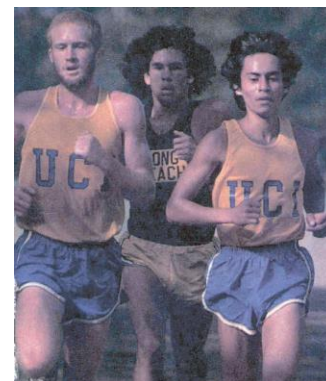


HISTORY OF THE CALIFORNIA INTERSCHOLASTIC FEDERATON SOUTHERN SECTION (CIF-SS)



49th historical “tidbit.”
Dr. John S. Dahlem

RALPH SERNA LOARA HIGH SCHOOL FAMOUS TRACK ATHLETE, COLLECTOR OF TRACK MEMORIBILA AND TRACK SHOES “Runners United”

The “Golden Age” of California high school track is often considered to be the 1970’s, when elite distance runners had to run on dirt and clay surfaces without the superior shoes and sophisticated training regimes of today. Ralph Serna of Loara High School in Anaheim during the 1975 California State High School Track Championships in San Diego, ran a 8:45.9 two mile finishing second to the great Eric Hulst from Laguna Beach. Serna’s time to date still is one of the best high school marks ever for a two mile race. Ralph continued to run in college and won two individual NCAA cross country titles for the University of California, Irvine. Today Ralph is a successful shoe designer who in the past worked for companies like Reebok and Mizuno.



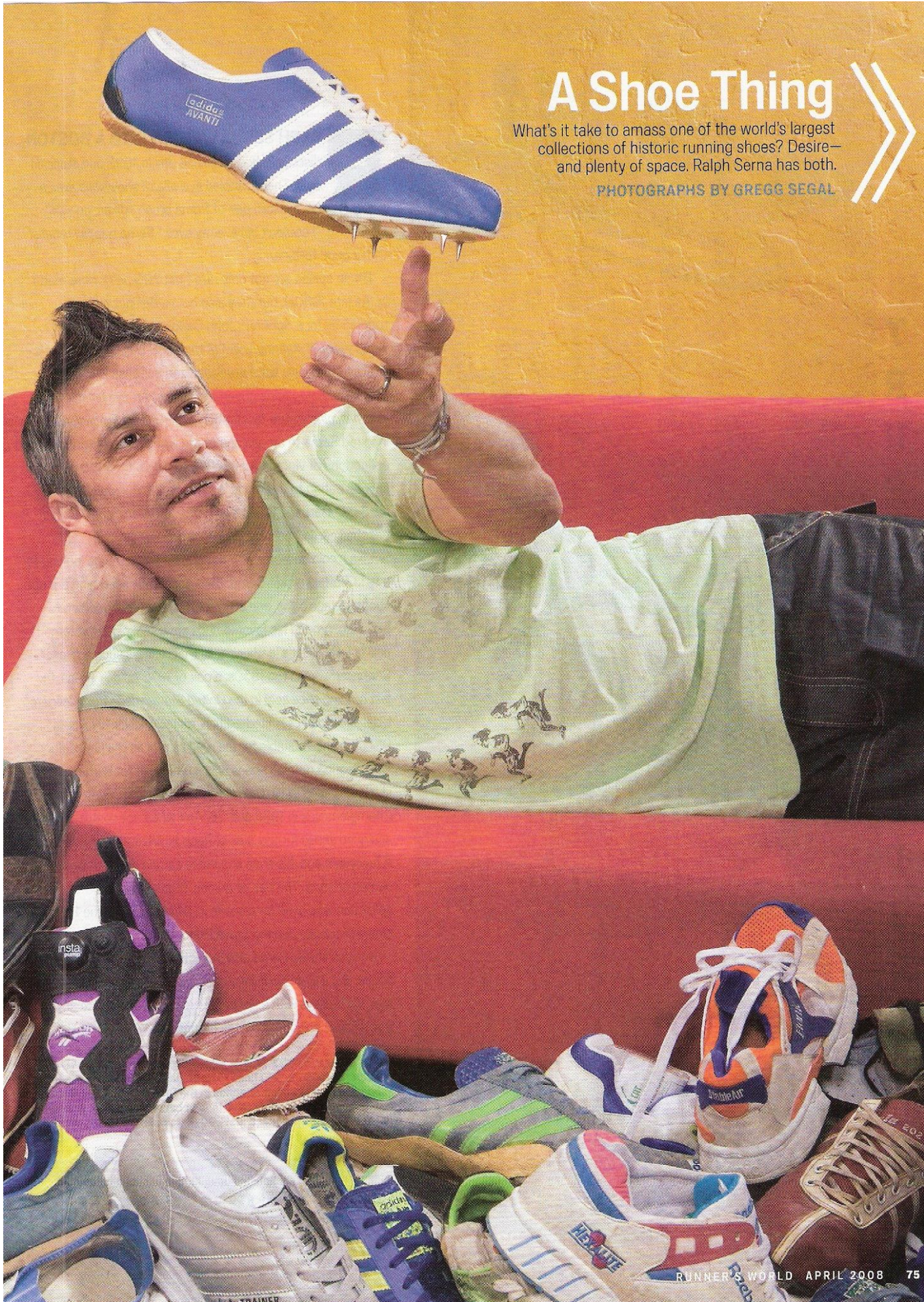
Ralph, who had the opportunity to talk with Steve Prefontaine and Frank Shorter, is an avid collector of running shoes. Ralph also collects other track ephemera to include medals, books, running magazines and track programs. Ralph has been very kind to the CIFSS and has shared copies of some his programs to include the 1914 CIFSS Track Interscholastic Championship program held on the Y.M.C.A. field in Los Angeles.

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A Shoe Thing

What's it take to amass one of the world's largest collections of historic running shoes? Desire—and plenty of space. Ralph Serna has both.

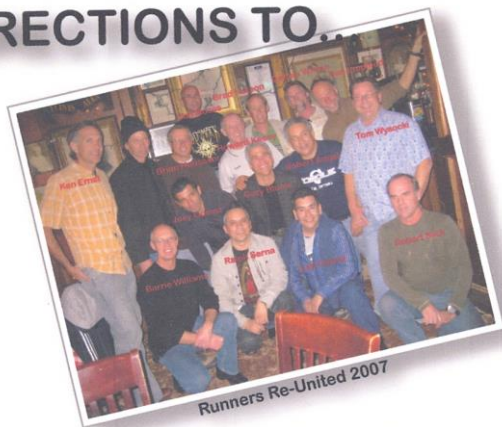
PHOTOGRAPHS BY GREGG SEGAL





TRIUMPHANT FINISH — Ralph Serna of Loara raises arms in exultation as he becomes the fastest finisher in all divisions of the 1973 Cross Country Championships at Mt. SAC with a rain course time of 9:41.6.

DIRECTIONS TO...



Runners Re-United 2007

...Runners Re-United II

Runners Reunited Logs Its Biggest Turnout of Legendary California Prep Runners...

... INCLUDING LONGTIME RECORD HOLDERS STEVE SCOTT & JEFF NELSON

Event's 4th Outing Welcomes Repeat Attendees Olympian Middle Distancer Ruth Kleinsasser-Wysocki and World Age & Two-Time State 2-Mile Record Holder Ralph Gamez plus World Best Marathon Mark Setter Jackie Hansen

FULLERTON, Calif. (July 19, 2011) — Over 100 of California's most accomplished high school runners of the past six decades — boasting five national prep record holders, 11 state champions (including eight in the 2-mile event), 16 sub-9:00 2-milers, 12 sub-4:10 milers, five sub-1:52 1/2-milers and an Olympic athlete from the 1984 U.S. track team — descended on Orange County bar 'n' grill hotspot Joe's here Sat. July 9 for the 2011 edition of Runners Reunited (RRU), where they relived race memories, reconnected with competitors, teammates and coaches from yesteryear and, for many, met childhood heroes for the first time.

The function, which drew Golden State running royalty in current U.S. indoor 2000-meter 30-year record holder (4:58.6, 1981) and American record holder in the mile from 1982-2007 (3:47.69) STEVE SCOTT (Upland High School 1974) and national high school record holder in the 2-mile from 1979-2008 (8:36.3) JEFF NELSON (Burbank '79), sported 125 attendees, according to RRU founder and Loara High School Class of '75 star 2-miler RALPH SERNA, and marks the most-attended edition since he and organizer DAN MARTINEZ-PATTON (Newark '78) began staging the now-annual gathering for the state's elite prep runners in 2007....



Fourteen Sub 9:00 2-milers: (L-R Top Row) Gordon Innes—Upland HS 1972—8:54.4, Ralph Gamez—Berkeley HS 1966—8:57.0, Dale Fleet—Clairemont HS 1971—8:53.8, Marc Gene—Santa Ana HS 1972—8:53.4, Bill St. John—Mater Dei 1976—8:54.8, Colin McConnell—Edison HS 1976—8:55.0, Dave Daniels—San Geronio HS 1977—8:58.8, Brian Hunsaker—Corona Del Mar HS 1975—8:56.8,

(L-R Bottom Row) Curtis Beck—Santa Monica HS 1973—8:48.8, Jeff Nelson Burbank HS 1979—8:36.3, Pete Romero—Redeley HS 1967—8:54.8, Andy Di Conti—La Canada 1980—8:57.42 Ralph Serna—Loara HS 1975—8:45.9, Don Moses—Crescenta Valley HS 1976—8:52.6. (photo Art Cendejas)

Runners Re-United II

PASSPORT

Runners Re-United 2009

July 11th, 2009

Ralph Serna



Loara HS 1975

- 880-1:55.6**
- 1500-3:50.4**
- Mile-4:07.0**
- 2Mile-8:45.9**
- 3Mile-13:45.4**
- 5,000 -14:16.2**
- Steeple 9:24.2**
- 10Miles-50:30**
- Lifetime**
- 1320-2:53.0**
- Mile-4:02.7**
- 2Mile-8:41.0**
- 5,000-14:01.2**
- 10,000-28:52.0**
- 10Miles-48:45**
- Mar-2:14.6**
- Loara HS-UC Irvine-Sub 4 TC**
- Loeschhorn's TC-ASICS TC**