

Past Grove City Athletics Club Scholarship Winners

2026 Scholarship Winners

Morgan Davis

- 2026 Grove City High School Graduate
- HS 4yrs XC & 4yrs T&F
- Personal Records: 1600m = 5:43; 800m = 2:37
- 2025 PIAA District 10 AA Cross Country Girls Runner-up Team
- 2026 PIAA District 10 AA Track & Field Girls Team Champions
- Will compete in XC & T&F at Saint Francis University
- In her own words:

"When I was younger my friends convinced me to join this thing called "running club". At first I was skeptical but I didn't want to miss out on all the fun my friends would be having without me. So I went, starting in fourth grade and I absolutely loved it...Throughout middle school I ran every race with a smile from ear to ear truly ecstatic for the next one. I even medaled at some of the races and was so excited to go to school the next day to tell my teachers what I had accomplished."

"When I finally got to high school running it was like nothing I've ever experienced. I spent the whole summer training in the burning heat and for some reason I loved it? We would go on destination runs every friday and get to swim or go out to eat after. Other days we would have to do brutally hard workouts that most people wouldn't survive but we did and we made the most of it. Always cracking jokes in between reps and driving coach nuts but we didn't care because we were having the time of our lives."

"My freshman season was the best I have ever had. Every race I was improving, in fact I was the number two runner on the team. My big goal was to qualify for the state championship in November. Although when the big day came I fell two runners short and cried the whole way home. I wanted to use this as fuel for next year to come back twice as strong and prove to myself that I could do it. So again I trained all summer, still having just as much fun as I did before. Unfortunately I overtrained myself and got caught in a stress fracture."



"There is so much more to running than just running itself. Being around my teammates and getting to laugh and make memories with them that I have since cherished, will be something I will never forget...I learned through my running career that it's not about the medals you take home, it's about the change and growth you see in yourself and others. **Without the Grove City Athletics Club I would've never discovered the sport I hold so near and dear to my heart.**"

Alexis Bishop

- 2026 Grove City High School Graduate
- HS 4yrs XC & 4yrs T&F
- Personal Records: 400m: 1:06; 800m = 2:33; 1600m = 5:54
- 2025 PIAA District 10 AA Cross Country Girls Runner-up Team
- 2026 PIAA District 10 AA Track & Field Girls Team Champions
- Will compete in XC & T&F at Grove City College
- In her own words:

"When I first began running in 6th grade with the **Grove City Athletics Club**, it was because my mom had told me I needed to find a sport, and my younger sister, Abbie, and older sister, Alayna, were becoming runners, so joining them felt like the next right step. Going into the season, I thought it would be easy, but I couldn't have been more wrong. Throughout my life, I had gotten used to picking up different skills with little struggle, but this sport began to test me in ways I hadn't experienced before: little kids were beating me and my times, I couldn't seem to go fast, and it pushed me more physically than I had been pushed in a long time. Yet, for some reason, I had a desire to continue to show up."



"Since I began running in 6th grade, it has remained a constant in my life. As life has become more stressful, I've always had running to fall back on. It's become an outlet for me to release my anger and sadness, or express joy and excitement...It doesn't matter what kind of day I've had; I can count on my teammates to cheer me up and support me, even on my worst days. I know that they will forever have my back, and I will have theirs."

"Throughout my journey, I've had major highs, lows, and plateaus, which have impacted me greatly because they have taught me to enjoy the process, not just the end result...Unfortunately, I have also struggled with injuries as well. The most impactful injury I've had was a stress fracture in my foot going into cross country summer optionals my junior year...On weekends, I remember Josie Jones (a current teammate), Sarah Sabella, and Lily Lawson (past teammates) would join me on my long bike rides so I didn't have to do them alone."

"I cannot express how grateful I am to have become a runner, and also my gratitude to the Grove City Athletics Club for kickstarting my passion for the sport. I can't wait to see what else is in store for me both during and after college. I know it will be hard, but it'll forever be worth it. Thank you for...the opportunities provided by this Club!"



Grove City Athletics Club
2026 Scholarship Award Winner
Morgan Davis
Presented May 27, 2026
USATF MEMBER CLUB GROVE CITY ATHLETICS CLUB RRCA

Grove City Athletics Club
2026 Scholarship Award Winner
Alexis Bishop
Presented May 27, 2026
USATF MEMBER CLUB GROVE CITY ATHLETICS CLUB RRCA

2025 Scholarship Winners

MJ Pottinger

- 2025 Grove City High School Graduate
- HS 4yrs XC & 4yrs T&F Letterman
- Personal Records: 800m = 1:57; 1600m = 4:15; 3200m = 9:12
- 2024 2nd Team All-State XC; 2025 8th place 1600m
- Multi-time District 10 Individual Champion (XC and T&F)
- 2-time XC Team State Champion + 2-time Runner-up Team
- Will compete in XC & T&F at Youngstown State University
- In his own words:

"Grove City Athletics Club was the start to my whole running career. In 3rd grade, I did my first cross country official running race at the John Sample Invitational in Grove City. I got 14th place. After that race I realized I was pretty good at running, so I continued to do it. I continued to participate in practices and races GCAC had to offer. My breakout year was 6th grade when I won most of the local races and started to really enjoy running. So when 7th grade came around and I had to choose what sport to play, cross country seemed like the right choice for me; it was the best decision of my life."

"My freshman year was a lot different; racing in high school was much different than anything I had done before, but since I had already been racing for so many years, I oddly still felt comfortable...This year (2025) the outdoor track season is still going on, but we won our second state cross country championship in 2024, meaning I was a varsity runner for a 4-year stretch of placing no worse than second place in the state cross country meet and leaving with 2 state team championships. In the fall, I committed to run NCAA Division 1 cross country and track and field at Youngstown State University. Running has changed my life and brought me so many opportunities to not only compete in the sport that I love, but also to travel and meet people that I will never forget."



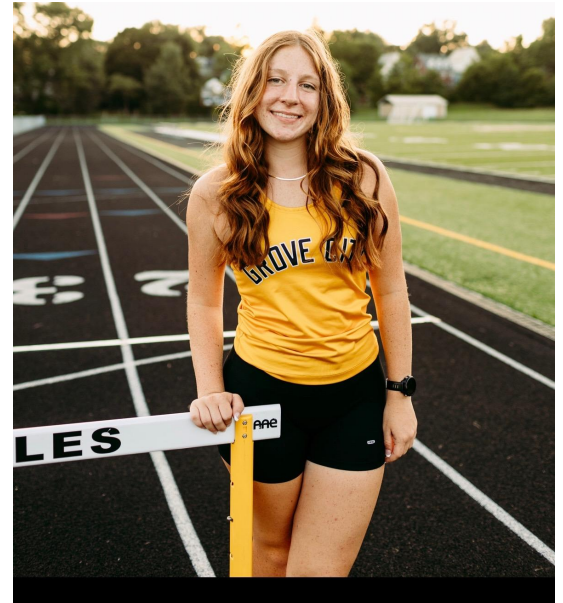
Abby Perrine

- 2025 Grove City High School Graduate
- HS 3yrs XC & 4yrs T&F Experience (hurdles, middle distance)
- Personal Records: 5k = 22:18
- 2025 Girls Cross Country Jiggs Award Winner
- Will compete in XC & T&F at Westminster College
- In her own words:

"Running came into my life very late. Although I joined Track and Field in middle school, I never really fell in love with it until my freshman year. I loved it so much that I developed some unhealthy obsessions, such as overtraining and underfueling."

"[In cross country], I had teammates who genuinely cared for me, and I felt like I had found a place where I truly belonged. The team was unlike any other. As I continued to race, I realized just how strong I actually was, and I wasn't alone anymore—a feeling I had known all too well...Ironically, [my best friend] quit after one season, leaving me as the only girl in my grade on the cross country team. This came with challenges...I was pushing myself harder and testing my limits more than ever. Then, after increasing my training and running through an injury that I was determined to ignore, I had to put it all to a halt. I developed a stress reaction that later turned into a stress fracture in my shin. It was devastating."

"Running gave me a reason to live, a reason to be human, to experience life, and to have people to lean on when I messed up. I finished my senior season with my best race ever at districts...I will forever believe that God knew I needed to run. Running saved my life. I will forever owe Grove City High School's Cross Country and Track and Field programs the credit for saving me and shaping me into who I am today."



2024 Scholarship Winners

Sarah Sabella

- 2024 Grove City Homeschool Graduate
- HS 4yrs XC & 4yrs T&F Experience (Youngsville & 1yr XC & 2yrs T&F at Grove City)
- Personal Records: 5k = 20:15; 800m = 2:37; 1600m = 5:41; 3200m = 12:12
- 2023 Grove City XC Reeher Senior Award Winner (voted by XC coaches)
- 2023 Region T&F Team Champions
- Will compete in XC & T&F at Grove City College
- In her own words:

"Cross country and track have positively impacted my life in many ways. I started running cross country during my freshman year of high school...I didn't run consistently before the practices started and I could barely finish each practice. Every year after 2020, I have trained all year round and put in the work to become a better athlete. Cross country has helped me push myself to limits that I would've never thought I could reach. I have acquired good self-discipline and motivation through running and training at different intensities. Running has helped me positively cope with stress and life events that have happened throughout my high school years. Each time I run, I feel accomplished, strong, and energetic. Cross country has brought me some of my closest friends and many encouraging teammates."

"In the beginning of my running career, I was the slowest member on the Youngsville track team and by my senior year, I was able to run district qualifying times at Grove City High School. Track has shown me that if I work towards my goals and put forth the effort, the times and achievements will follow. Each day I am so thankful for the ability to run and the opportunity to race. I plan to run track and cross country for Grove City College all four years that I am a student there. After college, I plan to continue racing and I hope to race a marathon someday."



Emmy Riddle

- 2024 Grove City High School Graduate
- GCHS 4yr XC & 4yr T&F Letter Winner
- Personal Records: 800m = 2:52; 1600m = 6:14; 5k = 22:45
- 2022 Cross Country Region 2 Team Champions
- 2022 AAA Girls District 10 Track and Field Champions
- 2023 Region T&F Team Champions
- Will compete in XC at Penn State Shenango (in their first inaugural season)
- In her own words:

"I initially decided to join the Middle School cross-country team due to the influence of a group of friends who were also signing up. However, on the first day of practice in July, I was the only one from our group who showed up. Despite this, I decided to continue going to practice due to the friendly coaches and fun running drills we did."



"Before I was on the team, I thought cross-country and track and field were more individual sports, but the team spirit and dynamic soon became apparent in Grove City; we indeed won and lost together...I've gained some of my closest friends with my sport. We have all seen each other at our best and worst, and we are always ready for each other to fall back on one another or lift each other whenever the time comes. I am deeply saddened to leave this team and school behind, but I look forward to watching them accomplish great things together!"

"This sport has taught me the value of time management and how to utilize it best. Therefore, I've put more time into my schoolwork and my job and extra time into clubs or volunteer work. All in all, if I had to pick a song to summarize my running experience at Grove City, I would use "Most of You" by Small Foward because while in the moment I made the most of my experiences, moving forward, it will all be memories."



2023 Scholarship Winners

Abigail Nichols

- 2023 Grove City High School Graduate
- Grove City HS 4yrs XC & 6yrs T&F Experience
- Personal Records: 300m Hurdles = 45.52; LJ = 17'6.5"; TJ = 36'4"; 400m = 59.91; 100m Hurdles = 16.39
- 2022 Track and Field Region Athlete of the Year
- 2022 PIAA Track & Field District 10 Triple Jump, Long Jump, 300m Hurdles & 4x400m Relay Champ
- 2022 AAA Girls District 10 Girls Team Champions (Grove City)
- 2021 PIAA Track & Field District 10 Triple Jump & 4x400m Relay Champ
- 2022 Cross Country Girls Region 2 Team Champions (Grove City)
- Will compete in T&F at Lafayette College
- In her own words:



"When people realize that running is such a large part of my life, I'm always met with the same few phrases, all of which along the lines of, "How do you enjoy that?," or "I can't believe you put yourself through that." However, as difficult as a workout or as mentally challenging as a competition may be, I have never seen running as just a form of exercise or a punishment from a coach. To me, running is an emotional outlet, a physical challenge, a way to bond with my family and friends, a form of respect to my coaches and mentors, and a passion that has taught me some of my life's most valuable lessons..."

Running has also been a constant outlet that has taught me crucial lessons about myself and life in general. I quickly learned that running, whether alone or with my teammates, never fails to remedy a bad day...I have learned how to be accountable to not only myself, but also to my teammates and coaches. The excitement of succeeding as an individual is fleeting and temporary, but pouring your talents into a greater whole and accomplishing goals with your team creates lasting memories. Running has taught me how to stay disciplined and set goals to work towards. Even when performances aren't ideal or training isn't going to plan, I've learned to keep focused on the bigger picture and have patience. I've learned how to take care of both my physical and mental health, and how to be the strongest and healthiest version of myself when it matters most.

Running has always been more than exercise to me. It is a community of my best friends and role models, a set of invaluable experiences and lessons, and a passion that has brought so much joy and meaning to this chapter of my life...have no doubt that running will continue to shape my character and life as a collegiate athlete and beyond."

Alayna Bishop

- 2023 Grove City High School Graduate
- Grove City HS 4yrs XC & 4yrs T&F Experience
- Personal Records: 400m = 1:05.01; 800m = 2:32; 1600m = 5:54.38
- 2022 Cross Country Frank Jiggs Award
- 4yr Varsity Letter Winner for XC & T&F
- Will compete in T&F at Grove City College
- In her own words:

"My moral character is shown with how I interact with my teammates and my mentality towards running. I always try my best to include everyone, and maintain a positive atmosphere. A positive atmosphere is crucial because it helps with both having better races and workouts as well as just a more enjoyable experience overall. Along with that, I make sure to constantly be encouraging. During workouts or runs, as I pass another group or they pass me, I always make sure to tell them "Good job." When we are at meets, I love standing on the sidelines to watch others and cheer them on, and also being there at the end to catch them and grab water..."



The obvious way that running has shaped me is physically. I dropped my mile time from thirteen minutes to under six minutes. I am physically so much stronger than I was a few years ago because of all the hours I have put in. This also is due to an increase in my mental strength. I push myself day in and day out to go further or run faster. This mindset extends beyond running. It has helped to persevere through both life's and school's challenges. I don't give up and am able to give my best even through the trials because I practice that mindset often.

However, both of these sports are team sports, so I have learned the value of teamwork and community. This past year during cross country, I fractured my foot at the beginning of the season, and my senior season was gone. It was then that I realized how crucial the team aspect is...These girls truly showed me the meaning of team, and I want to help cultivate in other areas of my life because it is such a rich experience. Even though my races haven't shaped up to my expectations, I have gained so much including mental toughness and bond with my teammates that motivates me to run my hardest everyday."

Rylee Gorrell

- 2023 Grove City High School Graduate
- Grove City HS 4yrs T&F Experience
- Personal Records: HJ = 5'4"; LJ = 16'7"; TJ = 32'5.5"
- 2021 USATF Junior Olympics National Runner-up (High Jump)
- 2018 USATF Junior Olympics National Top 20 (High Jump)
- GC High School Indoor High Jump Record Holder
- GC Middle School High Jump Record Holder
- 3-time PIAA State Qualifier (2 indoor & 1 outdoor T&F)
- 3-time District 10 Qualifier (freshman year COVID)
- Will compete in T&F at Baldwin Wallace University
- In her own words:

"Six years ago, my life was changed when I joined the Grove City Middle School track team. Yes, this may sound dramatic and silly but it is true. What started out as me doing it because my entire friend group did it ended with me doing it for myself. It got me through the hardest year of my life and gave me a purpose and goals to strive for. Track has impacted my life by giving me a purpose."

It impacted me the most when covid struck...While having to quarantine, I continued to train with the resources I had. I even started running a couple miles a day. My daily runs were my favorite part of my day because they reminded me that I was continuing to better myself even when the world felt like it was falling apart... Once track season rolled around I finally had something to work for again. While it wasn't my best season, I realized that even through the worst year of my life, track was the reason I survived. Once track season began again, I finally woke up excited and not dreading another day. Now, I try to be a leader for others younger than me. I try to be the support that I needed when I was in that period of my life...Track and Field has always been a major part of my life. I will continue to reach out and spread my love and passion for this sport to others and myself."



2022 Scholarship Winners

Josh Dreves

- 2022 Grove City High School Graduate
- Grove City HS XC/T&F Experience: 6yrs T&F
- Personal Records: HJ = 6'5"; LJ = 21'11.5"; TJ = 42'10"
- 2022 PIAA Track & Field 5th place Long Jump
- 2022 PIAA Track & Field 7th place High Jump
- Will compete in T&F at Kent State University
- In his own words:

"As Bruce Springsteen wrote I was "born to run." However, in my case I was born to jump. My love for track started in 2014...I can remember high jumping for the first time and thinking, "oh, wow! This is pretty fun."

Going into my eighth grade year I knew that would be doing track again. It was during this season that I picked up one of the worst events in track, the 400. I often asked myself why am I doing this? One rainy night at the mars invitational all of the eyes in the stadium turned to four small middle school boys. Everyone in the stadium stopped to watch the boys 4x4 relay. My team ended up beating a Butler relay team that consisted of 2 future division 1 athletes. From that day on I loved the 400. My eighth grade year our 4x4 team was ranked first in the state. I was also ranked first in the state in high jump with a leap of 5'11".

Then came high school. I was no longer the best. I was at the bottom of the pedestal. I made winning the center of my world. This unhealthy obsession of being 1st distracted me from the real goal, winning as a team. Sure, you can place in individual events. However, the score that really matters is the team score.

It is my goal to become not only physically stronger, but mentally stronger as well in the next four years [at Kent State University]. I am also proud to say that during my time on the GCHS track team along with my team I have helped to bring home three strait district titles. It has truly been a blessing to be able to compete along side some of my best friends the past four years. I can't wait to see what my next four years has in store for me."



Abigail Steffler

- 2022 Grove City High School Graduate
- Grove City HS XC/T&F Experience: 4yr XC; 4yrs T&F
- Personal Records: 1600m = 5:06.07; 800m = 2:14.04; 400m = 59.34
- GCHS 1600m School Record Holder
- 2022 PIAA "AAA" Girls 800m 5th Place
- Will compete in XC & T&F at Colby College (Waterville, Maine)
- In her own words:

"In short, I intend to run until either my knees give out or my future kids see it as an escape attempt from my nursing home and not exercise...Like most everything, running has had its ups and downs but it's also helped me navigate through the high and low points in my life. All of my petty problems melt away when I lace up my New Balances. No matter how taxing my day has been always emerge from practice renewed and with a fresh perspective. The hardest workouts are usually the most cathartic..."

Personally, I think that running is unique in the sense that it's truly a level playing field. We all traverse the same distance. There are no try-outs, cuts, or benchwarmers. Everyone who wishes to can participate-- but that doesn't mean it's easy. We, much like postal workers, are out rain or shine and during everything in between. We log countless miles on tired legs. We wake up and hit the pavement before our peers even crack open their eyes. And sometimes we grapple with injuries or roadblocks.

But perhaps greatest of all, running has provided opportunity for genuine connection with the most unexpected of people. Arduous long runs around the Poop Loop provide the perfect conditions for deep conversation. My running buddies and I have touched on every topic imaginable, both big and small.

Personally, I've gotten absolutely crushed in the Ice Cream Race and Grateful Gallop by both elementary schoolers and retirees. This is humbling and makes one thing abundantly clear: Running is a lifelong passion, community, and feeling of acceptance for me. It's a continuous journey that's shaped my life thus far and will no doubt continue to do so."



2021 Scholarship Winners

Karissa Dunkerley

- 2021 Grove City High School Graduate
- Grove City HS XC/T&F Experience: 4yr XC; 4yrs T&F
- Personal Records: 1600m = 5:56; 800m = 2:44
- 2019 PIAA District 10 Track & Field - 1st Place Team Member
- Will compete in XC & T&F at Carnegie Mellon University
- In her own words:

"I used to say I have a love/hate relationship with running. However, being a part of both the cross country and track and field teams at Grove City High School for the past four years has turned that hate/love into a love/love. Both sports have shaped me through providing me with a community, teaching me perseverance, and showing me passion."

From the very first moment [of attending cross country practice], I felt welcomed. Everyone was nice, making sure I knew what to do and taking time to get to know me. For the first time since I moved a year previously, I felt like I had a home in Grove City, all thanks to cross country. On that team, I made friends I never would have otherwise, friends that I became even closer with during track. Running brought us together like nothing else, through shared pain, joy, and memories. As can be seen, cross country and track have provided me with a place I truly belonged.



Cross country and track have shown me how to overcome challenges instead. My coaches have taught me that failure is an opportunity to learn and grow and that struggling will only make me a better runner in the future. My teammates have shown me how to find the good even in the bad and that when the weather is awful, it is okay because we are all in it together. We will get through it together, no matter what.

Lastly, cross country and track have cultivated passion in me. This passion was modeled for me in my coaches. They put more time and effort into these sports than anyone realizes, pouring over statistics, running scenarios, and losing sleep. If they did not love this sport, there is no way they would do that...That passion they modeled inspired me to develop my own. I started by running all summer. Then I ran a 5k outside of cross country and continued to train in the winter. I truly fell in love with sport, which caused me to recently complete my first half marathon.

Thus, the sports cross country and track have impacted my life through a place to belong, teaching me endurance, and helping me realize my love for running. Without that, I would not be who I am today."

Becca Santom

- 2021 Grove City High School Graduate
- Grove City HS XC/T&F Experience: 4yrs T&F
- Personal Records: 100H = 16.53, 300H = 48.06, 200m = 27.31, 4x100m = 51.96, 4x400m = 4:09.98
- 2019 PIAA District 10 300m hurdle Champion in 2019
- 2019 PIAA District 10 4x400m Relay Champion
- 2019 PIAA District 10 Track & Field - 1st Place Team Member
- Will compete in T&F at The University of Mount Union
- In her own words:

"Over the years, I have developed a love-hate relation for the sport of track and field. Each time I set foot on the track, I realized that I am not always going to set a PR or run my best race. However, I love to compete and as a result, track has taught me a very important life lesson; I am the only person who can determine the outcome of my race.

As a competitive individual, I strive for success every time I start a new task. When I compete in a race, my goal is to run faster than the last time...Participating in track has provided me the opportunity to showcase my intrinsic motivation to overcome obstacles-such as hurdles- but more importantly, adversity. Whenever I compete and do not make it on the medal stand, it motivates me to work a little harder in practice the next day. Track has taught me to strive towards my goals by working hard each and every day.

During these past four years on the high school track team, I have had the privilege to lead and impact the lives of my teammates. To push them to be the best sprinter, jumper, or thrower they could possibly be. As a result, I have created inseparable bonds with the amazing athletes on the team and they became more than just teammates, they were like family. It brings a smile to my face knowing that I can train with some of my very best friends that have instilled so many memories into my life. Without these individuals, I would not be the woman I am today...Running will forever be the keystone that holds my life together, and I am excited to see what the future holds for my track career."



2020 Scholarship Winners

Eleanor Chuzie

- 2020 Grove City High School Graduate
- Grove City HS XC/T&F Experience: 3yr XC; 4yrs T&F
- Personal Records: 1600m = 5:55
- PIAA District 10 Track & Field - 1st Place Team Member
- Will compete in XC & T&F at NCAA D2 Mercyhurst University
- In her own words:

"Throughout my years at Grove City Area High School, running cross country and track has been my anchor. It has kept me healthy, accountable, motivated, and allowed me to find my best friends. It took very little time for running to become more than a sport to me, because my team quickly turned into more than just a team, they became my family. The many hours we put in after school, the early morning races, the blisters, even the sore muscles brought us together and bonded us as a team. As a novice runner, I always looked up to the older runners as well, and when it came to be my turn to lead as a senior runner, I was so excited. I wanted to make sure that the new runners fell in love with the sport and all that came with it, just like I had. I took it on as a responsibility to be the best example of a teammate possible and motivate our girls to give it their all.



I quickly learned how to not let other people's success scare me or negatively affect my performance. Instead, I learned to use it as motivation for myself and my own goals; the goals that require you to put in your own hours, cultivate your own motivation, and keep the bigger picture in mind at all times. When you are running for a team goal it can be easier to motivate yourself, but I believe true strength is revealed when you run that extra mile when no one is looking, or you lift weights after practice for strength training without a crowd cheering you on. It's those little things that set you apart and make you a dedicated athlete, and it's those little things, when matched with good intention and true grit, that will truly pay off in the end. These learned skills I will use, not only in my future as a collegiate runner, but throughout my entire life...Juggling school, clubs, and running has helped me develop great time management and organizational skills.

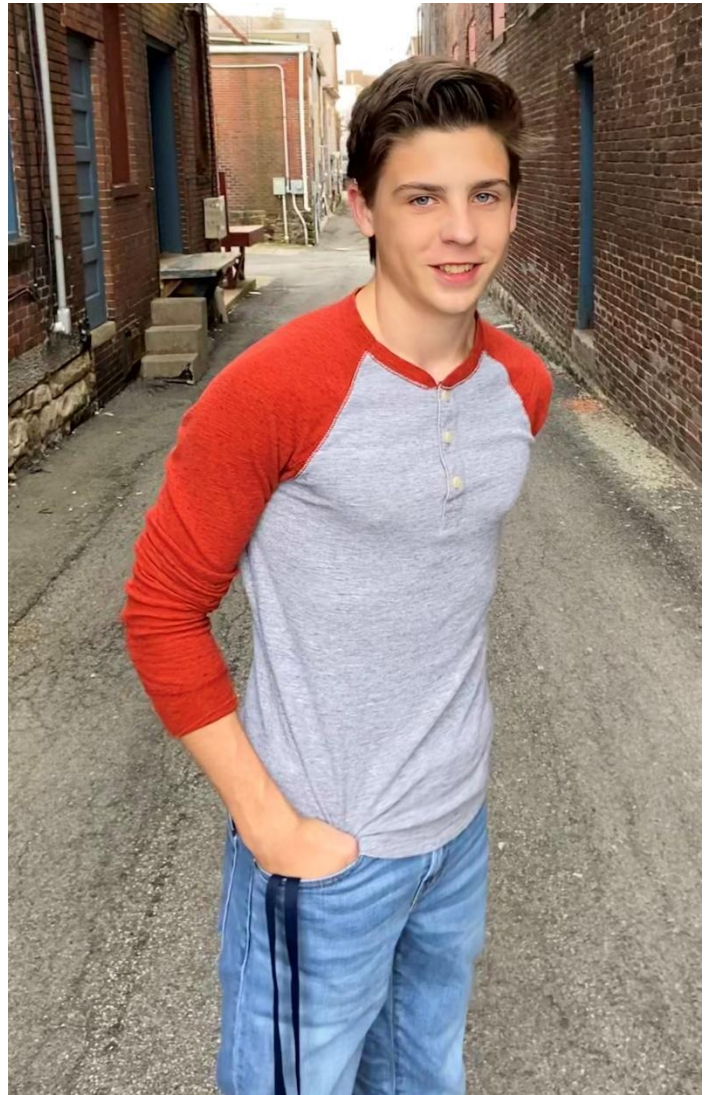
It's not hard for me to admit that, without running and the career I've been lucky to have over the past four years, I wouldn't be the person I am today. Running has afforded me the gift of many incredible lessons.."

Tobias Jones

- 2020 Homeschool High School Graduate
- Grove City HS XC/T&F Experience: 4yr XC; 3yrs T&F
- Personal Records: 5k = 15:46; 3200m = 9:39; indoor 3k = 8:45; 1600m = 4:25
- PIAA District 10 - Cross Country 2nd place
- Will compete in XC & T&F at NCAA D1 St. Francis University
- In his own words:

"Running as a sport has been a huge part of my life ever since I first moved to Grove City when I was twelve years old. I have been a part of the Grove City teams every year since seventh grade. The sport has taught me discipline and how to deal with the various hardships and disappointments that can come from running."

But even though it can be hard at times, running will always bring me joy when I do it...and I know that it will be something that I continue throughout the rest of my life. It has been a great aid to me mentally and emotionally, helping me deal with mental struggles and it has brought me great joy to be able to be part of the team at Grove City High School that fosters such a familial culture. I have devoted a significant portion of my life to training and I have been blessed with results. Running has helped me develop a passion for fitness and sparked my interest to pursue a career in physical therapy...I have been blessed with the opportunity to run cross country and track at the division one level and I look forward to what the sport has to offer me in the future."



2019 Scholarship Winners

Abigail Biddle

- 2019 Grove City High School Graduate
- XC/T&F Experience: 1yr XC; 6yrs T&F
- Personal Records: 800m = 2:19; 400m = 1:00.35
- PIAA District 10 - 800m Champion
- Will compete in XC & T&F at Grove City College
- In her own words:

"Participating in cross country and track & field in high school has had a great impact on my life. Running has taught me so much about life that without this sport I would not have discovered. A few specific things running has taught me over the years are discipline and time management. In addition to these skills, I have formed very special relationships and have been given a getaway.

To begin, one thing I have learned from running is that you need more than being fast to be a successful runner. One thing that is very important is having discipline. Setting goals is the easy part, developing the long-term commitment to reach these goals takes discipline and hard work. I have been very fortunate to have good coaches that keep me accountable during my training. They challenge me and motivate me to want to improve. They have taught me to trust the process and to put in the work to get better. This lesson goes further than track. This quality has helped me in school. Having discipline in school has helped while learning in class and completing assignments. I believe this will also help me later in life while attending college, running and later in the workplace.

Training with your teammates for months creates very special bonds. Running is hard and its important to find a good community of people that will support you and challenge you. This sport has brought me to these people. They have taught me what it's like to be a good teammate. Forming meaningful friendships with my teammates has also taught me to work for others not just myself. In a challenging race or workout, it is easy to give up on yourself but knowing how I perform impacts that team motivates me to work harder. This sport has taught me how to work with others towards a common goal. In addition to forming relationships with my teammates it has also brought me closer to my family. I have two brothers and a sister, and we often go on runs together. It gives us all something to connect over. My dad helped to build my passion for running as a child and we share this passion still. My favorite part of running is sharing it with my family.

I have played many different sports but running has always been my favorite and has stuck out to me. I love to run. It helps me to escape everyday stresses like school and just enjoy the moment. Running helps you to see personal growth and to challenge yourself which I love. Being involved in running at the high school has also helped me to form healthy habits. Our team was taught it is important to get enough rest and to eat a balanced diet to perform well. Since running is a year-round sport, I've been able to turn these habits into a lifestyle which has helped me to be a healthy and active person."



Nick Murawski

- 2019 Grove City High School Graduate
- XC/T&F Experience: 4yrs T&F
- Personal Records: 400m = 49.92; 400m = 22.4
- PIAA District 10 - 400m Champion (6th at States)
- Will compete in T&F at Allegheny College
- In his own words:

"Track was something all of my friends did throughout middle school but I played baseball. After eighth grade I decided I didn't like baseball anymore and my friends were trying to convince me to run track. I decided to give it a shot since I considered myself pretty fast."

Shortly after my freshman season began, I fell in love with the sport and from there on has been a huge part of my life. Every year I look forward to track season because to me it is one of the most enjoyable things to do. It's something that keeps me in great shape and allows me to socialize with some amazing people, all while challenging myself to become as fast as possible. Track has also been a stress reliever for me. After a long day of school, even though going to practice may seem very dreadful, track practice was great. It gave me the opportunity to block out everything that happened during school and that happened that day. I could decompress and just focus on my running."

Without track I would be a totally different person. I wouldn't have met my best friends and plenty of other great people. I also wouldn't have made some of the amazing memories that I will keep forever. Track has most definitely made me a much better person and provided me with so many different things that no other sport or activity could."

