

# Injury ousts Hess

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All was well with Rochester's Robert Hess going into the Oakland County boys' track meet.

Hess was favored to capture the 100-meter dash and long jump, having posted the county's fastest 100-meter dash time of 10.7 and garnering regional and league titles along the way. He also had the best long jump in the county, leaping 22-7 at the Greater Oakland Activities League meet Tuesday.

Then, disaster struck.

"During the 800-meter relay, I was running my leg," Hess said, "although I usually don't run 200 meters flat out. I normally run a leg on the 400-meter relay and I pulled my right hamstring about half way through the (800-meter) race," Hess said. "I was just trying too hard."

Unfortunately for Hess and Hal Commerson's boy's team, the injury forced Hess to withdraw from the meet and reduced the chances the 400 and 800-meter relay teams had in competing for the county championships in the two events. It also put a damper on the Falcons' quest for winning the triple crown in track (it already won the regional and league championships).

"It was the meet I wanted to do well in all year," Hess said. "I was hoping to be county champion in the long jump, 100-meter dash, 400 and 800-meter relays — all four events."

Fortunately for Hess and the rest of the Rochester thinclads, Hess's injury shouldn't prevent him from racing at the state finals next Saturday in Jackson.

"He (Commerson) pulled me from the meet after the 800-meter relay, and that should help in getting my hamstring in condition for the state meet," Hess said.

At last year's state meet, Hess placed a surprising fifth in the 100-meter dash after being unranked going into the meet. His time of 10.7 ranks him in the top 10 in the state going into the Oakland County meet.

Although Hess was slowed temporarily in his quest for better times and titles, he hasn't lost the desire to continue running track in college.

"I've talked to Arizona State University's track coach Len Miller, and he and I agreed I'll probably try the decathlon," Hess said. "The problem is, there are so many fast sprinters in college and there are also so few scholarships to give out. I'm also considering going to the University of Michigan."