

## Running Reflection: Will Plante

### Personal Bests:

1600m: 4:30

3200m: 9:39

5000m: 16:09



My running journey began in seventh grade, when I decided to join the running club. I saw it only as something to do after school with friends, and never thought I would have a future in it. This led to me going to a summer cross country practice, just to give it a shot, and by the second race of the season I was seventh on the team. Now a freshman in college, I have completed four seasons of high school cross country and track. There were several things that made me stick with running when I first started. Above anything else was the camaraderie with the other members of the team. It is said that universal suffering brings people closer together than anything else, and the bonds I forged with my teammates doing hill workouts on hot summer mornings are strong to this day. As a freshman in high school there are few better opportunities to create friendships, especially with upper classmen, than

to join a sports team. I was initially a part of the team only for the friendships and to push myself physically, but this led to larger goals.

My first taste of glory, and still my favorite memory to this day came my sophomore year. Our regional cross country meet was set to take place at Eastern State, the toughest course in our area. We surprised the field and took first off of a tie-breaker. To this day taking the podium with my teammates is my favorite memory of my high school career. Once I had a taste, I wanted more, and for the next to years I pushed myself harder than I ever had, and it paid off. My senior year I achieved all-state in cross country, and won my first invitational, both of which are marks I never thought I would be able to accomplish when I joined the team as a freshman.

Everyone is going to have a different running experience. No matter what level a runner achieves, I do not think there is a single person who regrets picking up running, and I truly believe anyone who tries running and does not walk away from it a stronger person.

- Will Plante