



(clockwise, top right) Darlis Poole, Melanie Sellers, Tinika Brown, Jocelyn Butler, Tori Vaughns and Marisa Poole were an integral part of the North Forsyth indoor track and field championship team.

State Championship Worth Sacrifices for North Forsyth Girls Track Runners

By MICHAEL JOHNSON
Chronicle Sports Writer

North Forsyth runner Melanie Sellers quoted a verse from the Bible to summarize the secret to her team's success.

"Our success was because we worked together as a team when things got bad. All things are possible through Christ," she said.

Sellers is one of 12 members of the Vikings' indoor-track team that won the state championship last month in Chapel Hill, giving the school its first state championship squad in senior athletics. The Vikings won the title despite not finishing first in any single event and not qualifying in five events.

The group won on the strength of its high placing in several events. The four-by-four relay team of Sellers, Jocelyn Butler, Jennifer Strange and Tori Vaughns placed second, and Butler had a second-place finish in the 300-yard dash. The Vikings finished in the top six in four other events, taking home four medals and edging Fike High School in Wilson for the championship.

Winning the championship was the final icing on the cake for track coach Tina Heffner, who took over the program three years ago. When the former Wake Forest track star became the coach, indoor runners used the sport as a way to get prepared for the outdoor season in the past. After last year's fourth-place finish in the finals, that atti-

tude changed.

"The sport was a way for them to get in shape (for spring track). A lot of them trained as a means of conditioning and it was something they didn't take seriously," she said, "but once they got a taste of that success, it became more than just practice."

Heffner knew the potential for a contender was in place when all but one person returned from last year's team. But she was concerned about the team's youth — only three seniors are on this year's squad — until coming back from the second of two invitationals.

"That was the turning point, because we knew we had a shot then to win it all," said Marisa Poole, whose twin sister Darlis placed fourth in the 60-yard dash.

The team won seven medals in the invitationals. For the rest of the year, Heffner and Scott Brent, the boy's cross-country coach, paced the team, gearing them up for the state finals.

To qualify for the finals, North Forsyth had to qualify for the Holiday Classic and the Northwest Conference regionals. Medals are awarded to the first three spots, but points are given for the first six qualifiers. The Vikings won the title during the last event when Fike did not have a high-jumper and North had beaten them in the relays.

"We were fortunate to beat them because our high-jumper did not qualify," junior relay member

Tinika Brown said. "But next year, we need to work on those areas we didn't qualify in to have another good year."

The track team agree this year was an arduous one. Despite its name, the "indoor" season is played outdoors; the only indoor meets take place in the Holiday Classic and in Chapel Hill. During the cold weather in late November and early December, the team had to practice at a local YMCA.

When the team does run inside, it is on a hardwood floor similar to a basketball court. Because of size limitations, the events are measured in yards, not meters. And with narrower lanes, the events become more physical, with falls and elbow-throwing becoming more common.

"When I first heard about it, it thought it would be indoors," sophomore runner Jocelyn Butler said.

"I get more questions about it. How come you don't play indoors?" Brown said.

But the days of running in the rain and cold weather have been forgotten with their championship.

"The weather was bad and the season was tough, but (the championship) made it a little better," said junior Niki Brown. "The coach made this all possible, by pushing us and making us work toward our potential. Plus, everyone gave 100 percent and she didn't have to ask any of us to work harder."

SPORTS BRIEFS

Track and Field Meet Will be Held

The Tri-City Relays track and field team will hold its first invitational April 30 at Carver High School. The meet, designed for local to statewide competition among elementary and middle-school athletes, will honor co-founders Lemuel Johnson and Jerry Riley.

The meet is open to athletes between 5 and 14 years old. For fur-

ther information, contact L. Johnson at 725-7642 or W. McDowell at 722-2901.

▲ Winston Lake Try-outs

The Winston Lake AAU girls basketball team will be holding try-outs for girls 13-18 March 12 from 9 a.m.-6 p.m. Tryouts will be held at McGuinness High School. For

more information, contact Romelia Allen at 724-9136 or 724-9205.

▲ 10-Man Teams

The Winston Lake men's 21 and over league will begin registration for its 10-man teams March 12, 1994. Registration for each team is \$300. For further information, contact Julius Reese at 724-9205.



Virginia Union team, fans and supporters celebrate victory.

Harris Teeter MEANS LOW PRICES

REDUCED PRICES
PURE FRESH GROUND ROUND
1.99
LB. GROUND FRESH SEVERAL TIMES DAILY



PURE FRESH
LONDON BROIL **1.99**
LIMIT 2 WITH ADDITIONAL \$20 PURCHASE.....LB.

LOW PRICES

FRESH CAULIFLOWER	EA	1.29
FLORIDA ORANGES	EACH	5/1.00
RED OR GREEN LEAF LETTUCE	EACH	.89
JUICY LEMONS	EACH	4/1.00

SEEDLESS RED GRAPES **.99**
LB.

LOW PRICES
HT
ORANGE JUICE
.99
64 OZ.

GREAT VALUE
DIET PEPSI OR PEPSI
.99
2 LTR.

WEEKLY SPECIAL
BUY ONE 6 OZ. KEEBLER O'BOISES AND GET ONE
FREE
ORIGINAL, SOUR CREAM & ONION & CHEDDAR

WEEKLY SPECIAL
IN THE DELI-BAKERY
PROVOLONE CHEESSE
4.69
SLICED TO ORDER
LB.

PRESIDENT'S CHOICE SALE...SATISFACTION GUARANTEED

GWALTNEY BIG 8 MEAT FRANKS 16 OUNCE	.99	4 LB. CAN SWIFT HOSTESS HAM	7.99
PLAIN LENDER'S BAGELS 12 OZ.	.69	PEPPERONI PAPPALO'S PIZZA 19.8 OZ.	1.99
PC G.R.E.E.N PAPER TOWELS 71.5 SQ. FT. 2 PLY	2/1.09	OCEAN SPRAY RUBY RED GRAPEFRUIT JUICE 64 OZ.	2.29

Prices Effective Through March 8, 1994

Prices In This Ad Effective Wednesday, March 2 Through Tuesday, March 8, 1994 In Winston-Salem Stores Only. We Reserve The Right To Limit Quantities. None Sold To Dealers. We Gladly Federal Food Stamp