

LAMORINDA SPORTS

Mother-Daughter Duo Make Tracks at Acalanes High

By John Miller



Windy Margerum

Photo Gint Federas

For coach Joy Upshaw and her daughter, Windy Margerum, the upcoming track season at Acalanes High School promises to be the fulfillment of a momentous run for the talented pair.

Windy, who enters her senior season at the Lafayette school, already holds the 100-meter hurdle record and is on the school's leader board in the long jump (17-feet, 5-inches), triple jump (33-feet, 10 1/2-inches) and both hurdle races.

Upshaw, a champion athlete in her own right, set records in the hurdles and sprints while a student at Acalanes ('79) and continues to excel in the USA Masters track and field events. Her most notable recent achievement is setting the Women's 55-59 age group record for the 60-meter hurdles this past spring during the USA Indoor Masters National Championship. In 2012, she was inducted into the Masters Track Hall of Fame.

Upshaw points out that her youngest daughter has seen and learned from countless sources: "She's been to a lot of elite practices as a young girl and watched many high performance athletes, and has traveled to both Helsinki and Beijing to watch her aunt (Grace Upshaw) in the World Championships and Olympics."

In fact, the story includes much more than a mother-daughter relationship on the track.

In addition to Joy's sister Grace (Acalanes '93) being a world-class long jumper, their father Monte Upshaw broke Jesse Owens national high school long jump record in 1954 (25-feet, 4 1/4-inches) and went on to Cal where he set a world record in a relay race, but an injured knee kept him out of the long jump.

Joy's other siblings include a brother Chip, who still is on the leader board at Acalanes ('81), and a sister Merry (Acalanes '91) who holds three records at Stanley Middle School. Their mother, Carol, was known for being the fastest sixth grader in her class in Fresno, but lack of track and field opportunities during that time steered her to swim team and aquacades.

The athletic pedigree is even richer for Upshaw's two daughters. Their father is Ken Margerum, a two-time consensus All-American receiver and Hall of Famer at Stanford and a former pro football player with Super Bowl Champion Chicago Bears in 1985.

Joy's oldest daughter, Sunny Margerum, earned a scholarship to Cal after a distinguished track and field career at Gunn High in Palo Alto, setting 300m and 100m hurdle records and was a top long jumper in the CCS.

Younger daughter Windy is much more than just a track fanat-

ic. She is active in many pursuits at Acalanes and in the city of Lafayette. Like her mother before her, she is involved in dance as well, while also playing principle cello in the school's orchestra. Windy is the head chair of the Lafayette Youth Commission — recently helping to run the city's Halloween program — and is the artistic director of the local Shakespeare for Kids program, which Joy's mother has run for the last 30 years.

Both Sunny and Windy assist with the Jack Rabbits Track Club, an organization founded by Coach Upshaw to develop young track enthusiasts around the Bay Area. They meet on Mondays in the East Bay. One group gathers at Glorietta Elementary after school, with two other groups meeting at 5 and 6 p.m. at Acalanes.

Asked how her daughters got the names Sunny and Windy, their mother just laughed and said, "I suppose it might have had something to do with a couple of songs in the Sixties. I just liked the names!"

In another nod to the season running in full circles, Upshaw is pleased to be reunited with long-time Campolindo coach Scott Brady-Smith. "In the summer of 1977, my brother and I went to the Cal Track Camp and Scott was one of the terrific coaches there. That next season, Acalanes was looking for a track coach and we really liked Scott from camp and recommended him; before we knew it he was our new Acalanes coach!" said Upshaw. "I'm excited to coach with Scott at Acalanes again, especially for Windy's senior year."

Coach Upshaw traveled to Perth, Australia to represent TEAM USA in the World Masters Track & Field Championships through Nov. 7. She will be racing in the 300m hurdles, 80m hurdles, long jump and relays.

Windy, meanwhile, is looking forward to a successful season after doing well in the league last year. She is now pondering her college choices. "I haven't decided just yet. There's big interest in Cal, but I've also looked at Arizona and Davis," she said. "I'm keeping it open, so far, and excited for this track season!"

For those who would like to follow Joy's accomplishments in Perth, go to www.perth2016.com. For information about the Jack Rabbits Track Club, contact www.jackrabbitstrack.com.

Campolindo Girls Volleyball Team Claims Diablo Athletic League Crown

By Karl Buscheck



Janelle Gong

Photo Gint Federas

With an unblemished 10-0 record in league play, the Campolindo girls' volleyball team won the inaugural DAL title.

Head coach John Vuong credited the Cougars cast of veterans for powering the squad to the top spot in the standings.

"The seniors have played the leadership role. Sabrina Smith is one of them. Janelle Gong and then Jamie Brown and Emily VanKoll," Vuong said of the

quartet of captains. "Those are the core seniors that really lead the team to where we are today."

Now the postseason and a slate of unfamiliar opponents await, as the Cougars will be playing in the NCS Division II bracket for the first time.

"It's win or go home," Vuong said. "So we have to make sure we are sharp and stay healthy throughout the postseason."

Campolindo closed out the league portion of the schedule by beating Miramonte, 3-0, in Orinda on Oct. 27. The Mats ended DAL action with a 7-3 record after winning seven of their final nine matches.

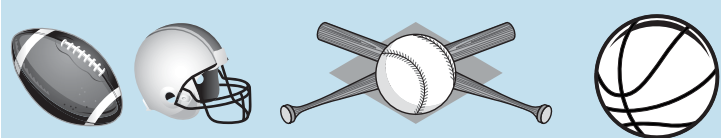
"Our team has a lot of fight in them," said head coach Lisa Bachtold, whose team was captained by a trio of seniors in Caroline Schafer, Blake Sharp and Layne Estes.

"We have been down a few times in matches and we find a way to win. We do not give up very easily and that has been the difference between a win and a loss a few times this year."

Miramonte and Acalanes (6-4 in DAL) will both take part in the NCS Division III playoffs. As is the case with the Mats, the Dons have leaned on their most experienced players to set the tone.

"Seniors Parker Jones, Melissa Elliott, Devin Grobeck and Alex Matson have come to practices and games to improve on their individual and team play," said head coach Ernie Rodriguez. "They have been great examples to the program in their leadership and work ethic."

Youth Sports Registration



Lamorinda Rugby Football Club



On-line Registration opens Oct 1st for the 2016 rugby season! Season runs December through March for youth, and through April for High School. Teams for girls and guys ages 6-19. No prior rugby experience necessary. Practices are located at the Wilder Fields in Orinda.

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