NORM GUEST

The impact Norm Guest made coaching track and field, cross country, football (and even soccer for one year) is greater than he could ever have imagined. Though it’s been 18 years since his last coaching position, his influence is felt strongly still today.

“No one person is more responsible for Castro Valley High School’s historic success in cross country and track and field than Coach Guest,” claimed Jim Phillips, president of the Castro Valley Track Club. “He built those two programs into the powerhouses they remain today.”

Castro Valley won 10 Hayward Area Athletic League track championships and seven cross country titles under Guest during the 1960s and 1970s. His track teams’ dual meet record was 128-19; his cross country teams were 104-16.

A full-time teacher at CVHS, Guest also coached the frosh-soph football team from 1961 to 1967, compiling a 45-11 record. Although he enjoyed coaching football he gave it up it in 1968 to take over the cross country team, where he could work with his distance runners.

By the late 1970s, Guest had built an impressive resume in track and field, so when an opening occurred at Cal State Hayward (now Cal State East Bay), the Pioneers asked if he was interested. He was. He coached Cal State’s cross country team for three years and the track team for two, winning the Far Western Conference track title both seasons. He was named FWC Coach of the Year in 1982.

Still teaching full-time at CVHS, Norm found it difficult to recruit for Cal State, so he resigned after the 1982 season and took over the track and cross country programs at Chabot College. He coached both the men and women at Chabot until 1998 when he retired.

Guest’s accomplishments are numerous: director of the California State Meet in 1982; co-founder with Dale Bervin of the Castro Valley Invitational, which later became the North Coast Section Meet of Champions in Berkeley; the NCS Distinguished Service Award, 2007; San Lorenzo High School Hall of Fame, 2010. He also has received commendations from the State Assembly and State Senate for his role in establishing House, Inc. (now REACH), a non-profit that provides housing for disabled adults.

But Guest claims, with a smile, that his greatest accomplishment “was raising five daughters.” Norm and his wife, Barbara, have been married for 58 years and have nine grandchildren.