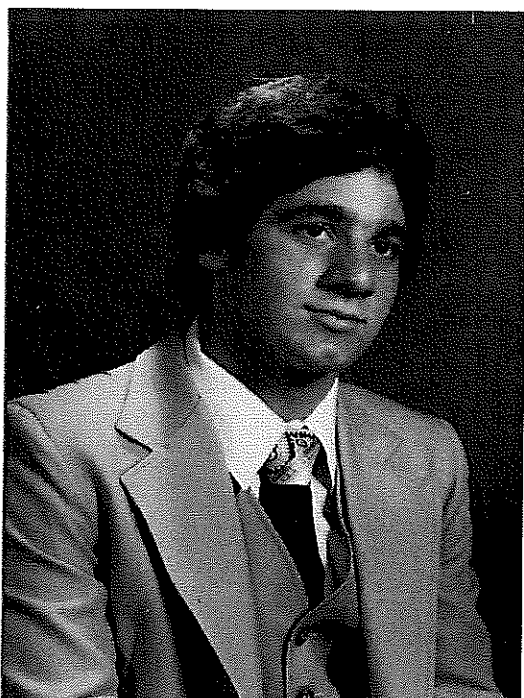


# *Rocket Track & Field Invitational*

## **Mark Cavalier Memorial**



This Invitational Track Meet is dedicated to the memory of Mark Cavalier, a 1980 graduate of Lowellville High School. At the young age of 26, Mark and his 2-year old son Chad's lives were tragically cut short when they were struck by a runaway vehicle. In passing, Mark was survived by his wife Diane and daughter Samantha, as well as his parents Jack and Rose plus two older brothers, John and Tom.

Mark is considered by many as the greatest distance runner to attend Lowellville High School. He still currently holds the school record in the 1600 meter run at 4:24.3. Mark qualified for the State Meet in both his Junior and Senior years with his best finish being 3<sup>rd</sup> place in the 800m run in a time of 1:59.3. There have been many athletes from Lowellville who qualified for the state meet with good results. Mark was able to differentiate himself from all

others in the way he prepared for his track career with relentless training and dedication. The whole town was aware of Mark and his exploits because it seemed as though every time you were out you'd happen to see Mark running somewhere down the street. This dedication to running and inherent intestinal fortitude was very apparent in his running style and strategies he'd employ. Anyone that ever saw Mark run was always amazed at the amount of kick he was always able to put forward at the end of each race. One of his strategies was to feign he was completely spent in the stretch run and allow his opponent to pass him with about 50 meters to go. Once the opponent got ahead, Mark would turn on his kick and win the race easily. Mark truly understood the mental part of distance running to which only a former distance runner can attest.

One may have wondered from where Mark's motivation to succeed in track came. When his parents were recently asked, they mentioned how much Mark looked up to John, his older brother of 6 years. Mark wanted to be great and show his brother he could be a good runner. Mark so much wanted to make not only his brother John, but his parents proud of him. This inner strength and focus on attaining a goal is something that made Mark Cavalier a special human being. This is why the Lowellville High School Track program is proud to name their annual invitational the Rocket Invitational Mark Cavalier Memorial Track Meet. This meet will always feature the "Mark Cavalier Mile" with the winner presented a special award. We would like to thank the Cavalier Family for their cooperation in allowing this dedication to occur.