

Track Tip: Follow God But Beat Everyone Else

By FRAN ERROTA
Staff Writer

There's one thing as embarrassing as falling over the first hurdle in an important race: slamming into seven of 10 barriers in the Junior National Track and Field Championships.

But Kris Costello hopes all that is behind her. A slender 5-8 junior at Lynbrook High School, Kris has mapped out some lofty goals in track, but she's also very involved in her academic pursuits.

"I like my science courses," relates Miss Costello, who hopes to become a nurse.

Kris is one of a number of girls from Santa Clara Valley high schools who compete for their schools and train with the famed San Jose Cindergals. The team is coached by Augie Argabright, who helped Cindy Poor and Francie Larrieu Lutz gain berths on the Olympic team last summer in Montreal.

Augie and assistant Jim Tisano see area products asserting themselves in the upcoming state high school championships (June 3-4) and Junior Nationals (June 10-11), both at UCLA.

In addition to Miss Costello in the 110-yard low hurdles, Argabright has in mind four distance runners and Marquita Belk (Silver Creek), the defending state high school queen in the 440 where she has a prep best of 55.2 along with a 54.3 in AAU competition.

Like Marquita, the distances runners are sophomores—Diana Figliomeni (Saratoga) and Ann Regan (Camden) in the 880, Vicky Bray (Los Altos) in the mile, and Roxanne Bier (Independence) in the two-mile.

As the senior member of the group, Miss Costello hopes her experience pays off in gold medal efforts in upcoming meets.

She won the 100 and 220 in addition to the low hurdles in the Central Coast Section meet last year and will be trying for the same triple this time.

At the state meet last June in Berkeley, Kris finished a strong second in the 80-yard low hurdles and she hopes to win over the longer 110-yard route this year. Off her most recent 14.5 clocking, indications are she'll be in the 14.0 range for the CCS and state meets.

"My goal is to win the state hurdles and the nationals the following week," Kris says.

She won the nationals in the 14-15 age bracket in her last attempt and on April 3 skipped over the 100-meter high barriers in 14.1, which indicates she is capable of the 13.8 projected by Tisano.

The high hurdles in women's track stand 33 inches, the lows 30.

"I like to run good times," notes Kris, "but beating my competition is more important."

This is Miss Costello's fifth year of track, having started with the Cindergals and also competing for Lynbrook during the school season.



Lynbrook High's Kris Costello

Kris has an older sister and two brothers and three other sisters who are younger.

"My brother, Mark, who is 6-2 and 175 and only a freshman, is a shot putter on the Lynbrook froshoph team," notes Kris proudly. "Our whole family is interested in athletics; my mom, in fact, was very good in swimming, almost made the Olympic team.

"I also hope to make the Olympics, and if that happens to be Moscow, 1980, I will be most pleased."

She also has a word for aspiring young women in track:

"Follow God, the only way you'll get going."

Apparently, Kris follows God, but she intends to finish ahead of everyone else, hopefully without smashing into any more hurdles.