25th

14th

Special Needs

Center Lip Sync

Running around

Kids following parents' footsteps

By **JEFF FISHBEIN** Sentinel sports editor

Carly Hite (now Lynch) was a state qualifier in cross country and track for Indian Valley. Scott and Tamara Sechler had coaching ties to both Lewistown and Indian Valley – he's the son of an all-state sprinter from Frederick, Md. – and will carry on that tradition with Mifflin County. Meredith Shepherd was a scoring runner on two District 6 championship cross country teams from Indian Valley. Ron Sprecher is the area's senior statesman of running sports, most recently having coached cross country at Indian Valley.

The family tradition continues with the Juniata Valley Striders' youth program. Call it Track and Field: The Next Generation.

Four of the kids who decided to start running at an early age competed on a national stage in 2011, with one earning top 10 accolades in his event and age group.

Malik Sechler, who along with sister Kiana traveled to Wichita, Kan., last July for the United States Track and Field Association Junior Olympics track and field meet, competed in three events, finishing ninth in the long jump with a leap of 4.84 meters (about 15 feet, 10 inches).

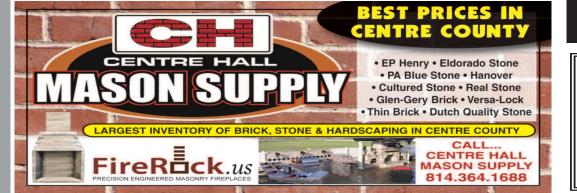
The 12-year-old son of Scott and Tamara, a seventh grader at Mifflin County Middle School, also had top 20 finishes in the 100-meter dash (12.91 seconds) and the 200 (26.57 seconds) in

Continued on Page 21



Photo submitted by CARLY LYNCH

Alyssa Lynch runs in a U.S. Track and Field Association cross country event. She made it all the way to the national championship in Myrtle Beach, S.C.



TOURING FRIENDS MOTORCYCLE CLUB LEWISTOWN, PA February March

12th

Touring Friends meeting,

6:30pm @ Brooklyn

9th	A _J Touring Friends Me	pril	0 Prooklyn		
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	\mathbf{M}	lay			
5th	Victory Spring Open House @ Bestline Powersport				
6th	Cowan's Gap, Berkley Springs, W.Va.				
20th	Lake Raystown, Balanced Rock Ice Cave				
14th	Touring Friends meeting, 6:30pm				
27th	Old Bedford Village, Bedford				
	June				
2nd	Relay Ride Sponsored	17th	Bilgers Rock,		
	By Best Line		Curwensville		
3rd	C.M.N. ride, Danville	19th	OCC Ride New York		
8-9th	Relay 4 Life weekend,	21st	OCC Rain Date		
	@ Derry Park	22-24th	Thunder in the Valley,		
9th	Open House Bestline		Johnstown		
	Powersport	30th	Shady Maple and		
11th	Touring Friends meeting,		Strausburg RR		
	6:30pm @! Brooklyn		C		
July					
6th - 7th Wings and Wheels Mifflin Co. Air					

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ı	9th 10th 11th	Touring Friends, meeting 6:30 @ Brooklyn
ı	10th	Valley View Nursing Home @6:30pm
ı	11th	Valley View Rain Date
ı	22nd	Flight 93, Shanksville, Pa
ı	29th	Corning Glass, NY.
		August

4 & 5th Finger Lakes		13th	Touring Friends meetir
5th	Center Line Abate,		6:30pm @ Brooklyn
	Toy Run, State College	14th	Elmcroft Nursing Hom
7th	National Night Out		@ 6:30pm
8th	Ride for Smile @	16th	Elmcroft Rain Date
	William Penn @ 6:30pm	19th	Hawk Mountain
9th	William Rain Date	26th	Zippo and Bradford
12st	Bike Museum, Jim		**
	Thorpe General Store		
	5th 7th 8th 9th	 Center Line Abate, Toy Run, State College National Night Out Ride for Smile @ William Penn @ 6:30pm William Rain Date Bike Museum, Jim 	5th Center Line Abate, 14th 7th National Night Out 16th 8th Ride for Smile @ 16th 19th 9th William Rain Date 26th 12st Bike Museum, Jim

	September
8th	Milroy and Reedsville Fire Co. Poker Run
10th	Touring Friends meeting, 6:30pm @ Brooklyn
11th	9/11 Ride, Williamsport
12th - 16th	Delmarva Bike Week, Ocean City, Md
23rd	Benezette
30th	Inner Harbor, Md.
	October
1st	Cruise In, Derry Park, 6-9pm
7th	19th Annual Toy Run, Lewistown, Reg. 11am
8th	Touring Friends meeting, 6:30pm @ Brooklyn
	First nominations Officers

November
12th Touring Friends meeting, 6:30pm - Election Officers

Hyner View & Pa. Grand Canyon

All rides subject to change!!! F.M.I.

www.touringfriends.com • 877-861-5218

We have Regular, Social and Junior, Members,

[With Background Check] Touring Friends MC [family oriented]

Rides will be 40-45 Miles or 1 hour which ever comes first, then take a break unless otherwise told before the ride!!

Community Events

Events for the **community calendar** & **daily entertainment page**may be emailed to:

EVENTS@LEWISTOWNSENTINEL.COM