

ALAH BOYS TRACK AT IHSA STATE TRACK MEET



Knights stellar distance runner Lyle Adcock, bib number 34, runs with the pack in his heat of the 1600 meters at the IHSA State Track prelims on Thursday, May 25 at E.I.U.. Lyle finished his running career in the race but he had a great track senior season. He set PRs in all of his distance races with times of 2:04.66 in the 800 meters, 4:32.27 in the 1600 and 9:59.4 in the 3200.



ALAH senior standout runner Logan Beckmier crosses the finish line in second place in his heat of the 1600 meter prelims at the IHSA State track meet on May 25. Logan's official time was 4:30.16. He would just miss making Saturday's final in the race as he was fourteenth overall with twelve runners advancing to that final. Logan does have one more race on the big blue oval at E.I.U. as he will compete in the 3200 meter run on Saturday, May 27.



In his last high school race ALAH's Logan Beckmier ran in the 3200 meters at the IHSA State Track finals. Here Logan is in the lead three laps into the race. He finished in fifth place in 9:28.91 and earned his first state medal. Article on Page 5.



Logan Beckmier, senior Knight distance standout is on the podium for medalists at the IHSA State Track and Field meet. Logan earned the fifth place medal in the 3200 meter run at the meet last Saturday. Logan finished his remarkable high school running career by recording Personal Records this season in each of the distance races, running a best of 53.54 in the 400 meters, 2:07.82 in the 800, 4:26.94 in the 1600 meters and 9:27.91 in the 3200. He will be going to Western Illinois University this fall to continue his education, majoring in Ag Business and his running career in both cross country and track. Best of Luck to Logan in the future!!

SBL Providing Sports Physicals to Arthur School District Athletes

Sarah Bush Lincoln will provide sports physicals to athletes from Arthur schools.

Sports physical clinics will be held from 9 am to noon, and 1 to 4 pm, on Tuesday, June 13,

and 1 to 4 pm on Tuesday, July 11, at the SBL Arthur Clinic, 211 South Walnut Street, Arthur.

The cost is \$20 per physical with all fees being donated to

the Arthur Lovington Atwood Hammond Athletic Booster Club. Appointments are required and can be made by calling 217-543-3444.