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Stay Fit; Don't Quit!



Issue
TWO

A Quarterly Insight into the Local Running Scene

Run on clouds.



Introducing ON in July!!

Runners' Wings is excited to bring in the hot brand On, also known as On Cloud. On has taken the run/walk industry by storm, introducing radical design and technologies. From their uniquely engineered shoes that deliver cloud-like cushioning and responsive take-offs, to their sleek performance running apparel, On has something for everyone.



Spring '23 Track & Field Recap

Maryland 1A State Meet

As Spring comes to a close, so does another year of track & field. At the high school level, we were fortunate to have so many local athletes perform their absolute best at the state meet. Buckle up, because we have a long list of great athletes to discuss! Kicking off the Maryland 1A state meet, the girls' 4x800 had 2 local teams take home medals. The **Mountain Ridge** team of Sydney Snyder, Brylee Gray, Reese Rizzo, & Mary Delaney placed 2nd running a time of 9:56.30. Right behind them was the **Northern Garrett** team of Sophia Brown, Kaylee Bowser, Emma Hostetler, & Lydia Nelson running 10:01. This time was good enough to beat the school record by 5 seconds! The very next race saw even more great performances. The **Mountain Ridge** boys' 4x800 of Ackerly Mulcaster, Brendan Kline, Will Haberlein, & Casey Culler secured yet another state title, running 8:04.72. This time not only broke the previous school record but also the state record! Following right behind them in 2nd was the **Northern** team of Ethyn Peck, Josh Brobst, Matthew Yoder, & Ashton Sober running 8:14.82, and also breaking their school record!

Continuing on the distance side in the 3200m, Mary Delaney finished her historic high school career winning the race in 11:03.02 and setting a new 1A state record. She also won the 1600m and 800m in times of 5:01.43 and 2:14.25, setting state records in both as well! This brings Mary's total of state medals to a whopping 9! Amazing! The girls' talent continued with Lydia Nelson placing 2nd in the 1600m and 800m in times of 5:12.97 and 2:19.22, breaking both the school records in those races! Way to go! On the boys' side, Ethyn Peck took home gold in the 3200m run with an awesome kick to run 9:51.67. He would also go on to place 3rd in the 1600 in a time of 4:32.22. He finished just behind Casey Culler, who took home 2nd with a 4:29.10. Wrapping up with the boys' 800, Will Haberlein ran 1:57.98 to place 2nd and hit a huge four second PR! For girls' sprints, the field was dominated by Avery Miller of **Allegany** who won the 100m, 200m, and 400m in times of 12.61, 24.40, and 57.77. She also won the long jump with a mark of 17-02.50. Way to go Avery! The girls' 4x400 team of Emma Michael, Sydney Snyder, Cierra Cooper, & Reese Rizzo from **Mountain Ridge** took home 2nd place, running 4:10.43. On the boys' side, Ashton Sober ran 49.99 in the open 400 to claim a 2nd place medal. He was also a part of 4x400 team with Devante Ross, Ethyn Peck, & Derek Bittinger who won the race in a time of 3:28.17.

On the field side, Sierra Campbell took home a 2nd place medal in triple jump, jumping 35-06.25. In shotput, Carter Hess of Fort Hill placed 2nd with a throw of 46-07.25, followed by Allegany's Andrew Highland placing 3rd with 46-02.50. For the girls, Brandi Gochenauer placed 1st with a throw of 38-08.75 and broke Allegany's previous record! In discus, Fort Hill's Carter Hess placed 1st with 168-00 breaking the 1A state record, and Carly Bennett placed 2nd with 118-05! *Continued on page 2...*



West Virginia AA State Meet

Keyser and Frankfort in Charleston, WV

Across the state line, West Virginia schools competed in the AA state meet with much success! On the boys' side, Keith Lawrence of **Keyser** won the 200m and placed 3rd in the 400m, with times of 23.11 and 51.8. Congratulations! Garrett Furguson of **Frankfort** claimed 3rd in the 1600m, running a personal best of 4:18.88. He also finished as runner-up in the 3200m with a time of 9:32.1. What an end to a phenomenal high school career!

In the relays, **Frankfort** and **Keyser** both had many podium finishes. Keyser boys' 4x200 consisting of Collin Salesky, Noah Dawson, Jack Stanislawczyk, & Keith Lawrence placed 2nd with a time of 1:33.02. Right behind them, the Frankfort team of Conner Cornwell, Charlie Fairley, Keiton Nestor, & Cohen Arbogast placed 3rd in 1:34.52. The boys' 4x400 was neck and neck, coming down to less than a second! The Keyser team of Jack Stanislawczyk, Edan Parks, Griffin Paugh, & Keith Lawrence claimed 1st place in 3:36.19. Close behind, Frankfort's team of Carder Shanholtz, Eli Hesse, Zane Nelson, & Levi Sgaggero finished 3rd in 3:36.54. What a race! The Frankfort boys 4x800 of Landyn Sell, Garrett Ferguson, Luke Duncan, & Steven Kent Niland placed 2nd in 8:13.56. Finally, the Keyser men's 4x110 shuttle hurdle team consisting of Gavin Salesky, Collin Salesky, Davin Richardson, & Seth Sions finished in 2nd posting a time of 1:00.02.

Off the track, Keyser had two athletes place in the field events. Gabriel Ryan finished 2nd in boys' shot put, throwing 54-04.25; and Griffin Paugh placed 3rd in pole vault with a vault of 12' 7".

Individual and relay performances largely contributed to the team's overall score. The **Keyser boys team** ended as state runner-up's, rallying 79 points total. Frankfort boys team finished in 4th place overall. Excellent job to these great programs and all the athletes that contributed!



Maryland 1A State Meet cont...

As the meet progressed, athletes recognized the importance of placing well to earn points for their team. Just a few points could make a tremendous difference. Coaches encouraged each athlete and athletes pushed each other to new highs within and across the local teams.

After two days of great competition, the Mountain Ridge boys team finished as state runner-up's, combining for 68.5 points. On the girls' side, two local schools finished within the top 5. Allegany claimed 4th and Mountain Ridge finished in 5th.

Congratulations to all schools for their participation and on strong team focus!



FSU hosts MEC championships

FSU's track & field program made its mark as a Division 2 school, hosting the MEC Championships for the first time ever! Colleges across the region traveled to Frostburg's stadium for a weekend of intense competition and many stellar performances. In traditional spring fashion, it rained all three days. Although these conditions were not optimal, athletes rose to the challenge and gave each race their all.

For the men, Nathaniel Mesy claimed 3rd in the 400m, running 49.05. Thomas McCoy finished 2nd in pole vault, clearing a height of 15'11". The Decathlon combines field and track athletics, with athletes competing in 10 various events. FSU brought home both first and second place! Marquise Burks finished 1st with 6,503 points, and Mason Reed finished in 2nd.

On the ladies side, Valerie Boards finished 3rd in the 100m with a time of 12.3 seconds. Jasmine Scott placed 2nd in the 400m run, running a 58.15. On the distance side, Hannah Muir claimed 3rd in steeplechase, posting a 12:15.39. The women's team performed very strongly in the field events. Eva Morrison finished 2nd in the pole vault, clearing 10'9". Omokemi Balogun claimed 2nd in the long jump and 1st in triple, with jumps of 18'1" and 39'5". Addy Cottrill finished 2nd in discus, throwing for 126'2". Finally, Makayla Westry finished 3rd in hammer with a throw of 148'5".

FSU's relay teams for both the men and ladies showed up ready to compete! The women's 4x100 relay consisting of Clark, Habib, Heard, & Boards finished 2nd, just 0.3 seconds outside first. The women's 4x400 of Jimerson, Habib, Heard, & Scott also finished in 2nd place in 4:01.41. The men's 4x400 of Vaughns, Schwab, Richardson, & Mesy finished 3rd in 3:52.63.

At the conclusion of the conference meet, the men's FSU team finished 3rd and the women's team placed 5th.

Congratulations to all these college athletes who braved the rain and performed so well!

FSU is the only DII college in Maryland



What's new at ?

Runners' Wings offers shoes, insoles, apparel, nutrition, and other accessories.

New Brands

Runners' Wings opened at the end of February carrying some of the most popular shoe styles in Brooks, Asics, Altra, and Saucony. We have continued to add brands and styles based on community needs/input and will be bringing On in next month! With over 400 shoes in stock, as well as great insoles from Currex, OS1st socks/medical line, we can help a wide range of customers!

Styles

In stock we currently carry the following styles, but also special order anything from our brands.

Brooks: Ghost, Glycerin, Adrenaline GTS, Glycerin GTS, Addicton series; Cascadia, Caldera

Asics: Novablast (adult & kids), GelNimbus, GT-2000 (adult & kids), Gel-Kayano (July intro)

Altra: Torin, Provision, Paradigm, Lone Peak, Timp

Saucony: Endorphin Speed/Shift, Triumph, Guide

Spikes: Brooks, Asics, Saucony models, XC, Track & Field
Local Athletes get 10% off reg. shoes & 15% off spikes

ON: Coming soon!!!

Personal Service

When you come to Runners' Wings for shoes, we are happy to perform a gait analysis, listen to any foot/health issues you are having and work to find the best shoes for you! Some people are already set with the shoes they love and know what works best for them, but many of us need assistance navigating all the options, including neutral versus stability shoes, drops and widths of shoes, road versus trail shoes, etc. Need help with particular health issues such as plantar fasciitis or bunions? We hope to provide you with answers and products that meet your personal needs and be a breath of fresh air!!

Community Commitment

While we shine light on the love of running in the area, we also aim to fill the need of anyone being able to try on and locally purchase shoes and accessories important to one's fitness and well-being. Currently we host free walking and training groups for all abilities and are collaborating with existing groups/races for participation. In September, in concert with Frostburg First, we plan to sponsor a 5k run and 1 mile walk on the trail as part of a community Wellness Weekend. If you are interested in helping, please stop by. More details to follow!!!



Community >>> What's on track for July...

Here is a quick look at some of the summer races in our area in July. [Go to our website calendar for more events!](#) Also, remember we offer **Walking Wednesdays at 6pm** from the store and a **Thursday Training Run** the 1st and 3rd Thursday of every month at 5:45!

Junior Strider Series: Family fun race series on various Tuesdays for both children, teens and adults! Each event location provides 1 and 2-mile courses. Learn more at: <https://www.facebook.com/groups/475546282601628> There is one more race in June, then July 11th @ Dan's Mtn State Park, Lonaconing at 6pm

July 1st: Independence Day 5k Color Run

Time: 9:00am Where: Frankfort High School in Ridgeley, WV

Registration: \$30 for Pre-Race & Race day. Website:

<https://runsignup.com/Race/WV/Ridgeley/IndependenceDay5kMorganforMissFalcon>

July 9th: XTERRA EX2

Time: 7:00am Where: Rocky Gap State Park

Preregistration: **Duathlon/Triathlon** \$115 or \$75pp (Relay)

Race Weekend Price: \$125 or \$80pp (Relay). Athlete Check-In Begins at 7:00am. Swim Wave 1 takes off at 9:00am followed by Wave 2 at 9:03 and the duathlon at 9:06am.

Website: <https://www.xterraplanet.com/event/xterra-ex2>

July 15th: Lisa Wade 5k and 1.5 Mile Run

Time: 8:30am Where: Creekside Park in Westernport, MD

Registration: \$25. Register online discount by July 4th or pay day of race from 7-8:15am!

Website: <https://runsignup.com/Race/MD/Westernport/TheLisaWadeAnnual5KRun>

M&M's Motivation Corner

Post collegiate running is a journey! For those trying to reach an Olympic standard in a running event, the athlete dedicates many hours to their craft, working through injuries. Once they have qualified for the trials, they must finish in the top 3 on that day to advance to the Olympics...

For the 2024 Olympic Marathon Trials, standards were dramatically changed this year. Men must run 2:17 and women 2:37 (a full 8 minute drop for ladies) to qualify. Amazingly two students from our local area have done just that: Madison Offstein ran 2:35:49 at Grandma's recently to qualify with another teammate from Hanson ODP. Hlynur Andresson, a foreign exchange student that ran with Maddie at Mountain Ridge, has also qualified in Iceland with a country record of 2:13:37.

Cheering them both on from Western Maryland!