



Name: Sallie Davis. Everyone spells it wrong (even my Middle School track coach). I'm a junior at North Hall High School and run track and cross country. This will be my 5th year of track, but first year of cross country.

Running History: Let's see....it all started in 7th grade, when I tried out for track. I had the fastest time on the 400 as a 7th grader, so I stuck with that. I got better and better as the year went by, but at the Hall County Championships I got 4th and that wasn't good enough for me. So, I started running all year around. I didn't run xc, I was too focused on track. So, once the championships came around the next year I was ready. I had this horrible cold and couldn't sleep all night, but I had worked too hard to not go. One of the guys asked me, "If you're so sick, then why didn't you stay home?" I simply said, "Because I NEED to run." I ended up getting 1st and setting a new Hall County record, which I was happy about :]. Because I was so sick I didn't put on any sunscreen. I got 100s of blisters on my shoulders from being out in the sun for like 5 hours, but it was worth it. I continued running track and did a program that my dad got from the Baylor track coaches after my freshman year. This past year, from August to March, I ran 344 200s (seriously), along with a variety of other things. It didn't significantly decrease my time, so I decided to run xc this year and move up to the 800, but still do the 400.

Running Goals: I want to get my 5k time to around 21. I don't really know how good I'll be at Cross Country, but I really want to go to state in the 800 before I graduate.

Favorite Race: Track: Region, and the Jenny Melton, b/c that's the only 5k I've done so far and I think it's an awesome way to keep her memory alive.

Favorite Place to Run: North Hall track.. I really like the trails at Gainesville College and running up in Hiawassee because we have land up there.

Favorite Running Story: Favorite running story...well I do have a most memorable one. It was my freshman year and we were on our way to Dawson County track (which is the only asphalt track in this whole area) and I didn't have racing flats, so I just wore regular trail shoes. It was one of my first high school races and I was so excited that I started too fast. By the 300 mark, my friend Pepper was catching me. My dad screaming, "COME ON SALLIE SHE'S RIGHT BEHIND YOU!" I'm almost to the finish, and I'm trying to lift my legs higher but my foot hits my calf and suddenly everything gets quiet. I had fainted in front of hundreds of people in my 2nd high school race and I had another race against Gainesville & Buford 2 days later. But I did fall across the finish line, so I won even though they had to carry me off the track.

Favorite Runner: I would say either Jeremy Wariner or Steve Prefontaine. Jeremy is the best 400 meter runner ever in my opinion, and I think he's going to break Michael Johnson's record this year in Beijing. Pre has inspired me with his amazing confidence and his relentless attitude. His quotes have defined me as a runner over the years.

Favorite Saying: Pre: " I want to train so that's it is a pure guts race at the end, and if it is, I'm the only one who can win it!"

Jeremy: "Anyone can beat me, but if I'm on my game no one is going to touch me."