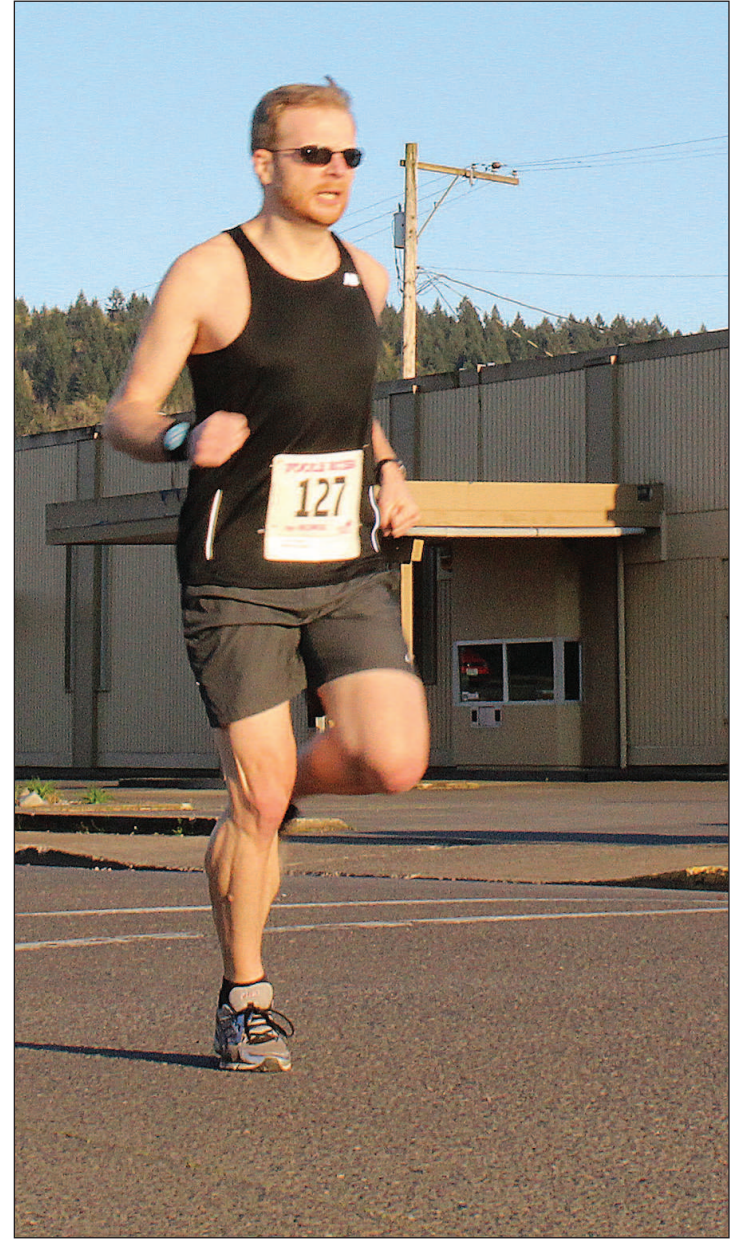


# April 1, 2016: Fool's 5k Rush Results

Place	Name	Time
1.	Geoff Henkle	19:31
2.	Andrew Dissma	19:38
3.	Daniel Sulak	23:31
4.	Katie Fitch	24:47
5.	Jon Stinnett	24:49
6.	Jerry Stromme	26:25
7.	Bob Schneider	27:34
8.	James Markus	27:44
9.	Aramie Nydam	28:55
10.	McKenzie Baker	28:59
11.	Daniel Miller	29:10
12.	Daniel Agustin	29:19
13.	Anthony Joos	30:57
14.	Brenda Arbsland	34:56
15.	Svanna Davis	34:59
16.	Juli Timperley	35:13
17.	Sara Smith	38:46
18.	Emily Baker	39:27
19.	Mitchell Johnson	44:13
20.	Lexie Hall	44:33
21.	Ron Stanley	44:57
22.	Robyn Stanley	45:06
23.	Karla Bengtson	55:12
24.	Dustin Bengtson	55:54
25.	Jessica Baker	58:21
26.	Tami Schroeder	58:43
27.	Eric Schroeder	58:44
28.	Shauna Neigh	59:21
29.	Steve Neigh	59:24



At the top of Mt. David, runners were given random objects to return to the finish line with to give a jokster's spin to the run.



Winner Geoff Henkle led the pack for the entire race.



Photo by Sam Wright

Runners of all ages participated in the Fool's Rush race on April Fool's day.

## TRACK

CONTINUED FROM PG 1B

Perhaps the strongest performance in one event for the girls' track squad was in the high jump. Senior Melissa Thielman and sophomore Keara Murphy tied the first-place height of four feet 10 inches but were placed second and third respectively behind Sheldon's Amber Prevedello. Jaylene Forrester of Cottage Grove also placed at 14 with a height of four feet two inches.

One of the best performances of the day from the boys' side was from Tucker Porter, who finished second in the triple jump, although his distance was listed as the same as the first-place winner. Porter initially finished the prelims in fourth place (39 feet, 4.75 inches), just in front of his teammate Jayden Tucker. But in the finals, Porter pulled out one of his best jumps with a distance of 40 feet, four inches.

Along the track, Cottage Grove's Hannah Albrecht finished in second place for the 400-meter dash, and Hudson Weybright placed eighth for the 800-meter dash. Albrecht's open 400-meter time of 62.12 seconds was a personal best for her despite the junior feeling unwell on Saturday.

"She sat in the bleachers for the most part after that, although she still came out to run a 62-second run in the 4x400," Knutson said.

But the performance of the day on the track must go to Michael Tharpe in the 110-meter hurdles. The high hurdles prove to be one of Tharpe's best

events.

Coming off of a fourth-place finish at state last year, Tharpe was chasing his personal best of 15.22 seconds. In the preliminary round, his coach hand-clocked him at 14.93 seconds, which will always be off by several tenths of a second. In the finals, although he did not beat his personal best, his second place time of 15.36 seconds is putting him dangerously close.

"I feel really good about it," Tharpe said. "It's early and I'll keep practicing." It indeed is early in the season for a time of 15.36. Tharpe could definitely break his personal record, and even at 15.36 seconds, he's still in the running for being able to compete for a gold medal at state.

"That was a really great opener for him," Knutson said. Tharpe was second to John Bates, a senior from Lebanon who took the gold in the high hurdles, at the 5A state meet last year.

The Lions are also showing depth for the hurdles as sophomore Jacob Woods finished in fifth place with 16.64 seconds and Hayden Glenn (sophomore) finished in seventh with 17.20.

"They're getting used to the race, and I think they can do very well in the future as they get their forms down," Knutson said.

This week the Lions host a meet at home of Wednesday and then travel to Springfield where they will face more 5A schools. But that shouldn't bother Cottage Grove, as they've been able to keep up with the competition so far.

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