

# Hilton's Mullan aims for Top 10 at states

Hilton's **Al Mullan** says the hardest part about running the 1,600 meters is getting by the two middle laps.

"That's when the brain begins to ache more than the body. A runner must survive the two laps just to have a shot at winning.

"The key is how hard you concentrate," Mullan said. "The last quarter is just a matter of a kick. The real times come in the middle laps. That's where things become hard mentally."

This spring, Mullan has survived all the tests, physical and mental. The Jacksonville University-bound senior is unbeaten and is hoping to crack the Top 10 at the state track meet at Baldwinsville High near Syracuse today and tomorrow.

Mullan picked up where he left off last fall when he won the Section 5 Class A individual cross country title.

He went 8-0 in dual meets and won the 1,600 at invitationals at Geneseo and Brockport and the Monroe County Championships. The last two weekends, he won the Section 5 Class A meet and the Meet of Champions state qualifier by beating McQuaid's **Steve Rapp** in each race.

The Section 5 race was a classic. Mullan held a slight lead the entire race and just held off a lunging Rapp at the tape. His time of 4:20.7 is the area's best this year and about 15th best in the state.

"He kept pushing me," said Mullan, who bettered his previous best time by five seconds. "I wasn't sure who had won. After I brought my time down that much, though, I set new goals for myself. I'd like to get into the teens in the state meet."

Mullan ran 4:23.2 in the state qualifier, beating Rapp and McQuaid's **Scott Paterson**, two of the stars of the Knights' state champion cross country team, by nearly four seconds.

"It was fun beating those guys," Mullan said. "They have so much talent."

So does Mullan.

After playing soccer his freshman year, he began distance running as a sophomore. His brother **Rich**, a 1976 Hilton graduate who went on to run at Roberts Wesleyan, was a big influence.

"Once I tasted some success," Al said, "I just wanted to run more and more."

Mullan, a 5-11, 140-pounder, ran about 80 miles a week during the winter then got an early jump on the spring season when Hilton went to Jacksonville, Fla., to train over Easter break. It was there he met Jacksonville Coach **Bill Fisher**, a good friend of Hilton Coach **Jim Shoemaker**.

"We got in really good shape early," said Mullan, who had a bout with tendinitis that may have cost him a trip to the state meet last spring. "I've just tried to maintain that over the season."

Mullan received a partial athletic and academic scholarship to Jacksonville along with Churchville-Chili's **Bob King**.

□ **BRIGHTON** All-American **Stacy Prey** won't compete in the 1,500 meter run this weekend at the state meet. Prey, the 1,500 and 3,000 meter sectional record holder, wants to concentrate on her specialty, the 3,000, and Brighton's 3,200 relay.

## LEO ROTH



**Rich Smith**  
13-0 for Irondequoit



**Stacy Prey**  
Skips 1,500 run

The relay of **Jody Dushay**, **Stephanie Walsh**, **Jennifer Shaver** and Prey won the indoor state distance title.

"We hope to just place this weekend," said Prey, recently named to the ninth Prep All-America Girls Sports Team. "We did it indoor but there's a lot more competition outdoors."

Section 5 is expected to have its best showing in the team standings in several seasons.

East High runners will key both boys' and girls' meets, led by East's **Ken Burke** in the 200 and 110 high hurdles, and **Lisa Horton**, the defending 200 meter champ.

□ **IRONDEQUOIT** pitcher **Rich Smith** (13-0) leads the No. 3 Indians (19-2) against No. 4 Gates Chili (18-5) in the Section 5 Class AAA baseball final tomorrow night at 7 at Silver Stadium.

The last time Irondequoit won a sectional title was 1964 when Smith's uncle **John** was the pitcher. Another uncle, **Jim**, pitched for the Indians in 1979, the last time the Indians won the County East before this season. A brother, **Dave**, was also an Indians' pitcher.

Rich's pitching blood lines run even deeper. His dad **George** pitched for Irondequoit in the late 1950s. A catcher at the time was Irondequoit Coach **Ken Slater**.

Rich Smith has been nothing short of amazing this spring. The Maryland-bound lefty has 145 strikeouts in 84 innings and an ERA of 0.63. He has pitched all of the Indians' playoff games.

"I'll never pitch a kid unless he's feeling good," Slater said. "The spacing of games has been great for Rich. Besides, he doesn't throw that many pitches anyway."

Smith will need to be at the top of his game against Gates Chili. Coach **Tom McManis'** team is in the finals for the third time in four years after upsetting top-seeded Aquinas 9-3 in the semis. The Spartans have not won the title since 1968.

In Class AA, Greece Athena (23-4) is attempting to do what it did in basketball, win the AA title after competing in Class AAA last year. The top-seeded Trojans meet No. 15 Midlakes (13-13), the Cinderella team of the playoffs and defending champ, tomorrow afternoon at 4 at Silver.

Meanwhile in Class A, East Rochester (12-13) has made the finals despite its No. 6 seeding. The Bombers meet top-seeded Mynderse (12-5) tonight at 8 at Silver.

Junior right **John Quinzi** (5-4) has had the hot-arm for ER, tossing a no-hitter in the opener against Livonia and a four-hitter in the quarterfinals against Wellsville. He will pitch again tonight.

ER starts just four seniors. "It was just a matter of the juniors coming of age," Coach **Ron Rucker** said of his team's post-season success.

□ **AFTER FINISHING** tied for 12th in the state golf championships as a sophomore, East Rochester's **Mike Urzetta** was looking forward to a big junior year. It never came.

Mike fired an 83 in the 1984 Section 5 championships at Clifton Springs and missed the cut for the state tournament.

"It was a real letdown," Urzetta said. "It's frustrating when you know you didn't play your best."

This spring has been different. Urzetta has been among the area's most consistent players. He fired a 78 in the sectionals at the Country Club of Rochester to qualify fourth for Sunday's and Monday's state tournament at Cornell University.

Urzetta joins Brighton's **Doug Bush**, Midlakes' **John DeRidder** and Geneseo's **Sherman Yates**, tri-sectional champs at 76, as top seeds on the nine-man Section 5 team.

"I'd like a Top 10 finish," Urzetta said. "But you have to go for it. I have a shot at winning if I play to the best of my ability."

Urzetta competed in his first tournament when he was 10. He comes from a golfing family. His father **Sam** and uncles **Fred** and **Babe** are all teaching pros. His dad, the pro at CCR, has been a big help.

"He's fantastic because if I ask him for help, he gives it and if I don't ask, he leaves me alone," Mike said. "He knows I have to learn on my own sometimes."

Urzetta plans on playing in college at Eastern Kentucky.

□ **MENDON'S** **Jeff O'Dwyer** makes his fourth appearance in the state tennis tournament at Albany State today and tomorrow.

O'Dwyer, the four-time Section 5 Class A champion who has won 106 career matches including this year's 19-0 record, has lost to the top-seed each of the last three years. The singles field has 32 players.

Fairport's doubles team of **Thorp Foster** and **Sam Carini** is the area's top contender.

□ **THE FAIRPORT** lacrosse team got some bad news following its 16-8 loss to West Genesee in the state semifinals Tuesday.

Senior midfielder **Dan Brindisi**, injured in the first quarter, tore the anterior cruciate ligament in his right knee and underwent surgery yesterday. It is one of the worst possible knee injuries and will require at least nine months of rehabilitation.

"I almost wish we didn't play that game just so Dan would be all right," Coach **Randy Garrett** said.

Brindisi, a *Times-Union* Super 22 all-star football player as a defensive back, scored 36 goals for the Red Raiders. He is headed to St. Lawrence University.