

OCT 31 2013

## ADRIENNE HUNDEMER – LIST OF ACCOMPLISHMENTS

### Dayton, KY High School (Graduated 1994):

20 High School State Championships:

Track 300M Hurdles Champion: 1990, 1991, 1992, 1994

Track 100M Hurdles Champion: 1991, 1992, 1993, 1994

Track 400M Dash Champion: 1991, 1992, 1993, 1994

Track 1600M Relay Champion: 1989, 1990, 1991, 1992, 1993, 1994

Track 800M Relay Champion: 1990, 1993

Still holds State Track Meet Record of 14.7 in Class A100m Hurdles (1994).

4 Time Kentucky All-State Team

3 Time *Kentucky Post* Female Athlete of the Year

1992 Kentucky Track Sophomore Runner of the Year

1993 Kentucky Track Junior Runner of the Year

1991-1994: Named to Kentucky Track & Cross-Country Coaches Association Super Team

1994 Northern Kentucky Athletic Conference Runner of the Year

1994 *Kentucky Post* and *Kentucky Enquirer* Runner of the Year

1994 Lee's Famous Recipe Star of the Year

Inducted into Northern Kentucky Athletic Directors High School Hall of Fame

Named 2004 Kentucky Sports Legend

2007 Inducted into Dayton High School Sports Hall of Fame

2013 Inducted into Northern Kentucky Sports Hall of Fame

2013 Inducted into Buddy LaRosa's Sports Hall of Fame

### Marshall University – Huntington, WV (Graduated 1998)

Awarded full track scholarship.

1997 All-Southern Conference Championship

Still holds school's Sprint Medley Relay Record of 4:13.44

### Post Education

Former Cincinnati Bengals Ben-Gal Cheerleader

Works as a Licensed Massage Therapist

Girls' Cheerleader Coach

Mother to 2 daughters – Malia (14) and Sophia (2)

October 29, 2013

Nominating Committee  
Dawahares/KHSAA Hall of Fame  
2280 Executive Drive  
Lexington, Kentucky 40505

Dear Committee:

Where do I start? Adrienne Hundemer is one of a very few special athletes; one with talent, an unbelievable work ethic, and a will to win above all odds, and I was privileged to be her high school cross country and track coach.

Adrienne was not a silver-spooned student/athlete. She worked hard to make herself successful, realizing at a young age that she could possibly rise above her situation and get a college education.

Her determination was something that I had a hard time dealing with at first because so many young people talk a good performance, but few usually produce. This became evident one year at the Bellevue Invitational Track Meet, early in her career. We had run at the Lockland Nite Relays on Wednesday, Thursday and Friday nights. Saturday morning was qualifying for Bellevue. Adrienne had run three qualifying events at Lockland on Wednesday evening and came back to run four finals on Friday night, winning gold medals in all four. I told her to pick one event to run at Bellevue. She proceeded to tell me that she was going to win the "Gold Baton" which is given to the meet's outstanding performer. Therefore, she was going to run all of her events. I promptly told her that she could not do that because I really didn't think that running so much was good for her body.

Well, she had it her way and ran three preliminaries on Saturday morning and four finals that night, winning every race, four more gold medals and the coveted Gold Baton. That amounted to 11 races in just under 24 hours. I was a believer: don't question Adrienne's determination.

But I did one more time. The State Meet format was completely changed so that instead of her four events being spread over eight hours, there would be only a 3-hour time differential. Now remember that I was one of those that had pushed for this change, feeling it was best for all track & field in Kentucky.

When the change went to fruition, I told Adrienne that she was probably going to have to change one of her events, either the 400 meter dash or the 300 meter hurdles since they were back-to-back with only about 20 minutes of rest time between them.

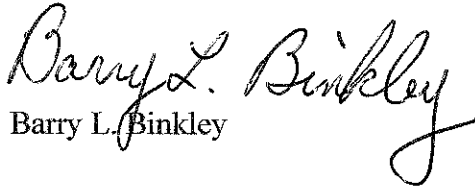
You guessed it. She informed me that it would be no problem, she could still win. Now I'm thinking about what everyone was going to say about me doing that to her. But no worries – she won both events!

Finally, in her senior year in her last race at State, Adrienne was the anchor leg of our 4x400 meter relay. N.C.C. had changed their order and got a commanding lead. By the time Adrienne received the baton, N.C.C.'s runner was probably 80-90 meters ahead and in the middle of the curve. Adrienne took off and by the time she was on the back stretch of the track, she was gaining ground unbelievably fast. I remember dropping my hands to my knees and saying, "She's going to do this!" By 300 meters, she passed the N.C.C. runner and won going away. No one got her split time, but it was probably something around 54 seconds. I have never seen anything like that before or since. That gave her the coveted 20<sup>th</sup> gold medal that she aimed for since her freshman year.

Adrienne Hundemer is one unbelievable athlete and it was an honor to be her coach. You would be hard-pressed to find a more deserving athlete to induct into your Hall of Fame.

Thank you for your consideration.

Sincerely,

  
Barry L. Binkley

November 28, 2013

Dawahares/KHSAA Hall of Fame  
Nominating Committee

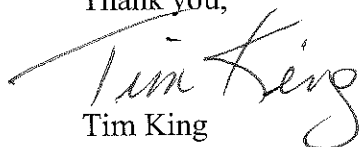
Dear Committee Members:

I have been a track and cross country official for many years. I am writing this letter on behalf of what I think is a sure Hall of Fame candidate. Andrienne Hundemer was one of the finest track athletes that this state has ever seen. She is one of the finest female athletes in state history. If you look at all the accomplishments and records that she has, I feel that she should be in the Hall of Fame.

Whenever we talk about history in our great sport, and I tell people what Andrienne has accomplished, they cannot believe it. When they ask if she is in the Hall of Fame, I have to sadly say no. Andrienne won back-to-back events in the 400 meter and 300 meter hurdles, an unheard of feat. She did not do this once, but multiple times. That alone should warrant consideration to the Hall of Fame. She also anchored the 1600 meter relay team to multiple state titles as well.

I hope you will take a hard look at Andrienne for the Hall of Fame. I certainly am a huge fan of hers and think she deserves to be in. I hope you will consider her nomination.

Thank you,



Tim King  
1106 Sycamore Street  
Falmouth, KY 41040-8210

