

BOYS' TRACK PREVIEW

Focus on R-H for big year

Lyons' leaper Lewis
among state's best

By Gary Fallesen
Democrat and Chronicle

International attention has been focused on the long jump event this year, thanks to the exploits of Carl Lewis. However, there is another Lewis, a Lyons Central School sophomore named King, who has jumped into the area's track-and-field spotlight.

King Lewis, who established a school record last year by jumping 22 feet, four inches, is one of Section 5's top individuals. He may be one of the few Rochester-area individuals capable of competing with the state's best boys in any of the 17 events.

"We're a step behind them," said Rush-Henrietta Coach Frank Greco, referring to the rest of the state. "Our training is way off compared to the lower half of the state."

Because of poor spring weather and the presence of better facilities downstate and in the Syracuse area, Section 5's boys are at a disadvantage when it comes to intersectional competition. Still, it is anticipated that athletes like Lewis, sprinter LaVonne Richards of East, and R-H hurdler Martin Ellis and triple jumper Mike DiGennaro will overcome those handicaps to place at the state level.

"I don't see a lot of real superstars in the area," said Penfield Coach Dave Hennessey, "but there are a lot of good people. A lot of track teams and programs have done a lot of rebuilding. Some teams who have not been traditional powers have at least one or two kids who will cause problems for the traditional powers ... not just in winning team titles, but also in getting kids to the state meet."

"I think there will be a lot of surprises this year," Hennessey added. "It was kind of wide open last year, too."

R-H emerged from the pack last year and shocked outdoor observers by running away with the Section 5 Class A championship. R-H, which also has captured the sectional title indoors the past two years, is favored to repeat as the *Democrat and Chronicle's* Team of the Year.

R-H is top-ranked in the first coaches poll of the season, outdistancing such formidable opponents as McQuaid, Pittsford Mendon, Greece Olympia and Penfield.

Here's a look at some of the area's best teams and individuals:

TEAM-BY-TEAM

1 R-H: "Loaded," said one coach, "just loaded."

But Greco said of his team, "They were underdogs last year. They were up for beating people. It's different this year ... we're sort of being chased now."

Pittsford Mendon and Penfield are the closest pursuers within the Monroe County League's nine-team East Division, while McQuaid and Greece Olym-



Michael Schwarz Democrat and Chronicle

R-H junior Martin Ellis has a 14.6 110-meter hurdles time to his credit.

SEC. 5 BOYS' TRACK POLL

	W-L	Pts.
1. Rush-Henrietta (5)	10-0	59
2. McQuaid (1)	10-1	55
3. Pittsford Mendon	3-4	44
4. Greece Olympia	10-2	42
5. Penfield	5-2	28
6. Cardinal Mooney	4-2	27
7. Aquinas	9-1	26
8. Hilton	10-3	13
9. Gates-Chili	5-1	10
10. Midlakes	3-5	9

Also receiving votes: Brighton, East, Edison, Fairport, Lyons, Monroe, Palmyra-Macedona, Penn Yan, Victor, Webster.

Note: Included are first-place votes in parentheses, last year's overall records, and points received on the basis of 10 for a first-place vote, nine for second, eight for third and so on. Panelists: McQuaid Coach Bill Quinisk, Penfield Coach Dave Hennessey, Hilton Coach Mike Van Auker, Geneva Coach Mike Canale, Ron Wheat of Lyons, and the *Democrat and Chronicle*.

pia are top poll and sectional challengers.

R-H's lead over the others is based on first-place strength.

"They've got a lot of good, proven No. 1 people," said Hennessey.

The Ellis brothers are considered two of the Rochester area's best athletes ever — and both are underclassmen. Martin, a junior, is most highly regarded in the 110-meter high hurdles, where he has been timed in :14.6. He also excels in the 400 intermediate hurdles (:56.7) and jumps high (6-2) and long (21-1½). Greg, a sophomore, also is a hurdler (:15.1 high, :58.6 intermediate) and long jumper (21-1½).

DiGennaro, an All-Greater Rochester football player who will attend Division II Slippery Rock next year, has been a

sectional champion indoors and out in the triple jump (45-11½).

Joe Burke and Ed Cichon are outstanding distance runners, Frank Poletta is strong in middle-distance events, and Cornelius Southall, Ron Killings and Kris Simpson are more than capable sprinters.

2 McQuaid: "Believe it or not, we may still be a year away," said Coach Bill Quinisk, noting that many of his best athletes are underclassmen.

The heart of the Knights' sectional champion cross country team — juniors Rob Smillie and Chris Lyboldt and sophomore Scott Paterson — compete in the 1,600 and 3,200 runs. Middle distance runners Dave Warth and Steve Rapp, sprinters Chris McGuire and Mike Scott, and triple jumper Mike Wilmot also are juniors.

3 Mendon: First-place talent makes the Vikings a division and sectional contender. For instance, behind seniors Jim Cooney (800 and 1,600) and Ted Gibson (400) they were runners-up to McQuaid at the Finger Lakes Invitational.

4 Olympia: "We have the same team as last year," said Coach George Giordano, "but we're a year more mature ... a year stronger."

The defending Monroe County West champion Spartans feature sectional cross country champion Mike Oberholzer, who has run the 1,600 in 4:34 and the 3,200 in 9:38. Other top individuals include Owen Holt in the 200 (:22.7) and 400 (:51.9) and Charlie Masters in the pole vault (12-6).

5 Penfield: Hennessey said R-H is definitely No. 1, but, he added, his team is a "legitimate contender" for division and sectional honors. The Chiefs have finished behind only R-H in the past two sectional meets — indoors and out.

Rob Camp, a senior who placed fifth in the Empire State Games decathlon, competes in the high jump (6-1) and pole vault (12-1). Junior Sam Reynolds is another pole vaulter who served as an understudy to Section 5 champion and graduate Steve Hoyser.

6 Cardinal Mooney: Seniors Dave Cliffl, Paul Hilling and Chris Heh proved themselves indoors. Cliffl, a sprinter who runs the 200 in :22.5, placed 10th in the state in the 600; Hilling finished 12th in the state in the 1,600 (4:30) and Heh was 12th in the state in the shot put (47-9).

7 Aquinas: The Little Irish graduated about 39 of the 51 points they scored to finish in a tie for second in last year's sectional meet. But the perennial City-Catholic League power returned enough to defeat Penfield and Brockport in a triangular meet last week.

Aquinas' first-place talent includes junior Wayne Romano in the shot and discus; senior sprinters Sheldon Spicer, Ed Benson and Al James, and senior distance runners Tim Lum and Harry Derck.

8 Hilton: "I'll be happy if we're third (in the Monroe County West) this year," said Coach Mike Van Auker, "then next year hopefully will be our year."

The Cadets, whose lineup includes 28 juniors, feature Alan Mullan in the 800 and 1,600, Chris Wiest in the 100 and 200, and Mike Clark in the 400 intermediate hurdles and high jump.

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