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Running is part of the everyday routine for high school cross-country athletes. It has to be in order to attain state rankings and section championships.

This is certainly true for Minnetonka senior Megan Bailey. The cross-country runner is ranked fifth in the state and is this year's Class 2A, Section 6 champion. She beat her running rival and friend Megan Platner from Eden Prairie by a narrow margin. Bailey's winning time to qualify her for the state meet was 14:57.1 (Platner finished at 14:58.7).

With her running shoes and a strong support system, Bailey has worked hard to improve and reach her cross-country goals.

Q How long have you been a runner?

A I started in seventh grade. I ran just in high school with Minnetonka. I joined the high school cross-country team freshman year.

Q What keeps you motivated to run from week to week?

A I love competing and racing, and also training with the team. I love my team. They keep me motivated. I want to be the best that I can be. Training for the meets and knowing what I have to do to get there keeps me motivated.



Q What is one of the harder things about cross-country?

A Probably the hardest thing is pushing yourself to see how hard you can go. You find out a lot about yourself. Overcoming the mental block and seeing that you're not tired when it gets hard in a race.

Q What aspects of running do you enjoy the most?

A I definitely love racing. And I love the friendships that I've made with other competitors and kids from other teams. Learning a lot about yourself and learning about what you can do after crossing the finish line in a race.

Q What kind of running schedule do you keep?

A I run six times a week. I take Sundays off. It depends when the race is, but we'll do two hard workouts a week. Then long recovery runs. Usually Saturdays are the long runs of the week.

Q How many miles do you log in a week?

A Probably like 35 or 40. It's spread out throughout the whole week of what we do.

Q What are the hard, up-tempo workouts you do?

A We usually go to a park right by the high school. You just kind of go at race pace for about 20 minutes usually once a week.

Q What type of runner are you during meets?

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A I like to go hard and kind of hold on throughout the whole race. I like to go with the leaders, and then hopefully at the end I can kick it in.

Q You beat out Megan Platner to win the section meet this year. Is there a rivalry between the two of you?

A There's definitely competitiveness between us. We're actually really good friends, too. It kind of keeps you going and that's also another motivation, staying and running with her.

Q How did it feel to win the section meet?

A It was awesome. It was just kind of one of my goals for the season to win the meet. It was nice to reach one of my goals. It's also kind of been one of my goals, to work my way up. It felt really good.

Heather Rule

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