



RON DAHLEN graduated from Albert Lea High School in 1960 where he was a four-sport letter winner in track and field and a three-year letter winner in football. As a sophomore he was the Big Nine 120-yard high hurdles champion and competed in the state meet in this event along with the 180-yard low hurdles. As a junior in the 120-yard high hurdles, he was Big Nine Champion, District II champion, and set a new school record. In the 180-yard low hurdles, he was the District II champion, Region I champion and placed fourth in the state outdoor meet.

He continued his success as a senior in both events setting new school records and gaining conference championships as well as District II and Region I titles. He placed fourth in the 120-yard high hurdles and sixth in the 180-yard low hurdles at the state outdoor meet. The Tigers also captured their first Big Nine boys' track and field championship his senior year.

He later went on to St. Olaf College where he was a four-year varsity letter winner in track and field. After graduation from St. Olaf, he served two tours of duty in Vietnam flying B-52s. He eventually settled back in Minnesota, spending 30 years residing and working in the Twin Cities area. Ron passed away in 2012.