



"Determination for self-development."

**Tien Henderson, 10**



"Fun, especially to run with other people."

**Taylor Shelenhamer, 11**



"Fast, to be elegant, strength and your will."

**Christopher Perez, 11**



"Exhilarating, hard work, lots of training, risk-taking."

**Kindra Mingo, 9**

HOW WOULD YOU DESCRIBE TRACK?

**Like lightning.** Leaning forward, senior Justin Burrell finishes the 100-meter race. "My favorite event is the 100 because I'm lightning," he said. Burrell planned to run in college. "[My season] isn't over, we're going to State for the 4x400" he said.

**Up and over.** Jumping over a hurdle at the Will Taylor Relays Invitational, senior Caleb Richmond finishes in the 300-meter hurdles. One of Richmond's more memorable meets was District last year, when he fell. "It was a learning experience," he said. "[It's difficult] getting back in it after you mess up something, but knowing where your faults are is how you fix your mistakes," he said.



**On top of the world.** At Will Taylor Relays Invitational, junior Madison Falvey focuses on vaulting. "Sometimes they [pole vaulting and hurdles] conflict and I have to go run while I'm vaulting and then I have to come back and finish vaulting," she said. "It's really competitive and fun and all the pole vaulters are friends and I like it." Falvey planned to compete at State and to vault in college.

**Make it fly.** Readying his stance, sophomore Austin Deculus prepares to throw his disc. "I like disc because just the fact of seeing something go that far is satisfying and the technique is more complicated than shot," he said. "Throwing has more to it than strength. It also has technique and finesse. It's taken me a long time to master it." Deculus began throwing in seventh grade and was number one in the state and top five in the nation for discus.

**Concentration.** Focusing on the two mile at the Will Taylor Relays Invitational, senior Elijah Moreno strides to the finish. "It was the meet [College Park Invitational] where I broke through mental barriers and just decided to go for it," he said.

**Throw it like it's hot.** Releasing the shot put, junior Cynthia Garza competes at the Will Taylor Relays Invitational. "I like shot because I really like to show my strength and agility in the ring," she said. When Garza beat her personal best at the College Park Invitational, she was "shocked." "I couldn't believe it myself. I was so proud of myself and my coaches because I threw 2 feet over what I usually threw and it felt great," she said.



## TRACK SETS RECORDS AT RICE INVITATIONAL *by Jessica Tan*

2015 marked the first year the women's track team attended the 33rd annual Victor Lopez Classic at Rice University. Athletes not only were able to experience a taste of college athletics, but many athletes also beat personal bests and set school records.

The Victor Lopez Classic, a college-level meet, included high school and college competitors. More than 1300 people attended the three-day event. For junior Rachel Bonta, the third leg in the 4x800, the meet was a milestone.

"For me personally, it was a big accomplishment because I went from running JV to running at a well known college invitational. I've run at meets that have great competition, but nothing like this where schools have to wait on a list in order to get accepted. It shows you that you are considered one of the elite teams," Bonta said.

The 4x100 relay team placed sixth in preliminaries and qualified for finals, which were the next day. Sophomore Nsenga Hallett ran on the 4x100 relay team and liked some aspects of college meets and not so much others.

"It was really tiring to have finals the day right after prelims. It'd be better if there were a whole day for rest, but the competition was better than at the high school level," Hallett said.

In pole vault, junior Madison Falvey

and sophomore Hannah Searby took first and third, respectively. The Victor Lopez meet was the most memorable meet for Falvey because she not only beat her personal record, but she also set the record of 11 feet and 1 inch, which made her 19th in the state.

In shot put, junior Cynthia Garza placed fifth with a throw of 37 feet and 5 inches.

"It felt great achieving my goal to get better every track meet I've been to this year. I had tough competition competing against 45 other throwers. I made fifth overall and I couldn't be more proud of myself and my coaches that brought me to the next level," Garza said.

The 4x800 team placed fourth out of eight and broke the school record with a time of 9:43, making the team the 11th fastest team in the state. Senior Allison Hill was the first leg of the relay.

"It was really exciting. Everyone came through and it was nice to have something to run for other than just yourself because track tends to be so individualized. To be honest, though, it felt like it was just the beginning of a lot of breakthroughs for my teammates and myself too and I'm excited to see what the future holds as we head into Districts," Hill said.

Sophomores Kaitlynn Schwab and Tyra Luong placed first and third in the 1500-meter race, respectively. Luong and Schwab also placed 11th and 14th,

respectively in the 3000-meter run. Luong did not do as well as she wanted, but had plans for the future.

"I felt that I could have pushed myself harder in the 3000 and although my third place in the 1500 was pretty good. I could have done better but I plan on really focusing for Districts by pressing harder during workouts and hopefully my training and a good race will advance me to Area and Region," Luong said.

Senior Khyllia Barnes ran one of her last races at Rice and placed 17th in the 300 meter hurdles.

"It like a regular meet so I wasn't sad, but I'll probably cry at Districts. I'll miss the people I run with. We're all close and we run summer track together," Barnes said.

'It felt great achieving my goal to get better every track meet I've been to this year.'



### Jump on it.

Landing in the jump pit, sophomore Allison Kaczynski balances herself as she long-jumps. "My favorite part of track and field is the friendships you make," she said. "It's weird because even though you don't hang out with them all the time, you still are really close to them during the season." Kaczynski's favorite event was high jump and she hoped to place at district and jump 5 feet, 2 inches.

photos by Jessica Tan  
**These spikes were made for** *running*