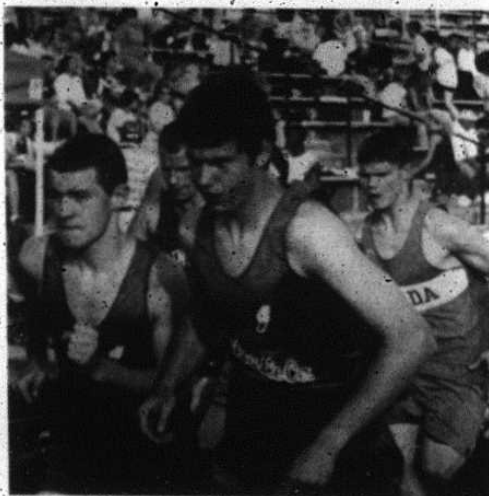




Sophomore Brandon Cole placed fourth in the 1600 meter race and fifth in the 3200. Junior Andrew Nelson finished second in the 3200 meter race and qualified for state, he also placed third in the 1600.

Two RCHS students inspired to go the distance

BY CALER BLAIR

Steve Prefontaine was the greatest American mid-distance runner. At one time he held eight American records. Tragically, he died at age of 24 in a 1975 car accident.

More than 20 years after his death, Prefontaine changed two RCHS students' lives.

Junior Andrew Nelson, 17, and sophomore Brandon Cole, 15, have been running for at least the past five years, thanks to Prefontaine. His excellence has shown these two athletes that hard work and dedication does pay off.

Both boys made First Team All-State in cross country this year, and Andrew holds four school records: one mile, two mile, 5K, and 4x800 meter relay. Brandon previously owned those records.

"I would like to congratulate Andrew on his new records, and I want him to hold them very close. I want him to remember records are meant to be broken. They were mine, so don't count me out," joked Brandon.

Obviously, these boys are known for track and cross country, but not many people know that they participate in marathons and 5K's.

"You can't compare cross country or track to a marathon," said Andrew.

At 26.2 miles in length, a marathon is 13 times longer than anything in track.

"If you get first place, you could

win \$250,000. If you break a world record, you win \$1 million."

Participants are supposed to be at least 18 years old. Although Andrew is under age, he somehow finds a way to participate in the marathons.

"A little over three years ago, I ran in my first marathon, at Virginia Beach. My second cousin James Bullens talked me into running marathons with him." Bullens thinks Andrew has tremendous potential.

"I believe Andrew could be the best long distant runner to ever come through Rockcastle," he said.

Andrew describes his first marathon as "long and painful."

"After 20 miles, I just wanted to quit. It was exactly what everyone told me it would be like," he said. "My dad and cousin said it would be hard--that it's an endurance race."

Despite the difficulty, Andrew never stopped running, no matter how tired he got.

"When I turn 18, James and me are going to run in the Boston Marathon," he said.

Brandon hasn't run in a marathon yet, but plans to when he is old enough. He has competed in a 10 mile run before in Louisville.

For right now, he's set on one

Track team competes at regionals, headed to state

STATISTICS PROVIDED BY MARK BRUMMETT

The RCHS girls' team finished regional runner-up and currently rank 5th in the state in class 2A going into this weekend's state championships.

Heather Hammond won regional titles in the 400-meter dash, 300-meter hurdles, long jump, and high jump, while also establishing a new RCHS record in the 300-meter hurdles. Heather has now won eleven regional championships in her career and ranks in the top two in the state in each of her four events.

Kayla Hayes won regional titles in the 1600 and 3200-meter runs, qualifying for state in both events. She also established a

new RCHS record in the 3200-meter run and placed 4th in the 800.

Chere Embs finished as regional runner-up in long jump and triple jump, qualifying for state in both events. She missed the RCHS triple jump record by only a quarter of an inch.

Sarah Parsons placed 4th in the 2000.

Anna Guilfoil placed 7th in both shot put and discus.

Danielle Arnold placed 8th in the 800 and also ran on the 1600-meter relay team that placed 4th.

The 3200-meter relay team including Danielle, Kayla, and Jessi Asher qualified for state with a 2nd place finish.

The boys' team placed 8th overall.

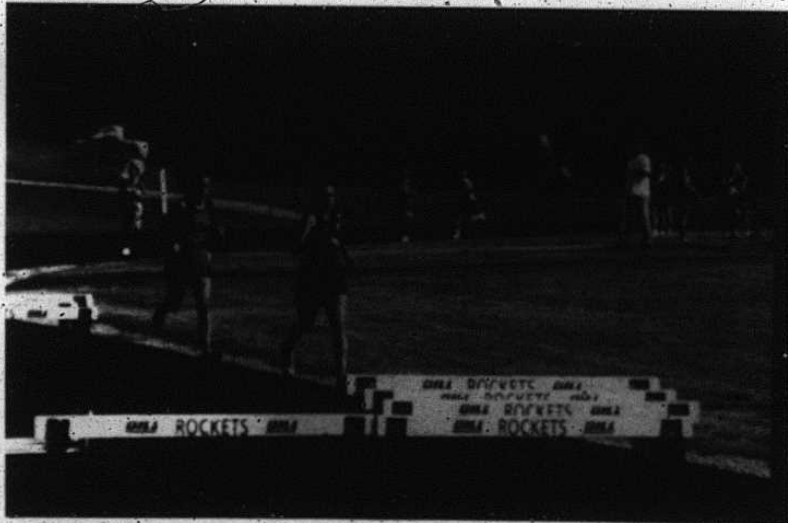
Andrew Nelson finished 2nd in the 3200-meter run and qualified for state. He also placed 3rd in the 1600.

Brandon Cole placed 4th in the 1600 and 5th in the 3200.

Florian Trummer established a new RCHS record in the 800-meter run and placed 7th.

The 3200-meter relay team of Andrew, Brandon, Florian, and Derrick Baker placed 5th and set a new RCHS record in the event.

The Class 2A Track and Field State Championships will be held Friday, May 30 and Saturday, May 31 at the University of Kentucky Track and Field Complex. Class 2A competition will begin at 8:30 each day.



Good luck to all the RCHS track members going to participate in the state championship track meet this weekend!

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