



**Corinne Pena
Girls Track**

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

I started running competitively in 5th grade but have been doing 5k's and other road races for a lot of my life. I got into running because my mom was a successful runner and both of my older sisters ran cross country and track as well and enjoyed it.

Do you play any other sports?

I do cross country as well.

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

This sport has taught me a lot. The biggest thing it's taught me is patience. I've had to be very patient through all my injuries and even when I was healed I would have to be patient again getting back to the level I was at previously. It's also taught me how to be mentally strong. Running is a heavily mental sport and in a race you feel incredibly tired but you can always go faster with a strong mind. To get to the level I am at today I've really had to work at being mentally strong.

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

Just starting out, I wish I knew that it wasn't just about what you do at practice. To compete and perform at a higher level you need to work on running 24 hours a day by eating right and sleeping right.

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

I really like the Bible verse "I can do all things through Christ who strengthens me" Philippians 4:13. Also, before races I say "I am the greatest" 10 times in my head to become mentally strong before a race.

Share something about you that isn't well known.

I really love physics. Sometimes I'll do little experiments or random problems at home because it's really fun for me.

Where do you go from here? College plans?

Next year I will be running cross country and track and studying astrophysics at Butler University.

Do you have a role model?

My role model is my older sister Jessica. She is incredibly smart and works extremely hard to achieve really incredible things. I really look up to her and hope that I can be as hard working as she is.