

Laura Fiore La Francesca

1996 - Soccer, Indoor Track & Outdoor Track



The phrase the “Dynamic Duo” applies to Stoneham athletics when speaking of the Fiore Twins. During their reign at Stoneham High, Laura Fiore La Francesca and Tricia Fiore Allwardt, sent track teams around the state shaking in their spikes at the sight of these two walking on the high jump mat or lining up on the track in a relay race. Legendary Track and Field Coach and Hall of Famer Alain Rocher said that Stoneham won many titles because of this duo.

Surprisingly, Laura started her high school athletic career as a soccer player and continued to play all four years, having much success in her junior year when Stoneham, a 16th seed, surprised the league and knocked out the number 3 seed. That victory advanced Stoneham to the semifinals of the Mass. State tournament. Tricia took a different path and started her high school career running cross country. She was the quintessential track athlete. It was all track, all seasons. Tricia was voted captain of the cross country team her senior year. Her daily training took her through the Middlesex Fells Sheepfold, rain or shine, pounding in mile after mile on each run. Tricia will say that she misses those runs especially with the change of the seasons.

From soccer and cross country season Tricia and Laura moved seamlessly into a fierce indoor and outdoor track schedule. The sisters were not only teammates but also rivals as they went head to head against each other in the high jump. During Tricia’s freshman year, she was part of the State Class C high jump relay team that set a new state record of 14 feet 8 inches combined. In their sophomore year, Laura joined Tricia on the jump team. Together, along with Danielle Termine, they smashed the record they set. Junior year they added Carolyn Devlin and laid down a new mark of 14 feet 11 inches adding more championships to their list. In winter of 1995 Laura pulled an individual win at the State Meet. Laura, at her third attempt to clear the height, leapt to a personal best of five feet four inches and captured first place. In 1996 the Class C State Meet, Laura and Tricia cleared the same height five feet two inches. Laura took first place and Tricia took second, their place determined only by number of attempts. In spring of 1996, Eliot Schickler, writer for the Stoneham Sun, called The Fiore Twins, “the premier leapers in the State of Massachusetts.”

Not only were Laura and Tricia great jumpers but also great runners. Laura and Tricia, along with Kaytee Seabury and Amy Gebhard, made up Stoneham’s 4 x 800 relay. The foursome clocked a time during the season that was fast enough to qualify them to compete at every elite meet held in Massachusetts. The last meet of the indoor season, at The New England Track and Field Championships, the quartet took to the track with a field of 19 elite teams. In their heat Tricia was first leg of the relay and she handed off the baton to her sister Laura. Stoneham ran down the clock and crossed the finish line with a time of 9:57.6 not only smashing Stoneham High School 4x800 relay record but also grabbed the win and the gold medal that declared them New England Relay Champions. Both girls were named All Stars in multiple events for multiple seasons and captain of both track teams their senior year. Tricia and Laura have a long list of high school awards and achievements, including the prestigious MacDonald Medal in 1996. Both women agree it was this 4 x 800 record breaking New England Championship team that they list as their most important achievement of their athletic careers.

After graduating from Dartmouth College, Laura taught Italian in the Medford Public Schools and has coached soccer teams in Watertown as well as track

teams here in Stoneham. She lives in Reading, MA, with her husband Vito and their three children, Viola (6), Maria (4,) and Luca (2).

After graduating from Harvard, Tricia became a geologist for ConocoPhillips Inc., an oil and gas exploration and production company and lives in Houston, Texas, with her husband Jeff, her son Cole (3), and her daughter Elsa (1).