



Staff Photo by Jim Keith

**George Phillips, right, checks over his track record book with Coach Jerry Mayhew.**

# Phillips Signs With Appalachian

By Mary Garber

Staff Reporter

George Phillips, a Reynolds High School distance runner, has signed a track grant-in-aid with Appalachian State University.

Phillips has been accepted by the university admissions committee.

He is the son of Mr. and Mrs. George Phillips, 3100 Briarcliff Road.

He holds the Reynolds High school record in the mile with a time of 4:26.7 and in the two-mile with 9:29.4.

He won the mile run in the All-Forsyth meet and in the Central 4-A Conference meet. After the conference competition, Phillips moved up to the two-mile. He won the sectionals and finished second in both the regionals and the state meet.

Phillips got interested in cross country and track through an elementary school physical education program. He took part in track at Dalton Junior High.

"I became a distance runner," he said, "because I was too slow to be anything else."

He started cross-country at Reynolds and continued his distance running in track.

Phillips is a stickler for training. He has kept a day-by-day record of his running and diet for 10 years.

He works daily—summer and winter—good weather and bad. He concentrates on distance running off season. In season, he combines

distance work with interval training. Off season he usually runs 12-15 miles a day. In-season he runs around 10 or 11 miles a day.

Phillips used to be accompanied on his running trips by his dog, Blackie. But one day Blackie got into a fight with a dog at Wake Forest. He was badly chewed up and if it had not been for some first-aid by Joe Dobner, a Wake Forest football player, the results might have been disastrous. Dobner will enter medical school in the fall.

Phillips won the most valuable cross-country and track awards at Reynolds. He was named winner of the Monogram Club award for the most outstanding athlete.

Phillips plans to major in physical education and hopes to teach and coach some day.

He will concentrate on the longer distance running at Appalachian. He plans to run cross-country. In track, he will run the three-mile and run six miles, whenever the event is held.

The NAIA is considering having a national marathon (26 miles) and Phillips is interested in this.

Phillips was signed by Jerry Mayhew, Appalachian assistant coach.

"We've chased George for two years," said Mayhew. "We feel fortunate that he is coming with us. George is the top distance runner we have gotten since we started track 8-10 years ago."