

Mitch Kingery Takes 10K Road Race at CCA Relays

by Marty Post

Harvey's Casino really hit the jackpot when it entered a team for the Brooks Corporate Cup 10-K Road Race. It pulled off a tough "double-double," taking the individual and team titles in both the regionals and national championships at Palo Alto. It didn't come as much of a surprise that the individual champion in 30:48.7 was Mitch Kingery, now 25, but an age-group record-setter from early in the 1970s when he set national marathon records for ages 15 and 16. A recent graduate of Cal Poly at San Luis Obispo, Kingery is now employed as a busboy at Harvey's at Stateline, Nevada. A trim 5'7", 124 pounds, Mitch competes for the Camino West Track Club and is one of the toughest competitors in the Northern California running scene.

Q: Did the race go pretty much as you expected?

A: I wasn't really sure who was going to be here at all. I just went out and ran hard and tried to push it a little bit. Not too much.

Q: Was there a pretty big pack together through the first mile?

A: Pretty much so but I really didn't know most of the other guys up there except for the Harvey's people.

Q: Do you remember any splits?

A: The first mile was in the 4:30s but I don't remember after that.

Q: Where was the point where you made a move and pulled away?

A: At the hill it kind of broke up.

Q: You mean the one about half-way into the race?

A: Yeah. It broke up a little bit, but it didn't feel hard at all. I've been training in altitudes for a year.

Q: But you felt once you broke things at the hill you would win.

A: Right.

Q: There have been many races around campus, many of which have included substantial parts of this course. Do you think this gave you any advantage over people say from Texas who weren't familiar with the hills or the course?

A: I've run up that hill in the back before so I knew which way to go.

Q: Did the rest of the team from Harvey's run as well as they hoped?

A: We got first and we got fifth and I think tenth. (Editor's Note: Harvey's did place first, fifth, and tenth plus twelfth.) Jon Jennings was fifth; he's a barback at Harveys.

Q: Does your job at Harvey's give you a lot of time to train?

A: I work a swing shift where I go in at four and get out at 12. It's pretty good. Most of my training is on the roads; I'll run about 10 miles a day on the roads. Sometimes I use leg weights or arm weights. I've been up there about a year.

Q: What other big races are you planning on?

A: I have four trips provided for by Converse so I might run the Nike Marathon in Eugene. My best time for the marathon is 2:17:50 which I ran at the Jordache Marathon in Los Angeles last March. That was supposed to be a flat course but there were some real hills.

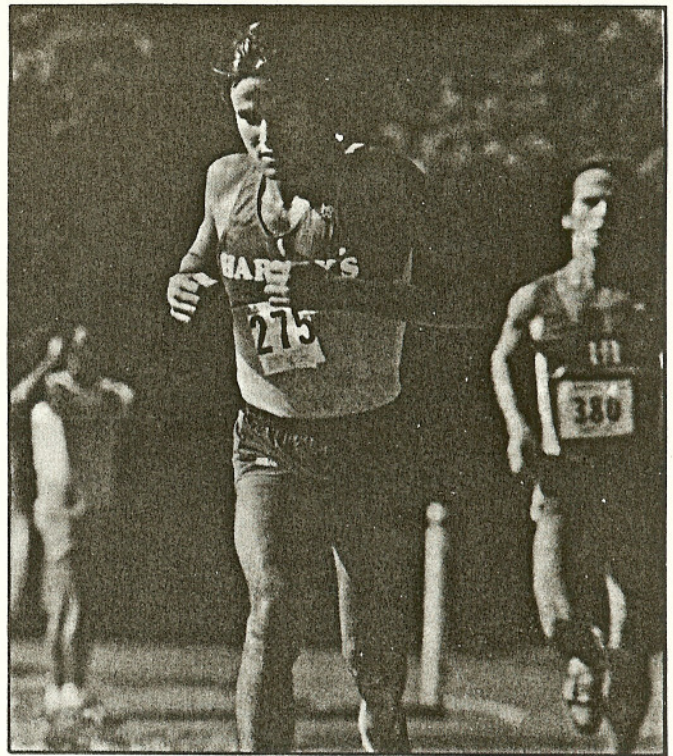
Q: What's your PR for 10-K?

A: I think it's 30:04 down at the *San Jose Mercury News* race.

Q: Let me just fill in on a little biographical info. What honors did you make while at Cal Poly?

A: I ran Division II cross-country and one year I got second place behind Jim Schankel. At 10,000 meters I was third in the Division II my junior year.

Q: It's too bad you don't have time to hang around and run some of the other races.



Mitch Kingery led an awesome team of runners from Harvey's Casino in Lake Tahoe to CCA Relays gold.

A: Yeah, but we all have to be back; one of the guys on our team has to work the graveyard shift. Maybe next year we'll have the chance and we can do even better. □

MEN'S 10-K RESULTS

Class: Open AA

1. Harvey's Casino	Mitch Kingery (30:48.7)	62:10.1
	John Jennings (31:21.4)	
2. Ford Motor Company	Doug Kurtis (30:58.6)	62:15.9
	Dennis Kurtis (31:17.3)	
3. Rodale Press	Budd Coates (31:14.6)	64:01.9
	Pat Corpora (32:47.3)	

Class: Masters AA

1. General Electric	Bill Meinhardt (32:41.3)	67:28.6
	T. Urquhart (34:47.3)	

Class: Open A

1. City of Austin	Jon Kraus (31:48.6)	67:26.3
	Rick Kent (35:37.7)	
2. U.S. Postal Services	Dan Anderson (32:12.5)	67:54.1
	G. Utzendenburg (35:41.6)	
3. Synanon Church	Randy Belzer (33:31.3)	69:29.6
	Paul Ruffin (36:58.4)	

Class: Masters A

1. California State Employees	Abe Underwood (35:25.6)	70:51.8
	Jon Shelgren (35:26.2)	

Class: Open B

1. Running Shop	Dennis Tracy (33:36.0)	67:31.3
	Mike Edelstein (33:55.3)	
2. Food Fair Markets	unknown (36:03.6)	73:55.7
	Todd Feeley (37:52.1)	
3. Kransco	B. Schneider (38:34.6)	81:04.1
	F. Jamison (42:29.5)	

Class: Masters B

1. Kransco	Jerry McFadden (37:53.3)	1:91:32.2
	D. Wakefield (53:38.9)	