

ELISE HOLT

I AM A MOUNTAIN BIKER

"Having a good mental state throughout the race is the hardest thing to do."



-ELISE HOLT '23

By Jacob Gold '23 and Ashton Goering '23

After a tough season for RJ Mountain Bikers, Elise Holt '24 was named a varsity rider for the team. After joining the mountain biking team in her freshman year, Elise is excited to become the first varsity rider as she pushes herself to help the team compete. "I think I bring a sense of light-heartedness and community to the team," she said. "It's easy to do when I see the team as a second family."

Elise first started biking with her family when she was younger and has stuck with it because of the friendships she has made on the team. "I like the compassion that the team has for our mental and physical health," she said. With fewer than 15 members, the team is a tight-knit community of people looking to get together and get on the trail. "We're more than a team and more like a family," Elise said.

Elise also enjoys the sense of accomplishment she gets from being on the team. Each race takes determination to reach the finish line. "Having a good mental state throughout the race is the hardest thing to do," Elise said. "It's only you there to talk yourself through technical areas."

The season lasted from August 27 through October 22. Elise plans to continue contributing to the team through her senior year.

2. DEEP BREATH Joshua Harvey '23 takes a deep breath during the 2022 playoff game against Valor. Photo by Asher Weisberg '23



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FALL SPORTS

From unbelievable football games to long runs for the cross country team, fall is never a dull time for Regis Jesuit athletics.