

Olympic hopeful

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the cut. Miller is aware of that, but refuses to entertain any naysaying thoughts.

"The major competition is going to be everybody," Miller said. "With this being an Olympic year, everybody will be coming out of the woodwork.

Games, she ran on the U.S. 4 x 100 team that won the bronze medal. A third place finish for a U.S. team in a sprint relay is considered a disappointment in some people's minds. But Miller did her part to ensure that her team placed as high as it did.

it would appear that Miller would be viewed as a major contender in her specialty. But due to several factors, she admits that she isn't sure what to expect when she goes to the starting line. Among those items:

like to get back to where I was, but I won't let it go. If I quit now, that means that I quit on a low note and I'm not interested in doing that."

In spite of the transitions that Miller has had to make, it would be a mistake to write her off. She may not be where she feels she needs to be in terms of training, but she's savvy enough to get to the 100 finals.

Keep in mind that some sprinters run better when they haven't run a lot of races. So in that regard, Miller will be fresh. If her technique and stamina holds up, she could wind up spending a couple of weeks in Spain in the very near future.

"I know I'm going to be the underdog, but that's OK," Miller said. "I'll just have to go for what I know."

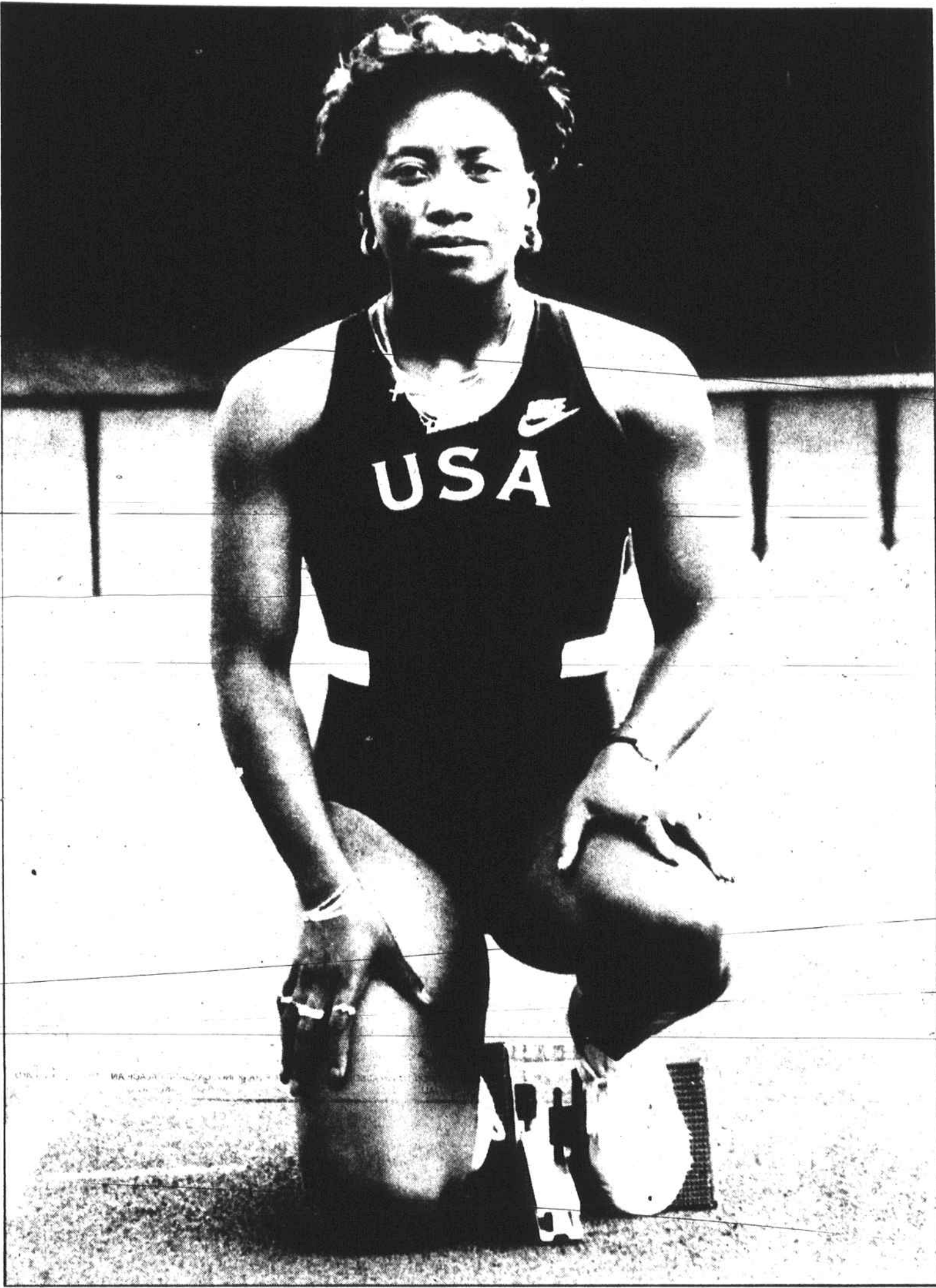


Photo by T-Lee

"With this being an Olympic year, everybody will be coming out of the woodwork. But that's not unusual. When it comes right down to it, you've got to be ready to run when you get in the blocks."

- Lamonda Miller

But that's not unusual. When it comes right down to it, you've got to be ready to run when you get in the blocks."

Matching strides with the world's swiftest females is not a novel experience for Miller, who was a seven-time All-American speed queen at Appalachian State.

Over the last three years, Miller has been on the scene in a number of international competitions, which includes nearly all the major meets except the Goodwill Games, World Championships and the Summer Olympics.

Last year was highly rewarding for this Olympic hopeful. At the Pan-American

The Americans were in fifth place when she got the stick. Her sizzling third leg moved the Americans up two spots to prevent them from being denied the chance to win any medal at all.

At the U.S. Olympic Festival, she pulled a sweet double, bagging the gold as the South team's 4 x 100 anchor, while taking a silver in the open 100.

"We blew everybody away in that relay race," Miller recalled. "I was 50 meters down the track before the second place team's anchor even got the baton. In the 100, I came out of the blocks very slow. But I finished fast and caught everybody except Michelle [Finn]."

Based on last year's results,

- She has run in only two outdoor races this year.
- Recurring tendinitis in her knee has caused problems.
- Since moving from Raleigh to Winston two months ago, she has yet to find a suitable sprinting partner to train with who lives in this area.

Adjusting to her new job (at the Forsyth Correctional Center) while trying to maintain the proper training consistency has slowed her progress.

"I really have no idea of where I am right now, as far as how prepared I am," said Miller, whose all-time 100 best is 11.19. "I just want to give it my best effort. I don't think I'm where I should be at this point. I would

Pond Giants

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Petree said that the team should be very competitive in their independent semi-pro circuit.

Should things begin to fall in place, the Pond Giants have a solid shot at earning a berth to the National Baseball Congress World Series.

But for now, it's just a possibility — a pipe dream. Petree would just like to be able to play his schedule.

"The most pressing thing

right now is the fact that we don't have a sponsor," he said. "Playing at Ernie Shore Field and putting together money for equipment and expenses can mount up after a while. All we want to do is be able to put a team on the field for every game."

But aside from playing the game, the Pond Giants organization has also continued its involvement with the Twin City

Little League.

The PGs will be participating in the league's Sponsors Week which starts tomorrow and ends on June 19. The organization has also sponsored coaching clinics and player clinics for the league in past years.

"We believe in helping players in this area improve," said Petree. "Every kid that wants the opportunity to play baseball should have the chance."

WESTON TRAVEL

RAM OF THE WEEK

Weston Travel is pleased to recognize Barbara J.C. Manning as our Ram of the Week. A native of Winston-Salem, Ms. Manning is a second-generation alumna of WSSU, having graduated in 1960. Ms. Manning has taught in the Forsyth County School System for 30 years, and currently teaches at Konnoak Elementary.



Barbara J.C. Manning

As a very active alumna, Ms. Manning is president of the Kimberly Park Alumni Association and is active in several church organizations at United Metropolitan. Her two daughters are themselves third generation Ram alumni.

Reflecting upon her undergraduate years at State, Ms. Manning says, "the atmosphere of harmony and friendship made for a great family setting. WSSU provided a firm belief that I could succeed at anything in life."

Ms. Manning is expecting her first grandchild in September and hopes for a fourth generation Ram.

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