

C.C.N. INTERVIEW:



3 Mile postal meet, December 4th. Tim Holmes 13:59.9,
Rod Berry (Redwood) 14:00.0

photo by Keith Conning

TIM HOLMES, in the final year of a spectacular career at Downey High School in Modesto, tops the list as California High School Cross Country Runner of the Year-1976. For the second year Holmes has also been named High School Cross Country All American by Harrier Magazine, and Northern California Cross Country Runner of the Year by the Northern California Track and Field Association. Only Ron Larrieu of Palo Alto High in the mid-1950s and Mike Ryan of Wilcox High in Santa Clara a decade ago have ever been named NCTFA Cross Country Athlete of the Year twice.

He has been Sac-Joaquin CIF Section Cross Country Champion for the last three years. Best track times include: 4:17.3(76), 9:02.3(76), 13:59.8(76). The 13:59, coming in the December Three Mile Postal Competition. Also in December Tim placed second behind UC Berkeley's Hal Schultz in the PA-AAU Junior Men's 10 Kilo Championship; thereby earning an expense paid trip to the Junior International Trials, February 12th.

Let's find out a little-bit more about Tim from himself and his coach, Bill Mensing:

CTN: What are your favorite events and how often do you like to race them?

Holmes: Right now I don't know if I have a favorite, at least I haven't found my best event yet. I'm still learning and growing. I like to compete about twice a week over a variety of distances.

CTN: What about your competition strategy? We know you are usually in the lead at the finish line. Do you have any one typical tactical approach to getting there first?

Holmes: Actually, I don't run all of my races in just the same way. It depends, but many times I will use the approach of depending on my kick.

CTN: What about peaking your performances for the "big" ones at the end of the season?

Holmes: Yes, at least that's what we try to do.

CTN: You are obviously dedicated in your running training, but is there

any other training rules or extras besides the running part of your training?

Holmes: I take daily doses of vitamins E, C and others. I feel I need at least seven hours of sleep a night and especially good sleep two nights before a competition.

CTN: Fast approaching is your senior year in track. Have you thought about any goals?

Holmes: 4:12 in the mile, 8:50 in the two mile, 13:50 in the three mile and 28:50 in the six mile don't seem unreasonable.

CTN: Do you have any longer range goals, and how long do you plan to compete?

Holmes: I plan to be active in track indefinitely, and, of course, would like to be a part of the 1980 or 1984 Olympic Team.

CTN: What is it that you like about track?

Holmes: I like it because I have been successful and I like the competition; it's a test of my capabilities. I like running because it is an outlet for my nervous energy and it also gives me a certain sense of freedom.

CTN: Any thought, yet, about a choice of a school for next year?

Holmes: I really haven't decided on a major field of study which might make a difference - I think I am interested in sociology. I like the looks of U.C. Irvine because of solid coaching and the good location for running.

CTN: Maybe Coach Mensing could share some of your training methods with us, and also fill us in on the early season let-up in the 1976 cross country campaign.

Mensing: Tim's training load has been relatively low before this year (that is, compared to other equal runners), by design, as we have always been wary of too much training too early with young runners. Before this year, he rarely got into the 70s for weekly mileage, and usually only two speed sessions per week in competitive season. Summers and winters have been similarly keyed, with 680 miles run in the 15 week period from the end of cross country till March 1, of his sophomore year; 385 during the same period of his junior year; 400 the summer before his junior year; 440 the

BOYS HIGH SCHOOL CROSS COUNTRY

TIM HOLMES(20): Undefeated in Northern California "big" meets. Third at Mt. SAC(5th best time, only 4 seconds off

best) but just out of hospital with tonsillectomy.

Others: Rod Berry(12), Charlie Christensen(4), Felix Elief(4), Dave Daniels(2), Ebiner(1), Larry Prislac(1), Carlos Carrasco(1), Darrell Cesson(1), Steve Ortiz(1).

Previous selections: Ralph Serna 1974, Thom Hunt 1975.

JUNIOR WOMENS CROSS COUNTRY

VICKY BRAY(20): Several course records and many victories at various distances.

Others: Kelly Wells(16), Linda Broderick(12), Doreen Assuma(12), Darcy Burleson(11), Linda Goen(10), Tami Darr(6), Roxanne Bier(6), Paula Rose(4), Linda Robinson(4), Susie Meek(4), Tara Hobbs(2).

Previous selections: Debra Johnson 1974; Suzanne Keith 1975.

summer before the senior year; 690 in 12 weeks of junior cross country; and 655(tonsils out) in 12 weeks of the senior cross country season. Tim just had enough ability to have success despite the low mileage.

This year we felt ready to boost things somewhat, beginning with tonsils out in October to alleviate numerous winter infections. That interuped this year's cross country quite a bit and accounts for the slow start. This winter Tim is trying to get into the 80s per week (once a day running). He hasn't make it yet but has stayed healthier. Also we are

tonsilectomy the first week of October, causing him to lose 8 days of any training, working several weeks at a weakened conditioned, and forcing the scraping of any speed work the entire season. Each Each of the last several winters Tim has been sick 4 to 5 times with colds and throat infections and after he lost a week to two colds in early September we decided, in the long run, it would be best to have the tonsils out. With these selective plans we also decided that after the tonsilectomy Tim should concentrat first on improving his endurance, pointing for the AAU Juniors, and only secondly

Tim Holmes

just now trying to begin some weight training and increasing flexibility work.

Cross country training involves distance runs of 10 to 14 miles and about a dozen speed workouts(varying from 660 to 1320). Intervals done at race pace early are increased in speed later on. All intervals are done in parks and some over varying hill circuits. The winter training has been long slow distance, but this winter we have added one aerobic interval workout per week. Track work is centered around distance and aerobic intervals till early March, then we have go into eighteen speed sessions spaced to end the end of May.

CTN: What happened to Tim at the Mt. SAC Invitational Cross Country Meet; and why did you choose to go at that time?

Mensing: This season had a serious ramification in that Tim underwent a

on sharpening up for the remainder of the cross country season, even though this might make his remaining cross country season a little less impressive. Concerning Mt. SAC, we had considered going to it last summer as a very important experience builder against the always tough Southern California runners, thinking the race experience would help a lot next spring in the State track meet. Even though Tim had only two weeks to get over his tonsils, and Mt. SAC is a short, speed-oriented course, we still thought the experience would be worthwhile, despite knowing his condition at that time was not good. Tim could have skipped Mt. SAC, saved a 400 mile trip, and had another undefeated season. This would have looked good on paper but gained little in valuable experience. All things considered, third at Mt. SAC isn't bad.