



DOUG WELLS
DIRECTOR OF TRACK AND FIELD

For the last 18 years, Doug Wells has served at the Director of the Cerritos College track and field program. As recently as the 2006 season, he helped guide the Falcon women's program to their second state championship in school history, with the first coming in 1981. He helped celebrate the championship with women's head coach Michael Allen after the team came within four points of winning the title the year before and settled for second place. In addition to the championship, the track program received a brand new surface, as well as throws area, which is the goal Wells had been working on for years. Along with the success of the women's program and the new surface, the men's team program is also very strong and a force at the state championships each year. The success of the women's program during the 2005-06 seasons saw them win back-to-back Southern California and South Coast Conference championships for the first time in school history.

Both the men's and women's teams this season will be even strong than last year, and with the college hosting the state championship, it will be a great opportunity to showcase not only the facility, but the strength of both programs. After the women's team won the state championship in 2006, Wells was chosen to serve as the Head Manager for the U.S. National Track and Field Team and guided them at the NACAC Under-23 Team, which was held in Santo Domingo, Dominican Republic. He was selected by a special staff selection meeting of the International Competition Committee at the USA

Track and Field National Convention. In addition to running the track and field program and serving as the men's cross-country coach for the past eight seasons, Wells also spent 10 years as a Falcon assistant football coach, until retiring from the gridiron nine years ago. Wells has had a great deal of success as a track and field coach, especially at Taft College. In 10 years at Taft, he guided his teams to a state championship and seven conference titles, while Wells was named the California Coach of the Year twice. At Cerritos, he was named the California Coaches Association Coach of the Year for the third time in his career, while he was awarded the Coach of the Year honor by the California Track and Running News five times.

Wells attended Porterville Union High School, where he was a football and track star. He transferred to the University of Utah, where he competed in the NCAA Championships and was an All-American as a decathlete in 1970, while also playing fullback on the football team. Wells continued to compete in track events and won several shot put and discus National Championships in Master's competition. Wells earned his Bachelor's and Master's Degree in Physical Education from the University of Utah.

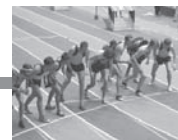
Wells and his wife Darlene reside in Carson and have five children – Ron, Rene, Cherri, Gordon and Jason, along with six grandchildren. His youngest son, Jason, was an All-Big West selection in football in 1992 and his eldest grandson, Ian Crichton, competed on the Falcon track team for two seasons. In both years, he placed in the state championships in the javelin.



JOHN GOLDMAN
MEN'S HEAD COACH

John Goldman, who took over the Directorship of the Falcon cross country program five seasons ago, is in his fourth year as the men's head track and field coach. In addition to being one of the most successful community college cross country coaches in the state, Goldman also handles the recruiting and coaching of distance runners for the men's and women's track and field teams. In his first year with the cross country teams, he led both men's and women's teams to Top 10 finishes at the state championships. In the past five cross country seasons, he has led Cerritos teams to a combined seven Top 10 state championship finishes and three South Coast Conference championships, while being named the men's conference Coach of the Year in 2003 and women's conference Coach of the Year honors in 2004 and 2005. This past season, the women's cross country team came in fourth place at the state championships.

From 1996-2001, Goldman, 41, coached the Orange Coast men's and women's cross-country teams to five state championships (four for the women and one for the men), including being one of only two head coaches to win both state titles in the same year (1999). During his tenure at Orange Coast, Goldman also led his teams to a combined seven Orange Empire Conference championships, four Southern California Championships, while also coaching 12 individual state champions. He was recognized as the OEC Coach of the Year seven times, the California Community College State Coach of the Year in 1997, 1999 and 2001, as well as the California Coaches



Association State Coach of the Year in 1998 and 1999.

Two summers ago, Goldman was appointed the head track and field coach for the United States Track & Field team for the Maccabiah Games in Israel. The teams combined for 18 medals, which included six gold, seven silver and five bronze, more than any other country. The Maccabiah Games are the third largest sporting event in the world.

Since taking charge of the distance events in track, Cerritos runners have won a total of five individual conference titles while garnishing nine All-State honors.

In addition to his coaching, Goldman is one of the founders of International City Racing, where he served as the National Race Director in charge of all operations for the Long Beach International City Marathon and the Rivalry Run Series. These events attract thousands of runners from across the country and around the world. His talents as both coach and event director have been sought out by groups throughout California.

Goldman currently resides in Long Beach with his wife Susan and their three children, Cole, Ty and Seth.



MICHAEL ALLEN WOMEN'S HEAD COACH

In his ninth season as the Falcons women's track and field coach, Michael Allen saw his team finally reach their goal of winning the state championship two seasons ago, as they collected their second title in school history. It was one year after the team placed second and missed the title by just four points. Last year, the team came in 14th place. In his

nine seasons, Michael Allen has coached individual state champions. With the state title in 2006, Allen was named the state's Women's Coach of the Year. In his tenure as the women's track and field head coach, Allen has led his teams to a second place finish in the State Championships as well as two third places, a fourth place, and two fifth place finishes. In his first year at the Norwalk campus, Allen also served as one of the defensive line coaches on the football team.

Twenty new school records have been set during Allen's tenure, including April Brown, who became just the second person to win the 100-meters at the State Championships two seasons in a row back in 2002-03. In addition, Allen has coached 26 South Coast Conference individual champions in the last three seasons and won the conference and Southern California Championship two seasons in a row from 2005-06. Along with the other accomplishments, 89 different running and field marks have cracked the school's top five in the past seven years.

Allen came to Cerritos after spending eight years (1991-98) at Banning High, where he helped lead the Pilots to the 1991 LA City Championship. Prior to coaching at Banning, Allen coached at Los Angeles Harbor College from 1980-87 and guided them to five Western State Conference championships and a 45-0 dual meet record.

Allen, who was an All-Marine League selection in football and track and field at Banning High, was also a two-time All-Conference selection in both sports at LA Harbor. Allen went on to earn All-Conference honors for two years at Long Beach State, while he also qualified for the NCAA Championships two years in a row. Allen earned his Bachelor's Degree in Physical Education from Long Beach State and also works full-time for the County of Los Angeles Probation Department.

Allen and his wife Vicki and one child (Aja) and live in Long Beach.



GARY GAUDET ASSISTANT COACH

Although he officially retired from coaching after the women's state champion in 2006, Gary Gaudet will still be involved with the Falcon track program; something he has done since 1976 when he was named the women's head coach. When the women's team won the title in 2006, Gaudet was selected as the women's Assistant Coach of the Year. Although he will not be a part of the day-to-day activities with the track program, Gaudet will still be involved with the program. He spent the majority of his career with the women's program until 1994, when he left the college. He returned in 2000 and spent six years as an assistant and the track program has picked up with his presence. Back in 1981, he helped lead the Falcons to their first Southern California championship, as well as their lone State Championship, while he was named the California Coach of the Year in 1982.

Prior to coming to Cerritos, Gaudet was a coach at St. John Bosco High School from 1965-73 and was also a coach at Long Beach City from 1974-76. Gaudet recently retired after serving over 30 years as a teacher and administrator.

A former football player and track athlete for the college, Gaudet transferred to Long Beach State, where he competed in track and field. He earned his Bachelor's Degree in Physical Education from Long Beach State and Master's Degree in School Management from the University of LaVerne.

Gaudet is single and lives in Long Beach.



DEBBIE JENSEN ASSISTANT COACH

Debbie Jensen came to Cerritos College in 1995 as the head women's soccer coach and assistant track and field coach. She is no longer with the women's soccer program, but was instrumental in the Falcon women's team winning the state title, as well as the Falcon men's program winning two individual state championships last year as the program's jumps coach. In addition to her coaching responsibilities, Jensen also teaches PE. classes and is in her sixth year as Athletic Coordinator assisting Jeff Smith, the Athletic Director.

Jensen will begin her ninth season as the men's and women's assistant track and field coach for the Falcons and works primarily with the jumps and throws. In her tenure at Cerritos, Jensen has coached 22 state finalists which include two state champions in the men's high jump and men's long jump, as well as one men's and women's long jump, women's triple jump, women's high jump and men's and women's javelin.

Jensen also spent 1999-2002 as an assistant track coach at Vanguard University, where she coached two All-Americans, one in the women's Indoor 400m and one in the men's Indoor High Jump. Jensen also had five other national qualifiers in the men's long jump, women's Indoor 55m, men's Indoor 60m hurdles, Outdoor women's high jump and women's 400m. In 1999 Jensen coached the conference champion in the women's heptathlon.

Prior to her arrival at Cerritos College, Jensen spent two years in Louisiana, attending Louisiana Tech University (1993-94), a Division I school, as a graduate assistant for the men's and women's

track and field team. There, Jensen worked closely with the assistant coach in the sprints, hurdles, jumps and recruiting. The next year Jensen moved to Lafayette, Louisiana where she taught PE. and was the head girl's cross country and track coach at Acadiana H.S. Jensen coached two girls who qualified for state finals in the discus and javelin.

From 1989-93 Jensen taught PE. and coached at Corona High School as the head boy's and girl's track and field coach for three years and an assistant for one year. Her girl's teams were league champions three years in a row and the boy's were league champs one year. In her three years as head coach, Jensen coached two state finalists, two state prelim qualifiers, and 25 league champions. Jensen was named Mt. View League Coach of the Year four times.

Jensen received her Bachelor's degree and teaching credential in Physical Education from Cal State Fullerton. She then earned her Master's degree in Health, Physical Education from Louisiana Tech University. Jensen ran cross country and track for the Southern California Cheetahs and Arcadia High School, then ran cross country for Citrus College. Jensen is a certificated member of the National Strength and Conditioning Association.

Jensen is the granddaughter of Ernie Jensen, who was a PE. teacher and coach at Excelsior and Bellflower high schools. Ernie was a very successful track coach who started the Bellflower National Relays and coached one of his two-mile relay teams to a national high school record.



STEVE LEWIS ASSISTANT COACH

In his first year as an assistant coach with the track and field team, Steve Lewis comes to the program with a long history of success. As a jumper at Long Beach Millikan High School and Long Beach City College, Lewis set several school records, while excelling in the decathlon. While in high school, Lewis helped his team win three consecutive Moore League championships, while being named the team's Most Valuable Player all three years. He won multiple league championships three years in a row, including the decathlon, long jump, 330-yard hurdles and also ran a leg of the 400 and 1600-meter relay teams. While at Long Beach City College, Lewis excelled in the long jump and turned in a personal best distance of 25' 5 1/4".

In his free time, Lewis likes to go surfing and draw.