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RUNNING REPORT

May 2010-addendum

Track Stars Align at PIAA State Championships

In one of the more competitive meets in recent memory, track stars from schools in the Lackawanna League thrived at the 2010 State Track & Field Championships over the Memorial Day weekend. If you spent any time near the tents of our local teams then you most likely heard the clanging of medals as our local runners brought home thirteen state medals and one state championship!

From the very beginning up through the very end it was an exciting meet to watch for fans of our local track teams. **Maria Trowbridge of Elk Lake** started things off right in the 3200 meter run by finishing fourth overall and breaking the 11-minute barrier with a 10:59.82. The **Elk Lake boys** fed off of Maria's success, finishing fourth in the 3200 meter relay in an astonishing 7:54.54, a time that would have won the AA race last year!

Both **Julia Koloski of Montrose** and **Jordan Hoyt of Abington Heights** were next to light up the track as they both looked strong advancing to finals in the 100 meter dash with Hoyt advancing in the 200 as well. These girls did not disappoint in the finals as Koloski ran to a fifth place finish in the AA race in 12.33 seconds and Hoyt, running under twelve seconds for the first time, was runner-up in the AAA race with a time of 11.94. Later on in the meet in the finals of the 200 meter dash Hoyt took the lead coming off the turn and held on to win gold in a blazing 24.64! She became the first state champion in track and field at Abington Heights since 1992. Jordan agreed to answer a few questions for NRC in a short interview which you can read at the end of this article.

Sprinting success continued as two Lackawanna League girls fared extremely well in the finals of the 400 meter dash. **Lauren Ellsworth of Lackawanna Trail** took fourth in the AA race with a 57.26 clocking while **Ashley Holgate of Delaware Valley** was the sixth place AAA finisher in 56.54. Also the **Abington Heights 400 meter relay team** earned an eighth place medal with their time of 50.98.

One of the biggest surprises out of Lackawanna County was **Krista Matsko from Abington Heights**. She came in to the meet seeded seventeenth in the 300 meter hurdle event but ended up making the finals and finishing fourth in the AAA division!

The AAA 800 meter run was a thrilling event to watch for both boys and girls as **Victor Costello of North Pocono** and **Brittney Martin of Abington Heights** emerged with medals. Martin's time of 2:13.08 was good enough for sixth place in a race in which one second separated third through eighth place. The boys race was even closer as finishers three through eight finished within 0.72 seconds of each other! Costello fought back down the straightaway after a stumble coming off the turn and took fifth place in 1:53.61.

The **boys from Valley View** were district two's lone representative in the 1600 meter relay finals, one of the most exciting events in track. In the final event of the day the Valley View boys ran to a sixth place finish in the 1600 meter relay with a total time of 3:24.82, a time which would have landed them in third a year earlier!

Congratulations to all our local kids on their success! Results this phenomenal are not earned on mere talent alone, but are the reward of many years of difficult training. This year's state medalists are an example to all of us in what it means to want something and work hard to achieve it!

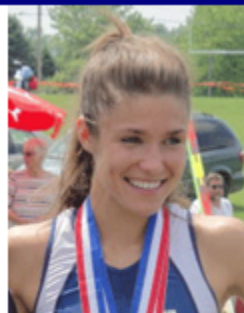


In the Winner's Circle: Jordan Hoyt

We were able to talk to Jordan Hoyt from Abington Heights about what it is like to be a state champion. Here's what she had to say:

NRC: Before the 200m final, how were you feeling? Nervous? Confident? and why?

JH: I was feeling anxious, and ready to go. It was a long day of back to back races & I knew that race was what I have been working for!



Jordan with her 2 medals

NRC: What thoughts were running through your head immediately after your win?

JH: I can't believe I actually did it!

NRC: What do you think made the difference from last year when you finished second and this year?

JH: Last year I didn't feel as strong as I did this year. Also I think I got out of the blocks pretty well compared to last year

NRC: If you could give one piece of advice to a young athlete training for track, what would it be?

JH: Perseverance. Don't give up on your goal, and stay positive!

We'll keep track of Jordan's career as she moves on from here. With these 13 medalists and many others who competed at states, NEPA should be represented well in the collegiate ranks in 2011 and beyond!



Local PIAA Medalists:

<u>Event</u>	<u>Class</u>	<u>Athlete</u>	<u>School</u>	<u>Grade</u>	<u>Prelim</u>	<u>Finals</u>	<u>Place</u>
3200M	AA	Maria Trowbridge	Elk Lake	Soph	11:49.15	10:59.82	4th
3200M Relay	AA	Boys	Elk Lake		8:05.01	7:51.51	1th

Event	Division	Name	Team	Grade	Time	Time	Rank
100M	AA	Julia Koloski	Montrose	Senior	12.36	12.33	5th
100M	AAA	Jordan Hoyt	Abington Hts	Senior	12.10	11.94	2nd
400M	AA	Lauren Ellsworth	Lackawanna Trail	Junior	57.77	57.26	4th
400M	AAA	Ashley Holgate	Delaware Valley	Senior	57.39	56.54	6th
400M Relay	AA	Girls	Montrose		49.41	49.18	5th
400M Relay	AAA	Girls	Abington Heights		49.25	50.98	8th
300M Hurdles	AAA	Krista Matsko	Abington Heights	Senior	44.59	44.75	4th
800M	AAA	Brittney Martin	Abington Heights	Senior	2:16.18	2:13.08	6th
800M	AAA	Victor Costello	North Pocono	Senior	1:56.22	1:53.61	5th
200M	AAA	Jordan Hoyt	Abington Heights	Senior	24.60	24.64	1st
1600M Relay	AA	Boys	Valley View		3:24.71	3:24.82	6th



Thanks for reading this months addendum to the National Running Center's Running Report. Stay tuned for more local running news, tips and advice that will improve your running, injury advice, and content to connect you with other local runners. If you have friends who might enjoy its content, please feel free to forward it to them.

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