

HALL OF FAME INDUCTEE

Maurice Weaver '76



It is rumored that on his first day at Power Memorial Academy, Maurice Weaver had to run from the Times Square subway station all the way to W. 61st St and Amsterdam Avenue to avoid detention. If this rumor is true, he never stopped running once he got there.

As a freshman, Maurice led his team to the Freshmen Cross-Country Championship at Van Cortland Park. In the individual events, he also won the freshman mile at both the Indoor & Outdoor City Championships. As a sophomore, Maurice was the 3rd fastest runner on the Power Varsity Cross Country team which finished 3rd at the Eastern States Championships and 1st at the CHSAA City Championships. In the spring of 1974, Maurice broke onto the national scene by winning the individual mile run at the CHSAA Outdoor City Championships. As a junior, Maurice led his team to victory in defending the Varsity Cross Country City Championships title. Maurice also solidified his position on the national scene by winning the New York Relays Championship Mile and his time of 4:13 would rank Maurice in the Top Ten milers in the USA. At the 1975 CHSAA Outdoor City Championships, his win in the mile run helped lead Power to its' first team title in that meet. As a senior, Maurice broke both the New York State and the National Flat Floor records for the indoor 2 mile run with a time of 9:04, a time so fast that he lapped the entire field! Maurice also ran the 1500 meters in 3:50 and the mile in 4 minutes and 9 seconds, making him the 7th fastest miler in the USA. At the Penn Relays, Maurice anchored the Power team to victory in the Championship of America Distance Medley Relay, earning them the ranking of the #1 team in the country.

After graduating from Power in 1976, Maurice attended Eastern Michigan University where he studied Social Work. Although hampered by injuries, Maurice was recognized as a two-time NCAA Division 1 All-American, having run the 10th fastest mile time in the world and the 4th fastest mile time in the USA. After college, Maurice was sponsored by Nike International and was on his way to greater international recognition when he suffered a career ending injury.

Unable to compete at the levels he was accustomed to, Maurice focused his passion on others and founded "Coach Mo Wellness", a motivational speaking and personal training/wellness business which has designed world-class comprehensive training programs for thousands of individuals. His clients have included a broad spectrum of people, from stay-at-home Moms, entrepreneurs, and entertainers, as well as professional athletes and world class runners.

Through Coach Mo Wellness, Maurice has helped individuals fulfill their dreams of running marathons, triathlons and/or achieving a variety of fitness goals and holistic wellness. His manuals and training journals have empowered many to reach their maximum performances in sport and in life. Some of Maurice's motivational speaking clients include AOL, Exxon Mobil, BF Saul, NRO and the CIA. His screenplay subtitled "No Mountain Too High" chronicles his running achievements, the trials, and tribulations he encountered to attain them and pays tribute to the Coach that inspired and mentored him. Maurice, and his wife Chris, currently reside in Oakton, Virginia.