

## Week of 10/1/2018 Dario Salinas



As a freshman, Dario didn't really take cross country very seriously. Despite the fact that he occasionally showed ability, he never put much effort into the sport. His attitude began to change during track of his freshman year, when he figured out that he could actually be a good runner. During this past summer, Dario put in over 300 miles in preparation for the 2018 season. His efforts have paid off. Dario is now the #3 runner on our varsity team and one of the top 10 runners in the TVL. This past Saturday, Dario ran 17:10 for 3 miles despite rolling his ankle at the one mile mark. In spite of the bad ankle, Dario was in contention for the win in the Frosh Soph Boys race of the Jackie Henderson Memorial meet. He ended up second in a kick to the finish, but his improvement this year is second to none. Good Job, Dario! Go Huskies!!!!