

# ALAH Lady Tracksters Run IHSA Sectional

The ALAH Lady Knights competed in their final meet of the season at the IHSA Sectional hosted by Okaw Valley HS at their outstanding track & field facility on May 11.

Athletes from seventeen schools performed in front of one of the biggest crowds this reporter has ever seen at a meet in Central Illinois.

Shelbyville's deep squad dominated followed by defending state champ Tuscola

with Maroa-Forsyth's talented top loaded group finishing 3rd.

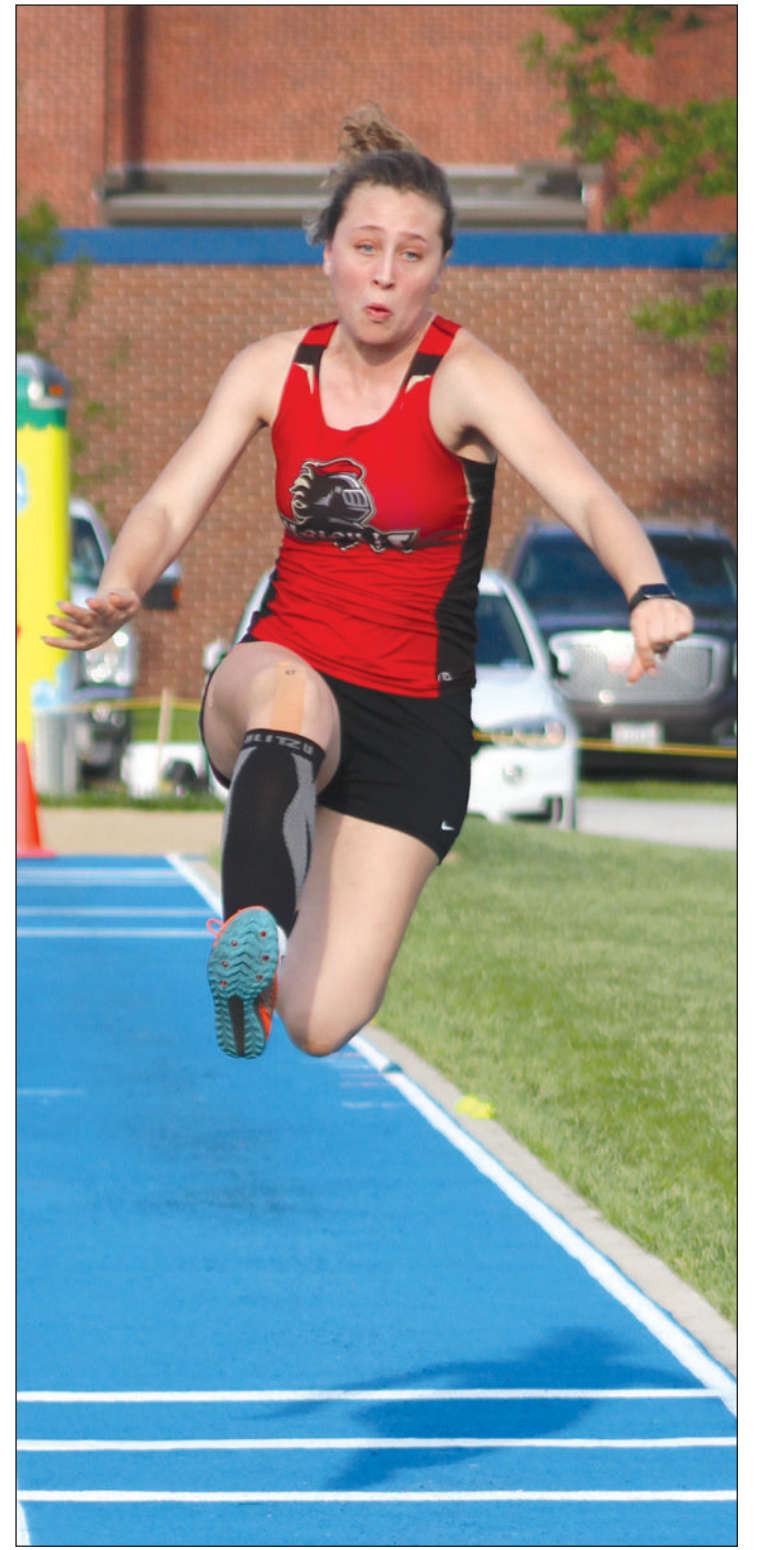
The locals tallied 12 points to finish 12th on the strength of their relays. Though none of the ALAH athletes qualified for the state finals, valuable experience was gained throughout the season. Top two finishers and marks meeting predetermined standards move on to the Championships at EIU next week.

Many girls finished the season on a high note setting numerous personal bests. Top placing for the meet went to the 4 x 200 Relay team of Grace Romine, Josie Carrillo, Emma Edwards, and Skyler Graham hitting the tape in 3rd with a season best of 1:53.09. Kimberly Krutsinger and Ruby Burton joined Edwards and Carrillo in the 4x800 to finish 4th in a season best of 11:17.43.

Edwards, Graham, Burton, and Carrillo teamed up to secure 5th in the 4 x 400 event also running their best of the season (4:29.74). The 4x100 quartet of Emma Forman, Lyndsay Rohacs, Alyssa Richards, and Lily Vanda ran 60.38 good for 13th.

Individually, Ruby Burton wins her 400 section in a PR of 65.36 to place 7th. Emma Edwards also takes 7th in Triple Jump at 9.47 meters. Kimberly Krutsinger was 2nd in her 1600 section finishing in a flourish with a PR of 6:23.92(8th overall). Alex Clark completes her rookie season with a Shot Put PR of 9.62 (8th) and a Discus toss of 26.3 meters(10th). Freshman sprinters Skyler Graham and Grace Romine finished their season competitively in the short dashes. Graham runs to 10th (14.02) in the 100 while Romine covers the distance in 14.11(12th) and double the distance in 29.05(9th). Lily Vanda runs a 200 PR of 31.20. Grace Arnett guts out an excellent half mile to finish 2nd in her section at 3:05.09PR. Kaylee Thompson lands a long jump PR of 4.33 meters and a Triple Jump PR of 8.70. Kori Klay long jumps 3.72 meters for 21st place. Sara Rogers nails a season best in the shot (8.02/20th) while flinging the Discus 16.07 for 29th. Hurdlers Delilah Mendoza and Lilian Edwards finish the 100 and 300 meter events in 21.17(19) /70.33(20) & 24.54(22)/78.20(21) respectively.

With a squad packed with Freshmen, the future of the ladies track program is promising.



The ALAH girls track team competed in the Class 1A IHSA Sectional track and field meet at Okaw Valley on Thursday, May 11. Senior Emma Edwards is seen here in the triple jump. Her best jump was 9.47 meters or about 31' 1" which put her in seventh place in the event.



Sophomore Gracie Arnett battles to the finish line with a runner from Neoga in the 800 meter run at the girls sectional. Gracie set a new PR time of 3:05.09. The young Knights tied for 12th in the team standings but look for them to better that finish next year.



ALAH freshmen Skyler Graham #5 and Gracie Romine, second from right, race in their heat of the 100 meter dash at the girls sectional meet at Okaw Valley last Thursday. Skyler ran a time of 14.02 and Gracie's time was 14.11.



Knights freshman Josie Carrillo, middle runner, comes down the homestretch on the first lap of her leg of the 4 X 800 meter relay at sectional last week. The others on the relay were Lily Vanda, Kimberly Krutsinger and Ruby Burton who ran a time of 11:17.43 to take fourth place in the race.

## Freshmen-Sophomore ALAH Boys At Unity

The underclassmen traveled to Tolono on May 10th for a meeting with the host, Unity HS, as well as Mattoon, Sullivan, and Tuscola. Not filling all events and running no relays the young Knights finished a competitive 5th in the event. Cruz Hale provided the lone victory of the evening covering 3200 meters in 11:22.21. Several Knights hit new personal records, especially in the 200 where five young Knights recorded all time bests. Easton Frederick tried his hand at the

300 Hurdles and came away with a 2nd place in a very credible 47.62 seconds. Ryan Appleby also picked up 2nd place points by running a PR of 19.75 in the 110H.

**Other Results:**

**100m** - Warrior, 3rd, 12.06; Frederick, 16th, 12.36; Casteel, 29th, 13.20; Soard, 33rd, 13.41.

**200m** - Warrior, 4th, 24.67 PR; Frederick, 7th, 25.08 PR; Casteel, 14th, 26.55 PR; Soard, 16th, 27.19 PR; Appleby, 21st, 27.81.

**400** - Cash Hale, 3rd, 62.49; Beck, 9th, 78.01.

**800** - Keagle, 7th, 2:39.04; Beck, 8th, 2:49.95; Allen, 10th, 3:02.94.

**Shot Put** - Morfey, 19th, 26'8".

**Discus** - Morfey, 10th, 95'2".

**High Jump** - Cash Hale, 6th, 5'.

**Long Jump** - Frederick, 9th, 15' 3/4".

**Triple Jump** - Cash Hale, 5th, 32' 5/8".

## St.T Invite a PR Fest for ALAH Boys Track Team

The ALAH boys track team traveled to Macon County on May 12th for the first ever Decatur St. Teresa Invite. Held on the host's amazing new orange oval, elite performers from across the state turned in 126 PR's as well as 34 Illinois 1A & 2A top 10 marks. The Knight's responded with excellent results while tuning up for next week's IHSA Sectional.

Max Duzan (8th/11.33) and Payton Warrior (20th/11.97) each run personal 100m best. Warrior nearly PR's with a 24.75 in the 200. Cash Hale drops a huge PR in the 400 (57.25) while Parker Beck also runs a big personal best in 66.8. Cruz Hale covers the half mile in a near best

of 2:10.66 (11th) while Jacob Adcock runs his first 2 lapper of the year in a PR of 2:11.84. Ryan Appleby covers the 110H in 20.16 (22nd) and Easton Frederick does the same over 300M in a 47.12PR. The 4x100 (47.86/13th) and 4x200 (1:38.42/8th) group of Gingerich, Schrock, Frederick, and Warrior post season bests in both events. Parker Dick throws the Shot 23'5 1/2", 28th while Kamden Morfey throws a Discus PR breaking the 100 foot barrier at 101'8" in 24th. Triple Jumpers Cash Hale and Tristan Keagle bound 34'5 1/2"(17) and 30'6 1/2"(20) respectively.

The 1600 fast section was of an Invitational nature and the

times were reflective. Bryson Grant of Iroquois West takes the gold in a state top 10 time of 4:23.83. Knight's Senior Logan Beckmier forged a fast pace early and finished 4th in a state #12 time of 4:26.94. This is a new PR for Logan and he becomes 2nd fastest in school history. Teammate Lyle Adcock was right behind covering the metric mile in 4:33.82 to finish 7th just off his best.

The boys will make their run at qualifying for state finals Wednesday May 17 at the Tuscola Sectional. Field events start at 4:30 with Running events beginning at 6pm.

## Shalynn's Shuffle To Be Held On June 10, 2023

More than likely you know someone who struggles with alcohol and/or substance use or has struggled in the past.

Many of you have lost someone due to an overdose.

You want to help but don't know what to do.

One way you can help is by participating in the 5th Annual Shalynn's Shuffle.

This local race raises money to help those who struggle with substance use and their families, provides Narcan Training and sponsors a youth group, Operation Hope. Operation Hope is made up of students from 5 school districts which attend CGTI camp annually and help in their communities to educate about substance use along with mental health issues.


By participating in Shalynn's Shuffle, whether you chose to walk or run, if it is your 100th race or your first, you will also be helping to spread awareness and ease the stigma attached to substance use.

Shalynn's Shuffle will be held on June 10, 2023 at the Atwood-Hammond Grade

School in Atwood, IL.

You can sign us at <https://raceroster.com/events/2023/73096/5th-an->

ual-shalynns-shuffle or mail the form below to PO Box 672 Atwood, IL 61913



**5th ANNUAL**  
**SHALYNN'S SHUFFLE 5K**  
Saturday, June 10, 2023 - 7:30 a.m.

Atwood-Hammond Grade School  
Packet Pick-up and same day registration 6:00 - 7:15 am  
**Register by May 29th to guarantee a t-shirt!**  
Adult (19 & Over): \$25.00 Student (18 & Under): \$20.00

Checks payable to: Shalynn's Hope, Inc.  
Mail completed registration form and payment to:  
Shalynn's Hope, P.O. Box 672, Atwood, IL 61913  
Contact Information: Stacy Welch 217-493-4184  
Or register online at: <https://raceroster.com/events/2023/73096/5th-annual-shalynns-shuffle>

Name: \_\_\_\_\_ Circle: Male Female  
Address: \_\_\_\_\_ Age on Race Day: \_\_\_\_\_  
City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_ School: \_\_\_\_\_  
Email: \_\_\_\_\_ Phone: \_\_\_\_\_  
Shirt Size Adult: S M L XL XXL Youth: S M L XL

Age Bracket: 9 & under; 10-14; 15-19; 20-29; 30-39; 40-49; 50-59; 60-69; 70 & over  
Awards: Top 3 Male/Female in each category and overall Male/Female Winner

I recognize and acknowledge that there are certain risks of physical injury to participants in this event, and I voluntarily agree to assume the full risk of any injuries, damages or loss, regardless of severity that I and/or my minor child/ward may sustain as a result of participating in any and all activities connected with or associated with this activity. I further agree to waive and relinquish all claims I and/or my minor child/ward may have as a result of participating in this activity against Shalynn's Hope, Inc., the Atwood-Hammond Community Unit School, the city of Atwood, the Shalynn's Shuffle 5K Race Committee, Race Time, Inc., and their respective sponsors, officials, agents, volunteers, elected officials, past and present board members and employees (hereinafter collectively referred to as "Parties").

I do hereby fully release and forever discharge the Parties from any and all claims for injuries, damages or losses that I and/or my minor child/ward may have or which may accrue to me or my minor child/ward arising out of, connected with, or in any way associated with this event. I further agree that this agreement shall be governed by the laws of the State of Illinois. Race will be held rain or shine. No refunds will be issued for any reason, including injury.

By participating in this event, the Shalynn's Hope Foundation and the Shalynn's Shuffle 5K Race Committee have the right to reproduce videos and photos taken of the event and participants on race day as well as posting of results from the race on the internet.

I have read and fully understand the above assumption of risk and waiver and release of all claims.

Signature (Guardian if under 18)  
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