



**The Great Cow Run
Artesia High School
September 3, 2022**



THE GREAT COW RUN FINAL CHECKLIST

REGISTRATION

**PARTICIPATION
WAIVER**

PAYMENT

**READ THE BUS DIRECTIONS
& DROP OFF INFORMATION**

**PLEASE BE SURE ATHLETES
BIB & CHIP NUMBERS MATCH**

TEAM AWARDS

**PLEASE PICK UP YOUR
TEAM AWARDS. THEY
WILL NOT BE MAILED.**

THINGS TO DO

**NOTIFY SPECTATORS
THAT PARKING IN THE MAIN
LOT WILL BE \$5 CASH**

**REMIND POTENTIAL
SPECTATORS THEY MUST
PARK LEGALLY & NOT JAYWALK**

**ENSURE THAT ALL
ATHLETES ARE HEALTHY
ENOUGH TO RUN THE COURSE**

**DON'T FORGET TO PACK
WATER, ICE OR MEDICAL
SUPPLIES FOR THE MEET**

**PLEASE BE SURE TO RETURN
ALL OF YOUR CHIPS IN ORDER
BEFORE LEAVING THE MEET**

**PLEASE HELP US BY
PICKING UP YOUR AREA
BEFORE YOU LEAVE**



**The Great Cow Run
- The Higashi Roman Memorial Run -
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The Story Behind the Great Cow Run

In 1956, the area currently known as Cerritos was incorporated as Dairy Valley. On any given day, you could see cows roaming around the city and the aroma in the morning was not the greatest of wake up calls.

Although the city has developed from those times with the construction of the world famous Cerritos Auto Square, the Los Cerritos Center, the Cerritos Towne Center, the Cerritos Center for the Performing Arts and the Cerritos Millennium Library, the city's roots still roam around the city, as the city's transportation system, the COW (Cerritos on Wheels) allows residents to get from one point of the city to another.

The Cerritos Millennium Library was the first public titanium buildings in the continent of North America and cost an estimated \$40 million dollars to construct. Adjacent to the library is the newly created sculpture garden where residents can enjoy the aesthetics of the sculpture art on display.

Year in and year out, the city of Cerritos also is recognized for their excellence in the Tournament of Roses Parade, a proud moment for the city. Also, the city is recognized as a Tree City USA for its emphasis on a park-like atmosphere.

The city has been known to be the second highest retailer in California and was named one of the most diverse cities of its size by a study of Cal Sate Northridge. The city was also one of the first cities to offer city-wide broadband services to its residents at any location in the city, including in their own COW buses.

Cerritos High School is able to boast about its successful alumni's including UCLA Men's Basketball Coach, Ben Howland, Major League Soccer Player Marcelo Balboa, and Blind Date Host, Roger Lodge, just to name a few. The city also was home to the well-known quarterback, Troy Aikman and also to former first lady, Pat Nixon. It also is the home of current celebrities such as Park JaeHyung (Day6), Yoshi & Peter Sudarso (Power Rangers – Former CXC Athletes), Justin Min (Ben – Umbrella Academy), Han Ye-Seul, Roger Lodge (Blind Date/Angels) and Narmak (YouTube Animator).

Also movies such as She's All That, Wayne's World and Coneheads have been shot partially within the city as well as shows such as Dexter and AHS.

With so much progress in recent times, it's hard to imagine that the city began as a dairy farming area, as in where we stand right now, could have been the place that the cows formerly of Dairy Valley called home! Thus, the birth of the Great Cow Run!



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In Memory Of ...



Darren Craig Higashi

Darren Craig Higashi graduated from Cerritos High School. Darren was an avid golfer and was a member of the CIF Championship Golf Team at Cerritos High School. Darren went on to play golf at Long Beach City College. Darren's love of the outdoors and the game of golf lead him to a job at the Cerritos Iron-Wood Nine Golf Course as a Recreation Leader II (part time) in June of 1990. Darren's outstanding customer service and public relations skills were appreciated by all who can into contact with him. In July of 1999, Darren landed a full time position as a Park Gardener I with the City of Cerritos. Each day, Darren tried to make everything a little better than he found it. His love for his job and the City of Cerritos was surpassed only by his love for his daughter Danika, mom Tomoko, dad Doug and friends.

In August of 2007, Darren was killed tragically in an automobile accident on his way to work. His caring, sensitivity and compassion are his legacy. Kind words, a gentle smile and a helping hand was his way of making a difference in the lives of the people in our community every day. Darren has truly been missed! His memory will live on through events like the Higashi Roman Memorial Run. Darren's family and friends would like to thank you for bestowing this great honor on such a deserving individual.

Regina Nicole Roman

Regina Nicole Roman was a student at Cerritos High School. Regina Nicole joined the track and field team during the second semester of her freshman year. What stood out the most about Regina Nicole is that in all that she did, she put forth her best effort, no matter how she was performing in comparison to others. Her determination and wonderful attitude led the list of wonderful traits that Regina Nicole possessed. In addition to her involvement with cross country and track & field, Regina Nicole was an officer of the class of 2010. As an officer, Regina Nicole worked hard to ensure the success of the class.

As we remember and celebrate the life of Regina Nicole Roman, images of her smile, the laughter that passed through her as she performed in Mammoth and while participating in activities in ASB Camp, and that determination that she showed on all the tough runs in Mammoth run through my mind. Although in August of 2007, the life of Regina Nicole was cut short, the memory of Regina Nicole will live on forever, as she has instilled the term *Ohana* in the members of the Cerritos Cross Country team. Thank you for taking the time to remember the wonderful life of our angel, Regina Nicole Roman.

Also in Loving Memory Of Others in the CHS & Cross Country Community
Rachelle Wong (Former CXC Athlete), Richard Pliss (Parent of CXC Athlete)
Jim Edwards (Alumni Grandparent, Team Supporter, Former Mayor)
Bob McGuire (Former LM Athletic Director, CIF)



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Thanks to Our Sponsors, Supporters and Companies!!!

Thank you to all those who participated in this year's event and allowing it to be a successful one! We also thank all those who volunteered their time to help run this event!

**The Higashi Family
The Roman Family**

**Participants
Coaches
Parents
Supporters/Donors**

Artesia High School including Octavio Marquez

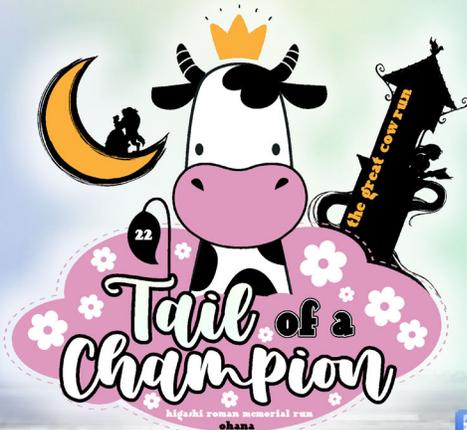
Tapioca Express

**The Watanabe Family – The Usi Family – The Giordano Family
The Bocalan Family - The Romero Family - The Pema Family
The Cuison Family – The Tarampi Family – The Guardian Family
The Kudo Family – The Jepsen Family – The Alonso Family
Thien Nam To – JT Nagayama – Rythwik Salhotra
The Gomez Family - Sofia Vasquez
Cerritos Cross Country Athletes, Parents, Alumni & Supporters**

Companies We Worked With For the Meet

**Ahava Design (T-Shirts)
Finished Results (Timing)
iglooSUNDAY (Bibs & Awards)
iglooSUNDAY (Designs – Medals, T-shirts, Awards)
Crown Awards (Medals)
Vista Print (Signs)
Utility Safeguard (Course Flags)**

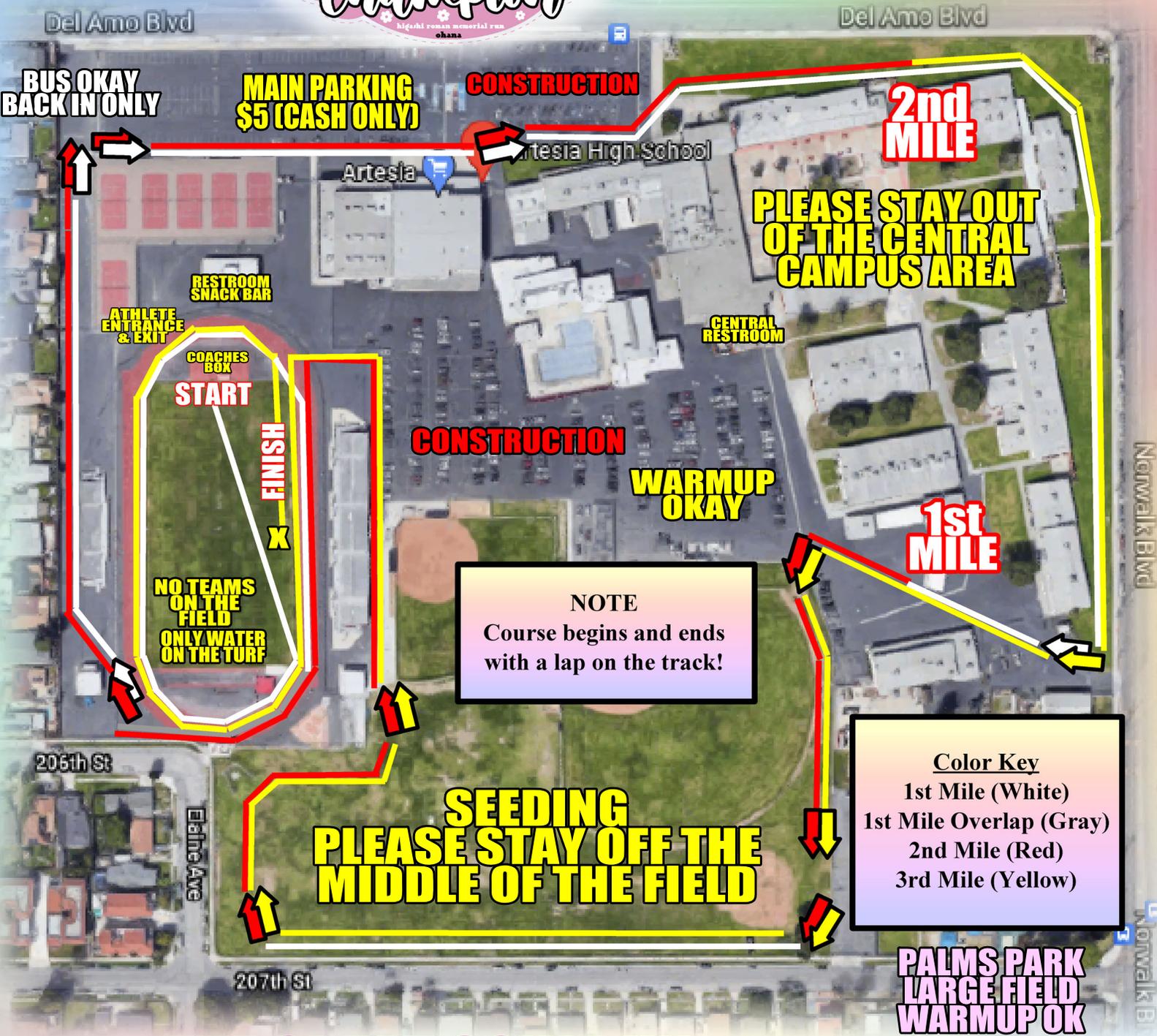
Thanks to anyone else we may have forgotten!!



ARTESIA HS

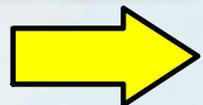
12108 Del Amo Blvd
Lakewood, CA 90715

ABC ADULT SCHOOL
OVERFLOW/BUS
PARKING
ACROSS THE STREET
PLEASE DO NOT
JAYWALK USE CROSSWALK.



THE GREAT COW/RUN HIGASHIROMAN MEMORIAL RUN SEPTEMBER 3, 2022

NO EXIT VIA BACK GATE USE DEL AMO BLVD TO NORWALK BLVD



**WATER
GATORADE**

**CONCESSIONS
MERCHANDISE
REGISTRATION
TEAM AWARDS
RESTROOMS**

**EXIT TO
ACCESS PALMS
PARK**



**T-SHIRTS
BUTTONS, HATS
BELLS & MORE**

**ATHLETES
ENTER/EXIT**

**SPOTTED
CALF START**

**COACHES
BOX
(NO SPECTATORS)**



**CENTRAL
RESTROOM**

START AREA

**ONLY WATER
ON THE TURF**

**BLACKTOP
WARMUP**

MEDALS



Artesia High School
Athletic Field
Temporarily closed

**TEAM TENTS
TOP ROWS ONLY**

**TEAM TENTS
TOP ROWS ONLY**

FINISH

**NO TEAMS TENTS,
ATHLETES, OR
COACHES ON THE TURF**

ARTESIA





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Directions to Artesia High School

12108 Del Amo Blvd.
Lakewood, CA 90715

(Please be sure to recheck directions before distributing.)

From the 605 North (Including 405)

Exit on Del Amo Boulevard
Make a right off the exit onto Del Amo.
Please drop athletes off in front of the school on Del Amo Blvd.
Athletes should proceed to the track.

From the 605 South (Including 5 South/105 South)

Exit on Del Amo Blvd
Left off the Exit
Please drop athletes off in front of the school on Del Amo Blvd.
Athletes should proceed to the track.

From the 5 North

Take the 91 West
Exit on Valley View Street
Right off Exit
Left on Orangethorpe Ave. (South Street)
Left on Pioneer Blvd.
Left on Del Amo Blvd.
Please drop athletes off in front of the school on Del Amo Blvd.
Athletes should proceed to the track.

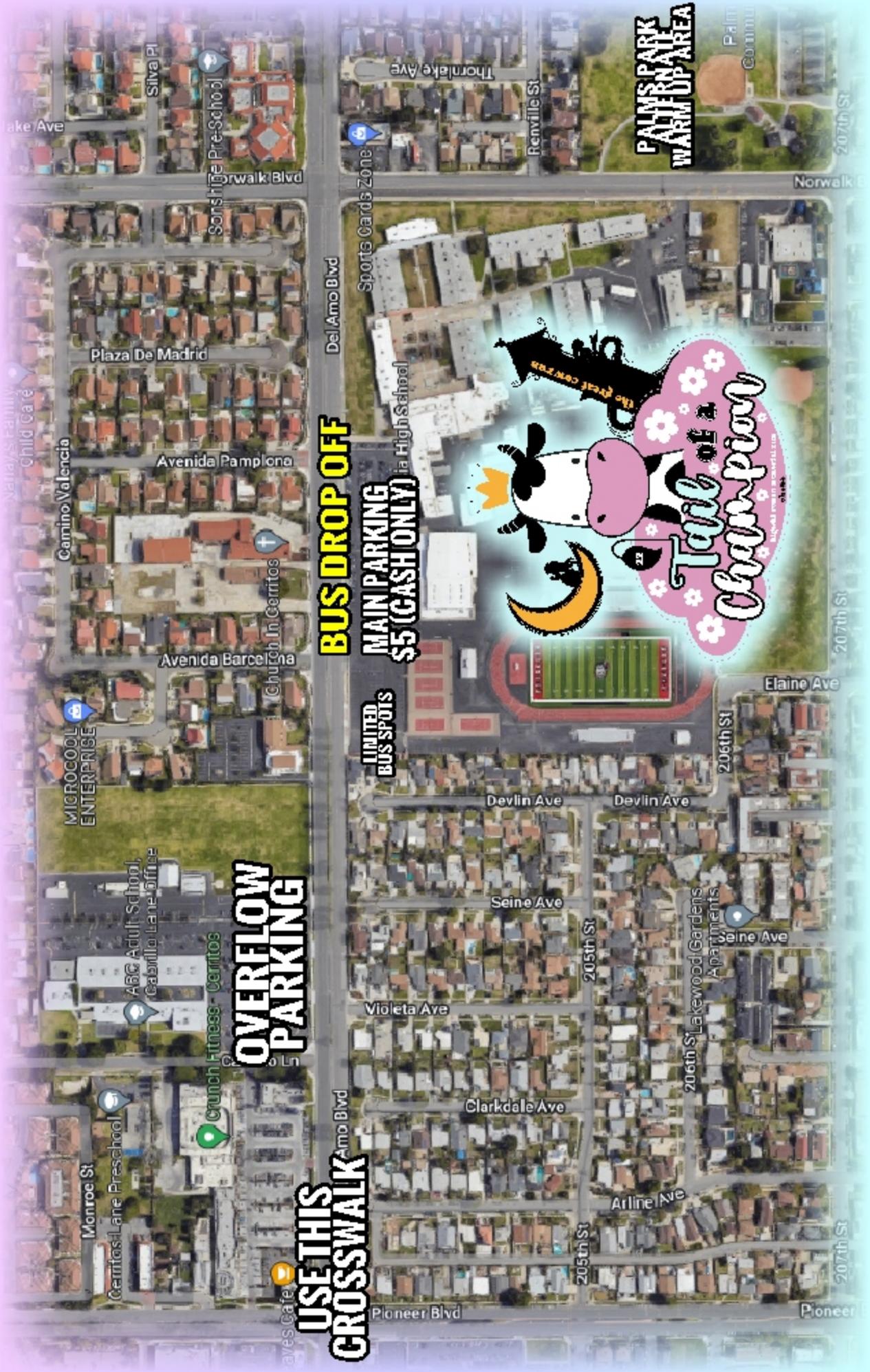
Parking for Buses

There will be limited bus parking in the main lot. Buses will need to back into the a designed spot against the wall due to space needed for other vehicles. If not parking remains, buses may proceed back to ABC Adult School Cabrillo Lane, 20122 Cabrillo Lane, Cerritos, CA 90703 (Across the street from Artesia High School). Parking may be available along Cabrillo Lane. If not, cars may park in the Cabrillo Lane parking lot. Please be mindful as other vehicles may be parking in the lot.

Parking for Spectators

Vehicles parking in the main lot of Del Amo Blvd. will be charged \$5 to help support Artesia High School. Parking spots are limited in this location which give you direct access to the course. Overflow parking is located at ABC Adult School Cabrillo Lane across the street from Artesia High School. This lot is our overflow lot. If parking in this lot, please be sure to NOT JAYWALK! Use the crosswalk at the nearest interaction (Pioneer & Del Amo). Neighborhood parking is also available, however, please park legally and at your own risk.

PARKING & DIRECTIONS



**OVERFLOW
PARKING**

**USE THIS
CROSSWALK**

BUS DROP OFF

**MAIN PARKING
\$5 (CASH ONLY)**

**LIMITED
BUS SPOTS**

**PALMS PARK
ALTERNATE
WARM UP AREA**





Reminders

Please be sure that the bib and chip number of the athlete matches the name on the roster. You may substitute a runner for one who did not show up (of the same gender). NAME CHANGES/ADDITIONS are not guaranteed. Please discuss this with the timer.

At the end of the meet, you must return all the chips IN NUMERICAL ORDER. Please make sure that your athletes do not leave with the chip. A charge will be incurred if they leave with the chip OR if you lose any chip!

Remind athletes to clean up after themselves. Artesia was gracious enough to host this meet on their campus. Let us be wonderful guests. Trash bags are available at the snack bar.

Make sure that all athletes stepping to the line are ready to complete three miles! We want to avoid any emergency situations especially with the heat. As a reminder, you may move any JV athlete into the varsity race.

Coaches may enter the track area but should remain in the coaches box. ONLY WATER can be brought on to the field. Coaches may also stand along the finish chute north of the awards table. NO SPECTATORS OR NON-FINISHING ATHLETES ARE ALLOWED ON THE FIELD. Athletes must exit immediately after their race.

Please only place tents on the top rows of the bleachers. If you have two canopies, please place them in front of each other so that other teams can fit next to yours.

Due to seeding, please do not enter the middle of the back field. Do not cross the field at any time. Please remind your athletes. You are allowed to run along the perimeter of the field as long as you do not interfere with the ongoing race.

Please bring your own water and medical supplies. We do have our medical health team on site in case of EMERGENCIES. If you notice an athlete down, please text 562-397-0867 with the team name, bib number and location. A photo will be even more helpful!



Merchandise

T-shirts - \$15

Tie Dye T-shirts - \$20

Cow Hat w/Button - \$20

Bells - \$5

Keychains - \$5

Buttons - \$2 or 4/\$5

Drinks

Water - \$1

Gatorade - \$2

**DONATIONS GLADLY ACCEPTED. ALL
PROCEEDS GO TO THE CERRITOS CROSS
COUNTRY TEAM!**

Shoe Tag and Bib Instructions

You will be billed **\$10** for **each** shoe tag not returned today

Pay only \$5 for missing shoe tags, if you pay for them before you leave the meet

1. Inspect your team packet to ensure you received all your bibs and shoe tags
 - *Immediately notify meet management if you are missing any bibs or shoe Tags*
 - *Very important – this must be done before leaving the packet pickup area*
 - *You will be responsible for any missing shoe tags after you leave the packet pickup area*
2. Distribute your Bibs and Shoe Tags to all *competing* athletes
 - *All athletes must wear their assigned bib & shoe tag, as assigned on your team roster*
 - *Athletes that are not registered should not use someone else's shoe tag*
 - *Failure to properly distribute the bibs & shoe tags will result in inaccurate results*
3. Athletes must properly secure their shoe tag as shown below
 - *Do NOT put the shoe tag in socks, in your pocket, etc*
 - *Be sure to Double Knot tie shoes*



**You are responsible for returning all of your shoe tags
in numerical order before you leave the meet**

4. Shoe tag Collection & Return
 - *Each school is responsible for the collection & return of all their shoe tags*
 - *Tags must be returned in Numerical Order on the zip ties, the same as you received them*
 - **KEEP THE ZIP TIES UNLOCKED – DO NOT CLOSE THE ZIP TIES**
 - *Use your team roster to ensure none of your shoe tags are missing*
 - *We suggest you use your team managers / assistant coaches to collect the shoe tags from your athletes after they cross the finishline – there will no longer be any collection corral used*
 - *Have a COACH return all of your shoe tags to EVENT MANAGEMENT at the same location you picked up your team packet – please refrain from sending an athlete to return shoe tags*
 - *Event Management will check your shoe tags with you for accuracy*



Contact us for discounted pricing for all your equipment and uniform needs
use offer code **BIBS15** to get 15% off your next order
sales@finishedresults.com
951-334-8300