

Chris Fox

Chris Fox is a 1976 graduate of Martinsburg High School. During his years at MHS, he was extremely accomplished in Cross Country and Track and Field. Some of his achievements while at MHS include: Undefeated in dual meets for 3 years, placed 2nd in State meet in 1974 and 1975 a Tristate champion and a member of the 1975 Cross Country State Championship team, and in 1976 he was Tri-State, CVAL and Regional Champion. In his senior year, Chris placed 17th in US Track and Field Federation Eastern Cross Country Championship in which he was the only high school runner, placed 6th in American Athletic Union Junior Cross Country trial to qualify for USA Junior team (ages 19-19) and placed 18th (4th for US) in Junior American Athletic Union International Cross Country Championship in Dusseldorf West Germany. Chris is a two time All-American in Cross Country. Also in his senior year, he held the 5th fastest prep 2-mile time in the country, even though he had only run the event twice that year. His 5-mile time 24:12 was probably the fastest in the country for high school runners. A parade was held in his honor in Martinsburg in 1976.

Upon graduation from MHS, Chris attended Auburn University. He holds the school record in the indoor (13:44.73) and outdoor (13:34.14) 5,000m run and is also among the top five performers in the indoor 3,000m run and outdoor 10,000m run.

After graduating from Auburn University in 1983 with a degree in psychology, he was the head cross country and distance coach at North Carolina for three seasons and was named the ACC Coach of the year.

Pursuing a professional running career from 1987 to 1994, he was a member of the Nike-Athletics West Team. In 1995 to 1998, he competed at the national and world level with Brooks Sports. During those years, Chris ran the mile in 3:59.10, the 5,000m in 13:21, the 10,000m in 27:53 and the marathon in 2:13.40.

Returning to his alma mater, Auburn, Chris became the head cross country coach and assistant track and field coach for four seasons. While coaching the Tigers, he coached two Academic All-Americans, two cross country All-Americans, two SEC Cross country individual champions and three SEC track and field individual champions. In August 2005, Chris became the cross-country and track and field head coach at Syracuse University where he remains today mentoring many student athletes.