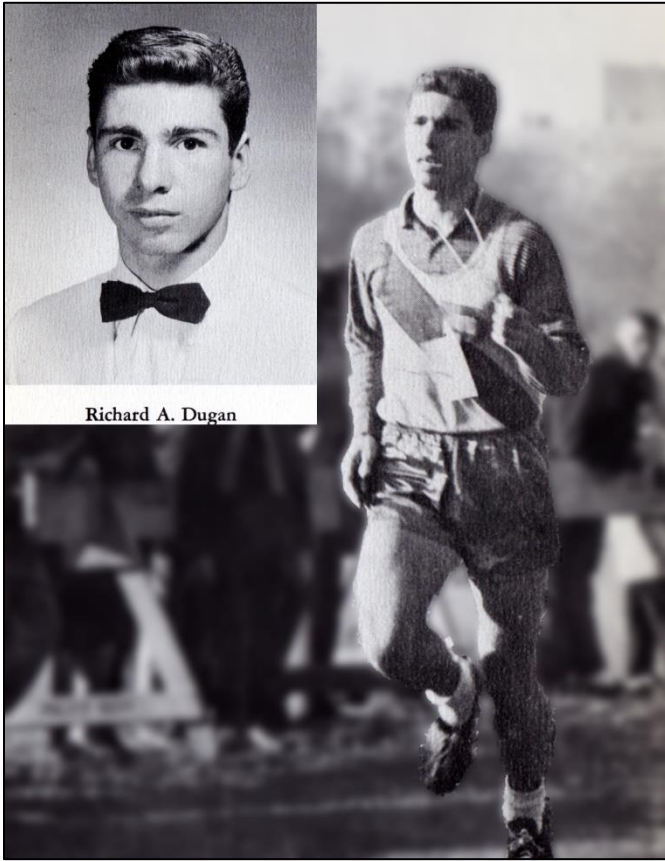


## Rich Dugan (Class of 1962)



His name did not get a mention among the promising freshman athletes in his high school yearbook but with hard work, talent, and coaching, he would become one of Power Memorial Academy's top runners in the early 1960's. A few years later, with his college teammates, he would ascend to the heights of the track & field world.

Hailing from the Marble Hill section of Manhattan, Rich Dugan arrived at Power Memorial in September 1958. His decision to join the track team would prove to be of great benefit to the school for the next four years and to Dugan himself for years after that.

Coached by Mr. John Mulligan in high school, Rich was a top-flight cross-country harrier. During the Indoor and Outdoor campaigns, Dugan specialized in distances between a half-mile and two miles, scoring critical points for Power at championship meets.

In his Junior year, Rich was a scoring member on Power's victorious 1960 CHSAA New York Sectional Championship Cross Country team when he finished 13th overall. At the CHSAA Cross Country City Championships he was a key member of the varsity team that finished 3rd in the team standings. Rich was one of five Power "hill and dalers" among the top ten overall finishers

helping Power Memorial win the Irish Christian Brothers Cross Country Championship. In November 1960, Ed Duchini, Mike Walsh, Tom Tuohy, Ted Gahan, and Rich Dugan combined for a 5x2 mile relay victory. Running the leadoff leg, Dugan teamed with Walsh, Tuohy, and Duchini again, this time winning the Two-Mile Relay at the 1961 CHSAA Indoor City Championships in a meet and school record time of 8:05.6.

Outdoors, at the 1961 Queens-Iona Relays, that same top Power quartet finished 3rd in the Championship Distance Medley and 4th in the Two-Mile Relay, setting a school record of 8:01.0 in the latter event. Dugan and his teammates made the trip to the Penn Relays the following week. They made fine a showing representing Power there. In a blinding rainstorm they slogged to 5th in the Championship Two-Mile Relay during the Friday event, and with John Dooley subbing for Mike Walsh, 4th in the Championship Distance Medley the next day.

As a Senior Rich was co-captain of the track team along with Joe Niola. His early season performances quickly gave notice he would be a top competitor in the CHSAA. Rich was the 2nd overall finisher in his race at the 1961 St. John's University Interscholastic Cross-Country Meet held at Van Cortlandt Park. A few weeks later at the CHSAA New York Sectional Cross Country Championships, Rich duplicated his 2nd place finish leading Power to 5th place in the overall team standings. At the CHSAA Cross Country City Championships, Rich continued to establish himself as one of the CHSAA's best by finishing 10th overall out of nearly 200 competitors.



TEN MILE RELAY Champs: Ed Duchini, Mike Walsh, Tom Tuohy, Ted Gahan and Rich Dugan set a lofty standard. Duchini ran 9:44.8; Tuohy, 9:59.9

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During the Indoor Season, at the 12th Annual CHSAA Relay Carnival, Rich anchored Power's Distance Medley Relay (880, 440, 220, mile). As reported by Bill Miller of the New York Times, "*Dugan had started in 3rd place, 45 yards behind the leaders. Down the final straightaway, Dugan and Ed Dean of Chaminade were fighting for the lead when Dugan lunged at the finish to win by inches. Dugan clocked 4:35 for his mile.*" Power Memorial's team of Pat Gallagher, Henry Djuan, Joe Niola and Rich Dugan established a school record with their winning time of 8:05.1.



*Baton exchange between Richie Dugan and Ed Duchini finds the Purple & Gold way out in front*

Other Indoor season highlights were Rich's 2nd place in the Open 600-yard dash, a special event at the 1962 CHSAA Indoor Novice & Freshman Championships, a 5th place finish in the Mile run at the CHSAA NY Sectional Championships and a 5th place finish in the 880-yard run at the CHSAA Indoor City Championships held at Madison Square Garden. There is no doubt Rich Dugan had many other terrific high school races with outstanding times, but they have been lost to history.

After graduating from Power, Dugan had continued success competing for Iona College. His coach at Iona was Mr. Howard Bulger, father of Power Track team standout Kevin Bulger (PMA '69).

Among his many highlights: In January 1964, as a 19-year-old Sophomore, he won the Metropolitan AAU Junior Championship Mile run in a meet record time of 4:17.0. In February of that year, at the NYAC Games held in Madison Square Garden, Rich teamed with fellow Gaels (and CHSAA alumni) Bob Budwick, Mike Glynn, and Jim Zeitler to run what would hold up to reportedly be the 2nd fastest Two-Mile Relay in the world during the 1964 Indoor season. Their time of 7:32.8 would put them atop the running world, setting the Iona College record.

Dugan was the 2nd overall finisher at the Middle Eastern College Athletic Conference Cross Country Championships in 1964 leading the Iona Gaels to their 3rd successive title. In 1965 Dugan was named Iona's first All-American in the Two-Mile Run.

As a Senior, Rich was named captain of the Iona track team.

Dugan finished 4th at the 1965 Metropolitan Championships in 26:34 to lead the Gaels to a 3rd place team finish. He won the NYRRC Nine Mile Cross-Country Run at Van Cortlandt Park in November 1965 clocking 48:57.4. Rich was the 1966 Metropolitan AAU Indoor Mile Champion running 4:13.6, the fastest time of his life. He would go on to set Iona College records in the half-mile, mile, and two-mile events. During the Outdoor season in 1966, Dugan earned USTFCCA DII All-American status in the Mile. His Outdoor time of 4:14.0 was an Iona school record when run and as of the end of the 2019 Outdoor season, Rich was still among the top five milers in Gael's history.

Capping off an illustrious college running career, Rich Dugan was inducted into the Iona College Hall of Fame in 1986.

*Varsity Two Mile Relay Team (l. to r.), Jim Zeitler, Bob Budwick, Mike Glynn, Joe MacMahon, Rich Dugan.*

