

# Looking to Finish Strong

## Brittany Dohmen Races for Personal Best

By Betsy Baldrige

Senior, Brittany Dohmen wants to finish her career on the Concordia Track team by accomplishing all of her personal best goals. Running her best time in both the 200 and 400 meter dash would help her check those goals off her list. Since Dohmen is a senior and this is her last season with the track team, she wants to have a rewarding season. She would like to have the opportunity to run in the finals at the outdoor conference meet. Dohmen wants to leave Concordia knowing that she left everything on the track.

The indoor season started out a little shaky for Dohmen but she was able to end the indoor season on a good note by having good times at the indoor conference. Ending the indoor season on good terms will help her look ahead for the outdoor season. With all of her training, she has been able to stay in competitive shape while hoping to work more on improving her top-end speed.

Dohmen looks forward to seeing the team grow. During the indoor season she was able to see her teammates accomplish their goals as

well as help each other. They were able to sharpen their skills and accomplish things they didn't know they were capable of. After leaving the track team, Dohmen hopes that the underclassmen can continue working hard and improving their scores so they can stay competitive with the other teams in the conference.

Staying in the same routine is something that Dohmen has to do. Keeping the pre-race warm up routine helps keep her nerves in check and focus on the race ahead. Since joining the track team four years ago, Dohmen has made major improvements. She has been able to accelerate her speed each year in sprints as well as develop a strong running technique that allows her to be a more efficient runner. She has also improved on the use of starting blocks.

Having a successful outdoor season is something that Dohmen looks forward to. Watching the team grow from when she was a freshman is something that she will be able to look back on and remember the memories. She continues to encourage her teammates and

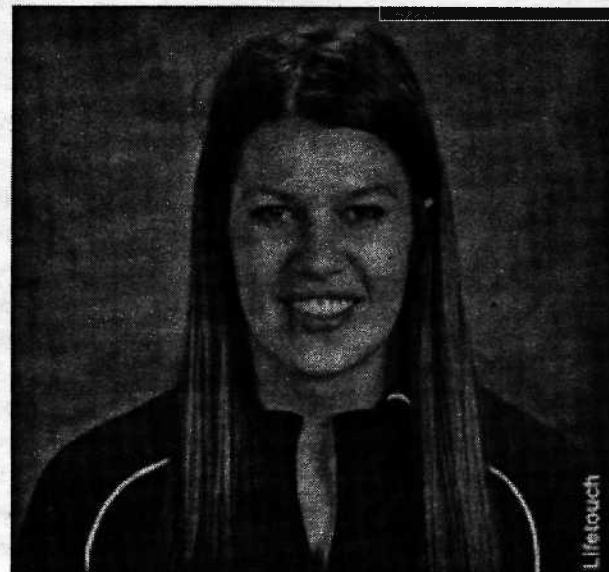
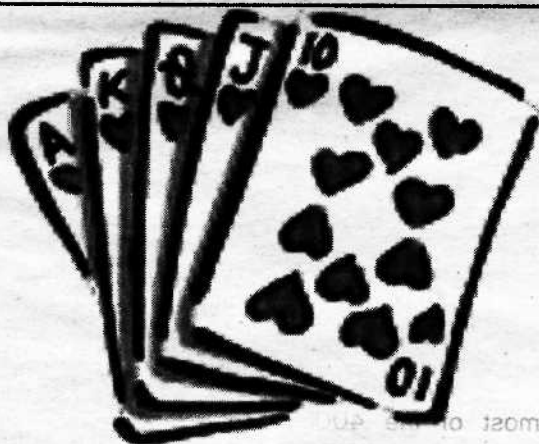


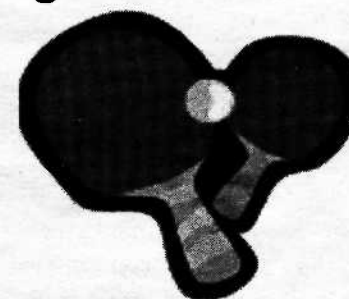
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help them accomplish overall team goals. After she graduates, she hopes to stay close to her fellow teammates and will continue to support Concordia's track team. Dohmen hopes to make this last outdoor season her best one yet!



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