

Beyond the pain, I hit this perfect stride: Motion without effort.

It's like I'm being carried through the streets in this smooth funky groove.

But my brain doesn't know it. It's cranking kick-ass rock-n-roll.

## Shawnee grad Tarello qualifies for IC4As

Shawnee graduate Chris Tarello ran the fastest 800 meters of his life this weekend, placing third in the Adidas Princeton Open at Palmer Stadium with an automatic IC4A-qualifying time.

Tarello, a senior at Rider University, covered the two laps in 1:51.22, finishing just behind Scott Anderson (1:49.86) and Ozzie Shaw (1:50.11) of Princeton. All three qualified for the 119th annual IC4A meet, scheduled to begin Friday at George Mason University in

Fairfax, Va.

In Fairfax this weekend, Holy Cross graduate Greg McIntyre added two inches to his personal-best in the pole vault, placing second in the Mizuno George Mason Invitational at 16-8¾. McIntyre, a senior at LaSalle, finished 6¼ inches behind winner Jeff Core.

In Baton Rouge, Willingboro's Carol Lewis remained unsuccessful in her bid to qualify for a fifth consecutive United States Olympic Trials.

Lewis, a 1981 graduate of Willingboro, placed third at the LSU Invitational in the long jump with a mark of 19-6¼. Lewis needs to jump 20-8 to post a provisional Trials qualifier and 21-½ for an automatic qualifier.

### Qualifies For 5th IC4A

Chris Tarello of Medford has qualified for his fifth Intercollegiate Association of Amateur Athletes of America (IC4A) event at George Mason University.

A junior on the Rider University men's track team, Tarello qualified in the 800 meters at a recent Princeton University competition when he matched his personal best time (1:51.2) for third place.

A graduate of Shawnee High School, Tarello also qualified in the 400 meters when he clocked a personal best time of 48.2 (second) in a quad meet at Rider.

The junior will also compete in three relay races—the mile, 4-by-100 and 4-by-800—with Rider teammates.

Tiger miler Scott Anderson stepped down to the 800 and won an exciting race in which the first five, all local runners, had IC4A qualifying times. Anderson ran 1:49.86, teammate Ozzie Shaw 1:50.11, Rider's Chris Tarello 1:51.22, and Tigers Joel Herrington 1:51.36 and Jim Colling 1:51.42.