

From the Lansing State Journal

Lindsey Carlson has had plenty of success during her high school running career.



Yet the two-time all-state Charlotte senior still is continuing to surprise herself with her accomplishments in cross country for the Orioles.

Those recent surprises have stemmed from some fast times to start the season, which included finishing in 19:38 while taking second in her opening race of the fall

last month.

Carlson, who was voted the LSJ prep athlete of the week, has followed that strong season debut by winning her last two 5,000-meter races.

“Ever since I started high school I really liked running, but my times and my places haven’t really been where they had been since freshman year,” Carlson said. “This summer I’ve really been training a lot harder and kicking into gear. I’ve really been focusing a lot on soccer because that’s my main love. But I think this year has been a better balance between (soccer and running). During races, mentally I don’t let myself go as I may have before. Definitely I’ve been training harder this summer and the team has helped a lot.”

Carlson is focused this season on becoming an all-state runner like she was as a freshman and sophomore. She just missed earning all-state status when she placed 34th at the Division 2 state meet last November.

“We wrote down our goals within the first three days of the season and she put that down on paper,” Charlotte coach Lindsey Blair said of Carlson’s motivation for a strong final season. “I know for a fact that is something that has weighed on her since that state meet last year.”

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