

## 2009-10 Fairport Winter Track

### Fairport Girls finish 4<sup>th</sup> at the Rochester Relays; the boys, 11<sup>th</sup>

The Rochester Relays, the first scoring Invitational of the 2009-10 competitive season, had 23 class A-B schools compete at Rochester Institute of Technology's 200 meter track. The Fairport girls finished 4<sup>th</sup> with 56 points while the boys totaled 22 points to finish 11<sup>th</sup>.

"We were pleased with how the boys and girls competed today," said head coach Sean Van Laeken. "We saw everybody compete well, and the training progression we've been anticipating has begun to take hold. The nice thing about seeing all the Class A schools compete at one time is we now have a much clearer idea about our competition for Sectionals, and what we need to do to prepare. We have a month to fine-tune many of our performances."

The 4 x 800m relays, boys and girls, placed 3<sup>rd</sup> and 2<sup>nd</sup>, respectively, with season's best performances. The boys, with Ian Steltman [2:07.7, a personal best], Simon Ghebrewoldi [2:09.1pr], Cam Johnson [2:07.4pr] and Justin Green [2:08.9] ran 8:34.71, the 3<sup>rd</sup> best time in Section V this season while the girls, with Rachel Malone [2:30.5], Jane Rosenthal [2:30.3pr], Ashton Hughes [2:30.1pr] and Angie Zabloutny [2:26.9pr] ran the 2<sup>nd</sup> fastest time in Section V this season, 9:58.92.

Dave Rappleyea, a volunteer assistant who works with the distance runners, commented, "the boys and girls were very consistent, leg to leg, in each relay. We think they are all training solidly—there is more improvement to come as the season goes on with their performances we feel."

"The time, 9:58.92, the girls ran in the 4 x 800m relay was two seconds behind Pittsford Mendon's 9:56--and that includes two bobbles costing them "at least two seconds"; those are the two best times in Section V this season, and we've not done baton work yet, or speed work," said Van Laeken.

Running 3:37.3 in the 4 x 400m relay, the boys placed 2<sup>nd</sup> to Edison's 3:36.15; the two best times this season in Section V. Ian Steltman ran 54.2, a pr; Peter Larmann, 54.2pr; Cam Johnson, 55.8pr and Justin Green, 52.8. "The boys and girls were about as consistent in each leg as they were in the 4 x 800m relay. They raced with intelligence and conviction and were not afraid to be aggressive--we are really excited what they can do the rest of the season," said Rick Guido. The girls ran away from the competition [4:14.49], being at least 50 meters ahead by the third 400-meter leg, with Michelle Barnum, Janessa Mathews, Angie Zabloutny and Lauren Burke each running a 63 leg. The next best time in Section V this season is seven seconds back.

The girls also won the 4 x 200m relay with Lauren Burke, leading off with a scorching 26.66 lead-off leg; Emily Renna and Julia Sanger both touched off under 28 seconds and Michelle Barnum anchored with a fast 28.66 effort to easily win the fast section with 1:51.32, the fastest time in Section V this season. Canandaigua finished 2<sup>nd</sup> from the slow heat to finish about a second back.

The 4 x 1500m relay of Ashton Hughes running 5:08.7, pr, placed first in the competition; Rachel Malone, also setting a 5:12.3pr finished 4<sup>th</sup>; Jane Rosenthal, also setting a pr with 5:16.9, finished 7<sup>th</sup>. The 4<sup>th</sup> leg, Lauren Star, ran 5:40.3, her first race at that distance, helped her teammates finish 2<sup>nd</sup>. Also finishing 2<sup>nd</sup>, .03 of a second out of first, was the 3 x 55m hurdle relay team of Emily Renna, 9.22, in 4<sup>th</sup> place; Janessa Mathews, her first hurdle race indoors, ran 9.35 for 5<sup>th</sup> and Michelle Barnum, setting a personal best of 9.69, finished 7<sup>th</sup>.

The high jump relay consisting of Jillian Gueli, 4' 8"pr and good enough for 8<sup>th</sup> place along with Lauren Burke, jumping 5' 1" just minutes after finishing a relay, won and became champions, the third relay championship for Burke on the day. "It was very impressive watching Lauren jump at that height minutes after she just ran a 200 meter race—I think it shows her tenacity and concentration when she competes," said her coach Ken Schaumberg. Burke finished 3<sup>rd</sup> individually.

Emily Renna, 14' 11.5", and Julia Sanger, 14' 1", in the long jump relay, finished in 7<sup>th</sup> place. The "regressive relay" of Brandon Bachstein, Alex Gilmore, Mike Mastro and Scott Lang finished in 6<sup>th</sup> place with a 7:51.29 time; the girls team of Emma Dustman, Ashley Ghaemi, Megan Stoutz and Rachel Malone finished 9<sup>th</sup> in 9:53.81.