



Wake's Brent LaRue, who graduated from East, performed well for the Deacs over the weekend.

Wake men take third at ACC track meet

CHRONICLE STAFF REPORT

The scattered showers in Winston-Salem couldn't stop the Wake Forest men's and women's track and field teams from completing the 2006 ACC Outdoor Track and Field Championship on Saturday at Kentner Stadium.

The Wake men's team rained on some of the competition for a third place finish with 106 points, while the women placed 11th. Florida State took the men's team title with 161 points and Clemson finished second with 119 points.

The Deacons were highlighted by the men's sprinters who scored 79 out of the team's 106 points on the final day. The men opened the day winning the 4x100 meter dash, running a time of 39.62 seconds. With that time, the team of Michael Bingham, Mike Loyd, Willie Idlette and Kevin Marion broke the school record which was set just a week ago at the Sea Ray Relays.

Loyd, a Winston-Salem native, also continued the success in the 110 meter hurdles earning All-ACC honors with his third place finish. Loyd completed the event in 14.24 seconds.

In the 400 meter dash, Idlette ran a time of 46.82 in the finals breaking his personal best time he set yesterday in the preliminaries. Bingham finished third in the event with a time of 46:87 seconds, and senior Eric Seely turned in a fifth place time of 47.47 seconds. The three earned 18 points for the men's squad.

In the 100 meter dash, Marion placed fourth with a time of 10.62 seconds, Kerry Major placed fifth with a time of 10.77 seconds and Loyd finished eighth with a time of 10.97 seconds.

The Deacs best performance came in the 200 meter dash where Bingham, Marion and Seely swept the top three spots. Bingham's time of 20.97 seconds was just the second sub-21 second time of the season for Wake Forest. Marion who ran a 20.90 in the preliminaries finished second with a time of 21.02 seconds. Seely ran a third place time of 21.07 seconds. Loyd also competed in the 200 meter dash but pulled up with a hurt hamstring in the first 100 meters. Despite falling to the track, he pulled himself up and limped through the finish

line earning one point for the Deacons and finishing eighth in the event.

The men's 4x400 team capped off an impressive afternoon by winning the relay in a Kentner Stadium record time of 3:08.36. The team of Bingham, Idlette, freshman Brent LaRue and Seely beat second place Florida State by over a second and a half in the final men's event of the day and earned 10 more points.

On the women's side, junior Michelle Sikes earned All-ACC honors in the 5000 meter run by placing third with a time of 16:09.86. Sikes' time marked a season and personal best and earned six points for the women's team.

Freshman Carly Mauch placed fifth in the javelin throw with a personal best distance of 40.78 meters. Freshman Nicole Schappert earned three points after finishing sixth in the 1500 meter run with a time of 4:25.22. Sophomore Melissa Council earned three more points after placing sixth in the 400 meter dash with a time of 54.88 seconds.

The 4x400 meter relay team of Council, Michelle Duffey, Brittany White and Schappert shattered their season best time with a sixth place time of 3:47.21. The season best time prior came at the Yellow Jacket Invitational with a time 4:03.80.

The other seven honorees are as follows: Patty Evers (East Bladen head women's basketball and softball coach), Tom Harper (Alexander Central's athletic director and assistant football coach), Robert Woodley (Pasquotank head men's basketball coach and athletic director), David Poplin (South Stanley head softball, assistant football and basketball coach), Billy Eccles (Gastonia Ashbrook head wrestling, assistant football and women's track coach), B.J. Laughter

(Hendersonville head football coach) and Mike Absher (Davie County head men's basketball coach).

These coaches provide excellent role models with their positive approach," concluded Adams.

The winners were chosen by a special committee based on nominations from the member schools. They will receive a plaque from NCHSAA assistant executive director Mark Dreibelbis as part of the Association's student services program. Each school had the opportunity to nominate one of its coaches for this award.

last year. Now guys know what to expect. Now it's just a matter of putting what we know into what we do. Knowing is only half the battle."

Miller

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not be doing well in the classroom from time to time.

"I tell guys that may be struggling in some classes that they need to be studying when the guys get together to hang out," Miller said. "I feel like that's my responsibility as one of the leaders of this team. I can't just be a leader on Friday nights. The guys expect me to set an example all the time."

North head football coach Bill Oakley added: "He's an unbelievable leader. He's a great model for the kids. Girard is in all the honors classes. He does a little bit of everything. He's definitely up near the top of athletes I've coached, with the combination of academics and athletic ability. He's up there pretty high on my list. He's going to get some looks from colleges for both things (academics and athletics)."

Miller presently has the interest of a number of schools like Princeton, Yale, Furman and Lenoir-Rhyne, to name a few. Miller seems to understand that it's going to take a lot for him to get a scholarship to the type of schools he would like to attend. He's taking care of business in the classroom. He also hopes to help his team take care of matters on the field after suffering a frustrating 2-9 season last year.

"For me to get recruited I'm going to have to have an outstanding year," Miller said. "Plus, we didn't do well last year at all. I think about last season too much sometimes. I just don't want to go through that again. I'm used to winning."

Miller isn't just a winner in the classroom. He's also accustomed to not losing on the football field. He won many games while playing for the Tiny Indians during his Pop Warner days. Then, his JV team at North won a lot of games while he played on that level his first two years. His JV squad also took



Miller is expected to do more for the Viking offense this upcoming season.

down a very talented Mt. Tabor squad that hadn't lost in two years a couple years ago.

"That was hard for me to deal with at first," Miller said of losing. "I was real close to leaving. I was thinking about going to Carver. That was the school I watched before I came to North. Before I got in high school the only North game I watched was the one they played against Carver. But I realized that my teammates are over here. I want to help them turn everything around."

Oakley said Miller is going to have plenty of chances to help his Vikings succeed next year. Miller is expected to have a lot more responsibility on his plate next

season.

"We're going to expect more from him this year," Oakley said. "He's going to have more freedom. We have a lot of faith in Girard. He runs real well in traffic, and he passes the ball pretty good. We're definitely going to use his talents more this year. We know he's smart enough to handle what we will put on his plate, and we have all the confidence that he'll make some things happen for us."

Miller added: "I expect to open up the playbook more this year. I think we're going to pass the ball more too. I think the whole team is ready to have a good season this year. That's our focus right now. We were young

WSSU men finish fifth in CIAA

Jeptolo-led Lady Rams also finishes fifth at meet

CHRONICLE STAFF REPORT

The entire Winston-Salem State University Rams track and field team had a good showing at the CIAA track and field last weekend. The men recorded 14 top-ten finishes, while the Lady Rams eight en route to grabbing two fifth place honors at the 2006 CIAA Men's Track and Field Championships on Sunday afternoon in Petersburg, Va.

The men were led by Jon Mobley's first place finish and Richard Marcellus' and Ezra Yowell's fourth place finishes en route to a fifth place finish overall. The Lady Rams were spearheaded by the talented Irene Jeptolo, who recorded a first and fourth place finish during the meet.

On the men's side, Mobley turned in the highest WSSU individual placing as he recorded a second-place finish in the shot put as he recorded a distance of 13.54 meters. Ezra Yowell finished fourth in the men's high jump as he cleared a height of 6'04". He was joined Richard Marcellus who also recorded a fourth-place finish as he turned in a time of 11.06 second in the men's 100 meters.

The Rams finished with a total of 44 points. Saint Augustine's College won the men's championship with a record 212 points overall. The Falcons easily captured the 2006 CIAA Men's Track and Field Championship as they defeated the runner-up Eagles of North Carolina Central University by an astounding 69 points, 212 to 143 on Sunday afternoon. The heavily-favored Falcons showed why they are one of the nation's top track and field programs as they placed in the top ten in all 17 of the 17 events that would be scored in the Championships en route to the title.

On the women's side, Irene Jeptolo's first and fourth place finishes helped the Lady Rams to a respectable finish. Jeptolo, the NCAA Division II Southeast Region Cross-Country Athlete of the Year showed the poise that makes her one of the nation's elite distance runners as she finished fourth in the women's 1500 meters with a time of 5:01.37 and won the women's 3000 meters with a time of 10:31.64.

The Bowie State University Lady Bulldogs captured the 2006 CIAA Women's Track and Field Championship.



WSSU's Irene Jeptolo led the Lady Rams.

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For more information, call (336) 774-8988 or visit us at www.twincitysoccer.com.

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- We can not accept patients with Medicaid, Medicare, Veterans' Administration Benefits or private health insurance.

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