

JESS DO IT

RABIUS WINS TRIPLE CROWN

By Russell Zahradnik

"As her coach, it is very gratifying to see the hard work pay off in all that she has accomplished. You cannot keep getting better unless you continue to push in practice. Besides counting on Jess to finish in the top of the races, Jess is a leader by the encouragement of her teammates and by her example in wanting to work hard. Running is NEVER easy. Many think that running is easy to CC runners, but it isn't any easier for them; they are just willing to do the work to get in shape to run faster." -Coach [Susie Walters](#)

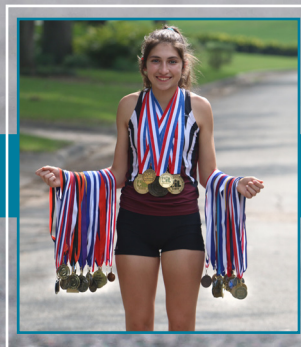
"Success is not only measured by the medals around your neck but by the hard work, determination, and effort you give to what you're doing. I am overjoyed when she wins a race, however I am elated when she waits until every single athlete crosses the finish line to give them a hug, a high five, or words of encouragement. Witnessing this sportsmanship toward others warms my heart. I pray that she continues to stay healthy physically and mentally. If it is God's will for her to continue with a running career, I will continue to support her in whatever choice she makes. I would love to see her on the podium at the next level." -Mrs. [Denise Rabius](#)



Jessica Rabius and Coach Susie Walters pose with their state champion plaque and medals.



Jessica Rabius running the 1600m race at the state track meet where she placed first.



Jessica Rabius with all of her medals won during her freshman and sophomore year.



To be good at something means to love what you do and succeed while doing it. Not only does sophomore **Jessica Rabijs** succeed but she also has a passion for what she does.

"I think people think I enjoy running," Rabijs said. "I don't, I love running. The feeling I get when I cross the finish line as first and when the medal is placed over my head is the best feeling in the world."

In 2014, her freshman year, Rabijs placed 2nd as a team and individually at the State Cross Country Meet. This lit a fire under her, bringing her back to the state meet in 2015 and placing 1st as a team and 1st individually. This win named her as the State Champion of the 3A division. Having this title, Jessica needed to be a leader on her team.

"I feel like me being one of the fastest ones on the team, automatically makes me have to be a leader," Rabijs said. "I do my best to help everyone out and I give advice on how I run my race when needed."

Rabijs' freshman year of track didn't go as well as she would have liked because of an injury. Although, her sophomore year, Jessica has yet to place anything other than 1st in her track season. She was district champ, regional champ and even, state champ in the 3200m run and the 1600m run.

"The other thing many don't realize is that just because you do something once, doesn't mean you will keep achieving something at that same level without continuing to work hard. Jessica is tough mentally and she is very competitive. Both qualities help make her successful, not just in running but in everything she does," Coach Susie Walters said.

Jessica has two years left in her high school running career and she hopes to make the best of them.

"My future goals are to make it to state again and take it home," Rabijs said. "I wouldn't want it any other way."