



BEN GARFIELD

CLASS OF 1986

Ben Garfield once wrote, "Running has and continues to play a major role in defining who I am." Garfield was born to run, and he left a legacy at both Wayland High School and at Saint Lawrence University to prove it. Ben was undefeated in Dual County running events in his senior year.

Garfield was the New England Champion in the 300 Intermediate Hurdles. He held the Division 3 (Class) record for 330 Low Hurdles with a time of 37.9 seconds, and was the State Coaches Meet Champion and meet record holder in the 330 Low Hurdles where he ran 38.0 flat. For these performances, he earned Globe All-Scholastic honors in the 330 Low Hurdles his senior year.



But hurdles were not the only area where Ben Garfield excelled in Track & Field. He finished 2nd in the 600 (yards) event at the State Indoor Championship, and after finishing 5th as a Junior in 1985, he was the State Decathlon Champion in 1986 where he racked up a total of 6,032 points in the event. His personal bests included running the 100 Meters in 11.4 and the 110M Hurdles in 15.5. He high jumped 6'2", triple jumped 41'2" and long-jumped 21'3".

Garfield continued to rack up accomplishments during his four years at Saint Lawrence University. His 4x400M Relay Team set the New York State record and finished 3rd at the National Championships. In addition, he was a member of the Saint Lawrence Track Team that finished 2nd at Nationals and was inducted into the university's Athletic Hall of Fame.

Post-college, running has continued to play an important part of Ben Garfield's life, as he has completed 12 marathons, including finishing the Bay State Marathon in 3:02 at the age of 39. Ben

has been married for 24 years, and his wife, Erin, was a national champion in Equestrian and is a member of the Saint Lawrence Athletic Hall of Fame.

Ben would like to thank Coach Snow, his older brothers and especially his parents for helping him achieve his success. "Being the youngest of 3, all I ever wanted to do was keep up with them. My parents never missed a meet. This honor comes at a time in my life where I have been able to enjoy watching my own children (Hannah, Andrew and Noah) compete at various athletic events in high school and college. It has been a time of self- reflection. In high school, I did not appreciate the significance of that time spent with my parents. Now as a parent, I get it and will forever be grateful for everything they have done for me. I have known coach [Snow] since elementary school. He had the greatest influence outside of my family with respect to my athletic career and personal development."



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