

ALAH Knight's Run At Boy's Sectional

The ALAH boys track team ran at the IHSA Sectional Qualifier hosted by Tuscola High School on Wednesday May 17. Top 2 individuals per event

and performances meeting pre determined standards advance to the state finals at Eastern Illinois University in Charleston May 25-27.

The team finished 9th out of the 19 schools entered. Decatur St. Teresa wins the event for the first time in school history.

The Knights qualify two members of their vaunted distance crew to The Championships. Logan Beckmier continues his outstanding season by finishing 2nd in both the 1600 (4:30.35) and 3200 (9:33.94) with both times being well below the state standard. Lyle Adcock also continues his excellent senior campaign by finishing 6th in the 1600 cov-

ering the distance in 4:35.78 while bettering the standard of 4:39.8. A total of 8 metric milers qualified for state prelims making this sectional the deepest qualifying 1600 in the state. Lyle also finished 4th in the 800 at 2:06.17, just off the qualifying time.

The senior duo will run their 1600 preliminary at approximately 1:30pm Thursday May 25 while Logan will run the 3200 final at Noon on Saturday May 27. Both events will be contested on the big blue track at EIU.

Other top 10 finishers include Jacob Adcock who finishes his stellar distance running career placing 6th in the 3200 at 10:24.71. Jacob Tighe throws a big PR in the Shot Put (42'8") to place 6th. Cruz Hale completes an excellent rookie season covering the half mile in 2:10.58 to place 7th. Senior Max Duzan goes out finishing 8th in the 100m (11.88) while yearlings Payton Warrior (9th) and Easton Frederick (10th) cover the furlong in 24.86 and 24.92 respectively with Frederick's time being a personal best.

The 4x100 (47.52/10th) and 4x200 (1:29.89/7th) both run

top 10 times. Both teams were made up of Skyler Gingerich, Justin Schrock, Easton Frederick, and Payton Warrior. The Firm of Adcock, Adcock, Beckmier & Hale finished the night completing the metric mile relay in 3:44.71 to place 7th.

Other results include:
100m: Warrior, 15th, 12.36.
400: Cash Hale, 58.90, 21st; Parker Beck, 68.95, 25th.
110H: Ryan Appleby, 13th, 21.03.
Triple Jump: Cash Hale, 16th, 10.16M
Shot Put: Kamden Morfey, 32nd, 7.93M
Discus: Kamden Morfey, 30th, 24.91M



Logan Beckmier Qualifies for State in 3200!! Knights senior standout distance runner, Logan Beckmier crosses the finish line of the 3200 meter run at the IHSA Sectional meet at Tuscola last week. Logan was second in the race and automatically qualified to run in the IHSA State Track finals on Saturday, May 27 at Eastern Illinois University. Logan's time in the race was 9:33.94. He also finished second in the 1600 meters in 4:30.35 and will run in the prelims for that race on Thursday, May 25. His times in both races were also well under the qualifying standards set by the IHSA.



ALAH's Jacob Tighe closed out his sophomore track and field season with his best shot put throw of his high school career. Jacob threw 13.0 meters or about 42' 8" which was good for sixth place at the IHSA Class 1A Sectional meet at Tuscola on May 17.



Knights Logan Beckmier and Lyle Adcock Qualify for IHSA State Boys Track!!

Lyle Adcock, left and Logan Beckmier both advanced to the IHSA State Boys Track and Field State Meet to be held at O'Brien Stadium on the campus of Eastern Illinois University on May 25 and 27. Lyle and Logan will run in the qualifying rounds of the 1600 meters on the 25th with the 12 best times advancing to the finals in that event on Saturday, May 27. Logan will run in the final of the 3200 meter run on Saturday also. Good luck to both Knights at State!!!



Senior Lyle Adcock, left, a member of the Knights dominant distance crew battles St. Teresa's Evan Cook down the home stretch in the 1600 meter run at the boys' Class 1A Sectional on May 17 at Tuscola. Lyle would win the battle with Cook and finish sixth in the race with a time of 4:35.78. His time, well under the IHSA qualifying standard of 4:39.8 would advance him to the IHSA boys state track and field meet preliminaries on Thursday, May 25 in that race. Lyle also scored points in the 800 meters with a fourth place finish in 2:06.17. Then in one last 4 X 4 relay that as Coach Lyle Dorjahn put it, "we're getting the band back together one last time", Lyle combined with his twin brother Jacob, Logan Beckmier and Cruz Hale to run a 3"44.71 and finished seventh.

Lady Knights Run At News-Gazette Honor Roll

ALAH sent 3 relay teams from the girl's track squad to the News Gazette Honor Roll meet on May 15. Entries came from top athletes in the N-G circulation area. The meet was held at Urbana High School. Top placing was the 4 x 400 team of Ruby Burton, Josie

Carillo, Emma Edwards, and Skylar Graham. The We're runnerup to Mahomet-Seymore in 4:32.87. The 4x200 quartet of Carrillo, Edwards, Graham, and Grace Romine place 4th in 1:54.78. The 4x800 group of Carrillo, Burton, Kimberly Krutsinger, and

Lily Vanda also garnered 4th place honors with a time of 11:39.12.

Congratulations to these outstanding young ladies as they finished their successful season on a high note against some of the area's best!

Lovington Organizations plan sesquicentennial celebration

Lovington is going to "Celebrate Good Times" June 9 and 10. This year marks the 150th year since Lovington was officially incorporated as a village. Several organizations have joined to celebrate the sesquicentennial.

Friday, June 9, the LHS Alumni Association will hold its annual homecoming banquet starting at 4:30 p.m. at the Church of God Family Life Center. The alumni will honor new Hall of Fame members Sally Duncan, David Kidwell, Don Bell, Jeff Davis, Elise Wildman and the 2005 boys basketball team at the banquet.

At 8:00 p.m. the band Identity Crisis will entertain village residents uptown. Food trucks and a beer tent will also be available.

Saturday morning, June 10, starting at 6:30 a.m. the firemen will hold their pancake breakfast at the firehouse.

The Moultrie County Historical and Genealogical Society display Lovington memorabilia at the Lovington Library starting at 9:00 a.m.

The sesquicentennial parade featuring the American Legion Honor Guard, the ALAH Marching Knights, pageant queens, antique tractors,

floats, fire trucks, etc. will begin at 11:00 a.m., followed by a bags tournament at 1:00 p.m.

The Lovington Community Club will hold its annual fish fry at 4:30 in Tom Conn Park. 25/X8 Extreme Sports with inflatables, a bake sale and several vendors will also add to the celebration.

The fireworks display will begin at dusk at the Lovington Grade School.

Village board park and recreation chairman Brittany Bates and her committee have coordinated all of the events with the other organizations.

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-annual-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 law 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/record video 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) _____