

Coach's Bio

Coach Gomez begins his 1st season as the Andrew College men's and women's cross country coach. In addition to being the cross country coach, Dr. Gomez is an Assistant Professor of Physics in the Andrew College science department.

Dr. Gomez comes to Andrew College from Monroe, Massachusetts. He attended Drury Senior High School in North Adams, MA, where he was a 3-year letterman in cross country, and a 2-year letterman in track. He was captain of the cross country team during his junior and senior years, leading his team to a 3rd place finishes in the Division II Western Mass. XC Championship. Also, while in high school, Gomez competed regularly on the Western Mass. Road racing circuit, achieving high school bests of 29:37 for 5 miles, and 37:03 for 10k. In addition, Gomez still holds the 14-17 age group record for the **Mt. Greylock Run**, an 8-mile race up the highest peak in Massachusetts, with a time of 65:50.

Upon graduation, Coach Gomez attended North Adams State College, an NCAA Division III school in North Adams, MA. He competed in cross country all 4 years, culminating with a 10th place finish at the MSCAC (Massachusetts State College Athletic Conference) meet his senior year, with a time of 28:15 for the 5-mile course.

After graduating from North Adams State, Gomez was hired as assistant cross country coach, a position he held for 4 years. He developed the "30th Avenue Drill", a hybrid of a training program used by runners at the University of Oregon. Under his tutelage, the team continued to build and improve, and a solid program remains in place today. While an assistant at North Adams State, Gomez was the founder of the Sam Gomez Classic, a 5k road race held every year at the college to benefit local charities.

Gomez has a long history of distance running, and continued with his running program while attending graduate school in physics at the University of Kansas, in Lawrence, KS. He lowered his personal bests to 27:25 for 5 miles, and 34:38 for 10k. He also began competing in marathons, and has run the Las Vegas, Memphis, and Burlington marathons, with a best time of 2:38. While teaching physics at Bismarck State College in Bismarck, ND, Gomez also worked as a private distance running coach for runners competing in 5k and 10k road races.

Dr. Gomez currently resides in Cuthbert, where he continues to run. He is a die-hard fan of The Boston Red Sox, The New England Patriots, and the Kansas Jayhawks. He is the proud owner of 2 female chihuahuas, and he remains very active in fundraising for the Berkshire Humane Society.