

TRACKMEN: *depth, talent, and experience*

Prospects are excellent for a fine season for Ramsey's varsity track team this spring. Fourteen returning lettermen form the nucleus for an experienced club, with good depth in nearly every event.

Head coach Kent Smith mentioned the wealth of talent in every area, except in the pole vault. With nearly 100 out for track this year, many experienced cindermen will have to keep working to stay ahead of a strong crew of underclassmen.

The Rams will probably battle White Bear Lake and North St. Paul for the Suburban Championship, with South St. Paul and Mounds View possibly making it a five-team race. Ramsey finished fifth last year, behind champion WBL and the other three powers, then recovered to capture second in district and region competition, and a tie for eighth in state.

The team last won a conference title in 1965.

Captain Dave Mortensen; lettermen Mike Phippen, Bruce Gerboth, Dale Ahrens, and Mike Jackson; and some good underclassmen head the excellent group of sprinters. Mortensen and Phippen ran on the mile relay team that tied for fifth in state last year.

Seniors Brad Ellevold, Craig Granse, and Phil Houde, and juniors Carl Brandt and Byrdean Haataja lead the long-distance runners. Many underclassmen from Ramsey's outstanding cross country team are expected to help in this area.

The entire hurdle crew returns, including lettermen Gregg Langer, Mark Gilmore, and Dave Black, and some potentially good juniors and sophs. Langer captured the district high hurdle title in 1969.

The weightmen are strong, led by seniors Bill Cardinal and Dan Johnson. Cardinal won the Region IV title and took fifth in state last year in the discus throw.

The team travels to Mankato next Wednesday for an indoor triangular meet (Mankato and

Rochester Mayo), then opens outside competition Saturday, April 11 in the North Suburban Relays at Coon Rapids.

Ramsey vs. Northfield

Ramsey's track team looked strong in the running events, but lack of practice time in the field events hurt, as they dropped a 56-49 decision to Northfield last week at Carleton College, in the annual season opener.

Outscored 26-6 in the high jump, long jump, pole vault, and shot put, the Rams recovered quickly to pull ahead, 33-31, after

four running events (scoring 5-3-1). But the Raiders took the half-mile and two-mile runs 8-1 each to clinch their usual victory over the Rams.

Ramsey firsts included Gregg Langer (high hurdles), Dave Mortensen (60-yard dash), Craig Granse (mile run), and Mark Gilmore (low hurdles). Langer set a new stadium high school record and Granse broke the meet record.

In addition, the Rams took both the half-mile and mile relays, breaking the stadium high school record in the latter.

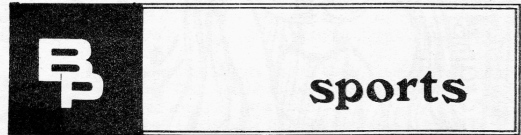
Mortensen made up nearly ten

yards on the final stretch of his anchor leg to eke out a win in 880-yard relay. Mike Phippen, Dale Ahrens and Chris Olson ran the first three spots.

middle, was good for the mile relay record. Granse and Brad Ellevold ran tough and the Rams broke the record of 3:41.4 by one tenth of a second.

The combination of Phippen at the start and Mortensen at the finish, with two distance men in the

The results of the Suburban Invitational earlier this week were past BP's sports deadline.



Senior Phil Houde leads the way as he anchors the two-mile relay at 2:10.

Sleiter, netmen very optimistic

by Mike Dec

Ramsey's tennis team will open its 1970 tennis season on Tuesday April 7, against North St. Paul. The Polars, along with White Bear Lake, are rated as probable conference title favorites.

Coach Duane Nelson is very

optimistic about the team this year and expects them to do fairly well. Nelson feels Ramsey has a well balanced team, with quite a few boys coming out. There are ten or twelve contenders for varsity team with six leading candidates.

The Rams have only one returning letterman, Lee Sleiter, who will also serve as captain.

Probable starters for the team will be Lee Sleiter and Joe Elling at first and second singles, respectively. Don Sitter and Mark Manderfeld will probably alternate at third singles. Gary Kilgore and Steve Hill will be at first doubles and Bruce Haglen and Steve Kanten will be at second doubles.

Photos

by

Bob

Christensen

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