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# Gold signs with Ashland University

## Parkersburg sprinter overcomes back injury

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By KERRY PATRICK (kpatrick@newsandsentinel.com) , Parkersburg News and Sentinel

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PARKERSBURG -Even the most minor surgeries have risk, but it was one Logan Gold was willing to take.

The senior from Parkersburg High School recently signed a national letter of intent to compete for the track and field team at Ashland University (Ohio). The Division II program has experienced tremendous success with its sprinters, who finished third in the 4x400 last year at nationals.

This past March, the Eagles placed runner-up at the NCAA Men's Indoor Championships in Albuquerque, N.M. On his visit to the college campus, Gold had the pleasure of holding the trophy.

"That was a huge experience to see something like that," Gold said.

Gold, who carries a 3.5 grade-point average, plans to major in exercise science. He will learn from one of the very best in coach Jud Logan, who has guided Ashland to three straight Great Lakes Intercollegiate Athletic Conference titles.

"Jud Logan is a four-time Olympian in the hammer - he knows how to inspire and motivate," said PHS assistant track coach Chris "Crush" Rusher. "They have great sprint coaches and Logan (Gold) will be training with two guys from the 4x400 who have already qualified for the next Olympic trials."

Just the mere fact that Gold is able to compete is news. Hampered with a congenital back problem, Gold opted to undergo surgery last summer in Chicago.

"The surgery itself was not bad, but the first couple weeks of rehab were not too fun," Gold said.

For the next three to four months, he was unable to participate in any athletic activity.

"I've done so many sports, and that's the longest time my body has ever not done anything," Gold added. "But this is the best thing I ever did because now I don't have any back pain."

His mother, Debbie, remembers the first time her son walked down the hallway in their home and commented how he could stand up straight without any discomfort.

Among those who played an integral part in his rehabilitation was the staff at Mountain River Physical Therapy. One of its staff members, Joe Leaman, was even invited to the signing festivities at PHS.

"Those are the people who have been with me before and after the surgery," Gold said. "Without them I would never be where I am as far as the recovery."

Before his senior year, Gold also played wide receiver for the Big Reds' football team. As for the track team, he competes in the 200 and 400 as well as contributing to the efforts of the sprint relays.

"Logan is a success story we need to hear more about - the kind of



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kids who actually work hard, make good decisions and the right life choices," Rusher said. "That's what he has done. He is our team captain and the unequivocal leader."

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