

Burnsville Relays head Rams into stretch

by Dave Black

The week something the sprinters wouldn't soon forget.

He dittoed off a long schedule every day and passed out copies to the group, many of whom became discouraged before even starting. But those who kept at it improved considerably, and the Rams wound up with a good team.

This year, the time has been doubled and hard word spread to all parts of the squad. The head coach leads the sprinters, hurdlers, and field event men in interval work at 170-, 220-, 330-yard, and quarter mile distances.

Coach Paul Busch in working the distance runners on long distance and half miles. In addition, coach Duane Skie may be getting his weightmen out of the circles and onto the track, and on stepping up the work for his group of underclassmen.

Chemistry teacher, Ted Moliter, a track coach until this year, has been working part-time year, has been working part-time with the hurdlers on technique early in the season, helping them to become one of the top groups in the state.

Following a so-so third place in the North Suburban Relays, Ramsey won three meets by big margins last week, beating some top competition from around the area.

In two weeks, the Rams should be ready to tackle the Bears.

On Tuesday, the Rams (113) had no trouble disposing of Kellogg (69) and Stillwater (23). Mounds View and North St. Paul, two perennial league powers, fell victim on Thursday. 86-66-53

MV had tied Ramsey in the North Suburban, while NSP easily captured the South Suburban.

Two days later the team totaled 85 points to sweep the Cottage Grove JC Invitational Track Meet. Richfield (ahead of the Rams in an earlier meet) finished second with 64 1/2, followed by two more Lake Conference schools, three Suburban teams, and host St. Paul Park. Anoka (2nd in the NS) and South St. Paul (2nd in the SS) were among the beaten.

The relay teams were very successful, winning five of five in the Kellogg meet and taking several firsts in the other two meets. Mike Phippen, Craig Granse, Bill Souther, Dave Mortensen, and substitute Mark Baden won the mile relay in all three.

Phippen and Mort joined Dale Ahrens and Bruce Gerboth to bring home the big 880 relay trophy from Cottage Grove.

The Bloomington Kennedy Relays, involving the Rams and the two B-ton schools, will be run Tuesday afternoon, starting about 3:00, on the Kennedy track.

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The last two weeks have been quite important ones for Ramsey's track team, which will soon close up its "unofficial" season and head into the championship meets.

The club was scheduled for the first of two extremely tough weeks of workouts this past week. Last week, the Rams showed their strength in four meets over an eight day period.

Tomorrow, some of the top runners will compete in the 2nd annual Burnsville Lions Relays, an all-day affair involving over 30 teams in various classes.

With only two comparatively minor meets in two weeks, head coach Kent Smith decided to work the cindermen especially hard these weeks, so everyone is in top physical condition heading into the Suburban Conference championship meet, scheduled for May 11 and 14 at Macalester College. Defending champ White Bear Lake has turned in top-notch performances in many of the 20 events, and the Rams will have to drop times in order to catch the Bears.

A last-minute change on the 1969 meet schedule gave Smith a week without any outside competition. When the team wasn't progressing well in early running, the coach decided to make

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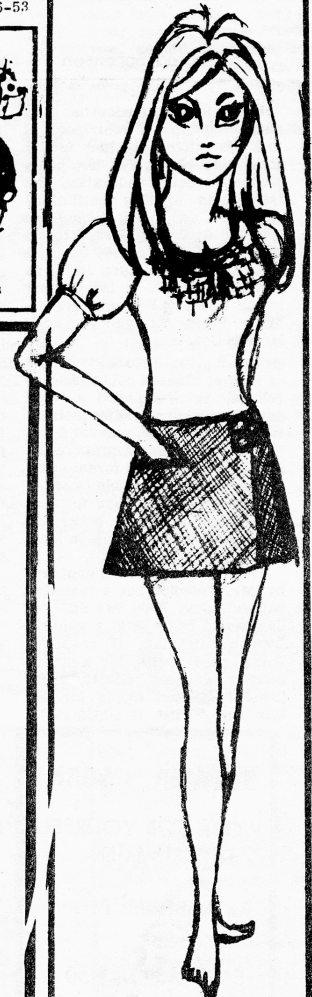
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