

LEONARD RIER III

BEGINS HIS 4TH YEAR AS HEAD COACH OF THE HARRISBURG SCHOOL DISTRICT TRACK & FIELD PROGRAM.

AS AN ATHLETE, AND GRADUATE OF HARRISBURG HIGH SCHOOL, HE WAS A STATE CHAMPION (AND FORMER STATE AND CURRENT SCHOOL RECORD HOLDER) ON THE 4X100 M RELAY IN 1998. HE ALSO RAN SPRINTS AND TRIPLE JUMPED FOR THE COUGARS WHILE EARNING A SCHOLARSHIP TO RUN TRACK FOR LIBERTY UNIVERSITY IN LYNCHBURG, VA..

HE BEGAN HIS COACHING CAREER AS AN ASSISTANT ON THE HARRISBURG HIGHSTEPPERS TRACK CLUB AND LATER WITH CENTRAL DAUPHIN EAST HIGH SCHOOL IN 2001. HE HAS COACHED SPRINTS, HURDLES, JUMPS AND MIDDLE DISTANCE OVER THE YEARS WHILE CHURNING OUT ALL-AMERICANS IN RELAYS, HURDLES AND SPRINTS, STATE CHAMPIONS IN 4X1, 4X4 AND 110H, AND PTFCA ALL-STATE PERFORMERS IN SPRINTS, HURDLES AND THROWS.

WRITTEN BY AMANDA THOMPSON. EDITED BY JKAAL OKDAR

