



Coach Maureen Owens is Level 1 - USATF certified in Track and Field.

She has been a volunteer with the Fort Belvoir Sonic Boom Track club since the Spring of 2012. In addition, she has also volunteered as a religious education teacher at Fort Belvoir and assisted in coaching Fort Belvoir youth soccer.

In the Fall of 2015, an inaugural cross-country team was led by Coach Owens. All nine members of the team qualified for the Junior Olympics.

She attended Morris Catholic High School in New Jersey where she ran cross-country, indoor and outdoor track. She was on the New Jersey All State Team and ran on the varsity team all 4 years for all seasons. In addition to cross-country, Coach Owens ran the 880 yards, 1 mile, 2 mile, and several medleys. She has participated in the Junior Olympics.

From 1978 – 1982 she attended Villanova University, where she participated on the cross-country, indoor and outdoor track teams. During indoor and outdoor track, she participated in events ranging from the mile to the 10,000 meter race. During her time at Villanova University she held the 10,000 meter record.

Coach Owens enjoys track and field and sharing that enthusiasm with the young athletes. Her goal for each athlete is to improve their performance, encourage others to do so, be humble, and to be respectful to all.