

Turning Everyone's Doubts into Something Never Done Before

by Hayley Serfontein

As her strides got longer, the cheering got louder, she saw the finish line. Running with all her will and power, she crossed it, placing at yet another meet.

Addison Lozo, a freshman girl who never thought about doing any sports, let alone cross country, is performing at an incredible level, surprising everyone, including herself, with her natural talent and hard work ethic.

Surprisingly, it all started in the library. Sitting quietly, minding her own business, Addison accidentally found herself in the middle of a cross-country meeting. She didn't know what she was about to get dragged into. As the meeting went on, she barely listened to anything being said, completely unaware that this afternoon would lead her to discovering one of her greatest accomplishments. Addison Lozo said, "I was just minding my own business, sitting in the library playing the Wii, when K Bose talked me into joining the cross-country team. To this day, I don't regret a single thing."

As weeks went by, practices started feeling lighter, and the miles that always seemed unbearable became almost effortless. She placed at almost every meet, and slowly started to shave seconds or even minutes off her time. K Bose said, "I was pleasantly surprised at our first meet (Med Valley). She ran well and medaled. As the season progressed, she continued to medal."

Focused and with pure determination, Lozo took practice seriously and improved quickly. Everyone started noticing her improvement; even a college recruiter started informing her about opportunities to run cross country in college.

RPAC cross-country was not only mentally tough, but also physically difficult due to the hilly course and skilled opponents. Lozo pushed through, running harder than ever and eventually came through with a time of 23 minutes and 22 seconds, putting her in 7th place.

Lozo said, "It was a tough race, and I didn't PR, but I beat people I wasn't supposed to, that's all that matters at this point in the season."

Bose said, "I wasn't surprised that she medaled at the RPAC meet because by that point in the season, we knew what she could do. Earlier in the season, she had some issues with shin splints, but we figured out how to get them healed and how to keep them from being a recurring problem."

Preparing for the district meet, she put all her effort into practice and was determined to go to the state. Showing up at Cambridge, walking the course one more time, and surrounding herself with positive thoughts, she got ready for the big race.

Walking up to the finish line, her heart was pounding with nerves. Suddenly, the whistle blew, and she took off. The fast start cost her, and doubt crept in as her pace faded and her chances of placing quickly began to slip away.

She continued paving her way through the course that she knew so well, with every stride her legs started to burn, her breathing getting heavier, but she refused to lose, she refused to prove everyone right. As she rounded the last turn, she could see the finish line in the distance. She started building up speed and sprinting her last few hundred meters. Addison Lozo placed 15th with a time of 23 minutes and 18 seconds. A freshman who initially had no interest in running was going to the state meet.

State meet went by quickly, flying through the course already knowing each turn and hill. Addison Lozo didn't place at the state meet, but she did break the school record at state with a time of 22:18.

Addison is looking forward to next season and improving her times even more, showing what's possible when you put your all into something. From the moment she was sitting in the library to crossing the finish line with confidence, she's become a hard worker and a symbol for other young runners to look up to.