

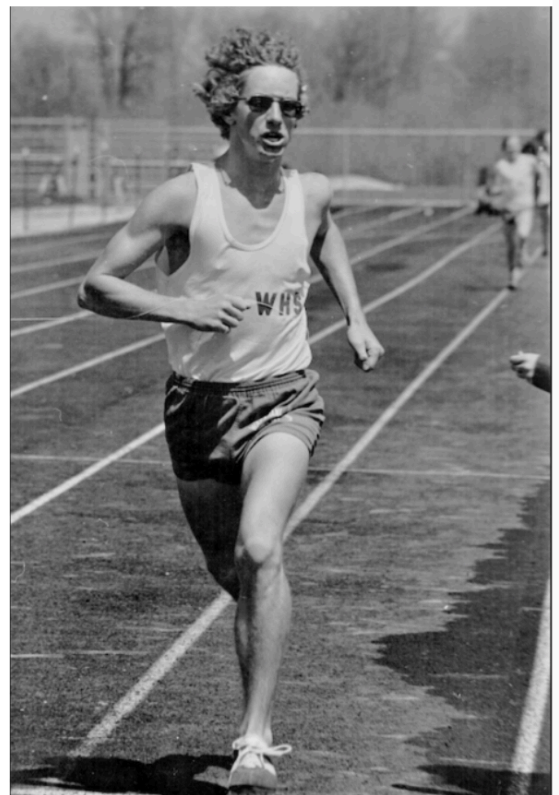
Larry Meredith

B. 6/27/1957

Larry Meredith's ER HOF Qualifying Marks

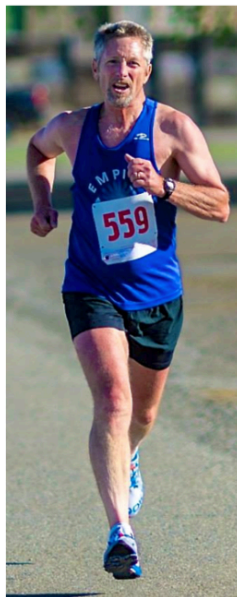
440 yards	54.1	age 17	1975	83.31%
880 yards	2:08.2	age 17	1975	82.68%
1 mile	4:38.2	age 17	1975	83.79%
2 mile	10:32.0	age 42	1999	80.66%
5K meters	15:57	age 22	1979	81.40%
10K meters	34:46	age 42	1999	82.93%

As a 7th-grade track team member in Selma, Indiana in the late 1960s, Larry Meredith believed he was a sprinter. However, a half-dozen of his friends were faster and only two runners in each event would be sent to the county championship meet. The team's only weak spot was in distance running and there was just one meet remaining in which to qualify. Welcome to the mile run, Larry! He slogged through a 6:30 mile to nail down the last position. Who knew that this would lead to a lifetime of running?



Four years later Larry would pull off an upset in that same event in what he calls his most memorable performance. At the 1974 Delaware County Track & Field Championship Meet, Larry entered as the #4 seed for Wapahani High School. Running back in fifth place with a lap to go he suddenly turned on the jets and swept into the lead just 50 yards later. After losing the lead at the end of the backstretch Larry kicked again and earned the victory by just a tenth-of-a-second.

After a senior cross country season that resulted in county and conference team championships for the Raiders of Wapahani, Larry easily defended his county title in the mile and then ended his high school running career with an Empire Runners Hall of Fame qualifying mark of 4:38.2 at age 17. The mile would be the source of two more qualifying marks, each separated by more than a decade. At the age of 31 Larry ran 4:34.2 at the 1989 Santa Rosa Super Mile and then, at 42, Larry posted a 4:48.2 in the 1999 Capitol Mile in Sacramento. It was as a 42-year-old that Larry seemed to be in the best shape of his life, recording times of 16:39.1 for 5K and 34:46 for 10K.



Upon graduation from Ball State University, Larry migrated to California in 1981 and a year later began coaching cross country and track at Santa Rosa's Montgomery High School, a labor of love that would last 18 years. In 1989 Larry met Tori Strong, an outstanding runner who would become his wife and coach alongside Larry for 12 years. The MHS boys cross country teams during Larry's tenure recorded a dual meet record of 179 wins and 13 losses, earning 12 North Bay League championships and 5 North Coast Section titles. The girls' team record was 123 wins, 54 losses but much of the improvement came after Tori joined the staff. There were 3 league titles and 2 section wins for the girls and their coaching careers ended in a California state championship for the MHS girls' team of 2000.

Larry joined the Empire Runners Club in 1987 at the behest of a good friend and fellow runner, the late Alec Isabeau. Larry soon became deeply involved in club activities, starting a training calendar and running groups that, 32 years later, still gather several times a week for workouts. He has served as newsletter editor for the club, has directed club races and was club president for 3 years. Larry has competed for the Empire Runners cross country team for many years, serving as both team coordinator and age-group captain along the way. In 2009, at the age of 52, Larry won the Empire Runners Grand Prix overall title and has finished in the top three 5 other times.

