

The Shoe Tie Race

by Joyeuse Muhorakeye



I was up for excitement but ended up with disappointments.

In the year of 2017 I discovered a talent I didn't know anything about and that talent was running. At the end of the school year during my 7th grade year it was then we had a girls race and I came in 1st place which made me happy and since then I wanted to see what more I can do with what others were calling a talent.



Growing up in Rwanda I never knew that running can be a talent so I often never paid attention to it. The fact that it's considered a sport in the USA was indeed surprising to me. I didn't know what cross country or track was.

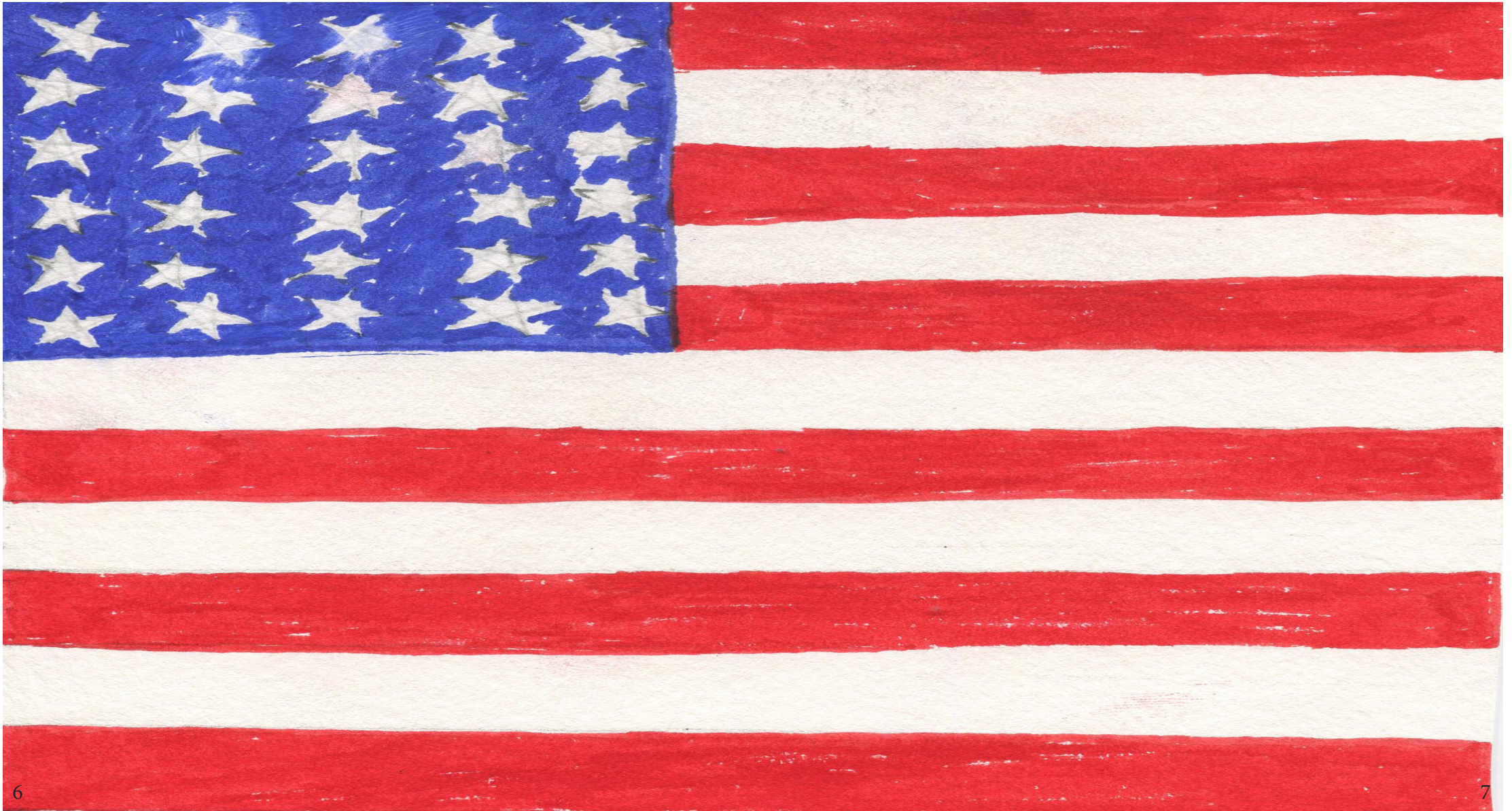
When I first heard of cross country I thought that they take you to different countries to run so when they asked if we should start a cross country team I immediately said yes.



In my head, I was like “Are you kidding me”, this is a great opportunity. Later on, I understood the meaning of it and still decided to stay because I was good at running.

I wanted to represent my school and do something else to keep me busy and I just wanted to look cool in general.

In my 7th and 8th grade year my goal for running was to get medals in all races I went to, which I mostly did. I never thought of thinking any further than that until I went to high school and decided to join cross country as well. I realized that some classes like math keep getting harder so my goal for 9th grade was to get good grades, at least A's and B's, and after that everything else I did was to improve my running and get in better shape day by day.



I went running with my coach and some other students and ran 1 mile and half on my first run in high school. At first I thought it was like 3 miles. Back in middle school I never really put in a lot of work in practice because no matter what I did, I still won the races by getting medals and I just thought I was already awesome. I didn't need to do more until I discovered that there is more to it than just running.



I realized that you can get scholarships from running and travel to different states. After that I started to take my practices seriously because my goal then became getting scholarships and qualifying for the regionals which was the first challenge I had to get through before I go to states. I also wanted to impress my coach and my teammates which I don't know if I did. My 1st race in high school was good and easy because it was just 2 miles but the rest of it was harder than I imagined it to be.





I thought that we would get food like bagels, bananas, apples just like in middle school after our exhausted run. But no, it was different that we weren't even allowed to get water through our 3 mile run which I thought was crazy. Back in middle school we usually got water during our 2 mile run and food after.



But the more I ran the more I got used to it because I had something bigger to focus on which was getting scholarships and qualifying for regionals and I knew it wasn't going to be easy but I just needed to try. At the end of 2019 at my district race I came in 1st place for the girls and won the CMC Cross Country Championship. I was finally proud of myself because I barely ever tell myself that, but for once in my life I finally felt proud and felt that all my hard work was worth it.



I love listening to motivational speeches to keep me going but I never praise myself because I always feel like I can do better. Even when I know I've done my best during the race, I still don't feel proud of myself but the crazy thing is that I am always proud of my teammates.

Always remember why you started and let that be your reason to continue despite your struggles.

Suffer now Celebrate later!

Pain is temporary and Greatness lasts forever.

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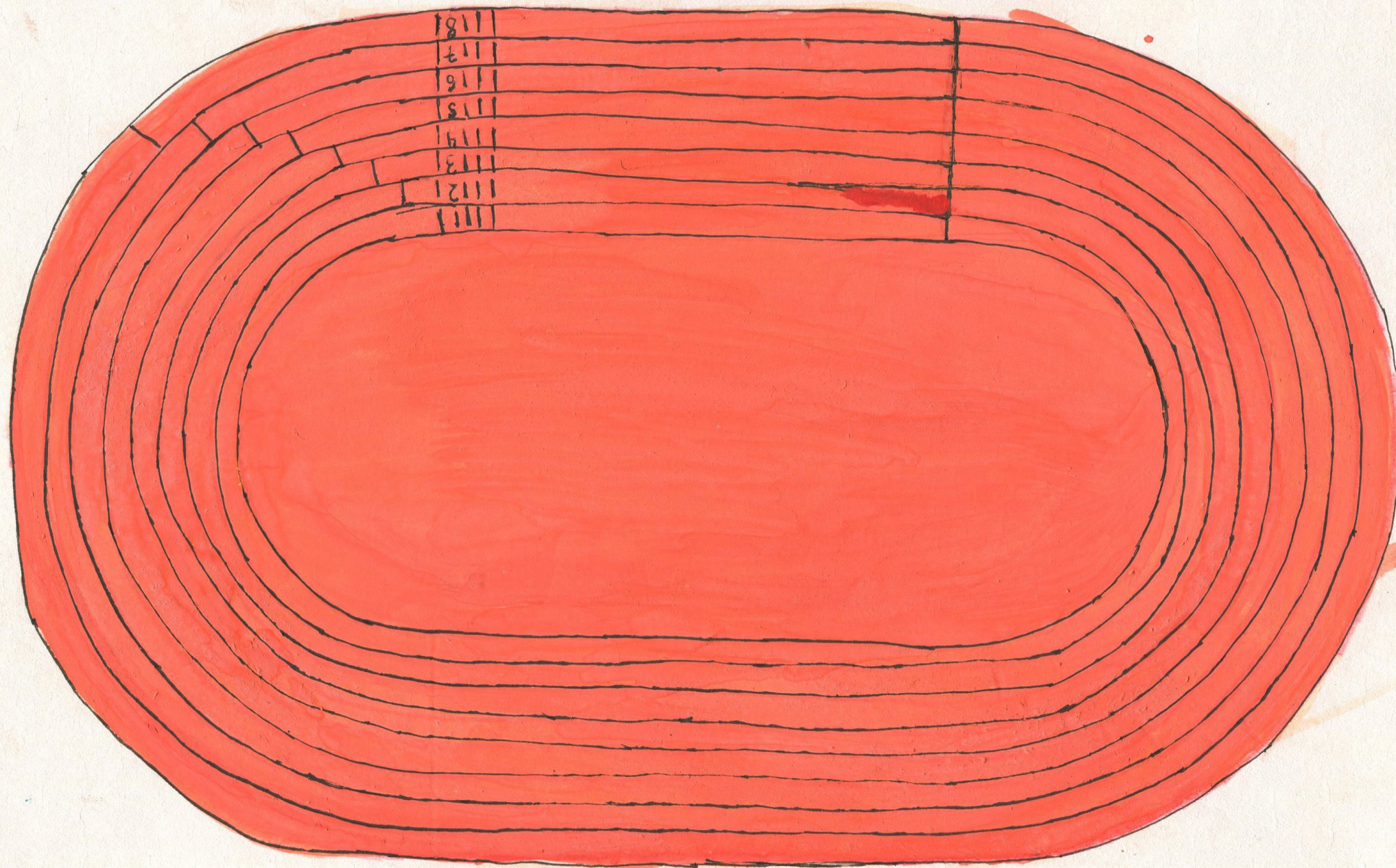
After my district race I had my regional race but sadly I lost. At that point I felt like I should give up but since it was my first regional race I told myself that I can still make it next year. I told myself that it wasn't super late. I really had a lot of faith in me. Until I lost again for the second time, then I really felt like I should give up on running. After all the training I did the whole year without a break I couldn't believe that I didn't win.

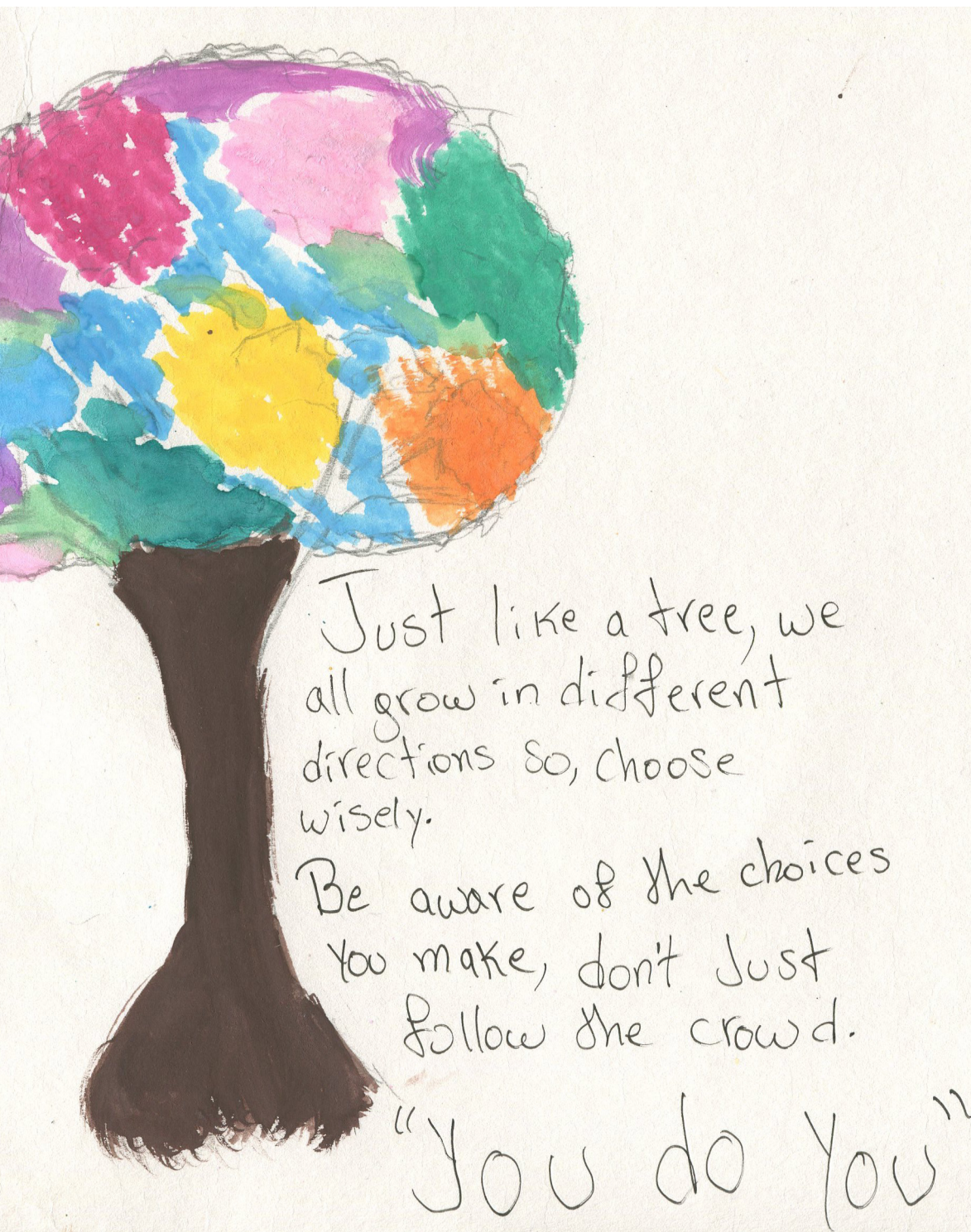


I was so disappointed in myself to the point where I said I won't be running for a whole month which I've never really done. But because of the pain I was feeling I told myself I need a break to take it in.

I didn't give up on running because I knew I did my best. My goal was to run in the 22 or 21 but surprisingly I ran in the 20s which was the best I've ever done for 3.1 miles.

I managed to run for a little bit after my month break because I don't want to lose regionals next year. As of right now I'm focused on track because I do both and both the activities help me a lot.





In conclusion I would like to say that it's okay to take a break but never give up because the future is unknown and the best is yet to come. We should look forward to what we dream of. Dream big and chase your dreams because if you don't chase them they won't chase you.

No amount of effort is useless, choose to continue even though you are disappointed. Small progress is still progress you just need to give it your all and time will help with the rest. Last but not least, celebrate your small achievements even if you are not happy with it you still need to remember the work you've put in and celebrate it.

#do you

#explore yourself

#dream with ambition

