

## **Going To State**

Considering the results from last years state qualifying meet, it was highly unlikely Mount Spokane boys would qualify anyone for this years state meet. Our District only qualifies 14 individuals and with state champions Kamiakin and perennial powerhouse North Central in the race there would not be many spots available. In fact those two teams consumed 10 of the 14 spots leaving only 4 other runners from the other 6 teams in the race fighting for a state berth. Jake Carr and Lukas Brown achieved the improbable by taking two of those spots and qualifying for the state meet this Saturday in Pasco.

For Lukas, the journey to state started last winter when he vowed to become a relevant runner in the GSL. Increasing the miles he ran during the winter, developing speed during the track season and methodically following a regiment of long runs and tempos during the summer make Lukas the number 1 runner on the Mount Spokane team. Many great races during the season established Lukas as one of the top runners in the 3A region. Knowing there were 14 "winners" from the district race qualifying for state, Lukas ran a very safe race, qualified and saved his best race for the state meet.

Jake also increased his miles and intensity in his training but did not see himself as a top runner. Going into the district race Jake was ranked 24th on the best times list for 3A runners in the region. Relying on the same mental toughness that earned him state berths in wrestling, deca and 3 drawing contest championships in Mrs. Thompson's class he consumed his prerace dinner of mini tortillas and blue Powerade before running the fastest 5k in his life. Placing 11th in a time of 16:17 guaranteeing himself another spot in state competition.