

## Twelve Personal Bests say good bye to the Hobart-William Smith Track

The January 15<sup>th</sup> Winter Track League meet at Hobart-William Smith Colleges, Block BDE aggregate of schools, was the last track meet at the Geneva site for this season. The field house is under construction. Though sad to leave the friendly confines of HWS, it did not prevent the Fairport Winter Track & Field athletes from enjoying their last meet.

Twelve athletes established personal bests. "We were very pleased to see the personal bests come along after a long period of training," said Dave Rappleyea, a volunteer assistant coach. "It is paying off." Adam Staveski finished 4<sup>th</sup> in the 3200m run, against Class A competition, with his 10:48.61 personal best. Also establishing a "pr" was Jack Scott with his 11:00.48 effort. "Jack came up a little short, less than half a second, from going under 11 minutes for the metric two-mile; that would have made his day for sure," said Coach Sean Van Laeken. Also just missing going under a significant milestone, and yet established a new personal best by thirteen seconds, was Ashton Hughes. The 3k distance personal best for the period of a distance runner is now 11:00.98. Hughes finished 3<sup>rd</sup> overall. "Ashton races with a lot of savvy I would say. She is smart, working on the race leaders from behind with a steady pace while they go out too fast at times--they almost always come back to her. I like the way she races," said coach Rick Guido. Matt Stoutz, 5:05.42, set a personal best in the 1600m to finish 6<sup>th</sup>, one place better than Will Karpie's new personal best of 5:09.15. He finished 7<sup>th</sup>.

Of the six Fairport mid-distance runners in the field, three set new personal bests: Matt Spitzer, 1:32.08, finished 4<sup>th</sup> in Class A competition while Peter Larmann, 1:33.77, lowered his best by three seconds. "I had a plan of going out much more sensible this time, and it paid off well in the last 200 meters," said the captain after his race. "I knew I had to keep something in reserve because Brandon Bachstein was on my shoulder the whole way." Indeed Bachstein was right there at the end, .14 of a second behind Larmann. He also set a pr. They finished 12<sup>th</sup> and 13<sup>th</sup> in the class race.

Four Fairport runners—in fact the first four of the race—finished close together, less than five seconds apart. They were Justin Green, 2:49.79 followed by Ian Steltman, 2:51.07; Simon Ghebrewoldi, 2:54.61 and Kevin Jablonski, 2:54.68. "I asked Justin why he didn't pick-it-up late in the race--he could have run sub 2:50, which would have been nice for him," said Sean Van Laeken. Justin retorted, "it was more a hard workout for me so I was content to race it pretty evenly." On the distaff side of the 1k race distance, Rachel Malone and Angie Zablonty raced quite well, establishing personal bests, in one of the fastest 1k races this season—they finished 3<sup>rd</sup> and 4<sup>th</sup>, respectively, with 3:12.97 and 3:13.33, a collective 23 seconds faster than they had previously run the distance. "That was very nice to see," said Dave Rappleyea.

Repeating what had happened before, the five flights of the girls' 55m hurdles had to be rerun because of officials' error with the hurdle set up. "I couldn't believe it happened again," said Coach Mike Van Auken when informed the hurdle races had a do-over again. In the first flight, Janessa Mathews stumbled out of the blocks and whacked the 2<sup>nd</sup> hurdle. "I thought I was off balance with the near fall so my steps were off at the 2<sup>nd</sup> hurdle. My time was slow!" Well, she may have stumbled, but the hurdle was not where it should have been. She finished well back the first time around; however, with the redo, she ran much smoother and faster. Her 9.40, good for 2<sup>nd</sup> in class, was only .05 of a second off her best.

Emily Renna had a season's best day with the two jumps. "She is finally getting her marks and is feeling pretty confident," said Van Auken and Van Laeken. Just missing 16' by .5 of an inch, she finished 4<sup>th</sup> in the long jump while her triple jump was a personal best—32' 3.5" and good for 5<sup>th</sup>, one place behind Janessa Mathews, who also had a very good day with a personal best of 32' 6.75". She placed 4<sup>th</sup>.

The 4 x 800m relay was a coming out party of sorts for Michelle Barnum. Leading off with a controlled and exciting open leg of 2:31.4, she ran away from the field. "I think Michelle has more endurance and speed than before and can really run well at this distance—and if she had some push late in the race, she would have been even faster the last 200. It was a long time coming and well worth the wait to see her finally run an 800," Van Laeken said. "If she decides to feel comfortable at that distance, we can be very good in that relay, and possibly make it to states," Van Laeken continued. Lauren Star ran 2<sup>nd</sup> leg, a newcomer to the distance; Jane Rosenthal and Ashton Hughes ran 3<sup>rd</sup> and 4<sup>th</sup>—2:34.7 and 2:39.3, respectively. They won, going away, with a nice 10:29.83 effort.

Julia Sanger and Jillian Gueli, running 45.3 and 47.63—both personal bests—placed 5<sup>th</sup> and 10<sup>th</sup> in the 300 meters. Mike Optis also set a pr with his 7.33 dash in the 55 meters, his first varsity short sprint of the season.

