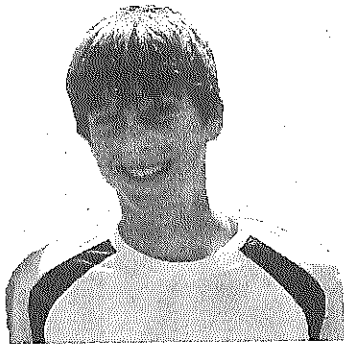


day, September 23, 2013

C7

# The Campanile

## ATHLETE OF THE MONTH



This edition featuring

**Kent Slaney**

with *The Campanile's* own  
Jensen Hsiao and Connor Harden

*Kent ran in the 3000 meter race at the 2013 Junior Olympics this past summer and came in seventh place. Kent told The Campanile about what it is like being so fast and obsessed with speed.*

**The Campanile: Why don't you tell us a little bit about yourself.**

Kent Slaney: Hi, I'm Kent Slaney, I'm on the Paly cross country team and I really enjoy running.

**TC: What's your favorite food?**

KS: Ice cream.

**TC: OK, lets get back to running.**

**When did you first become interested in running and cross country?**

KS: I first started running in kindergarten when my elementary school had this lunch jogging club, which I really enjoyed. So then I did my first race, which was a 5k in kindergarten.

**TC: And that was the moment that you decided running was the thing for you?**

KS: Yeah that was definitely the start.

**cross country runner?**

KS: Probably a little bit after second grade.

**TC: How did you pursue your obsession of running?**

KS: I joined a club team and I started practicing five days a week, and I really enjoyed those and kept practicing and practicing with my club team.

**TC: What club team was this?**

KS: Palo Alto lightning, and then I moved to Pleasanton Heat, which merged to be Oak Hill, and now I run for Paly of course.

**TC: Do you have some type of inspirational figure that helped you along the way?**

KS: I'd say my coach, he really reminded me that I should do it because it's fun, as well as it making me faster.

**TC: Have you competed in any cross country events recently or had any large accomplishments recently?**

KS: Well, I've done the high school events, and over the summer I went to the Junior Olympics for the 3000 meters and got seventh. It took a lot of work, but was extremely gratifying.

**TC: Wow, that's pretty amazing,**

KS: Yeah, and the last two high school races were the Gunn Alumni meet, and the meet at Crystal Springs.

**TC: What was your feeling after the race?**

KS: I was very exhausted, and then was filled with exhilaration. It was a personal goal of mine, but never really thought that it would work out as well as it did. It was so cool though realize that I was the seventh fastest in the nation for my age group of freshman.

**TC: Is there anything else about running and cross country that you find makes it interesting and enjoyable to you besides good exercise and just that you like running in general?**

KS: I really like it as a break from homework and kind of a break from school and it's how I deal with a lot of homework and relax. I also like Paly for the teammates don't worry as much as I do when I run for Paly because the team is really accepting and there to have a good time as well as training to get faster and better.

**TC: Do you have any phrase that you like to live by?**

KS: Don't get second.

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