

# Coach Johnny Clemons



Head Cross Country Coach  
Head Distance Coach

- Johnny Clemons
- Born: 2/19/1977
- Graduated In Ohio from Hillsboro High School. At Hillsboro High school Clemons set 7 High School records In Golf, cross country, wrestling and track. He was team captain of the wrestling, cross country and track team sophomore through senior year. Clemons Won championships all four years in High School in each sport.
- On a full cross country and track scholarship Clemons went to The University of Rio Grande and Ohio University. During that time Clemons set many PR's in distances from the 800 m to the 10 K.
- 800 meters 1:49
- 1600 meters 4:07
- 2mile 8:56
- 5k 14:27
- 10k 30:14
- Clemons took several years off college to marry Cleveland resident Rachel Biller. Rachel graduated from Bradley Central High School. With 3 children Clemons Went back to college to graduated from Lee University With a degree in Physical Education.
- Johnny Clemons is The father of Estella & Owen Clemons Who Both Won Cross country State Individual titles for Cleveland.
- Clemons owns a business as a Health and fitness professional coaching and working with many different types of people. Clemons is honored to be Cleveland High School's head Cross Country and Distance Track coach. "I teach and inspire athletes to achieve extraordinary feats of physical, mental and spiritual performance without destroying their body, mind or soul. All athletes will have an individualized, unique training program to promote their highest potential in running. I will prepare distance runners for a future career in middle & long distance running, whether that be for College Athlete, Professional Athlete, or to enjoy Running As a lifelong hobby."
- Coach Johnny Clemons now competes in Trail Ultramarathons.
- Trail highlights:
  - Course Record - Iron Mountain 30 Miler
  - Course Record - The Jewel 50K
  - 2019 Western states 100 Miler
  - 2018 Western States 100 Miler
  - 2017 Pinhoti 100 Miler - 3rd place
  - 2017 Cruel Jewel 100 100 Miler - 1st place
  - 2017 Pinhoti 100 Miler - 3rd place
  - 2017 Cruel Jewel 100 100 Miler - 1st place
  - 2012 Iron Mountain 30 Miler - 1st place
  - 2012 The Jewel 50K - 1st place
  - 2012 Mount Cheaha 50K 50K - 1st place
  - 2011 Lookout Mountain 50 Miler - 1st place
  - 2011 Upchuck 50K 50K - 1st place
  - 2011 Rock/Creek Stump Jum... 50K - 3rd place

Coach Lonnie White



Coach Lonnie White Louisiana Native  
Byran College BS Business  
20 years combine Coaching/Training  
10 years AAU/USAF Track Coach  
1 year Head Cross Country Coach  
Tennessee Temple  
2 years Assist Track Coach Tennessee Temple  
3 years Sprint Coach Lee University

- **Lonnie White:**
- Head Sprint Coach.
- **Coaching Accomplishments**

**New Balance Nationals Indoor**

1 All-American  
Freshmen 1 mile  
Ryan Lovelace

3 Emerging Elite  
Qualifiers:  
Eric Parker, Sky  
Craig, Dace Brown  
(60m Hurdles)

Emerging Elite  
Qualifier  
Girls 4x4 Relay  
Team  
Janay&Janisa  
Ryan, Auri McClure  
Kategie Casseus

**New Balance Nationals Outdoor**

2 All-Americans  
Emerging Elite  
Eric Parker  
(60m Hurdles)  
David Dorsey

(Long Jump)

**5 National Qualifiers  
Championship Level**

Keegan Jones (200m)  
Benjedi Casseus  
(110m Hurdles)  
Boy's 4x1 Relay  
Team  
Zylan Cooper,  
David Dorsey,  
Kees Tjarada,  
Jeffrey Perez

Emerging Elite Level  
Tiyanna Johnson  
(100m)  
Eric Parker  
(110m Hurdles)

**4 High School State  
Champions**

Benjedi Casseus  
2x State Champ  
(110m Hurdles)  
Eric Parker State  
Champ  
110m (Hurdles &  
300m Hurdles)

**State Champs**

David Dorsey  
Long Jump

Keegan Jones State  
Champion  
(200m)

**Indoor High School  
State Champion**

Keegan Jones State  
Champ  
(Long Jump) Meet  
Record holder

45 High School State  
Qualifiers

22 All State Finalist

26 Indoor State  
Qualifiers

12 Indoor All State  
Finalist