

# PASS DON'T PACE

Edward James Rush crushes the 5k school record in cross country

**b**reaking new boundaries, Senior Edward James Rush set the new record for Castle View High School by conquering the record for 5k on Sept. 7, 2019, at Heritage High School, known as the Liberty Bell Meet. Rush ran 3.1 miles in 15:32 minutes, averaging around 4:59 for each mile.

“I did not go into this thinking it was going to be the outcome. I hadn’t thought about that at all until after the race when Cade Forbes asked if I had broken the school record, and when we had checked, I had,” Rush said.

Moments before the race, the pressure got even more intense.

“I was so nervous for this race. It was hard to breathe and my legs felt heavy. But once the gun went off all of those worries went away and I was locked into the race,” Rush said.

“My parents and coaches were so proud of me, but I also know I can run faster and have been pushing myself to improve. They were really excited for me and were so proud. We were able to give each other hugs, and it got a little emotional,” Rush said.

Rush started running the summer before freshman year, and from there, it has been nothing but dedication to getting better.

“My first two years it was a lot of

speed work. I was very slow when I first started to respond to speed work, but this year I focused more on endurance to help me maintain my speed for longer and it’s been really effective,” Rush said. He also has been training and conditioning to work farther than just endurance.

“The steps I took to get here was just a boatload of hard work. When I first started running, I was one of the worst runners on the team. I was just on the grind every day pushing myself to my limits and even more until I started to stick with the top guys and eventually paid off and my times started to drop significantly,” Rush said.

From there, he has experienced similar races by running in state twice, once for cross country, and once for track where he made the podium for the 800 and 1600 race.

“I know I can run faster, so I can’t get too comfortable with where I am now, as incredible as it is,” Rush said.

Because of Rush’s success, he plans on running in college at Colorado State, University of Colorado, Colorado Springs, Texas Tech University, or Arizona State University, where he wants to continue his passion in running.

“I am excited that I got the record but the **best part** about running is that you are **NEVER SATISFIED**. You are always hungry for more to go faster.”

written by Avery Hajde & photos courtesy of Edward James Rush

**1. HYPED FOR THE WIN:** The overall experience was a large impact on Rush. Each year of training and running, he always seems to improve from one year to the next. “I never felt that much excitement my record, except for when I ran my 4:19 mile last year,” Rush said. **2. VICTORY**

**WITH FRIENDS:** Rush after the race was beyond ecstatic with the support of his friends. In the beginning, Rush started running with them, but took off. “I was so hyped that I have executed the plan I had going into the race, I was just yelling in excitement,” Rush said.

