



FORK UNION TRACK AND FIELD NEWSLETTER

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MAY 2022 CHAMPIONSHIP EDITION



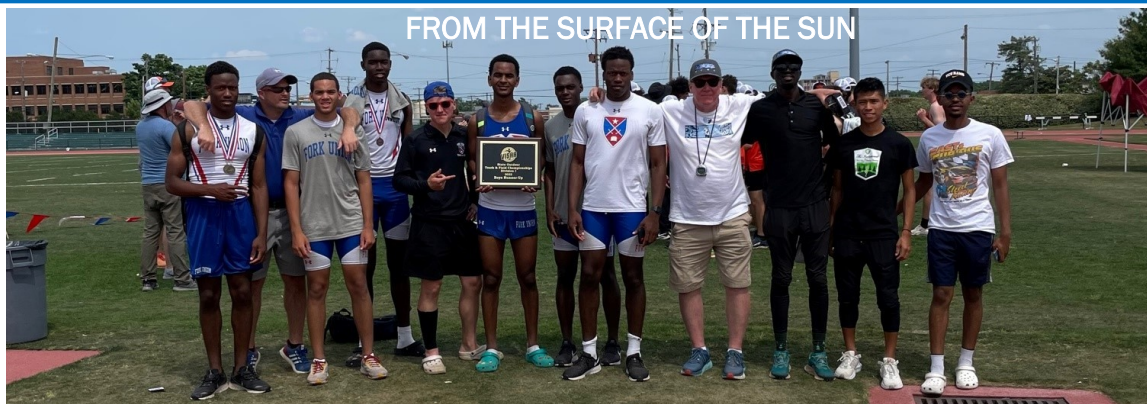
ONE SEASON WONDER MASON BLIGEN SOARS TO THIRD IN THE HIGH JUMP

TRACK TEAM FINISHES ON THE PODIUM AT STATE MEET

JULIUS BROTHERS TAKE FOUR EVENTS

BLIGEN, MUNOZ AND ADDO EARN PODIUM PLACES

FROM THE SURFACE OF THE SUN



Searing heat forced meet management to speed the schedule up at the VISAA Track and Field Championships at Sportsbackers Stadium in Richmond. A day after graduation, the team put all distractions aside and propelled FUMA back to the podium with a second place team finish. Fifteen athletes postponed the start of summer to make it happen. A worthy sacrifice!

The trophy was in doubt until seniors Elijah Munoz and Asamadu Addo earned medals in the discus with a 3-4 finish. For Munoz, it was a spectacular comeback after fouling his first two throws. The sped up meet came at a cost for rookie high jumper Mason Bligen. The Howard bound senior cleared a personal best 6'2 before heading off to run the hurdle semi-final. He returned to narrowly miss at 6'4 but was still third place. Also affected by the schedule were the efforts of the Julius brothers. Though seeded to amass 64 points, the two managed to produce four championships despite the weather. Nic took the 100 and 200 while Q won the long jump and 400. Bringing their best competitive efforts, Robel Lulseged and Jackson Edwards added two scores in the 800. All in all a great finish to a long year.



SCORERS

MASON BLIGEN
DOMINIQUE JULIUS
ASAMADU ADDO
ELIJAH MUNOZ
GAVIN DEMORRO
JADEN CARTER
DOMINIC JULIUS
ROBEL LULSEGED
JACKSON EDWARDS

VPL

FUMA TAKES SECOND SCORES 97 = Q TAKES MVP

Though the Blue Devils did not win the team title, everyone at the Prep League Championship knew they were there. In February, the team took fourth in the League Championship and put up 54 points. Three months later the team climbed to runner-up with a total just shy of a C-note. FUMA managed to score in 13 of the 17 events with a team of just 19.

The field events were big for FUMA as seniors Dominique Julius and Mason Bligen battled elite fields in the long jump and high jump. Q took a victory and newcomer Bligen was a razor thin second.

On the track, Dominique Julius added to his total with wins in the 100 and 200 while brother Nic won big in the 400 in a meet record. The duo came back to help Sa'eed Dasher and Sebastian Antoine- Pompey take the championship in the 4x400. Robel Lulseged scored in three events (4x800, 1600 & 800). Seniors Asamadu Addo, Elijah Munoz, Jaden Carter and Gavin DeMorro all found the scoring column. On to the State Meet!



Photo courtesy of
 Coach Larson

VPL SCORERS

DOMINIQUE JULIUS
DOMINIC JULIUS
MASON BLIGEN
JADEN CARTER
GAVIN DEMORRO
ASAMADU ADDO
ELIJAH MUNOZ
**SEBASTIAN ANTOINE-
 POMPEY**
ROBEL LULSEGED
JACKSON PRETUS
JACKSON EDWARDS
SA'EED DASHER
CALEB DAVIS
TOBIAS ATKINS



SWEEP!

NIC AND Q GO 1-2 IN DOGWOOD 100

After a two year hiatus, the Dogwood Track Classic returned to action with less than glorious weather. The meet has always been special for Fork Union athletes and this year was no different. Running against an elite field of over 150 schools, the Julius brothers took 1-2 in the 100 meter dash in convincing fashion. Nic notched the win at 10.62, a personal best while brother Dominique was second at 10.71. Earlier, Dominique was third in the long jump at 22'7.

The cool rainy day made a full day of competing problematic as the meet lasted well past 8:00 pm. Nonetheless, FUMA had great performances from newcomer Mason Bligen in the high jump at 6 feet and senior Gavin Demorro continued his amazing season with a place in the pole vault.

While fellow Prep League member Woodberry Forest was the runaway winner in the team standings, FUMA managed to climb its way into third place, The performance was the highest finish since the 2018 team finished 5th.

TOP MARKS

LONG JUMP	DOMINIQUE JULIUS	23'3	5/14/22
SHOT PUT	ASAMADU ADDO	44'2.75	4/1/22
TRIPLE JUMP	AYDEN BLAND	38'10	5/21/22
HIGH JUMP	MASON BLIGEN	6'2	5/21/22
POLE VAULT	GAVIN DEMORRO	13'0	4/23/22
DISCUS	ELIJAH MUNOZ	135'2	4/29/22
4X800	LULSEGED, EDWARDS, DASHER, PRETUS	8:58.44	5/14/22
110 HIGH HURDLES	ISAIAH BUREL	16.19	4/9/2
100	DOMINIC JULIUS	10.62	5/7/22
1600	ROBEL LULSEGED	4:49.69	4/14/22
4X100	DAVIS, MULDER, ATKINS, POMPEY	44.94	4/14/22
400	DOMINIQUE JULIUS	48.26	4/9/22
300 IH	ISAIAH BUREL	44.46	4/14/22
800	ROBEL LULSEGED	2:05.78	5/14/22
200	DOMINIC JULIUS	21.34	4/23/22
3200	JACKSON PRETUS	11:02.30	4/1/22
4X400	DASHER, POMPEY, JULIUS Q, JULIUS N	3:24.09	4/23/22



NIC & Q

A TALE OF THE TAPE

FUMA was treated this season to an incredible body of work by two brothers, Dominique and Dominic Julius. Though the team did not enjoy the same depth as in past years, the Julius brothers kept FUMA at the top with their world class abilities.

The year was not without problems. In November, Dominique (Q) suffered a hamstring injury at the end of football and had to sit out all of December and part of January. His brother Dominic (Nic) went on a tear during the indoor season. All was a perfect prelude to what was to come in the spring.

March 16th—four days after Nationals, Nic outlasts Q at a scrimmage meet in Louisa in the 800, 2:17 to 2:21, Both say they never want to run the 800 again but vow never to complain about the 400.

March 19th—The brothers lay it down in a 400 at the Shoot the Gun and Run Invitational in New Kent. Nic 49.18, Q 49.98.

March 26th—In a wind storm at the Fluvanna Invitational, Q takes the 100 in 11.23 and Nic stomps the field in the 200 at 22.09.

April 1—On a chilly day at Woodberry Forest Q splits 48.4 and Nic splits 49.3 in a 4x400 that goes 3:26.41.

April 9th—At the Wildcat Invite at Mountain View, Nic rolls to a 48.41 state leading time in the 400 while Q fights a tough headwind to easily win the 200 at 22.37.

April 14th—At FUMA, Q serves up a 21'6 long jump and a 49.34 400 while Nic takes the 100 in 11.14.

April 23rd—Showtime at the Gus! Q shocks the field in the long jump at 23'1 and returns to take the 100 at 10.68. Nic sets a school record at 21.34 for the 200. The brothers along with Sebastian Antoine Pompey and Sa'eed Dasher bring the house down with a 3:24.09 4x4 that is a VA. #1. Q splits 47.4 and Nic anchors at 48.3!

April 29th—FUMA heads to Fauquier County for the Falcon Classic. The brothers go 1-2 in both the 100 and the 400. Nic wins the 100 at 10.66 while Q takes the 400 at 48.26.

May 7th—Nic and Q finish 1-2 at the prestigious Dogwood Track Classic on a cold blustery day. 10.62 to 10.67. Q also finishes 3rd in the long jump. The efforts propel FUMA to third place overall.

May 14th—Q does his impression of the great Jesse Owens with wins in the long jump, 100 and 200. Nic wins the 400 in a Prep League record and both run legs on the victorious 4x400 with 48 point splits. For his efforts, Q is named the Prep League Championship MVP.

May 21st—In their final meet for FUMA, the twins claim four events a day after graduation. Q wins the long jump and 400 while Nic takes the 100 and 200. The Blue Devils take second to Woodberry in the team standings.

All told, 25 total event wins for Nic and Q, including 3 relay wins. Q took 12 wins on the season while Nic picked up 10 and a school record. What a year for the Randle Award winners, thank you Nic and Q!



DOMINIQUE
100—10.68
200—21.44
400—48.26
LONG JUMP—23'3

DOMINIC
100—10.62
200—21.34
400—48.41

ROCK, PAPER, SCISSOR
AVERAGE BETWEEN
THE TWO—8

FUMA SPORTS HALL OF FAME

TRACK LEGENDS INDUCTED INTO HALL OF FAME

A fantastic night at nearby Spring Creek Country Club was hosted by the FUMA Development office for the bi-annual FUMA Sports Hall of Fame. Perhaps one of the most exclusive Hall of Fame's anywhere. The track team was well represented this time around with the induction of Coach Micky Sullivan (FUMA Class of 1967) and former National Pole Vault Champion Braxton Davenport (FUMA Class of 1991). The two were joined by Football standout Tyrone Drakeford (FUMA Class of 1990) and Virginia Tech Head Basketball coach Mike Young (FUMA Class of 1982).

Braxton still holds the school record for the Pole Vault at 16'9 as well as many meet records around the state. His Penn Relays meet record of 16' 1/2 lasted for sixteen years. Micky Sullivan was a major force for the track team in the 80's and 90's assisting Fred Hardy and recruiting football players to take up track in the offseason. He also coached some Football too.....



WHAT A GREAT WEEKEND!
CHRIS PERRY BACK ON CAMPUS!!
THE DAVENPORT'S
COACH BROWN WITH JIM SQUAT-
RIGLIA AND MARC UPTGRAFF.
THERE WAS A MATT HARMON
SIGHTING!
MIKE "AUTOMATIC" REDDEN WITH
GUEST OF HONOR COACH SULLI-
VAN.

FUMA TRACK THROWBACK

BRAD MORRIS STATE CHAMPION—THE HARD WAY

There has never been a better Battalion Commander than Brad Morris FUMA Class of 2001! Smart, even tempered, physically imposing and uncompromised morals. He was what we look for every year. He was also an incredible athlete. A lineman for Micky Sullivan in the fall and a captain in basketball, Morris was a jack of all trades for the track team in the spring. He had one problem his senior year, he was exhausted. With all of the responsibility of being the BC, Morris was often wiped out by the time he got to track in the afternoon. Early in the season, the Blue Devils had a tri-meet with two local schools. Morris did not score a single point.

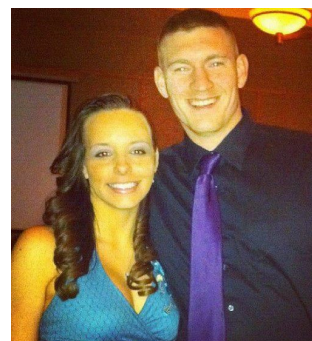
The week before the State Meet there was no indication of what was to come as Brad scored a pair of 5th places in the hurdles and was 3rd in the shot put. On May 19th, the team pushed off early in the morning to pursue the 14th straight state championship, Morris figured to be part of the team's imposing depth.

In the shot put, Brad put up a decent effort for 6th but not his best. In the high hurdles he finished fourth in a talent laden field. One last chance with the 300 hurdles, not viewed as his best event.

The 300 hurdles is a tough event, part sprint, part middle distance with some mental toughness thrown in. Morris had the mental toughness but was also lugging a lineman's body. His main competition came from teammate Henry Hurd. The junior was fast and agile and already a champion.

In one of those rare occasions in sports when everything comes together at just the right time, Morris put together a perfect race and caught Hurd and the rest of the field completely off guard. His final time of 41.39 was nearly two seconds better than his previous best. A long year of sacrifice and often thankless effort culminated in Brad winning a state championship in his last individual race. It was the only race at the varsity level that he ever won.

Today Brad runs his own Real Estate Brokerage firm in West Virginia. He and his wife Lacie have three sons and enjoy the great outdoors of Wild, Wonderful West Virginia.



UNSUNG HEROES OF 2022



A 25 YEAR BLUR

In August of 1997 I pulled onto FUMA's campus in a UHAUL truck with 34 dollars to my name. The first person I had contact with was FUMA legend Micky Sullivan. He was walking up Academy Lane in his customary side to side stroll with a duffle bag over his shoulder. It was of course the end of a three session practice day. He handed me a key to my luxury apartment at Oak Ridge and said simply, "Welcome to Fork Union." That moment seems like it happened a couple of hours ago. When I left Portsmouth, Virginia that summer, a fellow pizza deliveryman told me that my social life was over and that I'd be no different than a monk. How wrong that guy was.

The past 25 years have been exhilarating. Win or lose, at the end of every year there has always been a thirst to do it again. The freedom to create afforded me by the school is outdone by only two other factors, the cadets and my fellow coaches. My time here has been greatly enriched by the likes of Fred Hardy, Micky Sullivan, John Ransone, Bob Miller, John Shuman and Fletcher Arritt. They remain giants to me. Duane Fender, Todd Giszack, Rich Taddei, Steve McCoy and Bob Burger are the brothers I never had. The student athletes never cease to amaze me. Some are so good that it is just fun to show up at work everyday. My only regret is that my Father never coached here with me, most of what I know about the sport of Track and Field comes from him. I know he would have enjoyed it.

Though 25 years in, there is much left to do. Boosting participation, renovating the outdoor and indoor tracks and bringing the greats back every year to the Gus Lacy Track Classic. And making sure the Winged F keeps flying. Bring it on!

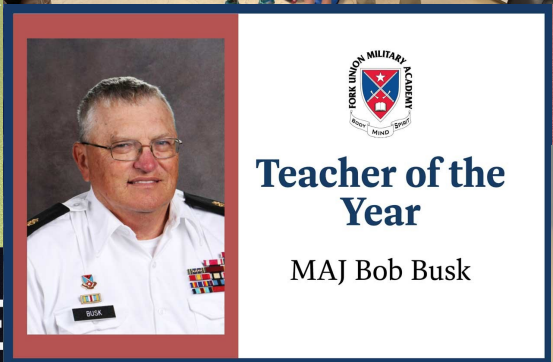


SEPTEMBER 17th

25

@ THE HARDY CROSS COUNTRY COURSE





WHO WE ARE—
MARCUS BILLINGSLEA AND MILES MAYFIELD—ONE YEAR IN.
MIKE REDDEN AND EDDIE GEORGE—JUST A COUPLE OF FUMA TRACK LEGENDS.
JETT MONTES—CHAMP
AL LOMONG—LOOKING FOR EMPLOYMENT
PETER LOMONG & ANTON BARTSEVICH—IN GOOD COMPANY.
 FUN AT PRACTICE.
BOB BUSK - OUR THROWS COACH.
JULIAN YESCAS & EBRUBA ETTA—COLLEGE GRADS.
 SPEAKING OF LEGENDS -
RANSONE AND HARDY!
THE LULSEGEDS.
BLIGEN & CARTER -2022!!!

