By Nick Phillips
Sports Editor

What are your expectations for yourself and the team as you begin the season?
This season is looking great for UNCP track and field! I see a lot of potential on our team this year and expect several people to qualify for nationals, as well as surpass personal records from years past. As for myself, I hope to reach the low 18’s in the 5k. I also want to try steeplechase sometime during the season.

Describe your experience as a UNCP student athlete.
I love being a student-athlete here at UNCP! At times it’s very difficult juggling running track and a heavy class load, but my love for the sport and my drive in the classroom keeps me centered. I feel very fortunate to have this amazing opportunity to run at the collegiate level. I would encourage anyone to participate in a collegiate sport because it makes the college experience so much more enjoyable!

Talk about what goes on with the team before meets.
Usually our meets require long trips on the bus, which means we spend a lot of quality time together. The time on the bus is fun because we all get to relax, talk with each other, discuss the meet/race plans and play silly games. For the distance athletes, before our races Coach Aycock sometimes gives us a race strategy, which boosts our confidence and helps us visualize the race in order to maximize our performance.

Who/what are your biggest inspirations, in running and life?
I would have to say one of my biggest inspirations in life is my Aunt Annie. She is a very hardworking individual, who is the General Manager of an international company. Even with her busy schedule, she always makes time for family and friends. She is single handedly one of the most caring and compassionate people I know and I strive to be like her. As far as my biggest inspiration regarding running, I admire anyone who never gives up, puts 100 percent effort into their training and maintains a positive attitude.

Bio of the week
Livia Mahaffie
Year - Junior
Sport - Track
Events - Hurdles, Distance
Hometown - Puyallup, Wash.
Major - Elementary Education

Notable
Also runs Cross Country; named to USTFCCCA All-Academic team