

# Running for Jim

The Story of High School Cross-Country Coach Jim Tracy  
and his Courageous Battle with Lou Gehrig's Disease



## PROPOSAL

A Documentary Produced by:  
Robin Hauser Reynolds, Judy and Dan Noyes

Fiscal Sponsor: San Francisco Film Society

Finish Line Features, LLC & Noyes Productions, LLC

296 Beach Rd.

Belvedere, California 94920

Tel: 415.216.6061

[www.runningforjim.com](http://www.runningforjim.com)

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and his Courageous Battle with Lou Gehrig's Disease



*Jim, you inspire your runners not only with your coaching, but also your example...*  
George Stephanopoulos, *Good Morning America*, ABC News

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## SYNOPSIS

On November 27, 2010, at the California State Division 5 Cross-Country Championship race, 16-year-old high school runner, Holland Reynolds, collapsed several meters from the finish line. Suffering from dehydration, lactic acidosis, and mild hypothermia, Reynolds managed to crawl across the finish line to secure the record eighth championship title for her team. This dramatic finish attracted international media attention not only because by winning the state title, San Francisco University High School (UHS) became the most successful cross-country team in California history, but also because the coach, Jim Tracy, has Lou Gehrig's disease.

*Running for Jim* is a 48-54 minute documentary-in-progress about Coach Jim Tracy, the most decorated high school cross-country coach in California history. It tells the inspiring story of how Tracy sacrificed his corporate career, steady income, and conventional lifestyle for a part-time position coaching high school runners. For 17 years, despite being at times penniless and living out of his car, Tracy has done what he loves best: he has committed his time and energy to running and to training teens to run. Students of all athletic abilities join the UHS cross-country team each fall, and those who endure Tracy's grueling workouts and brutally honest coaching style learn what it's like to give their all. In exchange for sweat and sore muscles, Tracy teaches his runners life lessons in dedication, commitment and perseverance.

In June of 2010, Tracy was diagnosed with Lou Gehrig's disease, also known as Amyotrophic lateral sclerosis or ALS. *Running for Jim* explores how Tracy, once a competitive runner, now faces the greatest challenge of his life. The film captures his courageous battle with ALS and how he continues to inspire his athletes despite his grim diagnosis and deteriorating health. Poignantly, the coping tools and strength Tracy has instilled in his athletes might be the most important lesson of all, as his runners attempt to process and understand the physical decline of their favorite coach.

Photographer Robin Hauser Reynolds, Emmy Award-winning television journalist Dan Noyes, and Producer Judy Noyes, join forces to produce this inspirational film.

*What Tracy develops in his runners is a true passion for developing a true passion.*

Scott Ostler, S.F. Chronicle

# PROJECT DESCRIPTION

*Running for Jim* chronicles the story of Jim Tracy, the deeply dedicated, brutally honest and quirky coach of the San Francisco University High School (UHS) Cross-Country Team. Through archival footage and interviews, the documentary shows how sixteen-year-old Holland Reynolds, a UHS junior and Tracy pupil, dramatically brought this story to national attention. Competing in the 2010 California State Cross-Country Championship, Holland ‘hit the wall’ and collapsed just meters from the finish. Determined to continue for her team and for Coach Tracy, who suffers from ALS, Reynolds literally crawled across the finish line, securing for her team a record eighth state victory for UHS.

NikeHUB’s video coverage of Holland Reynolds’ collapse during the championship race was posted to YouTube shortly after the race, causing an Internet sensation. The avalanche of media coverage included *Good Morning America*, *ABC World News Tonight with Diane Sawyer*, NBC, CBS, ESPN, Fox America, Canadian Broadcast Corporation, CNN, *The New York Times*, *The San Francisco Chronicle*, *The Huffington Post*, *Sports Illustrated* and various international journals. Clips from this coverage will be incorporated into the film to illustrate the impact this story had on the world. In *Running for Jim*, national media coverage is used as dramatic evidence of, and a metaphor for, the grit and determination typical of Coach Tracy and his champions.

Through interviews with runners from his 17-year coaching career at UHS, the film examines Tracy’s close relationship with his athletes and illustrates how he has molded ordinary youth into state champions. Segments include vérité footage of Tracy’s coaching track and field and cross-country.

*Running for Jim* includes segments of Tracy and Reynolds being interviewed on live talk shows and giving motivational speeches to local audiences. Interviews with past and current UHS runners reveal that Tracy is not a warm and fuzzy coach. By all accounts, he is a taskmaster who has sacrificed greatly, both personally and professionally, to create his winning teams. He is focused, driven, and displays candor that is respected by his runners. His award-winning success has come without substantial financial gain. To supplement his modest coaching salary, Tracy worked part-time jobs and often takes house sitting gigs to put a roof over his head. As rumored by his graduated runners, Tracy has, on occasion, lived in his car. As a single man, this hand-to-mouth existence was bearable, if not ideal, until he was diagnosed with ALS. In moving testimony, Tracy discusses his life choices. Interviews with his friends and the UHS community allow full character development of this remarkable man.

Throughout the film, *Running for Jim* explores the terrible challenges Tracy faces with his recent diagnosis of ALS and his determination to continue coaching. The film tracks the progression of his disease. By filming his day-to-day life including his medical appointments, and by interviewing his medical team, the film addresses the extreme difficulties of this progressively debilitating disease. ALS medical experts will discuss drug trials and the limited therapeutic options available to ALS sufferers. *Running for Jim* will show how his runners, alumni and the UHS parent community have come together to provide support. Tracy’s current runners have created a website ([www.coachjimtracy.com](http://www.coachjimtracy.com)), while the greater UHS community has established the Jim Tracy Special Needs Trust (JTSNT). Thanks to the expansive media attention afforded him, the JTSNT has begun to receive much-needed funds to help defer his medical expenses.



*UHS runners Holland Reynolds (r.) and Bridget Blum*



Coach Jim Tracy

Despite Tracy’s bleak diagnosis, he remains positive and optimistic. *Running for Jim* will showcase his irreverence and dark wit, his ability to laugh at his own failing body, and his will to continue to be a strong role model for his young runners.

On November 26, 2011, Holland and the UHS girls’ cross country team hope to be at the starting line, defending their state championship title. With luck, Tracy will be coaching as usual, from the sidelines. He is likely to have extremely limited mobility, but his mind will be as sharp as ever. In spirit, he will be running right alongside his athletes. His team may take the title, or they may not - but one thing is for certain: the UHS runners will be giving everything they’ve got, because they’ll be *Running for Jim*.

*There, who says kids these days are all self-absorbed?*

SFist.com

## TARGET AUDIENCE

As clearly indicated by the viral Internet and international media attention generated by Holland Reynolds’s heroic crawl for her ailing coach, a large audience awaits heartwarming, inspiring stories. Viewers of all ages will gravitate toward this touching film. Grade school, high school, and college athletic departments will embrace this film as an example of dedicated athletes and the strong and lasting impact of a superb coach and mentor.

Additionally, *Running for Jim* will attract the extensive community of survivors living with terminal diseases, their families and friends. *Running for Jim* aims to draw increased awareness to ALS, and to the needs of those who suffer from its debilitating grasp.

Running is an increasingly popular sport worldwide. Last year alone more than 25 million Americans reported running at least twice a week (Seattle Times, June 2010). *Running for Jim* will appeal to athletes of all ages and backgrounds.

Due to its inspirational storyline, *Running for Jim* will engage PBS and international television audiences.

*Jim Tracy has surfaced the genius in each of his national runners.*

Carla Silver, Santa Fe Leadership Center



## MARKETING / DISTRIBUTION PLAN

The producers of *Running for Jim* will seek to reach the broadest audience primarily through a broadcast-length (48-54 minutes) feature to be offered to OWN, HBO, PBS, etc. The film will also be available through the outlet of DVD sales and educational distribution. *Running for Jim* will be submitted to film festivals such as Telluride, Newport, New York, Cannes, and Sundance. National broadcasts will be promoted and publicized through ALS and running organizations. The producers will organize special community screenings throughout the Bay Area and beyond featuring panel discussions on ALS. An educational distributor will be chosen to target all educational markets for classes in sports, running, fitness, health and medicine. Possible distributors include Fanlight Productions, McClean Media, Aquarius Healthcare Videos, ThinkFilm, and Documentary Educational Resources.

The Runningforjim.com website will contribute to community outreach and will aid in sharing resources, information, and ideas. This website will link to [www.coachjimtracy.com](http://www.coachjimtracy.com), which provides updates on Tracy.



*UHS Wins Sectional Title*

Documentary films typically don't yield a profit. The producers believe that *Running for Jim* will be the exception and have agreed to donate 100% of the film's net proceeds to the Jim Tracy Special Needs Trust or to ALS research, as needed.

*Fall seven times, stand up eight.*

— Japanese proverb

## NON-PROFIT FISCAL SPONSOR

*Running for Jim* is a fiscally-sponsored project of San Francisco Film Society (SFFS), a 501(c)(3) nonprofit organization, which will receive and administer all funding. All contributions are tax-deductible.

San Francisco Film Society is dedicated to elevating the artistic quality and the social impact of film. Presenter of the longest-running film festival in the Americas, SFFS provides invaluable support to filmmakers worldwide.

*You're joining an elite program. This is not the jogger's club. This is the real thing.*

— Coach Jim Tracy

## FUNDING

Funding will be pursued from all foundations that support health and fitness as well as media organizations, private donors, and corporations. Fundraising screenings of the trailer will be scheduled nationally.

*We didn't want to take too much time to mope. It seemed like the best thing we could do for Jim would be to run.*

— Ned Tannenbaum, Captain, boys' UHS cross country team

## LOU GEHRIG'S DISEASE / AMYOTROPHIC LATERAL SCLEROSIS (ALS)

ALS is a progressive, fatal, neurodegenerative disease caused by the degeneration of motor neurons, the nerve cells in the central nervous system that control voluntary muscle movement. This disorder causes muscle weakness and atrophy throughout the body. Affected individuals ultimately lose the ability to initiate the control of nearly all voluntary movement, while cognitive function is generally spared.

*Running for Jim* has been well received by national ALS organizations such as ALS-TDI, Forbes-Norris ALS Research Center, Robert Packard Center for ALS Research, Project ALS, and ALS Center at UCSF. For contact information on ALS organizations, please visit our website: [www.runningforjim.com](http://www.runningforjim.com).



*If they're not going to give up, then I'm not going to.* — Jim Tracy

## PERSONNEL

**Producer, Writer: Robin Hauser Reynolds**, a professional photographer, brings her creative eye to the documentary team. Her contemporary, fine art photography has appeared in national publications, and has been showcased in corporate, commercial, and private collections worldwide. As a competitive endurance runner, Robin has been actively involved in the SFUHS varsity cross-country and track & field teams since 2008. She has become a close friend and avid fan of the remarkable Jim Tracy. Robin has a BA from the University of California, Berkeley, and an MBA from the Thunderbird School of Global Management. She is the mother of Holland Reynolds (16) and William D. Reynolds (15).



**Producer, Writer, Co-Director: Dan Noyes** is a journalist and multiple Emmy Award-winner with decades of experience in newsmagazines, network news, and local television. He's volunteering his skills as an interviewer and storyteller to *Running for Jim*. Dan is Anchor and Chief Investigative Reporter for ABC 7 News in San Francisco.

**Producer: Judy Noyes** is honored to tell Coach Jim Tracy's story. This project is especially close to her heart, since her late father had ALS. Judy brings years of television and film experience to the project. She is co-founder and producer at MarinHome.TV, a professional video business for the real estate industry. While living in NYC, Judy was a producer and publicist for King World's newsmagazines *American Journal* and *Inside Edition*. Judy started her career with a boutique PR firm representing high-profile TV and film personalities, independent films and major motion pictures.

**Contributing Writer: Leissa Jackmauh** worked as an Associate Producer for WEWS-TV5 (ABC) in Cleveland, Ohio as well as WTTG (Fox-5) and WRC4 (NBC) in Washington, DC. Heeding the siren's call of entertainment software, Leissa joined the PGA Tour Golf team at EA Sports in Redwood City, CA as a software development director, where she honed her skills in managing creative teams and impossible deadlines. A freelance writer for the last 6 years, Leissa has published articles in both print and online media. Recently returning to the U.S. after living abroad, Leissa currently resides in Greenwich, CT with her husband Philip and children Sarah, 13 and Matthew, 10.

**Co-Producer, Co-Director, Co-Editor: David L. Brown** is an Emmy Award-winning San Francisco documentary filmmaker who has produced, written and directed over 80 productions and 11 broadcast documentaries on social, nuclear, environmental, health, engineering, technology, peace and justice issues. His documentaries have received over 80 international awards, including three Emmy Awards, and have been broadcast on PBS and in fifteen countries. Brown teaches Documentary Filmmaking at City College of San Francisco, Digital Filmmaking at UC Berkeley Extension and the Documentary Filmmaking at S.F. Film Society. Recent works include: *The Bridge So Far: A Suspense Story*, *Of Wind and Waves: The Life of Woody Brown*, *Amazing: The Rebuilding of the MacArthur Maze*, *Seniors for Peace: Surfing for Life*.

**Co-Producer: Carlyn Hunter** an aspiring documentary filmmaker, Carlyn studied Documentary Filmmaking under David L. Brown at the San Francisco Film Society. She graduated from Cambridge University with a degree in Painting Conservation. She has owned and operated a landscape design business since 2000 and, as a long-time artist, has exhibiting her botanical watercolors and ceramics throughout the Bay Area. She brings her design skills and artistic eye to the project. From 2001 to 2005, her daughter, Grace, ran for Jim Tracy on the UHS varsity cross-country team. Grace was captain for three years and helped the team win three state championships. Carlyn was actively involved with the team during this time and developed a close bond with Tracy. Their long-standing relationship was the genesis for the *Running for Jim* documentary project.

# FINISH LINE FEATURES

## RUNNING FOR JIM — BUDGET 2010 - 2012

	QUANTITY	RATE	TOTAL
<b>STAFF SALARIES</b>			
Producer/Director/Camera/Co-Editor	24 wks		41,000
Co-Producers		in-kind	in-kind
Executive Producer		in-kind	in-kind
Associate Producer			750
Writer			in-kind
Contributing Writer			500
		<b>Sub-total</b>	<b>42,250</b>
<b>PRE-PRO RESEARCH</b>			
Website development			2,500
Research Materials/Materials/Proposals			1,000
Telephone, FAX, internet		in-kind	0
Photocopying, printing			500
Postage/supplies			200
		<b>Sub-total</b>	<b>4,200</b>
<b>PRODUCTION</b>			
<b>1) MATERIALS</b>			
Supplies, Props			2,000
		<b>Sub-total</b>	<b>2,000</b>
<b>2) CREW</b>			
Additional videographers w/cameras	300		10,000
Sound recordist w/gear		500	4,000
Production assistant/grip		150	1,500
		<b>Sub-total</b>	<b>15,500</b>
<b>3) EQUIPMENT</b>			
Equip. Purchases			500
Camera package- HD		in-kind	0
Rentals			300
		<b>Sub-total</b>	<b>800</b>
<b>4) LOCATION EXPENSES</b>			
Hotels/Plane Flights			2,250
Parking, mileage, tolls			250
Crew meals			500
Vehicle rental			500
Permits/Film Licenses			500
		<b>Sub-total</b>	<b>4,000</b>
<b>5) SERVICES</b>			
Dubbing/Capturing			1,000
Transcribing			2,500
		<b>Sub-total</b>	<b>3,500</b>

**POST-PRODUCTION**

	QUANTITY	RATE	TOTAL
<b>1) 1- STAFF</b>			
Editor			27,000
Assistant editor			4,000
On-line editor			5,000
Sound editor			5,000
Consulting editors			1,500
		<b>Sub-total</b>	<b>42,500</b>
<b>2) FACILITIES &amp; SERVICES</b>			
Avid Editing System		in-kind	0
Film-to-tape transfers			400
Computer graphics, titles			250
On-line editing suite		in-kind	0
Music composition, scoring			10,000
Narration recording		in-kind	0
Sound sweetening, mix			3,000
DVD authoring			1,500
Closed captioning			2,000
		<b>Sub-total</b>	<b>17,150</b>
<b>ACQUISITIONS/RIGHTS/TALENT</b>			
License fee for Jim Tracy life story			8,000
Narrator			in-kind
Archival footage rights			6,500
Still photo rights			in-kind
Music rights			5,000
		<b>Sub-total</b>	<b>19,500</b>
<b>MASTERS AND DUBS</b>			
Broadcast Masters	4	250/each	1,000
DVD replication	100 DVDs	\$1.40	1,400
		<b>Sub-total</b>	<b>2,400</b>
<b>ADMINISTRATIVE/OVERHEAD</b>			
Office/ Editing studio			in-kind
Telephone/fax/internet			in-kind
Photocopying			545
Shipping, postage			200
Supplies, including hard drives			500
Memberships			200
Fundraising			1,500
LLC Startup/Fees/Taxes			4,000
Bookkeeping			1,200
Legal			10,000
Fiscal Sponsorship Fee		5-10%	12,500
Insurance (Liability, E&O)	2 year	allow	5,000
		<b>Sub-total</b>	<b>35,645</b>
		<b>Budget sub-total</b>	<b>189,445</b>
		<b>Contingency</b>	<b>5,000</b>
		<b>Total</b>	<b>194,445</b>

QUANTITY

RATE

TOTAL

**DISTRIBUTION**

Website development, design			2,000
DVD sleeve, design, printing			500
Flyer, poster design, printing			1,500
Phone, fax		in-kind	0
Photocopying, misc. printing			500
Supplies			500
Press kits with photos			800
Travel, lodging, per diem			2,500
Film festival entries			2,000
<b>Distribution</b>	<b>Total</b>	<b>Sub-total</b>	<b>\$10,300</b>
		<b>Total</b>	<b>204,745</b>



**Internal Revenue Service**

**Department of the Treasury**

P. O. Box 2508  
Cincinnati, OH 45201

**Date:** October 31, 2001

**Person to Contact:**

Robert Molloy 31-04023  
Customer Service Representative

**Toll Free Telephone Number:**

8:00 a.m. to 9:30 p.m. EST  
877-829-5500

**Fax Number:**

513-263-3756

**Federal Identification Number:**

94-2663216

San Francisco Film Society  
% Noel Natividad  
39 Mesa Street, The Presidio, Suite 110  
San Francisco, CA 94129-1025

Dear Sir:

This letter is in response to your request for a copy of your organization's determination letter. This letter will take the place of the copy you requested.

Our records indicate that a determination letter issued in July 1980 granted your organization exemption from federal income tax under section 501(c)(3) of the Internal Revenue Code. That letter is still in effect.

Based on information subsequently submitted, we classified your organization as one that is not a private foundation within the meaning of section 509(a) of the Code because it is an organization described in sections 509(a)(1) and 170(b)(1)(A)(vi).

This classification was based on the assumption that your organization's operations would continue as stated in the application. If your organization's sources of support, or its character, method of operations, or purposes have changed, please let us know so we can consider the effect of the change on the exempt status and foundation status of your organization.

Your organization is required to file Form 990, Return of Organization Exempt from Income Tax, only if its gross receipts each year are normally more than \$25,000. If a return is required, it must be filed by the 15th day of the fifth month after the end of the organization's annual accounting period. The law imposes a penalty of \$20 a day, up to a maximum of \$10,000, when a return is filed late, unless there is reasonable cause for the delay.

All exempt organizations (unless specifically excluded) are liable for taxes under the Federal Insurance Contributions Act (social security taxes) on remuneration of \$100 or more paid to each employee during a calendar year. Your organization is not liable for the tax imposed under the Federal Unemployment Tax Act (FUTA).

Organizations that are not private foundations are not subject to the excise taxes under Chapter 42 of the Code. However, these organizations are not automatically exempt from other federal excise taxes.

Donors may deduct contributions to your organization as provided in section 170 of the Code. Bequests, legacies, devises, transfers, or gifts to your organization or for its use are deductible for federal estate and gift tax purposes if they meet the applicable provisions of sections 2055, 2106, and 2522 of the Code.

San Francisco Film Society  
94-2663216

Your organization is not required to file federal income tax returns unless it is subject to the tax on unrelated business income under section 511 of the Code. If your organization is subject to this tax, it must file an income tax return on the Form 990-T, Exempt Organization Business Income Tax Return. In this letter, we are not determining whether any of your organization's present or proposed activities are unrelated trade or business as defined in section 513 of the Code.

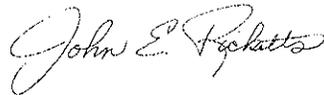
The law requires you to make your organization's annual return available for public inspection without charge for three years after the due date of the return. If your organization had a copy of its application for recognition of exemption on July 15, 1987, it is also required to make available for public inspection a copy of the exemption application, any supporting documents and the exemption letter to any individual who requests such documents in person or in writing. You can charge only a reasonable fee for reproduction and actual postage costs for the copied materials. The law does not require you to provide copies of public inspection documents that are widely available, such as by posting them on the Internet (World Wide Web). You may be liable for a penalty of \$20 a day for each day you do not make these documents available for public inspection (up to a maximum of \$10,000 in the case of an annual return).

Because this letter could help resolve any questions about your organization's exempt status and foundation status, you should keep it with the organization's permanent records.

If you have any questions, please call us at the telephone number shown in the heading of this letter.

This letter affirms your organization's exempt status.

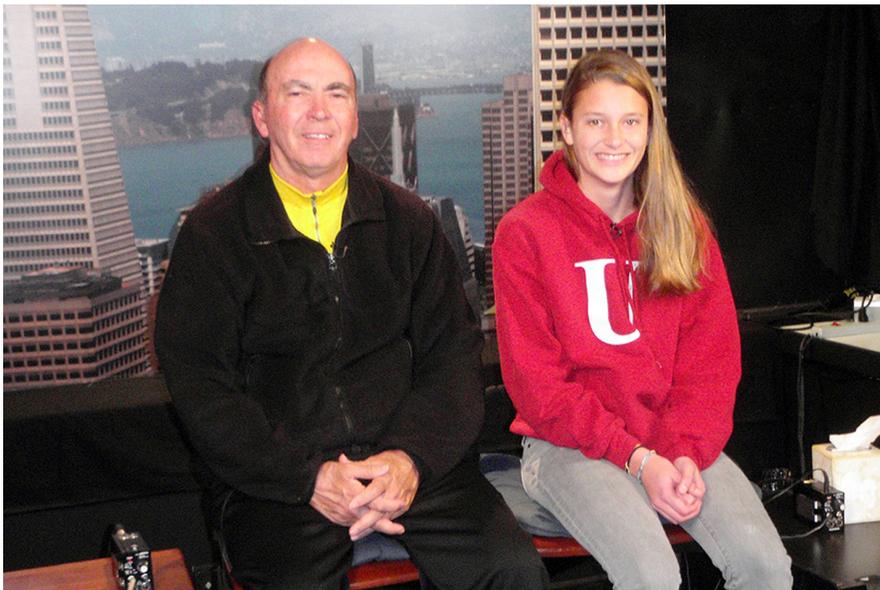
Sincerely,



John E. Ricketts, Director, TE/GE  
Customer Account Services

# MEDIA COVERAGE

(Partial List)



Tracy and Reynolds on *Good Morning America*, ABC News Studio, San Francisco

## Television

*NBC News at Ten*  
*KTVU News Channel 2*  
*ABC World News with Diane Sawyer*  
*ABC Good Morning America*  
*Fox News America Live with Megyn Kelley*  
*CBC Connect with Mark Kelley*  
*CNN Student News*  
*KRON Gary Radnich Show*  
*Comcast The Chronicle Live with Greg Pappa*

## Radio

*KGO Newstalk, Bret & Chris Show*  
National High School Coaches Association

## Newspaper

*The New York Times*  
*The San Francisco Chronicle*  
*The Marin Independent Journal*  
*Sports Illustrated, Faces in the Crowd*

## Internet

*ESPN Rise*  
*SI.com*  
*People.com*  
*ChicagoNow.com*  
*Lalate.com*  
*Maxpreps.com*  
*TheEpochTimes.com*  
*OpposingViews.com*  
*TheLifeFiles.com*  
*Gather.com*  
*DouglasErnstYLP.wordpress.com*  
*CrossCountryExpress.com*  
*SFist.com*  
*AssociatedContent.com*  
*TurningPointMagazine.com*  
*CurrentMovieReviews.com*  
*ThirdAge.com*

# The New York Times

By KATIE HAFNER

December 1, 2010

## Runner Crawls to Finish as Team Wins Title for Ailing Coach



Coach Jim Tracy with his University High cross-country team. Tracy's health has deteriorated visibly this season, but he kept coaching the team as it won its eighth state championship.

SAN FRANCISCO — A top runner who hits the wall. A coach with a cruel illness. A state championship at stake.

Such was the situation last Saturday when Holland Reynolds, a star runner from a small private high school in San Francisco, collapsed at the state cross-country meet and crawled across the finish line.

Reynolds, 16, a junior, has been a distance runner since she was in third grade. She arrived at San Francisco University High School as a fast freshman in 2008, ended her first season as the team's top runner and has been the lead runner for the cross-country team ever since.

Her coach, Jim Tracy, 60, arrived at University High School in 1994 and built both the girls' and boys' teams into perennial state champions.

Reynolds said Tracy was the best coach she had ever had. "He always tells the truth," she said. "If you ask him, 'Well, how do you think I did today?' he'll tell you, 'You had a bad race,'" she said. "It's because of his honesty that when you receive a compliment from him, you know you've done really well, and it makes all the runners want to strive to please him."

Until three years ago, Tracy, an accomplished runner, could keep pace with his fastest runners. Symptoms of his illness began nearly five years ago, he said, when a muscle in his thumb stopped functioning. And last June, he was found to have amyotrophic lateral sclerosis, or Lou Gehrig's disease.

But it is only in the past year that the disease has begun to debilitate him. A.L.S. patients, most of whom eventually lose the use of all but their eye muscles, typically live three and a half to four years after the onset of symptoms, but the range can vary widely.

At the beginning of this season, Jim Ketcham, the school's athletic director, assembled the team and told the runners that Tracy was very sick. The news devastated the team. "Everybody was crying," Reynolds said.

Since the start of the season, Tracy's condition has grown visibly worse. "He's been falling down sometimes at practice," Reynolds said. "And he brings a chair to our workouts."

Last weekend's state meet in Fresno took place on a rainy, unseasonably cold morning. Reynolds, who was fighting a slight cold, was unaccustomed to such low temperatures, and said she might have misjudged how much she needed to drink.

Just before the 3.1-mile race, the team did its regular cheer, then Reynolds, who is the team captain, led a special cheer for Tracy. "I think that made the team really want to win it for Jim," Reynolds said.

At the 2.5-mile mark, Reynolds was in third place, pushing for second, among the 169 runners. "I was going to make my move," she said, "but for some reason my legs just gave out. I was confused, and I started to slow down."

Tracy was at the team's tent near the finish line, and he said he knew something was wrong when another University High runner finished before Reynolds. "I thought, 'This isn't right,'" he said. "Holland should be

here already.’ ”

Tracy, who wears braces on his legs and his back and walks with difficulty, made his way to the course and found Reynolds, half a mile out, barely running and weaving across the course.

“She usually runs with a slightly bent upper torso,” Tracy said. “But this had twisted her over even more. It looked like she was barely able to keep herself stabilized. It was a grisly sight.”

Tracy said Reynolds looked at him out of the corner of her eye.

“But her vision was locked on her goal,” he said. “I’d never seen anything like it. It was like a mask of determination. I’ve seen that so many times when she’s in front, but this time she was getting buried. People were flying past her.”

Within two or three yards of the finish line, Reynolds collapsed, and a race official was at her side within seconds. He told her he could not touch her or help her, but to avoid disqualification, she would have to get over the finish line.

“I said, ‘Are you O.K., and do you want to finish?’ ” said Brian Weaver, the official. “She said ‘Yes,’ and I said, ‘O.K., all you have to do is get your foot across the line, and you don’t have to get up, it’s O.K. if you crawl.’ ”

Reynolds started crawling.

“I was encouraging her,” Weaver said. “I said, ‘You can do this.’ She was nodding her head and crawling, and I was saying, ‘Nice and easy, don’t force it.’ ”

Tracy said, “It took over 20 seconds for her to crawl two yards.”

Reynolds said she did not remember collapsing but did remember crawling: “All I knew was that I had to cross the line.”

She finished in 37th place, with a time of 20

minutes 15 seconds.

The instant Reynolds crossed the line, she was scooped up by Weaver, an assistant coach from the school and a trainer, who took her to an ambulance, where she was given intravenous fluids.

Weaver said that if Reynolds had appeared to be in immediate danger, he would not have let her continue. “I would have picked her up and carried her straight to the ambulance,” he said. “But she was able to make eye contact with me. Her body was tired, but she was mentally all there.”



Holland Reynolds's teammates joined her in the ambulance after her effort in the state championship. Reynolds recovered within a few hours.

Reynolds was still in the ambulance, unable to keep her eyes open, when she heard her mother tell her father they had won the championship. An hour later, her teammates were in the ambulance with her, and they gave Reynolds her medal. Within a few hours, she had recovered enough to go home. On Wednesday, she went for a 15-minute run.

Last Saturday’s race was the team’s eighth state championship, making it the most successful team in California cross-country history.

# The San Francisco Chronicle

Scott Ostler, Chronicle Staff Writer

Saturday, December 11, 2010

## Cross-country team keeps running because coach can't



University High's Jim Tracy has ALS.

With his right hand, Jim Tracy pinched the skin between his left thumb and forefinger. "See this muscle here?" he asked. "Five years ago this muscle in my right hand started to shrink. Four years ago, it was gone. It was the only thing that went bad. I had one dead muscle in my right hand, but I knew this had to be something very serious." Three years ago, when he was 57, a muscle in Tracy's foot suddenly refused to lift the foot when he ran. Tracy, who had logged 10 miles a day most of his adult life, used his own running as a tool in coaching his University High cross-country teams, in what is the all-time winningest program in the state. Tracy didn't see a doctor. He believes that good news should be spread quickly, but bad news should be left to travel at its own speed. A year ago Tracy's back went bad, then worse. He became unstable. The coach with a near-mystical talent for putting starch in the backbones of boys and girls was losing the starch in his. Bad news picked up speed. Tracy went to a doctor and was told he has amyotrophic lateral sclerosis (ALS), Lou Gehrig's disease. His muscles, in random order, are shutting down. He wears braces on both legs and his back. A couple of times last season, while standing at practice, Tracy simply fell. His runners, shaken, would help him to his feet. It wasn't part of the plan, but even in this there was a life lesson. At the recent state cross country meet at Fresno, Uni's Holland Reynolds was running in third place with a half-mile to go in the 3.1-mile race, and she was poised to move into second. Reynolds is the best runner Tracy has coached in his 17 seasons at University. But suddenly, possibly because of dehydration, Reynolds slowed and began to lurch and stagger. In a video that became an Internet sensation, Reynolds collapsed about 2 yards short of the finish line. A race official rushed over, determined that Reynolds was coherent, and urged

her on. Reynolds dragged herself up to her hands and knees and crawled in agonizing slo-mo across the finish line. As it turned out, Uni didn't need a high finish from Reynolds to win the state title, but she didn't know that at the time. "That entire race, our goal was to win it for Jim," Reynolds said. "So crawling over that line, I definitely knew I had to cross it so we could do well for Jim."

### brutal honesty

A Tracy coaching trademark is brutal honesty, usually with an edge. "Good race" is his ultimate compliment. After one meet he told a runner, "Good run. I wouldn't call it a race, because it wasn't fast enough." Now those "abused" Uni High runners help carry Jim around at meets, they pick him up when he falls, and they try even harder to please him. He is genuinely touched. "They're all very nice," Tracy said with a little smile. "They do think of me. Unfortunately, it doesn't make my behavior any better." One of Tracy's best runners strolled into the school athletics office the day after running a race with less than the acceptable 100-percent effort. Tracy greeted him with, "You've come to apologize to the entire athletic department?" When Tracy arrived at Riordan High in 1964, freshmen were not allowed to compete in varsity sports. The school made an exception for him. He was good, and he could push himself. Former classmate Dan O'Neill can still picture Tracy flying across a finish like, "Walleyed, mouth agape, snot flying from his nose, having pushed himself until he was 100 percent totally used up. Unforgettable."

### tough practices

That's pretty much all Tracy expects from his high school runners, at every meet and every workout. Tracy eschews long-distance training, because his students are heavily invested in academics and have limited time. The typical daily practice - always co-ed, by the way - is one hour of high-intensity interval work. A favorite Tracy workout is a series of 16, 400-meter sprints, over measured trails in the Presidio, with very short rests. "He tells us we can take an (interval) off if we feel we really need to," said Ned Tannenbaum, the team captain. "But if you take one off, he looks at you, like, 'Do you *really* need to?' He gets in your head, makes you question if you're really giving it your all." A former Uni runner told of running 800-meter intervals on the trails, tripping over a stray dog, crashing onto rocks and gravel and coming up dazed, bleeding from his face and knees. "I felt like I was entitled to sit one out," the runner said. "I don't remember if Jim said something, or if it was just the look he gave me. Did I really need to rest? The next five intervals were among the best I've ever had." Every year Tracy tells his freshmen

runners, "You're joining an elite program. This is not the joggers' club. This is the real thing."

### 'good race'

University is an expensive private school in Presidio Heights. Most of the students have received the praise word "awesome" approximately a million times by the time they meet Tracy. They never hear it from him. Also not heard: "Nice try." His athletes will run through brick walls to earn two words: "Good race."

"All undue praise is wasted effort, because they don't need it," Tracy said. "They're seeking real affirmation, and real affirmation is based on real effort and on results." After Tannenbaum ran a poor race last season, he was explaining to Tracy that he had been feeling ill. "Yeah," Tracy said, "you sucked." The coach was laboring up a stairway at University one recent day and accepted help with his backpack. It weighs a ton. It contains legal pads, extensive hand-written records and charts. Apparently, decimal points are very heavy.

### his best runner

"I think (the data in the backpack) must go back, like, 15 years," said Reynolds, with a laugh. "You can ask Jim about a workout you did your freshman year, your third interval on a certain day, and he'll dig it out and show you." Reynolds is the best runner Tracy ever coached, but he provides the same information for the slowest runner on the team. "I have to give a lot to create winners," Tracy said. "I have to know everything they need to know. I keep meticulous records. They give it right back. They achieve something." Tracy put running aside after graduating from Cal. When he rediscovered running at age 30, it was the dawn of the golden age of running. Tracy soaked it all in, every book and magazine article, every lecture and running tip and new idea. "I became a thinking runner," said Tracy, who had an outstanding career in national age-group competition. "I found out what I was doing, why I was doing it and what expectation I should have. It all started to become so clear to me." Tracy, who never married, worked in a running-shoe store, renouncing materialism for the daily thrill and challenge of running. In 1993 a friend took the cross-country coaching job at University and asked Tracy to assist him. They built the program from the ground up, and added a track program. The other coach left in '98 and Tracy moved up. Tracy tells each of his athletes, in minute detail, exactly what he or she must do to achieve specific goals. The entire season's workouts are mapped out in detail before the first practice. For big races, Tracy provides his runners with the times and splits of their opponents. At every step of the way, his athletes know precisely

what they must do. All they have to add is courage. "To a confused 15-year-old, it was amazing how helpful this simple, simple advice (was)," said Uni alum Grace Hunter. "I wanted to break 20 minutes and he told me what it would take. I did it. I wanted to be top 10 in State and he told me what it would take. And I did it. I learned that I could do things I never thought possible ... and this has given me an inner confidence I never had before."

### back of the pack

Until Tracy had to give up running, he always ran with his team, always in the back of the pack. "It doesn't do any good to run with the kids in front - they're good already," Tracy said. "I'd grab a kid and start talking to him. I learned so much in the years of running in the back of the pack and helping those people move forward." What Tracy develops in his runners is a true passion for developing a true passion. Tracy doesn't know how much longer he can coach. He undergoes experimental medical procedures and remains optimistic. "If I didn't have my relationship with these kids and their parents and the administrators, and the medical staff at Forbes Norris (ALS treatment center at California Pacific Medical Center), I would be a very lonely, disturbed guy," Tracy said. "I feel that I'm connected, and it's that connection that makes me go on the next day and say, 'Let's get something done, let's achieve. If you're gonna play this game, why not get the results that winners get?' " At the beginning of the season, with Tracy's physical struggles becoming apparent, he allowed the school's athletic director to break the news to the runners. There were a lot of tears. "We didn't want to take too much time to mope," Tannenbaum said. "It seemed like the best thing we could do for Jim would be to run."

### Jim Tracy's record

Titles won by University High cross-country teams during Jim Tracy's 17 seasons:

**Bay Counties League-West:** 17 for boys, 13 for girls

**North Coast Section (about 160 schools):** 12 for girls, 11 for boys.

**State meet team championships:** Eight, all for girls, including the last two. The boys have finished second twice and third five times.

**Of note:** University's eight state titles are more than any other school's combined boys and girls titles. Corona del Mar (Orange County) is second with seven. University has won 32 total section titles (23 under Tracy). No other school has won more than 17.

## Marin Independent Journal by Dave Curtis

December 9, 2010

### University High runner who lives in Marin an internet sensation for crawling across finish line

Holland Reynolds has spent much of her young life distinguishing herself as an elite distance runner. But the Belvedere teen could not have imagined how much attention she would be receiving for a race she nearly didn't finish.

That run, at the high school state finals in Fresno on Nov. 27, has made Reynolds a media and Internet sensation. The video of her crawling across the finish line at the end of the 5K race has struck a chord across America.

"It's a little exhausting," Reynolds, 16, said of the attention. "But it's all right."

"I think the whole family was surprised (of how big Reynolds' celebrity has become)," Holland's mother, Robin, said. "She is not the kind of girl who likes a lot of attention. But it's been an amazing experience."

Reynolds, who had been University High of San Francisco's No. 1 runner this year, was in good shape for most of the Saturday morning race, vying for second place behind eventual winner Lucy McCullough of Marin Academy. But about 2 1/2 miles into the 5K run, Reynolds encountered a runner's biggest enemy -- "The Wall."

Reynolds, without realizing it was happening, slowed to a walk. Then about 50 yards from the finish, she found herself on the ground. As she crawled the final 50 or so feet across the finish line to cement University's Division V team title, cameras were rolling. As a result, she has been an internet favorite on sites such as Yahoo! Sports, Runnerspace.com and YouTube ever since.

"By the finish, I thought I was actually running in," said Reynolds, who suffered dehydration during the race and needed an IV treatment afterward. "I don't actually remember collapsing but I remember an

official coming over and letting me know that if I wanted to finish the race, I had to crawl through."

She ended up in an ambulance, where she learned about an hour after the race that University had won the team competition, with Reynolds' ability to finish clinching the title and adding to her lore.

"I never really had a doubt in my mind that I wouldn't finish the race," Reynolds said. "Because I've never not finished a race. That's sort of the point of cross country: you start a race and then you finish."

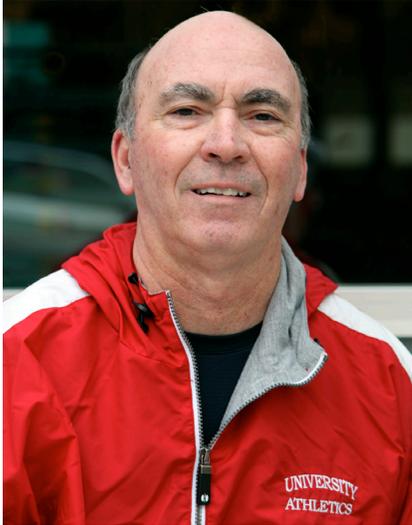


Reynolds in 3rd at the 2010 State Championship

Part of the reason Reynolds is enjoying some of the attention is that she has had a chance to alert people to the plight of her coach, Jim Tracy, who is battling ALS -- Lou Gehrig's disease. By crawling, Reynolds has had a chance to stand up for her coach, pointing people to a website ([www.coachjimtracy.com](http://www.coachjimtracy.com)) devoted to supporting him.

"I'm looking forward to it dying down," Reynolds said of the media attention. "It's really exhausting. But it's great attention for Jim. That's the whole reason we wanted to do well at state was for Jim."

"Reynolds said she has prepared for the state finals as she had most other races, dining on pasta the night before the run and having oatmeal for breakfast. So her problems during the race were a surprise.



Coach Jim Tracy is battling ALS

"It was kind of sudden," Reynolds said. "My legs started to feel real heavy, my breathing got faster and faster and then I just felt myself slowing down and I didn't feel like I could run fast anymore and stay up with the people in the front group. And I just started falling behind places. I mean, I was in second place and by the time I finished I was in 37th so I definitely slowed down a lot."

"Holland ran basically next to me in the first mile, and she stayed in our pack in the second," McCullough said. "At the 2-mile mark, I lost contact with Holland. In the finish chute, I was surprised to see that she was not in the top five."

Robin Reynolds, herself a runner, had been photographing the race through about the 2-mile point, then made her way toward the end of the course. When she saw so many runners finishing ahead of her daughter, who had placed fifth in the race in 2009, she knew what had happened.

"I saw Lucy McCullough come through," Robin said. "Then I expected to see Holland in second. And when she didn't show up in the top five, I knew something was drastically wrong. I knew she had hit the wall."

Holland's competitive nature, however, took over and she pushed that wall across the finish line, doing so for the final few feet on all fours.

Newspapers, local TV stations and national news organizations have been calling her ever since, including a visit with ESPN this week.

"I sort of started to figure out it was kind of a big deal (on the Monday after the race)," Reynolds said. "Then the next day I got more calls for more interviews. Then on Friday morning, at 4:20 in the morning it was Good Morning America."

Still, despite her bout with fame, Reynolds said there have been plenty of people who have kept her humble, including coach Tracy. "I've had lots of jokes made about me," Reynolds said. "We had sports night last night at our school and Jim, he made a pretty funny joke. He said, 'Well, everyone knows that when you're a baby you learn to crawl, then you walk and then you learn to run. Well, obviously the Reynolds household did it wrong. First you run a 5K, then you walk and then you crawl.'"

Contact Dave Curtis via e-mail at [dcurtis@marinij.com](mailto:dcurtis@marinij.com)

# ESPN Rise

December 7, 2010



## Holland Reynolds Crawls Across the Finish Line, Calls Attention to Coach's Fight

### Cross-country captain turns her disappointing state race into an inspirational story

Holland Reynolds certainly wouldn't have planned it this way, but her confusing and disappointing finish at the California state cross-country meet has turned into a national story of inspiration and triumph.

The junior at San Francisco University High School (San Francisco, Calif.) was hoping to set a personal best that cold November morning at Woodward Park in Fresno. Instead, she was forced to crawl across the finish line after collapsing just a few yards from the race's end. Reynolds, who had been fighting a cold all week, had been in third place at the 2.5-mile mark of the 3.1-mile race.

Her 37th-place finish helped her team win its eighth state title. It also helped call attention to her coach's fight against Lou Gehrig's disease.

Jim Tracy, 60, was diagnosed with ALS last June and continues to be an inspiration to his runners. Reynolds' heroics might be the best evidence of that yet.

The state champs, sporting their medals, joined their team captain in the ambulance after the race to celebrate their title.

Reynolds, fully recovered, has returned to running when she can find the time between all her interview requests.

Tracy, his condition worsening, continues his battle. To learn more about his fight, visit [www.coachjimtracy.com](http://www.coachjimtracy.com).

# CORRESPONDENCE



[Jim], you've taught our kids more about life than about running. What better gift can we give to our children, but to give them the tools to be resilient, capable, generous adults?

Meridee Moore

You encouraged a team spirit in which every improvement was treated like winning a race.

Alexandra Zenoff

[Tracy] devotes amazing amounts of time to discussing the slowest runner's shoes or knee pain...

Rachel Flaherman

I still carry around a tattered yellow legal pad of training schedules [Jim] scrawled in pencil on my kitchen table in 1999.

Neil McDonagh

He definitely transformed me from an average runner to an avid one - and I cannot thank him enough for his influence on my athletic career.

Vicki Blohm

Sure, I still run, but what remains most empowering is what Coach Tracy taught me about commitment, perseverance, and bold aspirations. These lessons opened the world to me.

Aron Walker

Dear Jim,

I cannot tell you how sorry I am to hear that you have ALS. As someone who brings joy, humor, inspiration, and determination to the people around you, you deserve only the best. You have made such a big impact on the UHS community; I bet every graduating student (whether they had you as a coach or not) could tell at least one great Jim Tracy story.

In your years at UHS, you have coached many superb athletes, but you have been an equally valuable coach to those of us who were never going to be stellar runners. In my four years on the track team, you helped me improve as a runner in a way that allowed me to enjoy the process. I was never going to be one of the fastest girls on the team, but the goals you set for me (and the thorough way you tracked my progress) made me feel successful every time I got a new PR. You encouraged a team spirit in which every improvement was treated like winning a race. I think very few coaches have the ability to keep all of their athletes motivated and optimistic the way that you do.

I am writing this from rural Cambodia. The places to run here are beautiful: green rice paddies, golden Buddhist temples, serene cows, and palm trees. I really wish you could see it. I also wish you were here to protect me from all the scary dogs! That is the biggest hazard during a run here; the feral dogs make those of us who run carry big sticks or stones in self defense! Somehow I have a feeling that you would be able to just look at these dogs and put them in their place. It's part of the Jim Tracy magic...

I think of you often, and I know that I will always think of you when I go for runs in the future. You have really touched me, and I feel so lucky that I could have you in my life during my four years at UHS. I wish you the best of luck.

Sincerely,  
Alexandra Zenoff  
Class of 2006

Dear Jim,

We are sorry to miss your Celebration. We are out of town at a family reunion today, but we are with you in spirit.

We wanted to thank you for the gift you have given to the students and families of UHS. Through your passion for excellence and your belief in the potential of each child, you have motivated generations of UHS kids to perform well beyond their or their family's greatest expectations.

You believe in hard work and no whining. You don't pull punches; you push very hard, and no one is more direct. But the kids don't resent your no-holds-barred encouragement. They know you love them because you know every split they've ever run, every bend in every course, and every height of every jump. You sacrifice so much to be their coach and to make them better. You never give up on them; you respect their potential and you expect them to compete at the highest level. How could they do anything but their best?

More importantly, you've taught our kids more about life than about running. You've taught them that by setting goals and working toward them, they can become stronger, build endurance, and become technically capable. You've taught them that they can break through barriers and consistently exceed their personal bests. What better gift can we give to our children, but to give them the tools to be resilient, capable, generous adults?

Thank you Jim, for all you've done and all you will do, for the students and families of UHS!

Meridee Moore, Kevin King, Eve, Isabel, and Amelia

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Wednesday, November 24, 2010

Dear Jim,

I just wanted to write you a note conveying my deep appreciation for your coaching and mentoring over my four years at UHS. You always demanded the best out of me but were never overbearing. In fact, your sense of humor and calm demeanor made it seem that working extremely hard was natural, simply what one did. You showed me that there was joy in the sweat and the pain of striving to meet your goals. This joy and pride stayed with me through victory and defeat. Alas, I did not become a professional athlete, but your lessons and example have carried through to all the paths I have traveled. As an elementary school teacher and now a PhD student I have remembered what it was like to grind it out each day at practice and the satisfaction I got on race day. I know that despite the difficulties of any task at hand I can grit it out, and furthermore I can do it with a laugh and a smile.

Thank you Jim,

Christien Tompkins

12/04/10

Holland Reynolds  
c/o University High School  
3065 Jackson Street  
San Francisco, California 94115

Dear Holland:

I was so impressed with your recent actions at the track meet. I had almost given up on most teenagers today. They seem to be rude and self-absorbed. However, you gave me hope that teenagers are not all the way they are perceived. Your parents must be very very proud of you, not only for being such a fine athlete but a wonderful person.

I hope you carry this attitude all through your life. I also hope you are much better now. You are truly an inspiration and I had to tell you this.

I am hoping you and your family have a very Merry Christmas and a Happy New Year.

Gloria Wedemeyer  
Westerville, Ohio

## TO BE READ AT JIM TRACY CELEBRATION

I would be with you all today, were the Earth only a bit smaller. I am in Tanzania, East Africa, nearing the end of my third year with the Peace Corps.

I had the blessing of eight seasons with Coach Tracy – no one else at UHS more consistently contributed to my education. He unquestionably made me a much better runner, but in retrospect the growth Coach Tracy catalyzed was far more of mind than body. He taught me commitment and perseverance, both by example and expectation. He taught me to set high goals and most of all to work hard towards them.

Coach Tracy modeled the values he expected from us. In cross country season we would do intervals on various patches of dirt he found in the Presidio. There was a place we used for 400s – an out and back loop with small hill and an excellent surface. But one day, someone dumped several tons of gravel on the trail. Most people would have abandoned the site and changed the day's workout. Not Coach Tracy. Instead, he spent hours before practice shoveling a path through the stones. He didn't make a big deal of it; when we arrived there was a trail, and a workout to be done.

In addition to modeling how to overcome such setbacks, Coach Tracy expected this perseverance from us. Once, during a set of 800s at Mountain Lake Park, a dog ran into our group and I went down, hard. In reality I was fine – cut up on my face and hands, but by no means impaired. As the group reformed, I stood to the side, assuming that since I was bleeding (however slightly) I was entitled to sit one out. With my teammates on the line, Coach Tracy looked at me. I don't remember what he said, or if he said anything at all, but I got the message – if I could still run, why wasn't I with the group? Or was I actually hurt? The next five intervals were among the best I ever ran. What I learned that day is that a setback is an opportunity to make a choice, to back down or to step it up.

Later, as a college athlete, my teammates nicknamed me “the destroyer” because I would push the pace at that critical point when everyone starts to hurt: when the bell rings in the 800, perhaps, or half way through a 10K run. More than anything else, your attitude determines success at that juncture, whether you choose to give it your best or to settle for mediocrity. Coach Tracy taught us to always make the first choice.

— CONTINUED

He also taught us to apply consistent effort to seemingly impossible tasks. Coach Tracy expected us at practice every day, on time. He expected us to not just give our best, but to do so on each run, for each interval. When we slacked off, he told us, clearly, always with our improvement in mind. Such expectations made us better runners; they also helped me years later studying at MIT, confronting seemingly impossible amounts of work. I remember the first time we did those 400s with Coach Tracy. I speculated on the warm-up that the practice might involve six repeats, maybe eight. When we arrived, Coach asked for sixteen. I remember thinking, “This is impossible,” but then we did it, each one of us. He knew us well enough, and tracked our progress close enough, that he could ask for things that he alone knew were possible. Years later, in the midst of a hard week of engineering assignments, the lesson stuck: it doesn’t matter if it seems impossible; get to work and keep at it until you are done.

Coach Tracy not only taught perseverance and a good work ethic, he set high expectations. I still remember the first day of practice, my freshman year, when he wrote on the white board a list of every team in the league. “You will beat them all,” he told us. Not a prophecy; instructions. Then he explained the North Coast Section, and listed down its most competitive teams. “Again, you will beat all of them.” Finally, he wrote up the five best teams in the State of California. “These schools,” he said, “are your competition.” The expectation was clear: being big fish in a small pond was not enough; we were to aspire to be the best.

And as you all know, his expectations were hardly vacuous. When I was at UHS, we won the league meet every year. We won the section meet every year. The boys placed third at State twice, and second once; the girls won three out of four years. Teams before and after my time have similar records, many much more impressive. UHS does not recruit athletes, and students come and go. The only enduring feature of decades of success is Coach Tracy.

And as I have said, success on the course is but a small piece of the impact Coach Tracy has had on those whom received his coaching. In my work today, it doesn’t matter how long it takes me to run two laps on a track, or five kilometers in Fresno. At home there is a wall full of medals, but that was years ago, and now 15,000 miles away. Sure, I still run, but what remains most empowering is what Coach Tracy taught me about commitment, perseverance, and bold aspirations. These lessons opened the world to me. He taught me to set big goals and to not be intimidated by them. I will always be grateful for those lessons: to think big, to work hard, and to get it done.

Coach Tracy, every year that passes I have a greater appreciation for what you taught us. Thank you.

Aron Walker



*Imagine if we thought about the coaches and mentors and loved ones who invested in us when we considered calling it quits—and then found a hidden supply of inner fortitude because it would hurt even more to let them down.*

Douglas Ernest, National Columnist

# Running for Jim

A Documentary Produced by: Robin Hauser Reynolds, Judy and Dan Noyes