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## **Longtime El Camino College Coach Honored at Redondo Beach Race**

*Dean Lofgren received first-ever running mentor/coaching award*

*at the annual Village Runner 4<sup>th</sup> of July 5K*

El Camino College alumnus and cross country and track & field coach Dean Lofgren received the first-ever running mentor/coaching award at the 23rd annual Village Runner 4th of July 5K in Redondo Beach.

Lofgren has inspired and coached numerous outstanding runners during his 26-year career at El Camino College, including the Village Runner 4th of July 5K Race Director Mike Ward, who ran a time of 3:52 in the 1,500 while coached by Lofgren at ECC.

The El Camino College track & field and cross country programs' tradition of excellence includes five state cross country titles, five state track & field titles, 88 individual event and relay state titles, and six national community college records, among other accolades.

“The accomplishments of Coach Lofgren's student-athletes have packed the record books,” said El Camino College President Dena P. Maloney. “Through his mentoring and guidance, he has helped numerous students transfer to an extensive list of colleges and universities across the country, including UC Berkeley, University of Michigan, and UCLA. In addition, many of his former students are now coaches, a significant testament to the positive impact Coach Lofgren has had on their collegiate experience.”

Lofgren has been awarded six California Community College Coach of the Year awards and he is a 26-time South Coast Conference Coach of the Year, including both cross country and track & field.

Career highlights in cross country coaching include state championship titles for the women in 1990 and the men in 1992; runner-up positions for the men in 1995 and the women in 1994, 1998, 1999, and 2003. Track & field teams have also placed high, with the women winning state in 1991 and 2011 and the men earned their highest place in school history with third place in 2002.

Lofgren enrolled in El Camino College after graduating from West Torrance High School. He started running at ECC and transferred to California State University, Stanislaus where he earned a bachelor's degree and participated in cross country and track & field. He went on to earn a master's degree in physiology of exercise/human performance at San Jose State University. He is a tenured professor in ECC's Health Sciences & Athletics Division and lives in South Torrance with his wife Donna and son Nick, who is also an accomplished distance runner.

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