

RUN

because you have to

because you want to

because you need to

because you can



Keara Ginell
Girls Cross Country

When did you start playing your sport and how did you get introduced to it?

I started running cross country in 6th grade at the Wildcat Summer XC Camp. I originally did the track camp but was convinced by my brothers to switch to the cross-country camp and participate in longer distances.

Do you play any other sports?

As of right now I run cross country and compete

in triathlons. I used to swim competitively until freshmen year but stopped because I wanted to focus solely on cross country. Not wanting to give up my swimming background completely, I started participating in triathlons during the summer months.

What has your sport taught you and what lessons have you pulled from it?

Cross country has taught me to bounce back from disappointment. It has taught me that however much work you put into the sport, there is always something that can happen to hinder performance. From this, I've

learned to persevere, meet adversity, and ultimately become a better person. Most of all though, I have learned the value of teamwork, communication, friendship, and focus on a communal goal.

What do you wish you knew when you were just starting?

When I first entered the sport, I wish I knew that what you got out of the sport is reflected by what you put into it. I wish I knew that running was more than just showing up and gliding through practice like a fly on the wall. It's a lifestyle that includes not just the time spent at practice, but also the other 22 hours of the day.

What quote/inspiration do you resort to when things get really hard?

I really like this quote from the novel, *The Boys in the Boat* by Daniel James Brown. "It's not a question of whether you will hurt, or how much will hurt; it's a question of what you will do, and how well you will do it, while pain has her wanton way with you." Although this is intended for a different sport, I think it conveys a message that is applicable to runners.

Share something about you that isn't well known.

I have a twin brother and we don't have a TV in our house.

Where do you go from here? College plans?

I will be attending Vassar College (class of 2022), majoring in chemistry and running on the cross country and track teams.

Do you have a role model?

My two role models are my NVHS cross country coach, Coach Ameling, and Olympic triathlete and now professional runner, Gwen Jorgensen.