

Hello. My name is Kelcie Main (Wiley). I would like to begin by saying how humbled I am to have been asked to provide a testimony of my track and field years at Imbler High School and how the program had successfully prepared me for my college track career. I graduated from Imbler High School in May of 2012. Like many Imbler students, my track and field career began in the 7th grade. Imbler has always had a strong and successful track and field program. The staggering amount of success these student athletes have been able to achieve (including myself) without an actual track should speak volumes. Track and Field athletes gain motor skills, breathing techniques, mental toughness, and feeling of independent successes as track is primarily an individual sport with team points.

During my track and field years at Imbler, we were fortunate enough to be able to utilize the Eastern Oregon University Track to get a “good” practice in. However, we could never stay long since we would have to get back to Imbler at a reasonable time. During our practices at EOU we would try to focus on block work, corner work, strides, relay handoffs, hurdle work, as well as field events such as high, triple, and long jump and even throwing events. Due to being bussed into the university, there never seemed to be enough time to complete all the workouts we needed to in order for personal and team improvements.

My specific events in high school were 4x100, 4x400, 300M hurdles, 200M, 400M, and high jump.

Running on Imbler’s “Track” was challenging on multiple levels:

1. We could not practice in our actual track and field spikes. If we would have ran in our spikes we would have been more susceptible to injury due to the slickness of running on dirt and gravel. As a sprinter, it’s important that we run on the balls of our feet to ensure proper running form to waste as little energy as possible.
2. If I remember correctly, the “track” at Imbler is 50 meters shorter than a regular track. Which meant workouts were adjusted to ensure we met the correct distance required. It also meant that you wouldn’t end your sprint at what would be the regular finish line-it was extended an extra 50 meters ending at the end of the corner and not at the start of the corner.
3. As a sprinter, knowing how to properly execute running a corner and striding during the straights can be detrimental in your time. Running on dirt and gravel makes it extremely difficult to get into what I call the “rocket pocket” on the corners. By utilizing momentum and correct form, the corner of the track is used to literally sling shot the sprinter through the corner. On the straights, being able to properly execute a stride you need to keep your legs at 90 degrees without slowing down. A stride does not mean you lengthen the distance from your feet. You should be able to keep the same speed and momentum. When coming off a corner with the “rocket pocket,”

forcing to a stride is exceptionally difficult. On the dirt and gravel you have to slow down in order to transition back and forth to avoid slipping and causing injury. During workouts at EOU, we would spend time doing some corner work.

4. Block Work. Blocks are extremely important and can also mean the difference between first and second by even the slightest 0.01 of a second. On the bottom of blocks there are spikes. As you can imagine, trusting blocks that are anchored in gravel and dirt is trusting that your face is guaranteed to be bloodied. In order to get adequate block work in, we would set aside time while at EOU to do block work.
5. I was a high jumper as well and came close to breaking Imbler's school record. High jump practice was primarily conducted in the upper deck of the gym. Reason being, the grass outside was too slick to sprint at full speed and jump off one leg resulting in a serious injury. If available, we would utilize EOU's high jump pit.
6. Relay handoffs can make or break a team. A bad handoff kills time. When attempting to practice handoffs in the gravel and dirt, we are not able to run at our full speed (due to possible injury). During meet days, we had to spend extra time counting steps to ensure a successful handoff during the race. We would also try to make time for handoff practice while at EOU.

Imbler School is past due for adequate track and field facilities. Despite the obstacle of adequate access to track facilities I was still able to find success within my high school and college track careers. Throughout my high school career from 2008-2012 we were back to back district champions; I competed and medaled in nearly every event at state that I qualified for at districts; was named All Around Female Athlete, and went on to compete at Oregon Institute of Technology (OIT) under Head Track and Field Coach, Jack Kegg. At OIT I ran a lifetime best in the 400 meter, was on the 4x100 relay, 4x400 relay and ran the 200M. I was fortunate enough to qualify for Regionals in the individual 400m.

The strength of Imbler High School Track and Field program has proven itself year after year. They have had more district wins and more state appearances than any other sport Imbler has to offer. Not only do Imblers' student athletes have a right to practice on safe grounds, equipment, and track; it is also well earned and deserved. As a senior, not having the ability to be recognized for a senior night on my home track and field in my last ever high school sport, was disappointing. High school years fly by too quickly. Future Imbler track and field athletes deserve to have home meets. Future Imbler track and field graduates deserve a senior night on their home field. Allow them an opportunity to defend their grounds with all that Panther Pride!

If hometown, homegrown, backroad kids can be this competitive at the State level practicing on a dirt track, imagine how powerful the program could be if it had the right facilities? I hope my testimony is enough for you to consider, participate, and complete the development of Track and

Field facilities for Imbler High School. If I can be of any assistance to this project, please feel free to contact me via cell phone at 541-591-4516.

Thank you and Go Panthers!”



Grievance/Diversity Coordinator

Snake River Correctional Institution

777 Stanton Blvd.

Ontario, OR 97914

W: 541.881.4880

C: 541.709.7912