

New track is reducing injury, aiding performance

by Cheyenne Carmack

Standing at the top of the bleachers, overlooking the football field, just a few weeks ago, one might have seen a fairly new track, in mint-condition.

The surface looked fresh, and to the average walker, felt fine too.

But to the people who ran endless laps each day on it, the old track was out-dated, quick to cause shin splints, and worn down to gravel in places.

The decision to repave the track, which came early this spring, was a major excitement to track team members and several walkers/joggers in the community.

"When I heard we were going to get a new track, I was so excited. All of the other tracks around us have already been repaved," said middle school runner, Sheena Swinney.

The old track, which was over ten years old, consisted of a layer of polyurethane coating laid over concrete. The new track, which is similar to several other high

school tracks in the area, is made up of chewed up rubber. Though the black surface may be a little warmer than the previous maroon, the surface is springier, and it reduces many leg injuries.

"I can already tell a big difference in the track," said Coach Mark Brumett. "The runners already complain less about their legs being sore or hurt and the surface has excellent traction."

The runners seem to feel the same about their new surface.

"It makes it much easier to suffer through a mile when your legs aren't killing you. For hurdles and sprints, it's just great," said Junior hurdler, Tara Abney.

"Someone gave us a beautiful new place to work and win," agreed several of the track team members. Unfortunately, information concerning the funding of the new facility and the name of the contracted businesses that worked on it were unavailable at press time.



Over the week that it took to lay the new track surface, the parking lot was littered with large drums of packaged rubber. The track took only three days to complete, and two more days to paint.

Congratulations softball team for your 3rd place finish in district play

Best of luck to the baseball team as the play against Clay County for the 49th District Championship

Make plans for golf team tryouts

by Tara Cox

Golf is usually regarded as a sport for your fathers and grandfathers, but as Rockcastle County High School has shown, teenagers can also enjoy this all-too-laid-back sport.

In order to be considered to participate you must be knowledgeable of the fundamental rules of golf, have your own golf bag and clubs, proper shoes, and a positive attitude. Any extra costs that a team member may encounter are the team shirts and shorts. The transportation to and from matches is paid for by the school.

Golf is a unisex sport, but in past years the team has nearly always been completely male; girls have rarely shown an interest. Since there are not separate golf teams for boys and girls, both may be on one team. If there is enough participation from females, a new team may be started.

"Females are welcome and encouraged to try out," Mr. Barry Noble, assistant principal and Golf Team coach, stated.

Tryouts are not definite, but will be soon after July 15 at Cedar Rapids Country Club in Mt. Vernon. Like previous years, it is advertised in the *Mt. Vernon Signal*, but if you happen to miss the announcement, you can call Mr. Noble at RCHS from 8am to 3pm.

"Older kids will be challenged [for a spot on the team] by

younger members...Just because you were a member on last year's team doesn't automatically make you a member on this year's team," says Mr. Noble.

The RCHS Golf Team is currently in the top 10 in the region, and they hope to improve their standing in the next year.

Golf Schedule

Aug. 15	Tues.	Pineville	Pine Mountain State Park
16	Wed.	Clay Co./Berea	Cedar Rapids CC
17	Thurs.	N. Laurel	Crooked Creek CC
19	Sat.	Pulaski Co. Inv.	Somerset CC
21	Mon.	S. Laurel	Cedar Rapids CC
29	Tues.	Madison Southern	Cedar Rapids CC
Sept. 5	Tues.	Pulaski Co./SW Pulaski	Cedar Rapids CC
7	Thurs.	Somerset	Eagle's Nest CC
11	Mon.	Clay Co.	Big Hickory CC
12	Tues.	Whitley Co./W. burg	Cedar Rapids CC
13	Wed.	S. Laurel	London CC
19	Tues.	Madison Southern	Battlefield CC
20	Wed.	SW Pulaski/Clay Co.	Woodson Bend CC
23	Sat.	Somerset Inv.	Eagle's Nest CC
26	Tues.	10th Region Tour.	Eagle's Nest CC
Oct. 2-6	Mon.-Fri.	State Golf Tour.	Girl's - Glasgow CC Boy's - Barren River GC