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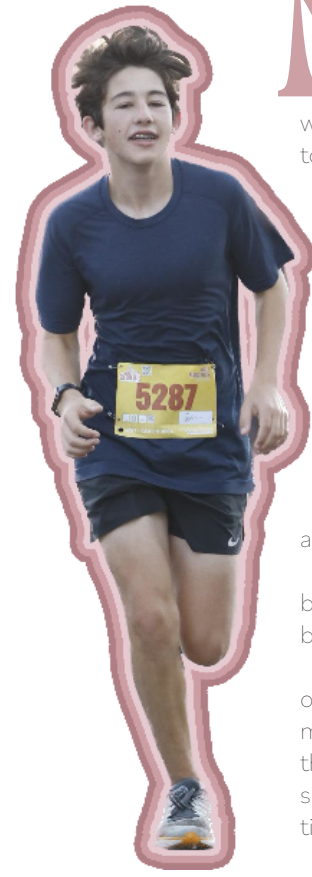
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another run **DUST**

Luca Vostrejs details his journey toward achieving new milestones. *bites the*

Story and design by Hope Van Riesen & Aanika Valliani



Most people think of running as a simple sport. In reality, it takes considerable physical skill to run for extended periods of time, as well as the mental aptitude and determination to push through exhaustion.

"You have to have a special mental discipline to be able to power through to persevere through the tiredness and pain," freshman Luca Vostrejs said.

Vostrejs is an avid runner who ran the Golden Gate Half Marathon on November 6, 2022. Vostrejs finished in second place among runners under 14, a significant milestone for his running career.

"I went in hoping to finish and came out with a medal," Vostrejs said.

Vostrejs was inspired to run this marathon by his father, who had run this specific race before in the past few years.

"It was always on my bucket list to run one and eventually work my way up to a full marathon," Vostrejs said. "This race took place the weekend after the end of the cross country season, so I figured that it would be a perfect time to run it while I was in my prime."

Vostrejs began running for fun at five years

old, but took it seriously starting in sixth grade when he started with the Palo Alto Pacers, a running program for middle-schoolers.

"The first person to really motivate me and push me to where I am now is coach Casper Vroemen," Vostrejs said. "[He] is a huge role model and set a hard pace and pushed us to be the best we could be."

He also added that he felt incredibly lucky to have gotten professional training from coaches, which was a major aspect of what kept him feeling motivated.

Recovery process, while not a very well-known aspect of running, is immensely important to Vostrejs after his runs.

"It is super important to stay nourished and stretch afterwards to avoid injury," Vostrejs said. "I also iced afterwards and the following week did slow jogs to stay active and stretch."

Vostrejs stresses that despite the difficulty he faced getting started, routine and discipline helped him improve and grow into the sport.

"While at first it seems intimidating, the hardest part is just getting into a routine," Vostrejs said. "The hardest part about...running is taking the first step."

"I went in hoping to finish and came out with a medal."

LUCA VOSTREJS



(top) **PERFECT PARTNERS** Vostrejs takes a photo with his dad with their medals shining. "It was one of his last years that he was going to do something this intensive," Vostrejs said. "We always wanted to run one together."
(bottom) **LOOKING AHEAD** In front of the official sign, Vostrejs holds up his second place medal, looking forward to future marathon events. "It would be really cool to use it as a benchmark to see improvement over the years," Vostrejs said.
(left) **CAN'T STOP, WON'T STOP** Vostrejs smiles as he runs to the finish line, completing a long-awaited accomplishment. "I'd always wanted to run one and eventually work my way up to a full marathon," Vostrejs said.
Photos courtesy of Luca Vostrejs



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