



DOUG WELLS
DIRECTOR OF TRACK AND FIELD

For the last 20 years, Doug Wells has served as the Director of the Cerritos College track and field program. In two of the last three years, he helped guide the Falcon women's track and field program to the state championship, including the 2008 season. He helped celebrate the championship with women's head coach Michael Allen, as the team also won the Southern California and South Coast Conference

championships on the year. One of the best recruiting tools for the track and field program is a new surface that is considered to be one of the best in the country. Acquiring the surface was the main goal that 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 recently includes three Southern California and three conference championships in the last four years.

Both the men's and women's teams this season will be just as strong as last year, and with the women's title last year coming with the college hosting the state championship, it was 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 nine seasons, Wells also spent 10 years as a Falcon assistant football coach, until retiring from the gridiron. 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
DISTANCE & RECRUITING COACH

John Goldman, who took over the Directorship of the Falcon cross country program six seasons ago, serves as the distance coach as well as the program's recruiting coordinator. At the state championships last year, he had one men's distance runner place second, while four women's distance runners place in the top four of multiple events. He has consistently led the Falcon women's cross country teams to Top 10 finishes, including a fifth place finish in 2008 and the South Coast Conference championship. In the past six cross country seasons, he has led Cerritos teams to a combined seven Top 10 state championship finishes and four 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.

From 1996-2001, Goldman, 43, 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.

Three 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 nine individual conference titles while garnishing 12 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 11th season as the Falcons women's track and field coach, Michael Allen has guided two of the last three women's track and field teams to the state championship and placed second four seasons ago. In his 10 seasons, Michael Allen has coached 11 individual state champions. With the state title in both 2006 and 2008, 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 to go along with the two state titles. In his first year at the Norwalk campus, Allen also served as one of the defensive line coaches on the football team.

There have been 22 new school records broken 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 36 South Coast Conference individual champions in the last three seasons and won the conference and Southern California Championship three times in the last four years. Along with the other accomplishments, 81 of the 105 different running and field marks in the school's all-time top five have come during Allen's time

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
HURDLES COACH**

Although he officially retired from coaching after the women's state champion in 2006, Gary Gaudet has remained a part of the Cerritos College track and field program since 1977 as a sprints coach. He will also be honored this season by being inducted into the California Community College Track and Field Hall of Fame. This season he will serve as the men's and women's hurdles coach. In his first year as an assistant

coach, Gaudet coached Houston McTear to the state championship. He was appointed the women's head coach in 1979 and also spent time working with the sprinters, hurdlers, jumpers and relay teams up until 1994. During the 1981 season, he led the women's program to the school's first state championship and Southern California Championship, while in 1982 he was named the California Coach of the Year.

Gaudet left the Falcon track program in 1994 to take an administrative job at Bellflower High School until his retirement in 2000. Upon his return in 2001 as an assistant coach, Gaudet once again worked with the sprinters, hurdlers and relay teams. In 2005, he started coaching the hurdlers and heptathletes and then helped lead the women's program to the Southern

California and State Championship in 2006. In winning the state championship that year, the heptathletes were instrumental in winning the title, as Jacqueline Taylor became the first Falcon to win the state heptathlon championship, while the team also had the third and fourth place finishers. For his efforts, Gaudet was named the California Community College Assistant Coach of the Year. He ended his active coaching experience after the state meet, but has returned this season as an active assistant coach.

In addition to his coaching duties, Gaudet has also spent the last 30 years tracking the school's top five athletes in each event and has served as the announcer for many of the top track meets held in Southern California. In 2001, he took over the task of working with each of the community colleges in setting up their meets on the internet.

Gaudet's coaching career started in 1965 at St. John Bosco High and was the school's first track and cross country coach. His teams won the league championship almost every year in his eight seasons. From 1975-76, Gaudet served as the sprinters and relays coach at Long Beach City College before coming over to Cerritos.

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. ■