

2009-10 Fairport Winter Track Fairport Shows its Stuff at RIT in the Season Opener

Fairport's first Winter Track League meet, held on Friday, December 11, at Rochester Institute of Technology was a peek at the 2009-10 boys and girls Winter Track Team. Many new faces, and some older, and experienced legs comprise the seven-dozen Red Raider runners, throwers and jumpers.

The coaches: Sean Van Laeken, Ken Schaumberg, Rick Guido, Mike Van Auker and volunteer assistant coaches—Matt Carpenter and Dave Rapple—chose Roger Kolker, Seth Taggart, Justin Green, Michelle Barnum, Julia Sanger and Lauren Burke as captains. "We felt the six captains have a nice blend of quiet and vocal leadership, plus outstanding dedication, that will lead our team into the 2nd decade of the 21st century," said head coach, Sean Van Laeken. "I also think we have a very nice blend of experienced and highly enthusiastic coaches that are great teachers and mentors to our athletes. It is the same group we will have in the spring so we will have a seamless continuity through the two seasons."

The meet, though a limited number of event offerings, and also a limited number of teams participating-- inclement weather in the region closed a large contingent of schools--still had some hotly contested races with impressive, early-season performances. It was a good, initial competition for the Fairport ensemble of athletes.

In the first event, the 55m hurdles, James Paratore ran 9.32, a very solid showing--and one offering much promise for the season. Also running well, and in fact posting a personal best, was Michelle Barnum--she ran 9.83, good form in her first, hurdle-experience of the season.

The 300m dash, the second event, had twenty-three of the thirty-three Fairport athletes entered, get out of the starting blocks so-to-speak with a standing start literally that resulted in nearly a half dozen personal bests: Ian Steltmann, 38.61; Cam Johnson, 38.72; Justin Green, 38.85; Alex Gilmore, 40.95; and Angie Zablony, 45.1, all had wide smiles on their faces as they viewed their times, electronically posted high above the track, immediately after their races. Though not a personal best, and .43 of a second off the school record set last year by Rosie Roessell, Lauren Burke's 41.84 was the fastest time posted on the distaff side, almost 2.35 seconds faster than the second runner in the ADE block of schools. Displaying good speed and strength, in the long sprint were Julia Sanger, Matt Spitzer and Lauren Star.

Surprising his teammates, and the field in his heat, was Simon Ghebrewoldi as he sprinted from behind in the last 25 meters of the 600m race to win and post a personal best of 1:35.56. Kevin Jablonski, just a half second back in a personal best of 1:36.03, was third. Brandon Bachstein also posted a personal best with his 1:36.55 as did Matt Stoutz, 1:38.88. Rachel Malone, showing off her strength at a shorter race distance than the longer 5K she ran in cross country, posted a personal best of 1:47.53.

The field-eventers made jump coach Ken Schaumberg and Matt Carpenter smile as their charges finally had an opportunity to do their thing on a run-way or platform rather than a gym floor. Ulysses Miles and Cameron Johnson both tied their personal bests with 5' 10' and 5' 6" respectively. Lauren Burke finished 4th in the competition with a 5 jump, exactly the clearance she managed on the gym floor three days earlier. James Paratore led the long jumpers with 18' 3.75" as did Julie Sanger's 14' 8.75". Roger Kolker and Loren Metzger were the leaders in the shot put with 34' 4.5" and 27' 7.5" on each side of the gender divide.

The 1000m race attracted four-personal bests by Kevin Jablonski, 2:57.27; Matt Stoutz, 3:02.24; Ashton Hughes, 3:21.1; and Rachel Sanger, 3:44.92. Jane Rosenthal, the lone Fairport runner in the 1500m, acquitted herself well with 5:20.17, her first 1500m under the hard cover. She finished 3rd.

The next Winter-League competition will be Friday, December 18th.

