comments recognizing Coach Long.
 - d. Mr. Matt Pear, current Councilman and former Mayor of the City of Mountain View, will read a proclamation recognizing Coach Long.
 - e. Ms. Valerie Carpenter, Mayor of the City of Los Altos, will read a proclamation recognizing Coach Long.
 - f. Mr. Bob Stoecker will deliver a few comments recognizing Coach Long and present an award to Coach Long.
 - g. Mr. Bill Frost will deliver a few comments recognizing Coach Long.
 - h. Mr. Chris Adams and Bob Thompson will do a shortened showing of the 1970 CIF Track Meet.
 - i. Open Microphone where comments will be offered from former student athletes recognizing Coach Long.

- j. Coach Long will address the audience.
 - k. Mr. Charles A. Smart will deliver a mini roast of Coach Long and present the coveted Milkshake Award to Coach Long.
 - l. Any other ad hoc photographs of the program and audience that time permits.
- 3) 4:30pm – Post Program Photographs (Outside on the Track)
- a. Coach Leo Long and Nancy receiving their Milkshakes at Track Snack
 - b. The line of athletes receiving their Milkshakes at Track Snack
 - c. Coach Leo Long and the student athletes in front of the new Leo Long Track sign, which is about 50 yards across the other side of the turn of the
 - d. Any other ad hoc photographs that coach long wants and that time permits
- 4) 5:00pm – end

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School honors former coach

LOS ALTOS HIGH DEDICATES TRACK TO COACH LEO LONG

5-9-08

By Casey Weiss

Leo Long retired from coaching Los Altos High School track years ago, but he can still recite his players' records dating back to the 1950s.

In recognition of his dedication, inspiration and many accomplishments, the Mountain View Los Altos Union High School Board passed a resolution in November to rename the school's track the "Leo Long Track," and last month former athletes and locals gathered to celebrate the coach.

On Sunday, April 27, more than 300 former athletes, teachers and community leaders dedicated the school track to the coach, who led the team to a state championship and 18 Santa Clara Valley Athletic League titles.

Long first coached from 1956 to 1963, and returned to coach the team from 1970 to 1981. He also taught social studies for the school and headed the physical education department.

"My four years at LAHS were made extra special by the thrill of track," Long's son Brian wrote in a letter to other former athletes. "My dad's, or should I say Coach Long's, pep talks and inspirational stories and coaching have influenced me well beyond the confines of the track and field domain."

During the dedication, which was organized by a committee of former students, district board president Judy Hannemann and Mountain View council member Matt Pear read proclamations on behalf of the district and city.

Former athletes also spoke about their coach.

The track now has a sign honoring the coach, and a plaque from the 1970s state championships.

"It was quite a dedication," Long said. "Some of the kids I had coached, I hadn't seen in 50 years."

Long, now 77 and living in a retirement community near Sacramento, started coaching right after Los Altos High School opened. During his tenure, the team had 128 wins and 3 losses, and won two Central Coast Section championships. While talking with the *Voice*, Long was more focused on the accomplishments of his individual players, calling the high school



Leo Long

a "discus capital."

He added that one of his students still holds Los Altos' mile record.

"Mostly every other record has been broken, but not that one," he said.

Long took some interesting breaks during his career at Los Altos High — traveling, for example, to Pakistan and Sudan to coach their Olympic teams. He also helped set up a school and athletic program in Argentina with the Kaiser Corporation.

After retiring in 1992, Long left the area, but says he still checks in on the school's records once in a while.

"I hope they can come back and match our records," he said of the current students. "Records are made to be broken." ▀

E-mail Casey Weiss at cweiss@mv-voice.com

Track record says dedication Long overdue

They are dedicating the track at Los Alto High to Leo Long. If one can forgive the play on words, it's long overdue. Long, who coached track and field on two different stints at Los Altos (1956-63, 1969-81), will be honored in a special ceremony at the school's gymnasium Sunday at 1 p.m.



JOHN REID

PREP LOOKOUT

Long's legacy is of monstrous proportions. For starters, he led the then Knights to the state boys track and field title in 1970, the first Central Coast Section team to win state in track and field. Long had taken Los Altos to a second-place finish at the state meet in 1961. He coached three national record holders in the discus (Bob Stoecker '62, Chris Adams '70 and Scott Overton '72) and tutored 11 individual state champions. Long won 15 Santa Clara Valley Athletic League titles, achieving an improbable dual-meet record of 128 feet, 3 inches. The Knights won two CCS crowns — in '69 and '70.

That's quite a mouthful.

"Having the track named after me is a tremendous honor," said the 77-year-old Long from his home in Lincoln, outside Sacramento. "It took a lot of great athletes to build the program. This is for all the past, present and future track athletes at Los Altos High. It's a great way to celebrate track and field. I'm just a small part of it."

Last November, Stoecker, along with '62 Los

'Leo Long knew what he was doing. He was the best motivator of any coach I have ever seen. He worked us hard. Other teams were amazed at our warm-ups. He was way ahead of his time.'

Former Los Altos High sprinter Bill Frost

Altos classmates Bill Frost and Chuck Bowen, helped push a resolution through the Mountain View-Los Altos Unified School District. Judy Hannemann, president of the MV-LAUSD Board of Trustees, will read a proclamation at the ceremony. Both the Mountain View and Los Altos City Councils will have their proclamations read by former Mountain View Mayor Matt Pear, a Los Altos grad of '77. After it is over, a sign honoring Long will be unveiled at the track. Long doesn't know how many of his ex-athletes and cronies will be present, but the number could rise to 300 or more.

"I haven't seen some of those kids for 50 years," Long said. "I've kept in touch with many and some of them have dropped by my home to see me."

Long was a track star for tiny Nyssa High in Nyssa, Ore., before enrolling at Stanford, a specialist in the throws. In 1954, Long was the NCAA champ in the javelin with a personal-best 235-9 1/2. A member of the Stanford Athletic Hall of Fame, Long was hired at Los Altos for the 1956-57 school year. It wasn't long



LONG

before the likes of Stoecker (state discus champion in '61 and '62), discus thrower Max Leetzow (third at state in '61), distance runner Dave Boore ('60) and Frost, a sprinter, were taking on all comers. Boore still holds the school record in the mile.

"The key to coach Long's success was that he had the ability to pull potential out of anybody," said Stoecker, an NCAA discus champ and Stanford Hall of Fame member.

"In his pre-meet pep talks, he would talk about the athletes who could take third, not about who was going to win it. He cared about everybody. He didn't see track and field as an individual sport, but as a team sport. He changed people's lives."

"Long knew what he was doing," Frost said. "He was the best motivator of any coach I have ever seen. He worked us hard. Other teams were amazed at our warm-ups. He was way ahead of his time."

Long was called upon by the U.S. State Department to coach the Pakistan Olympic Team in '58 and the Sudan Olympic Team in '60. He took a leave of



BASEBALL

1. Serra 19-5
2. St. Francis 17-8
3. Menlo School 18-6
4. Hillsdale 20-3
5. Palo Alto 10-8
6. Los Altos 15-8
7. Half Moon Bay 14-9
8. Aragon 12-13
9. Menlo-Atherton 18-9
10. Carmont 15-11

SOFTBALL

1. ND-Belmont 13-7
2. Fremont 12-5
3. Half Moon Bay 17-5
4. Carmont 18-7
5. Mountain View 14-9
6. Aragon 16-7
7. Burlingame 13-10
8. Hillsdale 11-10
9. Capuchino 11-9
10. Palo Alto 14-7

PREP LOOKOUT

From page 38

absence from 1964-67 to work for the Kaiser Corporation in Argentina.

"I was the athletic director and coach for the Kaiser schools," Long said. "They had moved their auto plant from Michigan to Argentina and they needed schools for the families."

Long taught and coached at old Mountain View High (1967-68) for one year before returning to Los Altos. The class of 1970 at Los Altos had some of the greatest male athletes ever to come out of the Peninsula. Six of them would be the corps of the state title team — Adams (discus/shot put), Vic Brooks (110-yard hurdles), Rick Brown (440, 880), Jim Andrew (440), Larry Davis (880) and Bob Thompson (440). In the state meet at UC Berkeley's Edwards Stadium (I was present), Adams set a new national record at 201-3 in winning the discus. He then added a third in the shot put, heaving it 61-7 1/2. Brown, Andrew, Davis and Thompson won the 4x440 relay. Brown, who ran a sizzling 46-flat split on the relay, pulled off the remarkable triple, winning the 440 and 880, as well. Brown ran the 880 in 150.6 seconds, then came back to clock a 47-second 440. Andrew, who later ran at Cal with Brown, placed fourth in the 440 for some gravy points.

"That had never been accomplished before," said Long of Brown's 440/880 double. "I had a writer from a Los Angeles paper telling me before the meet that it couldn't be done. I told Rick that we'd probably win the meet if he didn't run the 440, but he told me he wanted to do it. Rick proved that writer wrong."

"It wasn't as tough as it seemed," Brown said. "I was running both events twice a week, with a league meet and an invitational meet on the weekend. I was ready."

Brown put Long in a rough patch on the eve of the state meet, missing practice because of Senior Cut Day.

"He asked me the next day where I was and I told him," Brown said. "I missed practice, but I worked out that night. It was the best workout I ever had in my life. He looked me in the eye and believed me."

Brown, second at the NCAA meet in the 800 as a freshman at Cal, credits Long for developing his training regimen and technique. But, more importantly, Long gave Brown confidence to be a champion.

"Leo Long had knowledge," Brown said. "He was the greatest salesman alive. He was inspirational. He made a difference."

The Knights scored 29 points at the state meet, winning by a 10-point margin.

"We were the first team to win the state meet without a sprinter," Long said. "That was deemed to be impossible at the state meet. It was the thrill of the lifetime. We had great backup on that team. Every kid counted."

In a recent open letter to his former athletes, Long wrote: "It's not about one person, it's about the legacy of LAHS track."

On Sunday, it will be about Leo Long, whose legacy of LAHS track and field will formally be etched in stone. It's Long overdue.

LEO LONG Los Altos High School

WINNING STATE OF MIND

In order to get the most out of life and reach your full potential in track and field you need to set up some guidelines. "You are just as good as you think you are" is a true statement. Believe in yourself and establish a positive outlook on life and you will find success.

GUIDELINES TO HELP YOU BE A BETTER PERSON AND SUCCESSFUL TRACK MAN:

1. Set a specific goal for yourself this year. Determine exactly what you want and when. Write down a short summary of your goal and the achievement date. Read it aloud before you go to bed and when you wake up each morning.
2. Develop a burning desire to reach your goal. Nobody can put this hunger into you. You must have a clarity of purpose and constantly strive to reach your set goal.
3. Expect to pay the price. If you set a high goal, you will have to pay a high price. You will have to work long and hard, endure setbacks and make sacrifices to reach your goal. You won't be able to afford the luxury of laziness or the frequent delights of distraction.
4. Send the correct signals to your unconscious mind. Don't send thoughts of doubt, fear and failure to your unconscious mind. If a clear, purposeful goal is held in the conscious mind, the unconscious will eventually accept it and begin to supply the conscious mind with plans, ideas, insights and the energy to enable you to reach your goal.
5. Be willing to accept failure - Temporarily
Take this example for instance: This man failed in business in '31. He was defeated for the state legislature in '32. He failed again in business in '34. He had a nervous breakdown in '41. He hoped to receive his party's nomination for congress but didn't in '43. He ran for senate in '55 and lost. He was defeated again for the senate in '58. A hopeless loser, some people said. But Abraham Lincoln was elected president in 1860. He knew how to accept defeat - Temporarily.
6. Believe in the power of thought to change things. Don't think about failure, think about success. You can if you think you can. Create a success image. Have confidence in yourself.
7. Don't have ready-made alibis - don't say I can't, or if I only had this or that, etc. Go out and start today. Think big and success can be yours.