

# One in a Vermillion

## Meet Madisen Lavin

By David Lias  
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"Winning the South Dakota State 'A' individual cross country championship."

Madisen Lavin can cross off that item on her "things to do while still an eighth-grader at Vermillion Middle School" list.

Last weekend in Rapid City, Maddie edged out Lead-Deadwood's Mattie Shirley Fairbair by two seconds for the Class "A" individual crown.

During a brief conversation this week, she admits that she didn't know what her first place time was. Maddie was positive, however, that she ran better race than a year ago, when she finished second at the state cross country meet in Huron.

After her runner-up finish last year as a

seventh grader, Maddie, the daughter of Carol and Matt Lavin of Vermillion, knew extra work would be required to climb up one spot higher. Those extra efforts paid off.

Maddie sprinted out to an early lead on Saturday, Oct. 26, and never faltered through the 4000-meter race. She was first to cross the finish line with a time of 14:45.

Last year, she placed second with a time of 15:23.

Her faster pace, allowing her to shave nearly 40 seconds off her time compared to the year before, is more than ample evidence of Maddie's hard work, dedication and discipline while preparing for the state meet.

"I just kept having that drive – after getting second last year, you want to push harder, you want to show that you can do

better than last year," Maddie said. "I don't know how much it (my time) was better than last year's, but I know I did cut a considerable amount of time off of my best even from last year. That was good, because I want to slowly decrease my time."

She said she concentrated on improving her training during the last 12 months, but chose not to make any drastic changes in her regimen.

"I didn't really do anything differently," Maddie said. "I guess I just had more drive and motivation to do better than I did last year, because I wanted to not only improve myself, but also to show that I didn't have to be in high school to do something, because this is a high school sport."

She estimates she



would run, on average, 28 to 30 miles a week as she prepared for the 2013 cross country season and, ultimately, the state meet. "It would vary on what our training was, and I would do more things on the weekends – more hills, more speed workouts – to get my

speed up," Maddie said. "I knew I had the endurance for it, but speed was a main factor."

The state meet had been scheduled for the relatively flat Elks Golf Course in Rapid City.

Officials decided shortly before the weekend to hold the race at the hillier Robbinsdale Park due to the early October blizzard. That may have helped Maddie.

"I like hills, and that helped ... it was to my advantage, because I like doing them, and so that was just a little extra push. I just wanted to go faster, and the weather was perfect, so I couldn't have asked for anything better," she said.

What's next, after winning a cross country championship? Lots of time in the water.

"I'll be busy with swimming probably for the next five to six months," she said.

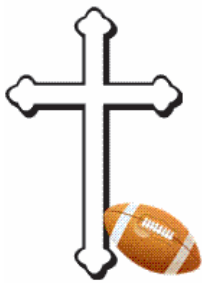
Maddie said she's easing up a bit on her running – for the time being, anyway.

"Swimming is taking over my life right now, and I'll also be doing gymnastics, just to stay in shape, to keep my muscles going. I will try and run – I can't say that I'll be running every week, but I'm going to try to do better than I did last year, staying in running shape for track," she said.

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To all the members of TEAM Freidel – We wish to thank you for celebrating Mike's life in such meaningful ways with scholarship donations, pictures, floral/plant arrangements, music, moments of silence, stories, laughter and love. We would like to also acknowledge the community support Mike and our family were fortunate to receive over the past seven years since his accident. Thank you to the Sanford staff and volunteers for their professional and constant care. We would like to express heartfelt appreciation to the communities of Vermillion, St. Agnes, VHS and USD for unconditional friendship, encouragement, and prayers.



God bless you all,  
the family of Mike Freidel

Thank you to my friends & family for your cards, phone calls and visits.  
Joyce Benson

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