



Heart of an Athlete

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School: Adel-De Soto-Minburn High School
Sport(s): Track & Cross Country



List your chosen attribute: Perseverance

What is your personal definition of this word?

In my own words I would define *perseverance* as always trying your best and pushing through any pain that is taking your mind off of where you are headed. In track terms I think about taking my mind off of the tiredness and the pain and instead focusing on pushing through and running to the best of my ability for the one that gave me the ability!

What are some of your favorite quotes from other people about this word?

A quote that I love is, "*Perseverance is failing 19 times and succeeding the 20th,*" -Julie Andrews. I've for sure had some bad races that I wish would've gone better, but this quote shows me that through all of those bad races, God has a race waiting for me that is bigger than all of those other races.

Another quote I really like is the plain and simple, "*Never give up,*". Especially in running distance, it can be really easy to give up halfway through your race. My faith is the major thing that gets me through not giving up.

What is your favorite Biblical passage that deals with this characteristic?

One of my favorite verses is Hebrews 12:1, "Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us,".

Why did you choose that particular passage?

I know that God has brought me on this earth to be a light to others through my running. I believe and pray that one day I can inspire many other kids, not only girls, to run with perseverance, not only in track or cross country, but also in other sports. I want to show others my love for Jesus through my sport and pray that they can all do the same.

Please give an application/example of this word in your life.

God has led me through many downs in running track and cross country. But through perseverance and my faith I have also been led to many ups in both. This summer of 2017 I attended FCA camp for the first time. I was super nervous because I was going alone and I felt I was in a "good enough" position with God. After that week of FCA, I didn't want to leave. I had met so many amazing people (that I still talk to today) and had been in the best relationship with God I have ever been in, in my sport and spiritual life. FCA taught me how to show my love for God through my sport. 2017 FCA camp completely changed my life and will continue to change my life every year I go.

How do you apply this word in your sport?

Before I begin every race, I put in my head that I can run with anyone. It's a good way to start your race with confidence! Though there are times I get beat, I look back on that race and tell myself as long as I went out there and gave it my all (persevered), there's nothing else you can do other than give all of the glory to God... and beat that person next time. Another thing I do for every meet is on my hand, I write AO1 (Audience of 1). I remind myself that from the start until the finish I am running for one, God.

How did you first become involved in FCA?

My grandpa, Dave Moyer, was a part of the start of FCA. In the past he has told me many stories about him growing up and attending FCA groups and camps. It's always sounded so fun and I really wanted to be a part of that; not only being able to worship and get closer with God in your spiritual life but also in your "sports" life. The first time I actually attended anything FCA was this summer of 2017 (between my sophomore and junior year of high school). I absolutely loved it and will continue to be apart of it.

How active within FCA were/are you?

I have never been active in FCA until this summer. I attended Wednesday night church which got in the way of attending our schools' FCA group. That FCA group has faded now and I would like to try to start an FCA back up or start a small group of girls that can grow in our faith together.

What is your athletic experience? (Where?)

All through middle school track I was winning, winning, winning. I barely ever lost. Everyone considered me a superstar. Once I got into high school I realized I actually had to put some work and time into this sport if I wanted to be good at it, so that's what I did. Through high school track, so far I am usually seen in the top 3 of races.

Going into my sophomore year, I was fit and ready for another season of track. I had been training all winter long. At conference I was put in the 3000m, distance medley (800m), open 800, and then finished with the 1500m. Did I want to do that? Not so much, but I knew that's what the team needed. Throughout the rest of the season, I was hitting pr's and doing just about everything I could to help the team out.

By the time state track rolled around, I had qualified for the 4x800, distance medley (800), 4x400, and the open 800. My time in the 800m was in the top 5, meaning I could place top 5 at state. Unfortunately, after the first 100m of my 800 my feet got tangled and I was tripped. As I got back up, and saw everyone else way ahead of me I thought, 'Why me? Why did this have to happen to me at state?'. I ended up placing dead last, which was really hard for me. I was so disappointed with God. I knew that I had worked my butt off all season long and I deserved it. About a week after state track, I was still very sad. My parents called me downstairs so that we could talk. They talked to me about how I should not be disappointed at all. I had an amazing season and I should not let this one race bring me down. I had just wished I could go out one last time so that I didn't have to end the season with that bad 800. After a long conversation and many days of praying for God to put me where I needed to be, my family and I decided that I was going to sign up for the USATF Junior Olympics. I was super excited but nervous at the same time. At the USATF state meet I placed first in both the open 400m and 800m which moved me to regionals. At Regionals I placed second in the 800m which brought me to nationals. I was less than half a second away from making nationals in the open 400m. At nationals, I placed third in semi-finals and went into finals as number six. Of course I was super nervous for finals because I was treating that race like it was the state meet. Running a slower time, I still placed seventh at Nationals. I could not have been any happier!! I thank Jesus everyday for that amazing opportunity to try again. God is good!!

What are your future goals?

My future goals in track are to be a state champ in the 800m 3A and run in college for a D1 school. My future spiritual goals are to continue to show others, through my actions, my love for Jesus. Another goal I already mentioned would be to start up and FCA or a small group of girls to get connected with. I believe that these goals can come true through believing, praying, and persevering!!