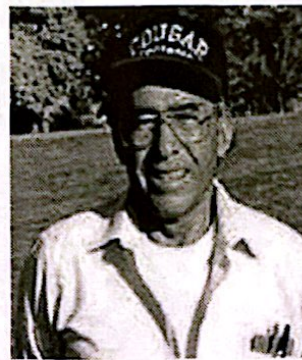


ED SIAS

COACH & MENTOR ~ 1960 - 1990



Ed Sias became a running enthusiast while watching his son compete for the College Park Track & Field team. Ed had become a runner himself at age fifty. His son moved on from College Park with its first graduating class in 1961. Ed, however, remained a daily fixture for coaches and athletes of both the Cross Country and Track & Field teams for the next 30+ years.

Ed's work ethic as a volunteer is legendary. He considered no task too difficult or menial. Well into his 70's, in addition to countless hours of service to College Park athletics, Ed spent 40-50 hours every summer grooming running trails in Hidden Valley park.

Ed was a shy and modest man. Though qualified, he never allowed himself to be referred to as a "coach." He was always praising athletes' efforts and lifting up their spirits – even runners from other teams. It didn't matter if you were a front-runner or at the back of the pack, he cheered for everyone.

In 1984 Ed reluctantly agreed to let College Park's cross country invitational carry his name, asking only that the girls be allowed to run last as the featured event.

"Anyone who met Ed Sias, had a friend for life"

--Coach Steve Nesheim