



The Rockcastle County Middle School Girls Eighth Grade basketball team won their 53rd straight game as a middle-school team last week with wins over Wayne County and Southern Pulaski. Shown above, front row, from left are: Ashley Bell, Ashley Mize, Gina McClure, Amanda Wright, Heather Hammond, Katie Parsons and Allison Mink. Back row, from left: Sara Parsons, Leighanne Caldwell, Tara Rowe, Ashley Kimbrell, Johanna Abney, Hollyann Colson and coach David Owens. The eighth graders and their parents will be honored on Thursday night when they host Meecce.

## Cross Country teams complete best regular season ever

The leaves are changing color, the air is getting cooler, and another cross-country season is about to come to an end. If you didn't know better, you might think that this had been just another season for the RCHS cross-country teams. Upon closer inspection, you may discover that the cross-country teams are well on their way to making RCHS history this season. Lack of support and little fanfare have made this season difficult at times; however, the inner will which allows each athlete to run their hardest, also allows them to endure the physical and emotional discomfort brought about by their unique situation.

Imagine, if you will, beginning a 3.1 mile-trip through every type of terrain and weather known to man. Your only support comes from a few cheering fans (mostly parents), the coaches, teammates and an occasional encouraging remark from a spectator or rival competitor. The start of the race is so fast that you feel as if you might not make it through the first quarter-mile. If you are able to convince your body that you are not about to die, you may be able to calm down enough to survive the first mile (you do not). The next mile, your body begins to ache and you find out exactly what muscles you forgot to stretch properly. Your legs get tremendously tired and your arms become as heavy as lead. Your stomach churns as you desperately try to regain your breath. Then, all of a sudden, it dawns on you - this is only warm-up!!!

Besides the usual, 1 to 2-mile warm-up, each runner faces a challenge that takes them up and down steep hills, through densely wooded areas and sometimes even through water. The actual race itself is unbelievably grueling and has been known to bring even the strongest of competitors to their knees. In order to complete a race successfully, individuals must challenge their minds and bodies, sometimes pushing themselves to limits otherwise thought unattainable. Many struggle to make it, while others simply cannot. Keep in mind that, the entire course of the race, they are running as hard as their legs will carry them, fighting for every breath. The end of the race is not necessarily the end of the day, as most runners complete a 1 to 2-mile cool down in order to allow their muscles to loosen up and relax.

Weather conditions never become a problem since cross-country races are held in extremely hot and cold environments ranging from sub-30 degree temperatures to 90 degrees or more. Rain, sleet or snow isn't enough to deter a race or a runner since a cross-country meet is never usually cancelled due to weather. Have you ever tried running in wet, freezing weather in only a tank top and shorts? It's almost unbearable; nevertheless, it's only part of the routine that makes cross-country runners the unique athletes that they are.

The RCHS cross-country teams have enjoyed their best season ever to this point. A change in the structure of the region this season has given the teams a variety of new competition including Lexington Catholic, Corbin, Estill County and Mercer County. The entire RCHS cross-country program, including middle school and elementary school teams, have put in long hours and a great deal of hard work to achieve their much-deserved success. The boys' team probably consists of the most talented group of cross-country runners RCHS has ever had. The team has had its best season ever and recently defeated Boyle County, the 10th ranked team in the state in Class 2A. This season's team includes senior Jeremiah Myers, junior Josh Ramsey, freshman Andrew Nelson and Steven Shackelford, and eighth graders Brandon Cole, Matthew

Whitaker and Bill Burdett. The girls' varsity team has also been very successful and has easily had their most productive regular season in the team's history. The team consists of seniors Rachelle Hammond and Ashley Lawson, sophomore Rebekah Lyons and seventh graders Mourine Ramsey and Elizabeth Russell.

The varsity teams will compete this Saturday in the Class 2A Region 4 Cross-country Championships at Mercer County. Both girls' and boys' teams have excellent opportunities to qualify for the state championships, as long as every individual on each team performs well. If all goes well, both teams even have a chance to contend for the regional title. The boys are looking to make history in that RCHS has never had a boy qualify for state individually or otherwise. Seven runners will represent the boys. Out of the seven, the top five will score for the team. Runners number six and seven become important in the event of a tie. The girls will be represented by only five runners, which means that all five girls must finish or the team will be disqualified from the team competition and have no chance to make it to state.

### Regular Season Results

#### 4th Annual Southern Harrier Special (Sponsored)

Elementary Boys' Team (18 runners) - 2nd place. Bryan Clontz, first; Dustin Poynter, fifth; Blake Parsons, sixth; Andrew Pensol, eighth and Devin Davidson, 15th.

Middle School Boys' Team (50 runners) - 3rd place. Brandon Cole, first; Matthew Whitaker, third; Bill Burdett, fifth; J.L. Polly, 38th and Drew Davidson, 40th.

Varsity Boys' Team (107 runners) - no team score. Andrew Nelson, 21st; Josh Ramsey, 48th; Stephen Shackelford, 57th and Jeremiah Myers, 74th.

Elementary Girls' Team (15 runners) - no team score. Katy Mattingly, fourth; Cora Collinsworth, 11th and Katy Howard, 14th.

Middle School Girls' Team (52 runners) - no team score. Mourine Ramsey, 11th and Elizabeth Russell, 39th.

Varsity Girls' Team (65 runners) - no team score. Rachelle Hammond, 28th and Rebekah Lyons, 39th.

#### Berea All-Corners Meet

Elementary Boys' Team (23 runners) - 1st place. Brandon Cole, first; Matthew Whitaker, second; Bill Burdett, fourth; Bryan Clontz, fifth; Blake Parsons, eighth; Andrew Pensol, ninth; J.L. Polly, 10th; Devin Davidson, 12th; Drew Davidson, 15th and Dustin Poynter, 16th.

Varsity Boys' Team (32 runners) - 2nd place. Andrew Nelson, second; Josh Ramsey, seventh; Stephen Shackelford, eighth; Brandon Cole, 10th; Jeremiah Myers, 14th; Mike Howard, 17th; Matthew Whitaker, 23rd and Bill Burdett, 25th.

Middle School Boys' Team (13 runners) - 1st place. Mourine Ramsey, first; Katy Mattingly, second; Elizabeth Russell, fourth; Cora Collinsworth, 8th and Katy Howard, 11th.

Varsity Girls' Team (24 runners) - no team score. Rachelle Hammond, first; Rebekah Lyons, seventh and Ashley Lawson, 11th.

Woodford County Invitational - Elementary Boys' Team (31 runners) - 1st place. Bryan Clontz, fourth; Blake Parsons, fifth; Dustin Poynter, 16th; Drew Davidson, 17th; Devin Davidson, 20th; J.L. Polly, 22nd; Andrew Pensol, 26th.

Middle School Boys' Team (46 runners) - no team score. Brandon Cole - first (Woodford Co. Invitational record); Matthew Whitaker, third and Bill Burdett, 21st.

Varsity Boys' Team (100 runners) - no team score. Andrew Nelson, 49th; Jeremiah Myers, 73rd and Stephen Shackelford, 87th.

Middle School Girls' Team (44 runners) - no team score. Mourine Ramsey, seventh and Elizabeth Russell, 22nd.

Varsity Girls' Team (79 runners) - no team score. Rebekah Lyons, 32nd; Rachelle Hammond, 47th and Ashley Lawson, 53rd.

Mercer County All-Corners Meet - Middle School Boys' Team (11 runners) - 1st place. Blake Parsons, third; Bryan Clontz, fourth; Drew Davidson, sixth; J.L. Polly, seventh; Devin Davidson, ninth; Andrew Pensol, 10th and Dustin Poynter, 11th.

Varsity Boys' Team (33 runners) - 1st place. Andrew Nelson, fourth; Josh Ramsey, seventh; Brandon Cole, ninth; Stephen Shackelford, 15th; Jeremiah Myers, 16th; Matthew Whitaker, 17th and Bill Burdett, 32nd (sprained ankle).

Middle School Girls' Team (6 runners) - no team score. Katy Mattingly, second.

Varsity Girls' Team (31 runners) - 1st place. Rachelle Hammond, fifth; Mourine Ramsey, seventh; Rebekah Lyons, ninth; Elizabeth Russell, 11th and Ashley Lawson, 20th.

The teams will go after regional titles this Saturday at Anderson-Dean Park in Mercer County. The girls' race will start at 3:00 and the boys' race begins at 4:00. Results of the Region 4 Class 2A Cross-country Championships will appear in next week's Signal.



The Rockcastle County Middle School will be the site of the conference championship games for both the seventh and eighth grade football teams on Thursday night. The seventh graders play Wayne County Middle School and the eighth grade plays Corbin. The first game begins at 6 p.m. Members of the seventh and eighth grade team for 2000 are pictured above, front row from left: Josh Bustle, Steven Rowe, Scotty Cromer, Nick Eaton, Chris Sparks, Blake Roberts, Frank Christian, Gabe Guilfoill, and Josh Lovell. Second row from left: Matthew Burkhardt, Brandon Collins, Justin Burkhardt, Jeff Ramey, Ricky Sandusky, Max Saylor, Chris Croucher, Jacob Taylor, Jamie Howard, and Justin Albright. Third row from left: Robert Crawford, Derrick Hurst, Phil Boering, Russell Willey, Dustin Albright, Matt Allen, Cory Miller, Kyle Lawrence, and Charles Cunningham. Fourth row from left: Bucky Skinner, Dustin Marcum, Graham Faye, Michael York, Kenny Gadd, Charles Lovell, Chris Miller, Mikey Denney, Dusty Emerson, and Travis Smith. Fifth row from left: Mark Weddle, Cody Lester, Brad Taylor, Zach Hale, and Justin Taylor. Back row are coaches Jon Burdette, Joe Coppe, Scott Parkey, Burley Burkhardt, and Brandon Hargis. Both teams are undefeated in conference play.

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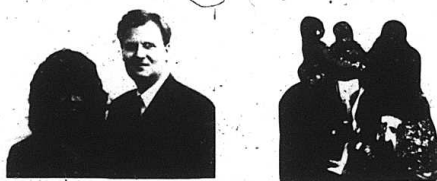
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Mike helped begin Law Explorer's Post #28 which in conjunction with the Boy Scouts of America was designed to introduce youth to careers in the various fields of law. As a founding member of the Pulaski County Bar Association Charitable Trust Foundation of which he has also served as Chairman, Mike has helped establish twenty college scholarships for high school students.

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