

THE PASSING OF A LEGEND

Celebrating the life of Coach Baruch Elias



Baruch Elias (center), was a legendary and beloved figure in the world of track & field.

Tribute to Baruch Elias...California community college track and field has lost a special friend and colleague. Baruch Elias, 94, passed away Tuesday in a Long Beach hospital. His charm, sense of humor, compassion and great smile will be remembered. We have lost a special friend, a mentor, and an icon of our sport. It is fortunate that just this past summer Elias was inducted into the CCC T&F Hall of Fame in Las Vegas. He was so personable to all who approached him that weekend and his enthusiasm and love for coaching was clearly evident after all these years. For those of us who befriended Elias he will always be "the coach's coach." We will miss him dearly. Following is the tribute that was included in the 2011 Hall of Fame dinner program:

Baruch Elias has left an indelible mark of success on California community college track and field. Elias, a native Romanian, came to America with a renowned international reputation as a master coach, clinician, and author. It was Long Beach City College that was fortunate to have his services for 26-years. Coaching the horizontal and high jumpers for Head Coach Ron Allice, Elias played an integral role in 11 Viking state team titles and 14 So Cal team titles. LBCC never lost a conference team title during his time with Coach Allice. When Allice left LBCC for USC following the 1994 season Elias continued coaching under Head Men's Coach Jim Richardson and Women's Head Coach Dan Ripley through 2005. The Viking men with Richardson and Elias leading the way won the 1995 state team title while Coach Dan Ripley's women won team titles in 1995-6, and 1999 giving Elias 15 state team championships he was involved with.

Over 30 seven foot high jumpers-community college and post-collegiate level- have excelled with Elias' direction, including ex-Viking Dennis Lewis, former American record-holder and the still-standing national community college record-holder, and Brian Stanton - '88 Olympian.

Elias also coached USA Jr. Triple Jump Champions Marcus Hooks and Jonathan Jordan-both ex-Vikings who won California state community college titles. His LBCC coaching success with Venezuela athletes Doug Fernandez ('83-84 CCC decathlon titles) and '83 CCC triple jump champion Jose Salazar led to a two month guest coaching opportunity of that country's athletes for the Pan American Games where Fernandez won the decathlon silver medal and Salazar earned the bronze medal in the triple jump.

From 1979-2005 Elias' athletes won 23 state individual titles-eight men's triple jump titles, five decathlon titles, four men's high jump titles, two men's long jump titles, three women's triple jump titles, and one women's long jump title.

Coach Elias' coaching honors include: the Long Beach CC Athletics Hall of Fame; Romanian Coach of Year-1971; Romanian National Adviser 1961-75; Romanian Olympic Jump Coach 1952-76. At age 90 the personable, much admired and respected Elias continues to help athletes of all ages seeking his knowledge and experience. This icon of track and field's world of jumping sums up his career succinctly stating, "Coaching is my life. It is hobby. It is profession. It is religion."

A Memorial Service will be held this Sunday (12/11/11) at 1:00pm at Mount Sinai Cemetery in Los Angeles.

State Meet Follow-up Features

All photos, courtesy of Dean Lofgren



Women... Sophomore Karen Rosas captured her third state individual gold medal in leading a talented, Eddie Lopez coached Glendale Vaquero team to a dominating (85 point win margin over Orange Coast) state title-the schools sixth state cross country women's championship ('77, '79, '80...small schools; '07, '09, '11). Rosas was on two state cross country championship teams.

*Coach Lopez' women have won three of the past four state cross country titles.

SPOTLIGHT ON KAREN ROSAS (Glendale CC)...2011 State XC Champion:

High School & Best Marks: Francisco Bravo (Medical magnet HS-LA); 1600-5:21, 3200-11:08

High School Highlight: LA City XC Finals-2nd (Jr. year)

Glendale highlights: 2011 State 5 & 10k titles; 17:22, 36:40 PRs; 2010 State T&F Meet: Runner-up in 5 & 10k races

Four year college: Rosas will transfer to Adams State (Colo.) in January and she will compete indoors for ASC's legendary distance program.

Academic major: Sociology

Rosas' personal reflections: "At the state meet I thought the runner coming on me near the finish was a teammate so I didn't react to dig down and sprint until the realization set in that it was the Cuesta runner. The win (her third state championship-T&F/XC- gold medal) was very, very important because I wanted our team to win so badly. The team had supported me and encouraged me during my season of ineligibility. I value my teammates and the special bond."

Future Goals: Immediate goal is to run in the 35s in the 10k



Men...American River sophomore Garrett Seawell had not won a race on the track or in cross country for AR until the 2011 cross country championship. He not only led his AR teammates, coached by Rick Anderson, to the schools second ever state cross country title, but he broke the Woodward Park community college men's course record by three seconds (19:53.06). ARC scored 49 points to 91 for second place So Cal Champion San Bernardino Valley.

Seawell had finished second to teammate Wyatt Landrum in nearly every meet this fall. At last year's 2010 State CC cross country meet Garrett placed fifth.

SPOTLIGHT ON GARRETT SEAWELL (*American River CC*)...***2011 State XC Champion:***

High School & Best Mark: Roseville; Garrett ran a prep 3200 PR of 9:10 in finishing 10th in the 2010 state meet. 1600 PR-4:19

2012 ARC T&F: Garrett's goals are to win the state 5000 title and break 14:10 during the season.

Future: Undecided on a future college

American River's trail of success....One could say ARC's men under Coach Rick Anderson have become the San Bernardino Valley of Northern California CC cross country with the following remarkable history: 12 conference cross country titles; six Nor Cal titles, and the school's first ever state cross country title in 2005. Anderson's Beavers have placed in the top four in state in five of the past eight seasons and won nine of the last 10 conference championships.

Coach Anderson has been named state T&F and/or XC Coach of the Year twice and Nor Cal Coach of the Year five times. His 2011 men's Beaver track and field team won the 2011 state title and will be among the teams favored to contest for the 2012 state title. Seawell, Landrum, and distance teammates will surely score some valuable points in that meet.



Nor Cal Factoid: The only other Nor Cal men's cross country team to win a state xc title was

West Valley CC in 1987. The CCC State Cross Country Championships began in 1964 with San Diego Mesa, coached by Hall of Fame coach Dick Coxe, winning the title

**Some facts extracted from Sacramento Bee article by Joe Davidson*

Believe it or not... Doug Todd's Mt. SAC women placed third , but the story is how they did it-research probably

will show no school had ever won in the following unique fashion: The Mounties first runner placed 19th-the other four girls came across quickly giving Mt. SAC a 34 second team time gap. Their fifth runner placed 41st. Congrats!