

Sally



Ruiz



Some athletes leave their mark on a record board. Others leave a legacy that lasts for generations. Sally Ruiz did both.

A standout in track and field at Millsap High School, Sally established herself the fastest sprinter in school history for the girls program.

Her natural speed carried her to the highest level of high school track and field in Texas, where she repeatedly earned a place among the state's best.

Sally's remarkable accomplishments at the state level began in 1988, when she finished 5th in the 100-meter dash at the state track meet. She returned to the state championship stage in 1990, once again proving herself among Texas' elite sprinters with a 6th-place finish.

In 1991, as a senior, Sally completed an incredible career for the Lady Bulldog Track Team, finishing 6th at the state track meet for the second time.

Her accomplishments were not limited to just individual events. Sally also was the anchor leg for the relay team. In addition, she etched her name into the Millsap High School record books, setting the school record in the 100-meter dash and the 200-meter dash—a mark that has withstood the test of time, 35 years later which is a testament of her God-given speed.

For 32 years, Sally has been happily married to her husband, Doug. They are the proud parents of two sons - Brett, 28, and Gannen, 22. Her family is one of her greatest accomplishments and a source of tremendous pride.

Sally has also embraced her entrepreneurial spirit. In 2013, she started her own small shirt business. Her creativity, hard work, and determination has turned her dream into a successful venture that she continues to proudly operate today.

Tonight, Millsap High School celebrates a true Bulldog who made her mark on the MHS track program and in the record books.

With great pride, we honor Sally Ruiz for her outstanding athletic achievements and welcome her into the Millsap High School Athletic Hall of Fame.