**Herb Aschtgen, senior, Western Dubuque High School
PR’s: 100 yard dash = 9.6, 200m dash = 21.7**

1. **What year did you graduate from Western Dubuque High School**

1971, 1 year out for track as a Senior

1. **Who were your track & field coach(es)?**

Coach Don Hermsen

1. **When & how did you get started in track & field?**

Just went out senior year when coach Hermsen asked him go out in physical education class

1. **Person/people most influential to your success in track & field?**

Coach Don Hermsen

1. **What events did you participate in?**

100 yard dash, 220 yard dash, 4 x 1 (Steve Menster, Todd Straub, Bob Harris), 4 x 200, 1 mile medley, 50 yard dash indoor

1. **What were your personal bests? Were you a school record holder? State/Drake Qualifier?**

100 – 9.6 waterloo Columbus,220 yard dash 2nd place at state.

1. **Most memorable experience in track & field?**

Going to state his Senior year, The weather was cold, windy, and 40 degrees. 1st time Herb ran on a cinder track. Got 2nd to Steve Wuford.

1. **What sticks out in your mind about practice?**

Do what you had to do, get in shape, work on your craft.

1. **Where are you now? (Home, Occupation, Family)**

Lives in Springfield, Nebraska and married