

Conversation of the Week: Jaden Elgin

Austin Wald, Sports Editor

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This week I had a conversation with freshman cross country phenom Jaden Elgin. Elgin is a varsity runner and recently placed 7th individually at St. Louis U. High's victory in the MCC championship.

Austin Wald: I know it's very rare for freshmen to race on the varsity cross country team, can you tell me about how you got on the team and your come up in the program?

Jaden Elgin: So I started with summer running to get a little head start with the team, get to know everybody, get to see where I'm at, and at the time I was not expecting to be on varsity or anywhere near varsity. But each week I slowly progressed a little more and a little more.

AW: Before high school did you do any running or are you new to this and just naturally fast?

JE: Yeah no, I'm definitely not new to this. I joined my first track club in first grade and started winning stuff there. I got second in nationals a couple of times in cross country and track for distance stuff and kind of kept going after that.

AW: That's really impressive, tell me about some of your first wins at the JV level and some of your successes on the varsity level.

JE: My first win on JV was at Sioux Passage. I wasn't expecting to win, I wasn't even expecting to place in the top ten really, but I just went out and stuck with the top guys and kept going.

AW: Sioux Passage is known for being a pretty tough course right?

JE: Yeah, it's probably the slowest course in Missouri.

AW: Wow, so I'm sure it felt pretty great to win out there. What are your goals for the rest of the season and what are the big races coming up?

JE: So if I make the final top 7, which I'm really striving for right now, then I'll be going to state in Columbia. I'm looking to peak out there. For a time goal, I would like a 16:25. But overall just making a good team effort is my main goal.

AW: By top 7 do you mean top 7 on the team or top 7 in a qualifying race?

JE: Yeah I mean top 7 on the varsity team because the top 7 are going to be the ones competing at state and districts.

AW: Gotcha. Last question, what's your favorite food to eat after a race?

JE: After a race I can always go for a good burrito.

AW: I like that, solid pick.