



A typical warm-up for the winter track team. Craig Hilliard, John Wernicki, Ken Washington, Mike Fluckiger.



... and they're off ... Kevin Reddington.

Winter Track

... running, panting, breathing hard and deep ... taking distances from 60 yards to two miles ... consistent fine performances by long distance runners and sprinters ... a year of rebuilding ... filling in the gaps left by injuries and reductions in the squad ... hurdling over these obstacles straight to the group four championships in the distance medley ... discipline, strength, endurance; the basics for overtaking and winning ... energy and enthusiasm leading into the outdoor season. ...



Bill Webster and Don Hamer lap it up.