

C.T.N. INTERVIEW:

ANN REGAN: San Jose Cindergals and Camden High School (San Jose) junior. Age 16. 5 feet, 7 inches; 108 pounds. Born August 20, 1961, in San Jose, California. Has also competed for Integra Track Club (1970-1975) and the Cupertino Yearlings (1975-1976).

BEST MARKS: 440- 56.5('77), 55.7r ('77); 800 meter- 2:04.4('77); 1500 meter- 4:33.0('78), mile- 4:54.0('78). Coached by Mr. Augie Argabright.

In last year's State High School Track & Field Championships one of the most exciting races was the girls 880 yard run. Sophomore Linda Goen of North High in Bakersfield was the favorite, but another soph., Ann Regan, outsprinted Linda, handing her her first defeat of the year, and setting a national prep record in the process — 2:08.0.



Following her state championship last year she then went on to national level competition where she won the National 14-15 girls 880; placed third in the AAU Junior Nationals 800; and was second (first American) in the USA vs USSR junior dual meet.

This past cross country season Ann earned second in the California State Cross Country Championships and then 3rd. in the 14-15 Age Group Nationals.

At Camden High she holds school records in the 220, 440, 880, and mile. Presently, as a junior, she is the state leader in the 880 with 2:11.

Camden High School girls coach, Gail Balsley, speaks very highly of her prized pupil: "I have had the opportunity of working with Ann in physical education classes the past three years and as a member of our track team the past two, but not as her coach. She is coached by Augie Augabright of the San Jose Cindergals.

"Ann is an outstanding student. She is respected by all her teachers for the same qualities that make her an outstanding competitor as well as being a very fine individual. She sets high standards for herself on and off the track.

"Ann is ver conscious of her talent," Coach Balsley continued, "and yet remains humble and most times even shy about talking about her accomplishments.

"Her most immediate goal is to win the State Meet in the 880 again this year and then, ultimately, to participate in the 1980 Olympics. With her positive attitude toward challenges and the drive and desire she exhibits, that goal is not beyond her reach."

CTN: You've achieved your biggest honors in the 880. Is that your favorite race; and how often do you like to compete?

Regan: The 880, or 800 meter is my favorite event in track. I like to compete every weekend in some type of meet; running different events, road races, cross country, and so on.

CTN: Do you have a favorite competition strategy that you like to use in the 880?

Regan: No. It varies with each individual race and the competition I am competing against.

CTN: Do you "peak" for one or two important competitions each season?

Regan: I usually try to peak for the Junior Nationals, but the championship meets at the end of the season are important and I try to do especially good in these as well.

CTN: Do you follow any special training rules?

Regan: Nothing specific other than taking some vitamins.

CTN: What are your immediate track and field goals for this year?

Regan: To qualify for the Junior National team which will run against the USSR team.

CTN: What about more long range goals?

Regan: I would like to make the Olympic team. But that is pretty far away, so lots could happen between now and then. I just try and keep the upcoming meets the most important.

CTN: How long do you plan to keep competing in track?

Regan: I definitely plan to run through college and after that, I don't know. I want to wait and see how everything is going.

CTN: What are your educational goals and career objective?

Regan: I think I will major in English and go into teaching or journalism. Maybe law.

CTN: Have you made up your mind where you would like to go to college?

Regan: I have received a few letters from some colleges but I haven't made

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any plans yet. Right now I just want to hear from schools and see what they have to offer before I make any decisions.

CTN: Why do you participate in track, or what do you like best about it?

Regan: I like to run and compete in the meets. Now that I have a better opportunity to travel I like to look forward to that. I have met a lot of people through running and I have friends all across the country that I have gotten to know at meets.

CTN: How did you get started in track?

Regan: When I was 9, there was an announcement at school for any girl who was interested in running to come out to practice with the Integra Track Club. I found out about it and started running with them.

CTN: Has there been a particular individual who has inspired you?

Regan: No, not a single person, but just by competing, I want to be better than everyone else. So, I guess that the people I run against have inspired me to do better. Women's track is getting more competitive all the time, so I try to always keep improving.

CTN: What does a typical week of track workouts look like?

Regan: Monday is a distance run or long intervals like 880s to 3 mile repeats. Tuesday is long distance. Wednesday is short intervals like 110, 220, and 330s. Thursday is long distance. Friday consists of paced intervals like 220s and 440s. Saturday is a meet. Sunday is just a light run. As track season progresses the distances are shortened and the times become faster.