

# Senior Spartan sprinter demonstrates leadership skills

At this year's Meyo Invitational and Michigan State's Shane Knoll was entering the home stretch with a chance to claim victory and earn a spot in the Spartan record book. He glanced at the infield and there was MSU sprinter, Jeremy Orr running along yelling and urging him on. That support from a teammate helped Knoll to summon the strength to race to victory in the record time of 3:37.36. For Orr it was clear evidence that he has grown into the kind of teammate and leader needed to help the Spartans develop the kind of track program that can compete more effectively in the conference and the nation. And Orr credits assistant coach Randy Gillon, who

handles MSU sprinters and hurdlers, with fostering that growth. "He (Gillon) has just stressed the importance of hard work, dedication and team camaraderie," Orr said. "That is something he has brought to the table that has helped me become a better teammate and a better athlete. "I have become a much better teammate. Honestly, if this was three seasons ago, I couldn't have told you one person's name on the distance team, or one person in the throw unit." A graduate of the University of Illinois, Gillon is in his third year with the Spartan squad. "I'm very thankful for Coach Gillon because he brings stability to the program and to our sprinter group," Orr



**Jeremy Orr**

said. "He is my third coach now, and I have been able to have him for the last two or three years." Orr is set to close out a stellar five-year Michigan State University track career with a trip to the NCAA championships in Fayetteville, Arkansas this weekend to compete in the

400 meter dash. It's been quite a journey, one that started as a three-star football/track recruit from Detroit's Henry Ford High School went on to become the Spartan's 400

meter record holder erasing the 24-year-old mark set by Eliot Tabron, and will end with a second appearance in the NCAA meet. Orr, was first recruited to play football with an agreement to

run track. After two years with little playing time on the gridiron, Orr decided to give up football and concentrate on track where he had been named the Big Ten Freshman of the Year

## Discus thrower wins Big 10 championship honors

Lonnie Pugh is a copy cat on the Michigan State University track team - and that's a good thing. The Spartan discus thrower watched teammate Beth Rohl win MSU's first ever Big Ten championship in a throwing event winning the indoor weight throw title as a true freshman last winter and determined he'd like to duplicate that accomplishment.

The 6-6, 230-pounder, also a true freshman, did just that as he became the first male Spartan thrower to earn Big Ten championship honors. Pugh won the outdoor discus title, then followed with a fifth place finish at the Midwest Regional meet to qualify for NCAA Championships in Fayetteville, Arkansas June 11, 12 1n3 13.

"Beth impressed me from the first day I saw her," Pugh said. "And seeing her win a Big Ten championship, I realized that that was where I wanted to be.

"I told myself at the Big Ten Championships that I wanted to do the same thing that she had done. I am glad that this season

has gone the way that it has for me."

It's been a stellar season as he finishes with the Spartan discus throw record of 58.65m (192-5), the Big Ten title and a trip to the NCAA Championships. He goes in with the 10th best mark in the nation. It's a season that almost didn't happen. Pugh sat



**Lonnie Pugh**

out the indoor season with an injury and was slated to red-shirt the outdoor season as well.

MSU assistant coach, John Newell, who handles the throwers, decided to allow him to compete after Pugh showed progress and appeared ready to compete at the Big Ten level.

"The biggest thing I saw in

him, he started to really come on toward the end of the fall," said Newell. "By redshirting and having him compete unattached, I wanted to see what it was like for him to travel and what it was like to compete against guys in the Big Ten."

Obviously it was a good move.

"Wherever God takes me, that's where I plan on going," Pugh said. "I am looking forward to the rest of the year and definitely next year and the years to come.

"This throwing group now and all the people we have coming in, we are going to have a lot of fun, so I am very excited."

"It is just the beginning for him," Newell said. "This is the first time that we have had a guy win a Big Ten title in the throwing events. Our goal this year is to see him throw strong at the NCAA Championships and then do well in the Junior Nationals.

"I think he is just getting going. Inch by inch, I want him to feel comfortable. I don't want to put a ceiling on him; I really think that he has the chance to do something amazing here."



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MONDAY JUNE 15TH THRU THURSDAY JUNE 18<sup>TH</sup>

6 PM - 8 PM EACH NIGHT

The Greater Lansing African American Health Institute (GLAAHI) in partnership with NorthWest Initiative (NWI) invites you to our events for National Men's Health Week.

Monday June 15<sup>th</sup> KICK OFF/CONVERSATION ON DEPRESSION

Tuesday June 16<sup>th</sup> - PRISONER RE-ENTRY HEALTH

Wednesday June 17<sup>th</sup> - MENTAL HEALTH NIGHT

Thursday June 18<sup>th</sup> - UNNATURAL CAUSES

Tuesday event will be held at Northwest Initiative 1012 N Walnut, please contact Maria Zavala, Outreach Manager, NWI at 517-999-2894, for more information

Monday, Wednesday, and Thursday will be held at the Black Child and Family Institute building, 835 W Genesee Street, contact Eldon Ligon, GLAAHI, at 517-492-0376, for more information

**SPEAKERS**

- |           |                                |
|-----------|--------------------------------|
| Monday    | -MARVIN CATO                   |
|           | -CYNTHIA SCHNEIDER/WKAR        |
| Tuesday   | -MARIA ZAVALA                  |
|           | -MONICA JAHNER                 |
| Wednesday | -COMMUNITY MENTAL HEALTH       |
|           | -STOMP OUT THE STIGMA          |
|           | -REV. CHARLES CORLEY           |
| Thursday  | -MARVIN CATO/GUEST FACILITATOR |

Snacks will be provided

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- NWI
- CITY OF LANSING
- INGHAM COUNTY HEALTH DEPT.



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