

Bob Shor



Bob Shor has been a fixture in local, regional and national running events longer than many people can remember. His presence has been a positive and steadying influence for organizers, participants and spectators for more than 30 years. Track, field and cross country participation and achievements have boomed during those years, partly due to the contributions of those like Bob.

While in high school, Bob noticed the starting position of a runner while in the starting blocks. The poor position caused the sprinter to slow start. When Bob pointed out the faulty 'set' position, it was corrected and the runner quickly improved his performances. Bob saw that mechanics, self-discipline and dedication could pay great dividends.

In 1989-90 Bob and Doug Courtemarche became involved with the Santa Rosa Express, a youth running club, started in 1975 by John Gash from Rincon Valley Junior High. The program eventually moved to Santa Rosa High School where runners from eight years old through high school could compete in track and field events. The program offered a chance for young girls and boys to learn about running, training and the value of individual effort. Many stayed with the program for years. The Express was pretty equally divided between male and female athletes which gave team members an opportunity to appreciate a wide range of athletes in various events.

Bob likes the way youth sports builds character, the appreciation that winning is not the only goal of competing, and the ultimate value of individual effort. Athletes progress largely through time spent and self-motivation. Bob stressed that team members need to want to come to practice and put in the effort in order to get better. Fortunately these sports generally allow all interested participants to become part of a team. There is always an event for anyone willing to try.

Within and outside of Empire Runners, Bob is well known and highly respected as a race starter and general organizer. He makes certain procedures are followed so no complaints or challenges arise out of events he oversees. His count downs to race starts are clear and booming so everyone can move to the start in good order.

Like many volunteers, Bob started small with helping to set up the Kenwood race, then as local Pacific Association Cross Country chair for Youth. Events became bigger and travel farther as Bob's reputation for skill became known. He has served for many years as a PA board member and continues to oversee many events. It is a comfort for runners to see Bob at the start or finish of an event, giving confidence the race will be properly conducted. Locally, Bob almost always attends Empire Runner club meetings and always has a positive productive comment or reaction about events under discussion.

Bob Shor is a worthy entrant into the inaugural class of Empire Runners' Spirit of the Club.

Congratulations Bob!

- contributed by Mike McGuire