

Team > Individual

Running continues to be of great importance as I journey through my college education at SUNY Geneseo. This year I continued to improve individually, placing 2nd in the 5k at the Division III Indoor National track meet and breaking Geneseo's indoor 5k and 3k records. However, I do not consider these accomplishments to be the highlight of my running achievements this year. My greatest accomplishments this year were: helping our cross-country team to a sixth place finish at nationals, being a part of our All-American Distance Medley Relay.

I really enjoyed this year's cross-country season. Not only was it fun to meet new freshman teammates, but also I enjoyed teaching them about the sport and to watch them progress as a runner themselves. Everyone on our team worked hard all fall and we were rewarded for our effort by the best placing at the national meet in school history.

During Indoor Track our Distance Medley Relay qualified for the national meet in a conference record time and later placed 8th earning the last All-American place for the event. What inspired me the most about this achievement wasn't the race itself but my teammate's motivation and work ethic leading up to the race. They were enthusiastic and focused; extremely motivated individuals that encouraged me to improve myself athletically and even academically. One of my relay teammates had an injured leg and still raced despite it, which allowed us to earn our eight place finish. I'm proud to say that I belong to team that has such inspiring and reliable individuals.

Although I will continue to improve as an individual runner, nothing I achieve as an individual can compare to my accomplishments as part of a college team. I enjoy being able to mentor new teammates so that they can learn and improve themselves. All of my greatest accomplishments this year were team oriented, and I consider it a privilege to be able to participate on a team whose members continually inspire me to new achievements and personal improvements.

Community Service

Most people applying for this scholarship would probably tell you how wonderfully fun and enjoyable community service is; however I'll be the first to tell you that I'm not usually the one to get excited about it.

Each year Geneseo's cross-country team conducts a community service project for the elderly citizen's of our community. This year we had to rake up all the leaves around their houses. I had to wake up early Sunday morning at 9, and work for 5 unpaid hours in the cold fall weather. So when my coach told me about this event my first reaction was to grumble and complain. I thought "9 a.m. in the morning is he serious" and "working five hours for nothing, impossible." The first house took an entire hour to rake and collect all the leaves. I was tired and the cold, windy weather wasn't cooperating at all with me. However, when we finished raking all the leaves at the second house the owner actually came outside and thanked us, and then gave us all cookies and hot chocolate. After that experience the last three houses weren't so much a chore for me. I realized that raking the leaves around those houses wasn't just about getting a job done; it was about showing that I cared about the people in those houses and that I was involved in our community.

Again I'm not going to say that I'm the first one to get excited about community service, but I will say that I now understand the importance of service a lot more. I will always remember those cookies and all the thanks we received for what little we did.