

Yanicks Inspires Young Athletes

Menlo-Atherton cross-country coach, Plato Yanicks, is not only known as a hard-working coach who cares about the runners out for his sport around the Sequoia High School District, but Northern California as well. One M-A coach recently commented, "That Yanicks-- he's always doing something." Yanicks feels coaching distance runners is a pleasure because the student out for cross-country, a grueling sport, is dedicated enough to come regularly to practice. However, Yanicks stated, "There is real pleasure in running. It can be very relaxing in relieving physical and mental tensions. Most people can't understand this because it's painful at first, but after a month or so of training running becomes easy. They just don't give running a chance."

The Palo Alto graduate went on to say, "Most runners don't like running around a track, they want to run someplace beautiful." For this reason Yanicks and his group of harriers go to places like Sharon Heights, Stanford golf course, Foothill Park, Huddart Park to run. Besides, he added, "A hard track hurts the legs, so we run on grassy surfaces." Yanicks, whose Cross-Country News rivals Bear Tracks for readers, pointed out that Cross-country is a team sport since five good runners are needed for a fine performance. When asked who was the best runner he's ever coached, the ex-Hillsdale and Homestead mentor responded, "Dan Britts was the greatest distance runner in M-A history." Yanicks also said, "Most of all, I hope I've helped some kids better understand themselvs."