

Athlete of the Week 3/29/10



Sponsored by Subway Restaurants, this honor is given each week during the school year to the athlete(s) exhibiting the greatest accomplishment or contribution to the schools athletic programs. This recognition takes into consideration not only athletic accomplishment, but also attitude, leadership, and inspiration to others. Come back often and see who the new Athlete of the Week is.

Justin Rehfeldt took both distance titles at the unofficial indoor state meet, the Illinois Prep Top Times Classic. His 9:39 in the 3200m is the second fastest time in school history, just a half second behind RC's first state champion, Brandon Mull. Rehfeldt doubled back in the 1600m and cruised to an easy victory. If he is able to duplicate this feat outdoors at the IHSA State Meet, he will become the 9th runner in the 120 years of Illinois track and field to complete the distance trifecta (cross country, 1600, and 3200 titles) in the same year. And only the 2nd junior to do so after Craig Virgin.

Courtney McKibben entered IPTT ranked fourth, but after ripping through her prelim heat she put the hurdle field on notice. In the finals she waited for 5 minutes before the photo finish declared her the winner. Her 8.60 finish time is a personal best, school record, and the fastest time in the state for 1A competition.

