

ANATOMY OF AN ATHLETE

Two-sport athlete Lauren Brady '11 proved her prowess to several hundred witnesses on one October day during her first semester at Kenyon. After placing second among 101 runners in the North Coast Athletic Conference (NCAC) cross country championship race, she jogged back to the Kenyon Aquatic Center, jumped in the pool, and swam the 100- and 200-yard butterfly events in times that cleared the NCAA Division III provisional cut for national championship qualifying.

Since then, Brady, a native of Tyngsboro, Massachusetts, has helped direct both the Ladies cross country and swim teams to consecutive national championship appearances. She's twice earned All-NCAC and All-Region honors in cross country and has collected ten All-America certificates for her work in the water. She's decided to pursue only swimming this year.

We caught up with her after the cross country season to take a look at what makes her tick . . .

Short notice

A pre-college shopping trip to T.J. Maxx helped convince Brady to join the cross country team. She struggled with the decision until she stumbled upon a rack of running shorts. "They were purple and I could actually afford them, so I took that as a sign that I should join the team." The day before she arrived on campus she called coach Duane Gomez and informed him of her decision.

Breakfast of Champions

Brady watches what she eats. Her staples are fruit (for health) and water (to dampen nerves). She's rarely seen without a water bottle, even away from competition. Favorite breakfast: an omelet crammed with peppers, onions, and ham.

Music with muscle

She'll listen to just about anything her iPod can haul, except classical. "I've got nothing against it, it's just too calming for me." Before a race, songs from the Jock Jams collection help motivate her.

Don't leave home without it

Brady never gets on a bus without Rosie, her stuffed bunny. She's affectionately preserved the scruffy pet since she received it as an Easter present during childhood.

Books and Outlaws

Brady is in the process of declaring biology as her major, with hopes of going pre-med toward a goal of pediatrics practice. To this point, however, her two favorite classes at Kenyon have been Italian, which she'd like to claim as her minor, and "Outlaws," an English course that examines representation of evildoers in literature, drama, and film.

Round and round

When not running or swimming, she's cycling. She put all three activities together last year to participate in her first triathlon. She trained less than a week for the grueling event and said afterward, "It was fun, but it hurt. I can't wait to do another one."

Don't knock the socks

For the past six years, she's worn the same pair of black socks during every competition. Laundry days, with the threat of sock-eating washing machines, are met with a degree of anxiety.

Greg Sailor