

# Gilpin girl power



PHOTOS BY DAVE GIBSON

### At the State Championships

Top, left; The 4 x 800m relay team of Skyley Ramsey, Faith Ramsey, Lizzie Westbrooke, and Abby Smith broke several records this year, culminating in a 7th place finish at State. Top, right; "Team Ramsey" from left to right: Faith Ramsey, Skyley Ramsey, and Avery Ramsey all won medals. Bottom, right; Faith Ramsey in the 3200m. Bottom, left; Avery Ramsey was the top finisher for the Eagles

### Dave Gibson Lakewood

Year in and year out, the always competitive Gilpin County School Track Team seems to have someone entered at the Colorado State Track and Field Championships at Jeffco Stadium in Lakewood. This time it just so happened that all of the Eagles athletes were girls.

Five-sport freshman Faith Ramsey qualified for the 800m, 1600m, and 3200m having set a Gilpin school record at Denver Christian in the 1600m while running the fastest time in Girls 1A track this season. On the first day of events, she placed a respectable 8th in the 3200m to earn a medal. The second day was canceled due to a heavy, wet snow storm Friday, June 20.

Resuming the competition the next afternoon after crews cleared the track and stands of snow, it wouldn't be until

after 8 p.m. that the Girls 4 x 800m Relay Team would take the stage under the lights. Comprised of Lizzie Westbrooke (freshmen), Abby Smith (junior), Skyley Ramsey (junior), and anchor Faith Ramsey (Skyley's sister), the girls enjoyed great success this year having broken the school record twice entering the meet. Saving their best for last in frigid 40-degree temperatures, the team broke their own school record again with a time of 11:31.50, shaving 36 seconds off where the mark stood at the beginning of the year and good for 7th place.

The third member of "Team Ramsey," freshman Avery Ramsey (no relation to Skyley and Faith), qualified for the 300m Hurdles with her performance at the last regular season meet in Kremmling. On the final day at the State Championships, she recorded her best time of the year, taking 6th place.

Good Life  
Pilates



We are a full service Pilates studio offering privates, semi-privates and classes. We specialize in biomechanics and physical therapy based Pilates as well as Pilates for Fitness. We offer reformer, chair and pole systems. We offer workshops throughout Colorado and across the United States.

New group classes starting soon!

Now open Sunday to Friday from 8:30 a.m. to 6:30 p.m.

Pam Harrington

Website: <https://www.goodlifepilates.com/> or call (303) 748-0289  
34 E 1st St Nederland (Downstairs below The Deli)

epickseafoods.com

The Environmental Pick:  
Wild, Sustainable, Alaskan,  
Sockeye Salmon

We Deliver!  
907-518-0092

