



BC Super Sophs, L-R, Moore, Hawk, Dvorak, Pajak, Dodson, Gaines, Fort and Reid training before dawn.

## RUNNING *out of* TIME

by Heather Conrad  
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For the Brevard College runner, what's the hardest obstacle to overcome?

Just that. "When someone says 'Runner', I wish they could understand all that it encompasses," sophomore Ted Fort says.

In reflecting on the past two years at BC, sophomore runners Brad Dodson, Scott Dvorak, Ted Fort, Alice Gaines, Marjorie Hawk, Geoff Moore, Jeff Pajak, and Chet Reid agree that one of the largest obstacles is others understanding why running is so important.

Unlike other sports, where the victories and scores are concrete, where the wins are made within a two and a half hour period, the gains and victories of the running team occur within the runner. The eight believe that their way of thought, their pursuit of goals, and their determination are by-products of running. Each truly believes running has given perspective and insight into themselves. "There's not alot of glory in the sport, but it gives me discipline and self worth," Ted says.

"Yeah," Geoff agrees, "I wouldn't be in school if it weren't for running. I'd be jacked up in some South Georgia condo, going nowhere!"

Jeff furthers the thought. "When we run, it helps us to discipline ourselves in other areas, to try harder and push ourselves in school and work, the same way we do with

running."

"Running has taught me that I can do things I thought I couldn't do", informs.

Says Scott, "It's so much more than running to keep in shape.

"It's a choice of lifestyle we've made, and we must stick to it. It's always with us whether we're running or not," Alice comments.

"We do have to give up things socially," Marge says, "And sometimes, I get caught up in running, and forget to take care of myself."

"But," Alice points out, "If running didn't pay off, we wouldn't be doing it."

Eight heads nod in accord. And each finds other, more visible benefits to exist with running.

"We all run for other certain aspects," Scott says.

"I run for self-confidence," Alice admits.

Geoff says, "I run to improve. I never actually trained before Brevard. I just raced." He laughs. "I remember racing the first few practices. Now, I run to keep me going until my race." He grins.

"Running's what you do after you take a long trip, to loosen up your legs," Brads advises.

"It's a stress-reliever," Ted says. "It'll be what makes me live to be 115."

Then there's each other. "I think we've learned a heck of alot from each other," Alice says.

Chet begins, "We didn't always get along, but everybody helped and supported each other."

"And there were so many different personalities," Jeff says, "That we learned from that."

Marge, adds a matter of factly, "Our friendships are strong...Its the first real team I've been a part of. We've been there, through good and bad, for each other."

Ted faces the others, arms open, "I'd like to spend two more years together, in a different place!"

"But," Geoff says, "I have to say that if it weren't for Rinker, I wouldn't be here. He cares for the first runner as much as he does for the last. If it weren't that way and he hadn't given me a chance, I wouldn't be here, or anywhere."

He's a coach, a friend, a father figure," Jeff says.

At most colleges, Ted informs, "You have to expect the coach not to care about anything except times, and running. Rinker's not like that. He'll talk with me about other things in my life. He really cares about us as people." "It'll be so hard," admits Alice, "Not to compare other coaches with him."

"But it is time to move on," Scott says. Again, the eight agree.

"It'll feel weird, running against each other," says Geoff, "Or against Brevard!"

"But the change will add flavor to running," Ted says. "We'll keep in touch,

definitely," Scott says.

And eventually...

Scott sits straight up and says, "I'd like to go to the Olympics."

"The Marathon, in the year 2000," Ted adds.

"I'll be a business man," Onion states.

Brad looks up. "I'll be a goat herder, and I'll live in the woods and camp for the rest of my life." The others burst, and Brad grins a little.

"I'd like to be a photojournalist eventually," Jeff says. "And I'll just run until I stop enjoying it."

Alice says "I'd like to write children's books."

"And I'll have kids," Ted begins, "To read Alice's children's books!"

Everybody laughs.

"They're basically a good group of people," Rinker concludes. "I've learned most of all with them is not to take things for granted." Rinker says that in being through the last two years he's been through a lot of good and bad things with them. "And at times," Rinker says, "I see and think of them as my own children. But its time for them to move on."

"When I think of our team" Jeff concludes, "I think of it more as a family who cares, and helps each other out when we need it. It's more than just a group of individual runners."

"Yeah, sure we run," Alice says. "But its only a part of our lives, it's not life."