



**The Great Cow Run**  
**John Glenn High School**  
**September 2, 2023**



## THE GREAT COW RUN FINAL CHECKLIST

### REGISTRATION

**PARTICIPATION  
WAIVER**

**PAYMENT**

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

**PLEASE BE SURE YOU GIVE  
THE CORRECT BIBS TO ATHLETES**

### 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**



# **FINAL REMINDERS (OPEN RACE)**

**ARRIVE EARLY! PLEASE PARK LEGALLY IN DESIGNATED SPOTS THROUGHOUT THE SCHOOL. IF YOU PARK IN THE MAIN LOT, THERE IS \$5 CHARGE (CASH ONLY). PROCEEDS WILL GO TO JOHN GLENN HIGH SCHOOL. PLEASE CHECK SIGNS WHEN PARKING ON THE STREETS / NEIGHBORHOODS.**

**THERE IS NO BAG CHECK! PLEASE PLAN ACCORDINGLY!**

**PLEASE PROCEED TO THE PRE-REGISTRATION LINE! THE TENT WILL BE WEST OF THE FIELD HOUSE (SEE MAP)! THERE WILL BE A SEPARATE LINE FOR ON-SITE REGISTRATION. PLEASE DO NOT WAIT IN THIS LINE IF YOU PRE-REGISTERED.**

**PLEASE ARRIVE AT CHECK-IN BY 6:45AM! LEAVE AMPLE TIME TO PARK, CHECK-IN AND USE THE RESTROOM. RESTROOMS LOCATED AT THE TRACK AND ON CAMPUS.**

**AFTER YOU RECEIVE YOUR BIB, PROCEED TO THE T-SHIRT LINE TO GET YOUR SHIRT! SHIRT SIZES ARE LIMITED SO PLEASE ARRIVE EARLY TO GET YOURS. IF YOU DO NOT PICK UP YOUR SHIRT BEFORE THE RACE, YOU ARE NOT GUARANTEED A SHIRT AS THEY WILL BE OPEN FOR SALE AFTER THE OPEN RACE BEGINS. THIS YEAR, YOUR CHIP IS IN YOUR BIB! NO NEED TO ATTACH ANYTHING TO YOUR SHOE!**

**IF YOU REGISTERED AS PART OF A TEAM, YOUR BIBS AND TIMING CHIPS MUST BE COLLECTED FROM YOUR COACH/ORGANIZER. TEAM ENTRANTS DO NOT GET A SHIRT UNLESS THEY PAID THE ADDITIONAL FEE. PAYMENT MUST BE RECEIVED BEFORE BIBS ARE RELEASED TO ANY MEMBER OF THE TEAM.**

**STUDY THE COURSE! PLEASE USE THE MAP TO STUDY THE COURSE. IT IS A CROSS COUNTRY COURSE (NOT A ROAD RACE)! THE COURSE WILL BE MARKED WITH CONES AND CAUTION TAPE MOST OF THE WAY. THERE WILL BE SIGNS AND SOME AREA WITH SMALL FLAGS. THERE WILL ALSO BE NUMEROUS SIGNS AND VOLUNTEERS ALONG THE COURSE.**

**DON'T FORGET YOUR MEDAL! ALL FINISHERS RECEIVE A MEDAL! THERE ARE NO AGE GROUP AWARDS EXCEPT FOR TOP OVERALL, YOUTH AND ALUMNI! FOR BOTH MALES AND FEMALES.**

**SHIRTS, COW SOUVENIRS, WATER AND GATORADE WILL BE ON SALE AND WILL SUPPORT CERRITOS CROSS COUNTRY (MERCHANDISE) & JOHN GLENN HIGH SCHOOL (PARKING, SNACK BAR)! DONATIONS ARE ALSO GLADLY ACCEPTED!**

**THANK YOU SO VERY MUCH FOR YOUR SUPPORT!!!  
RESULTS WILL BE AVAILABLE AT [FINISHEDRESULTS.COM](http://FINISHEDRESULTS.COM)!**



The Great Cow Run  
- The Higashi Roman Memorial Run -  
September 2, 2023

Location

John Glenn High School  
13520 Shoemaker Avenue  
Norwalk, CA 90650

Open Race (Registration Required)

6:15am - Registration Begins

7:15am - Higashi Roman Memorial Run

7:45am – The Spotted Calf Sprint

**TEAMS WITH INDIVIDUAL COMPETING IN THE OPEN RACE MAY PICK UP THEIR TEAM PACKETS BEGINNING AT 6:15AM. IF THE INDIVIDUAL WHO IS COMPETING DOES NOT HAVE THE PAYMENT FOR THE PACKET, THEY WILL ONLY BE ALLOWED TO PICK UP THEIR RACE BIB.**

High School Invitational

7:00am – Team Registration Begins

8:00am - Boys Freshmen

8:30am - Girls Freshmen

9:00am - Boys Varsity

9:30am - Girls Varsity

10:00am - Boys Sophomore

10:30am - Girls Sophomore

11:00am - Boys Junior Varsity

11:30am - Girls Junior Varsity



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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), Grandma Taira



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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**

**John Glenn High School including Linda Parra & Andy De La Torre**

**Tapioca Express**

**The Watanabe Family – The Usi Family – The Giordano Family  
The Bocalan Family - The Romero Family - The Pema Family  
The Woolley Family – The Zarate Family – The Guardian Family  
The Kudo Family – The Panchal Family – The Lee Family  
The Sahussanun Family – The Donar Family – The Gomez Family  
The Parshotam Family – The Corrigan Family  
Thien Nam To & Macy Pike – JT Nagayama – Andrew Hong  
Izzy Carranza – Cerritos Sports Med  
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)**

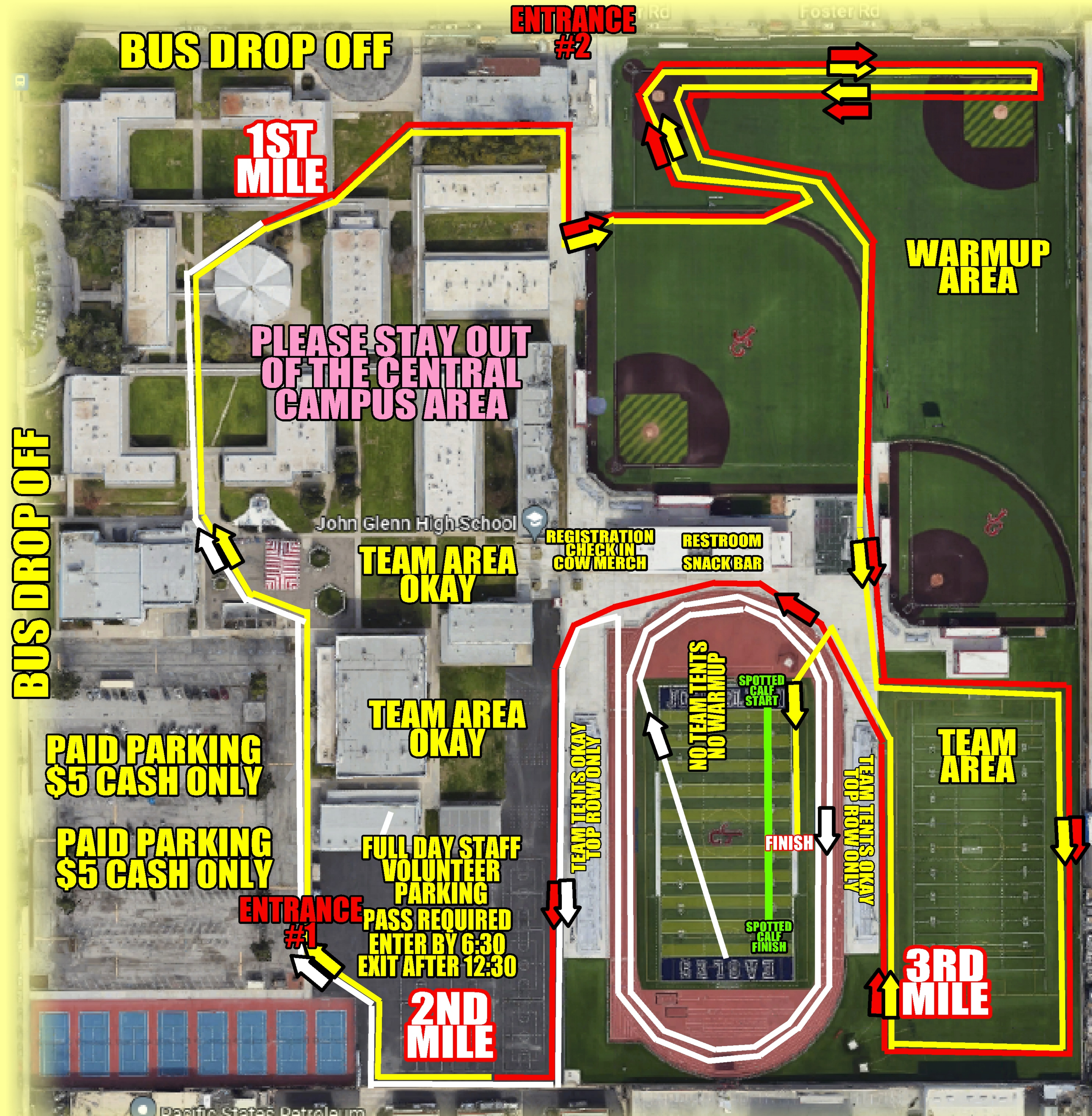
**Thanks to anyone else we may have forgotten!!**



# THE GREAT COW RUN

# GLENN HS

13520 Shoemaker Ave  
Norwalk, CA 90650



**Color Key**  
1st Mile (White)  
2nd Mile (Red)  
3rd Mile (Yellow)

**IMPORTANT**  
Please note that in all areas with turf, please be sure to have cardboard / tarp underneath the base of the canopy/tables touching the turf! Please try to keep food and drinks (water OK) off the turf!





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**Directions to John Glenn High School**

13520 Shoemaker Avenue, Norwalk, CA 90650

(Please be sure to recheck directions before distributing.)

From the 5 North

Exit on Rosecrans

Exit 120B - Right on Rosecrans

Left on Shoemaker Avenue

Athletes should proceed to the track.

From the 5 South

Exit on Rosecrans

Exit 120 – Left on Rosecrans

Left on Shoemaker Avenue

Athletes should proceed to the track.

From Cerritos HS/91

North on Shoemaker

Slight Left onto the Overpass

Left onto Shoemaker – Continue Straight

Athletes should proceed to the track.

Parking for Buses

Buses, please drop off in front of the school on Shoemaker or at the bus drop off on Foster. There are two entrances into the school that can be utilized.

There will be limited bus parking in the main lot. All buses in the main lot MUST arrive before 6:30am and cannot depart before 12:30pm. Buses will need to back into the a designed spot in the staff/volunteer lot due to space needed for other vehicles. Buses should be sure to check that they are not blocking the course and should be 5-10 feet away from any caution tape markings. There may be some space to park in the driveway in front of the gymnasium along the course. Overflow parking will be available at the Southeast Academy (at Shoemaker/Foster) and street parking along Foster. Additionally, if not space remains, buses may use the NORTH lot of Cerritos HS along 183<sup>rd</sup> street.

Parking for Spectators

Vehicles parking in the main lot on Studebaker. will be charged \$5 to help support John Glenn High School. Parking spots are limited in this location which give you direct access to the course. Overflow may be located at the Southeast Academy, however, cars are encouraged to LEGALLY park in the neighborhood surrounding the school. Please park at your own risk and remove any valuables from your vehicle. Cars parked illegally are subject to be towed.



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 13520 Shoemaker Ave  
 Norwalk, CA 90650

# JOHN GLENN HIGH SCHOOL



# CERRITOS HS OVERFLOW BUS PARKING



**Team Drop Offs**  
 It is encouraged that you use the drop off on Foster.

**IMPORTANT**  
 Please be sure to park legally if not using the main lot. Be sure to remove any valuables from your vehicles. Limited buses main use an area of the staff/volunteer parking only if you arrive before 6:30am and will depart after 12:15pm.



## Merchandise

T-shirts - \$15

Tie Dye T-shirts - \$20

Cow Hat w/Button - \$20

Cowboy Hat (Plastic) - \$5

Bells - \$5

Keychains - \$5

Buttons - \$2 or 3/\$5

Stickers – 2/\$1

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



**T-SHIRT \$15**

**TIE DYE \$20**

**UPGRADE TO TIE DYE \$5**



## *Race Bib Instructions*

**Return ALL unused bibs and safety pins to the registration/packet pick up area**

### **INSPECT your Team Packet**

- Confirm you have the correct team roster and the matching bibs
- If you notice anything missing/incorrect, please notify meet management, before you leave the pickup area

### **DISTRIBUTE your BIBS to your competing athletes**

- All competing athletes MUST wear their assigned Bib as listed on your Team Roster
- Athletes that are not registered should not use someone else's bib. Failure to follow these instructions will result in inaccurate results

To prevent the possibility of false reads, we ask that athletes only wear their bibs while competing. Bibs should NOT be worn during warm-ups and athletes should remove their bibs after they have finished their race.

### **PROPERLY ATTACH the bibs for each athlete (see picture)**

- Race bibs should be placed up-right on the torso, between the chest and stomach
- Be sure each athlete uses 4 safety pins to securely affix their bib
- DO NOT FOLD OR DAMAGE BIBS





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**School Participation Waiver**

School \_\_\_\_\_

Address \_\_\_\_\_

Coach \_\_\_\_\_

Cell Phone Contact/Number on Meet Day \_\_\_\_\_

**As a participating school in the Great Cow Run, I agree to the following:**

Each school is responsible for the health, safety, and actions of their own athletes.

All athletes are physically fit and capable of completing and competing in the invitational.

All athletes have been cleared according to the standards of the school.

Coaches are in possession of the emergency contact and insurance information of each athlete.

Coaches are responsible to provide first aid, water, and other equipment in relation to health and safety to their own athletes and will be readily available in case an emergency arises.

Coaches are responsible to ensure a fairly accurate registration of athletes. Due to the cost of the bibs with embedded chips, schools with more than 25 athletes registered, but not competing will be charged an additional \$25 service charge. Teams will be charged an additional \$20 for every 10 athletes after.

Schools assume the risk on behalf of their own athletes for participation in this event. Any injuries, illnesses or deaths that may occur to an athlete of a participating school are the responsibility of each participating school and not the responsibility of the Great Cow Run, Cerritos High School, John Glenn High School, the ABC & Norwalk-La Mirada Unified School Districts, or any individual or groups involved in the planning or execution of the event.

By signing below, the aforementioned school and their participants waive the right to pursue legal action against the Great Cow Run, Cerritos High School, John Glenn High School, the ABC & Norwalk-La Mirada Unified School District, or any individual or groups involved in the planning or execution of the event, if no deliberate attempt to injure or harm a participant, including, but not limited to, coaches and spectators, in any way is made.

\_\_\_\_\_  
Signature, Head Coach

\_\_\_\_\_  
Print Name, Head Coach

\_\_\_\_\_  
Date