

# Angermeier cruising along for Monmouth

## Qualifies for IC4A meet in 400 hurdles

By Reuben Frank  
BCT sports writer

Jim Angermeier cleared the final hurdle, crossed the finish line, won his first conference championship, looked up and nearly imagined that former Shawnee teammates Chris Tarello and Ed Loges were there cheering for him.

Actually, they were.

It's been five years since Tarello, Loges and Angermeier — with some help from Aaron Totten-Lancaster, Jason LaBarbera, Scott Teske and a few others — helped Tim Gushue's 1992 Shawnee track team win the state Group 4 championship.

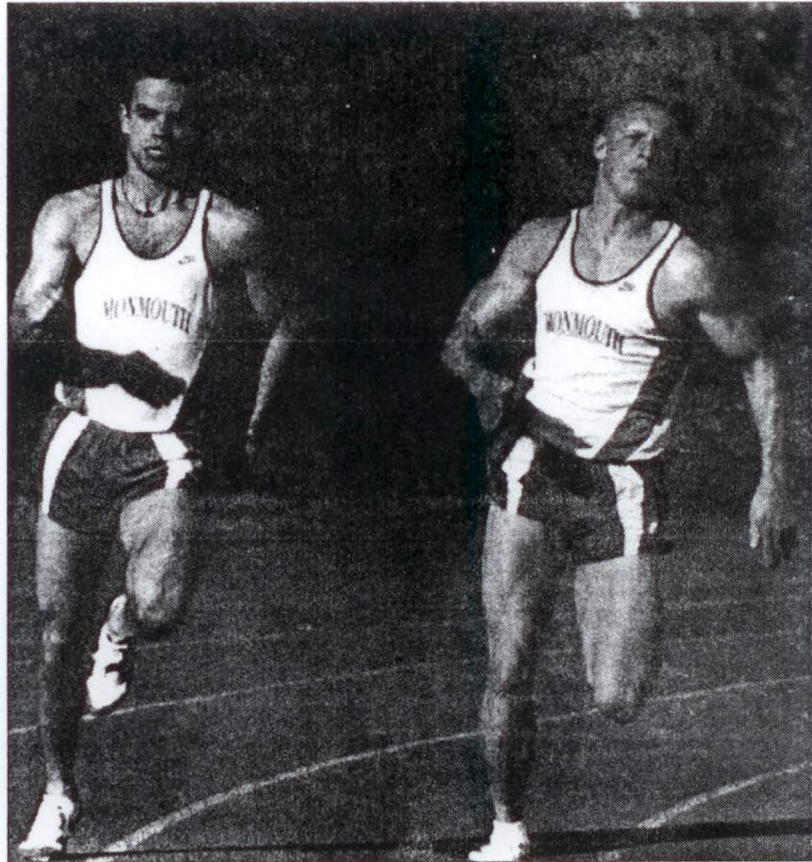
Angermeier and Tarello are still running and still winning.

And when Angermeier placed first in the Northeast Conference 400-meter intermediates earlier this month to qualify for next weekend's prestigious IC4A meet, Tarello and Loges were standing at the finish line, cheering him on.

Tarello, who graduated Friday from Rider, had won the NEC 800-meter title five minutes earlier. Loges, who graduated last year from Bucknell, had flown in from Arizona just to see his two teammates and friends race.

"That was incredible, to come across the finish line and see those guys there screaming for me," said Angermeier, a senior at Division 1 Monmouth University of West Long Branch.

"That was just awesome. Those years at Shawnee, especially 1992, that was incredible. We're like brothers — I've known Chris since we were in kindergarten. To see him win the 800 right before me, then for me to win the intermediates and qualify for IC's, and to have Eddie there, it just made it even more special."



Photo/MONMOUTH UNIVERSITY

**Jim Angermeier (right)**, here competing for Monmouth University earlier this season, is a Shawnee High School graduate.

Angermeier just missed qualifying for the last three IC4A meets but nailed down his qualifier in his final chance, running a personal-best 53.54 — more than half a second faster than his previous PR of 54.07 from the Penn Relays.

The IC4A — formally the Intercollegiate Association of Amateur Athletes of America — holds its 90th annual championships this weekend at George Mason in Fairfax, Va. Angermeier will run the trials on Saturday and, he hopes, the final on Sunday.

Tarello will run the leadoff leg for Rider's 1,600-meter relay team, which qualified with a 3:17.91 second-place finish in the NEC meet.

"I couldn't ask for a better senior year," Angermeier said last week, after a workout at Shawnee with Shawnee teacher and former Willingboro hurdler guru Mike Matthews and current Shawnee assistant Gary Williams. "When my coach told me my time, I just went nuts.

"I wanted to qualify so bad. It's like an itch in the back of your spine that you're trying to get at for two years but you can't reach it. After the race, I looked at my dad (Medford police officer James Angermeier) and he just said, 'You did it.' Last year, I ran at IC4As on the 4-by-4 team, but what a great feeling to reach it on my own, in an individual race.

"Now it's just up to me to cap it off in my final race in a college uniform. I really want to go out with a bang."

Angermeier won the County Open intermediates his junior year, then took second in the sectionals and fourth in the state meet. He also ran a leg on the Shawnee relay team that clinched the school's only state title.

By the spring of their senior year, so many college athletes have lost interest and are more concerned with getting a job than getting faster. Angermeier is different.

"Jimmy's worked really hard for this," Compagni said. "He was disappointed he didn't make IC4As last year or indoors this year in the 500 and it's been driving him all year. Jim's been our captain for two years and he's a true leader. The kids respect him and they listen to him and he sets a great example with his work ethic."

You want work ethic? Angermeier ran cross country last fall for the Hawks and even ran 30:27 on Lehigh's challenging five-mile course.

A hurdler running cross country?

"When coach told me he thought it would help, I was like, 'What, are you crazy?'" Angermeier said. "But he said in order to be strong in the spring, it starts in August.

"I was ninth man, which isn't that great, but it really did get me in shape. My time has gone down every meet and that's really encouraging. I'm not going to stop running when the season's over. I'll take some time off, but I want to stay with it."

Angermeier and Tarello have spoken about joining a local track club and becoming teammates again. But first, Angermeier has some business to finish up. He's 12 credits short of earning his degree in criminal justice and plans to graduate next fall. That will make him eligible for ... cross country.

"When I learned I'd be eligible, I said, 'Sign me up,'" he said. "I've got to try and break 30 minutes. You've always got to have a goal. Something to shoot for."

After that, Angermeier plans to follow family tradition. His dad's a cop, his grandfather was a Philadelphia cop on horseback, his uncle is an investigator for the Burlington County prosecutor's office, and his uncle is in the FBI.

It was eight years ago today that

Angermeier, then an eighth-grader at Memorial Middle School, was honored by Medford Township for foiling an attempted robbery near his home.

There will be more foiled robbery attempts.

"I used to think I'd never go into it, but I've been brought up around law enforcement and I guess I've just grown into it," Angermeier said. "Somebody's got to keep the family tradition going."

And the Shawnee tradition.

"One night, before the conference meet, Chris and I got a couple Wawa shorties and we were like, 'Where should we go to eat these?'" Angermeier said. "And he said, 'Hey, let's go over to the Shawnee parking lot.'"

"So we get there and I said, 'Let's go over to the track.'"

"We get to the track and I said, 'What was your favorite lane?' He says lane three. I said my favorite was lane four.

"So we go out there and he sits down in lane three and I sit down in lane four. And we just sat there and ate our hoagies and talked about the Shawnee days.

"It sounds strange, but it was great. That track is where it all started. It just feels like home."