

GOING THE EXTRA MILE

Lauren Metzger could not run in the 5000-meter race at the 2010 North Coast Athletic Conference Track & Field Championship, a two-day event held at Ohio Wesleyan University. The race was scheduled for Saturday, the same day she needed to present results of her honors studies in psychology at a conference in Chicago. Bypassing her specialty, Metzger instead pulled double duty and ran the 10,000-meter race, which was slated for Friday. Although the length was outside of her racing realm, Metzger clocked in with a second-place time of 40:28.94. After that, it was off to Chicago.

That whirlwind of activity affirmed Metzger's versatility. Now a senior standout on the Ladies cross country team, as well as the indoor and outdoor track and field teams, she can look back on an athletic career crammed with highlights, including all-conference, all-region, and team most valuable player awards. Through it all, those athletic accomplishments never weighed down the significance of her studies. In fact, at the conclusion of her junior season, Metzger was named an All-Academic honoree by the United States Track & Field and Cross Country Coaches Association. Here's a more detailed look at what makes Metzger run...

Kick in the Shins

Once a swimmer, Metzger dropped the sport in favor of running. Although she fared well in her first meet, the transition did not go smoothly. Injury prone, she developed terrible shin splits and was told by her coach to quit running altogether. She disagreed and forged ahead into the collegiate ranks, where she suffered a bone bruise her freshman year and was tagged with a scar on her right leg after getting trampled during the 2007 NCAA Cross Country Championship.

He Does, She Does

Metzger's boyfriend, Kaleb Keyserling '09, graduated with the Kenyon men's record in the 5000. She says it's her goal this year to match that feat. The College record for women is 18:12. Metzger came closest to that mark with an 18:17 run at last season's UNC-Charlotte 49ers Classic.

Rivalry Resisted

Her parents are originally from Ohio, but they moved to Ann Arbor, Michigan, where she was born and raised. Back in Gambier—and certainly closer to Buckeye Central—she squashes any notion of being a fan of the Wolverines. In fact, she roots against Michigan, remains indifferent to Ohio State, and pretty much skirts the whole rivalry by pulling for Notre Dame.

Winged Foot

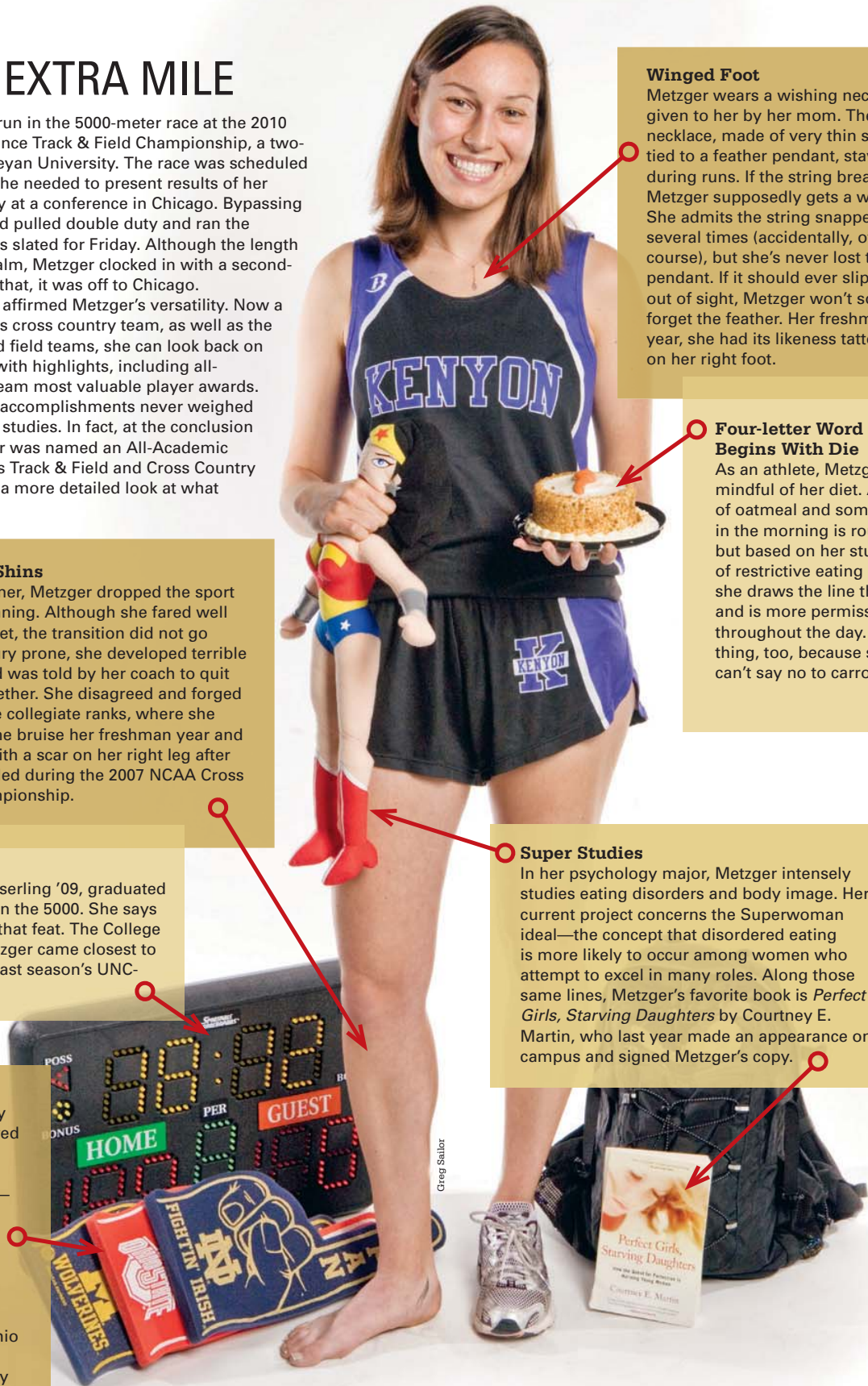
Metzger wears a wishing necklace given to her by her mom. The necklace, made of very thin string tied to a feather pendant, stays on during runs. If the string breaks, Metzger supposedly gets a wish. She admits the string snapped several times (accidentally, of course), but she's never lost the pendant. If it should ever slip out of sight, Metzger won't soon forget the feather. Her freshman year, she had its likeness tattooed on her right foot.

Four-letter Word That Begins With Die

As an athlete, Metzger is mindful of her diet. A bowl of oatmeal and some fruit in the morning is routine, but based on her studies of restrictive eating habits, she draws the line there and is more permissive throughout the day. Good thing, too, because she can't say no to carrot cake.

Super Studies

In her psychology major, Metzger intensely studies eating disorders and body image. Her current project concerns the Superwoman ideal—the concept that disordered eating is more likely to occur among women who attempt to excel in many roles. Along those same lines, Metzger's favorite book is *Perfect Girls, Starving Daughters* by Courtney E. Martin, who last year made an appearance on campus and signed Metzger's copy.



Greg Sailer