

# USCAA VIP Host

## STEVE SCOTT



Steve Scott is one of the greatest milers in American history. The silver medalist in the 1,500 meters at the inaugural IAAF World Outdoor Championships at Helsinki in 1983, Scott owns the U.S. Outdoor mile record of 3:47.69 (1982) and U.S. Indoor records in the mile (3:51.8-1981) and 2000 meters (4:58.6-1981). Track & Field News ranked Scott #1 in the U.S. on 10 occasions, and 11 times during his career he was ranked in the top ten in the world by T&FN.

He ran 136 sub-4:00 miles in his career, more than any other runner in history. Scott grew up in the 1960s in Upland, Calif. His mother was a runner who preceded the running boom. His father was an overweight physician who smoked and did not see the value of running. Through his mother's influence and a coach's persistence, Scott ran on Upland's cross country team. He caught track fever watching the 1972 Olympics on television, as U.S. runner Dave Wottle won the gold medal in the

800 meters. In track, he concentrated on the shorter distances and ran the 800 in 1:58 and the mile in 4:30.

In his senior year of high school, Scott finished fourth in the California state championship in the 800 and drew several college scholarship offers. He liked coach Len Miller and joined him at the University of California at Irvine in the fall of 1974. At UC-Irvine, Steve won the 1977 NCAA Division-I 1500-meter title after winning the 1500 twice and the mile once at three previous NCAA Division-II meets. Scott ran his first sub-4-minute mile at the Sunkist Invitational in Los Angeles in



January 1977, his junior year in college. In the following year, he blossomed from an unknown college runner to an international miler, competing on both sides of the Atlantic. When he graduated with a degree in social ecology in 1978, Scott had already run 11 sub-4-minute miles. He went on to win the 1980 U.S. Olympic Trials, but did not compete at the Moscow Olympic Games due to the U.S. boycott. At the 1984 Olympic Games in Los Angeles and the 1988 Games in Seoul, Steve he placed 10th and 5th respectively.

In training, Scott ran several miles every morning followed by an intense track workout in the evening. On the weekend, he ran

as far as 20 miles. He routinely exceeded 100 miles per week. This running volume was twice that of today's young milers, which may explain why Scott's U.S. outdoor mile record of 3:47.69 – just 0.36 of a second off of Sebastian Coe's world record at the time – has stood for 25 years.

Steve loved to race—indoors, outdoors, on the roads, and in cross country, sometimes as many as 50 competitions a year. Among his fellow middle distance runners, he was known as one of track's fiercest competitors. During the decade that followed his first sub-4-minute mile, Scott lived out of a suitcase. He traveled the world and competed year-round in the United States, Canada, Jamaica, Germany, Sweden, Norway, England, France, Switzerland, Belgium, Ireland, Greece, Australia and New Zealand.

In 1994 he was diagnosed with testicular cancer, but underwent surgery and made a full recovery. In the closing stages of a career that saw Steve race at the highest levels for nearly two decades, his attempt to run a sub-4:00 mile at age-40 was derailed by a battle with testicular cancer. Thankfully, he won that battle and since retiring from competition he has built one of the most successful NAIA collegiate programs in the country as Head

Track and Cross Country Coach at Cal State San Marcos. In 2002, he was inducted into the USA Track and Field Hall of Fame.

Steve has two sons, Corey and Shawn, and a daughter Megan. He and his wife JoAnn live in Carlsbad, California.

