

# SPOTLIGHT ON:

# Maria King



photo by Dave Stock

Maria King may only be 15 years old and 90 pounds in weight; but Maria King packs a lot of dynamite in that tiny young frame. When it comes to track she's worth her weight in gold.

The very personable King, a student at Samuel Ayer High School in Milpitas, was 1979 league champion in both the 880 and the mile, recorded season bests of 2:12 and 4:59 and went on to place fifth in the State Championships. All this was accomplished while she was yet 14 years old. Don't worry about trying to remember the name "Maria King" because you'll be hearing it a lot in the future.

Maria says she got started in track, "When I was 9 years old with the Arrow Track Club in Los Altos. My first year I ran the 440. I thought I would be a sprinter, because I liked it in elementary school. I really enjoy the competition and have made a lot of good friends through track. I love to run."

Although during the academic year Maria runs for her school she is also a member of the San Jose Cindergals and it's Cindergal mentor Augie Argabright she credits leading her. "My biggest inspiration has been my coach, Mr. Argabright," she relates, "because he believes in me and is teaching me to believe in myself."

With all the success at an early age you'd think Maria must be a track fanatic. Wrong! "I feel that being involved in a sport, music or any type of club is good for you. But I don't think that it should be the most important thing in your life. Being dedicated is great but you shouldn't let it completely take over your life.

The future? "After high school I'd like to go on to a four year school in the Bay Area. Stanford, UC Berkeley, etc., and major in journalism."

#### Workouts:

*Sunday*- rest. *Monday*- long intervals (1100 to 3 miles). *Tuesday*- 6-8 mile run. *Wednesday*- short intervals (660 and down). *Thursday*- 6-8 mile run. *Friday*- early season: quality interval workout. Late season: short easy workout. *Saturday*- Early season: timed trial. Late season: competition.

**MARIA KING:** San Jose Cindergals and Samuel Ayer High School. Age 15. 5 feet, 3½ inches; 90 pounds. Born June 18, 1964, in Guam.

**Best Marks:** 880- 2:12.6 (79); mile- 4:59.0 (79). Coached by Estle "Augie" Argabright.