It is difficult to pinpoint one person who has helped me along the way to help me get to where I am at currently. I would have to start with my parents, they have been there for me since day one, literally. But what I love about my parents most is that no matter what I decide to do, they support me and are there for me no matter what. They usually do not try to push me or sway me towards anything, but always challenge me and expect me to give it my all in whatever I do. They push me to always do better while still recognizing my achievements along the way. This has taught me to celebrate all the small victories but to continue pushing and digging for improvement and excellence. Next would be my high school cross country and track coach, although he wasn’t in the picture until my junior year. Although I was not a bad athlete, I never seriously considered running in college let alone at the Division 1 level. Coach Matt came along and was the first person to help me see a potential in myself that no one else saw. Through lots of hard work and support from him, my parents, and teammates, I earned myself a number of personal accomplishments, records, and even better, leading my team into the highest team performances in over 30 years. In the end I received multiple scholarship offers and ended up in Missoula. Even while in college, Coach Matt was always there for me and even came out all the way from California to watch some of my races. My former high school teammate and best friend Ricky always pushed me to do better and reach for the highest level of performance. Together we turned around our high school’s program and pushed each other to continually do better in all aspects of life. I always have looked up to my dad and grandpa for their incredible work ethic and intense attention to detail. This has rubbed off on me quite a bit and find myself putting in much detail in my artwork and design projects and schoolwork. I am hoping to carry over this trait to this class! All of these people in my life have been there for me in various ways. Whether it was being the person who I could come to when times were hard, or being the one to always cheer me up, or always challenging me to shoot farther and higher. I truly believe that I could not be where I am at today and as cheesy as that sounds, it is entirely true. I am so thankful for the experiences I had in high school and the two years I ran collegiately for this university. I am excited to start this new chapter in my life in which I will pursue my passion for art and design and start my own clothing brand. I am so thankful for the support system I have and know that my family, friends, and girlfriend will support me every step of the way but also challenge me to strive for excellence in all that I do. Above all I find lots of guidance through my faith and have found that in times when seemingly no one can help, my faith is always there. I think it is important to acknowledge that our accomplishments were not achieved by just us. We all have a support group whether its one person or a hundred. We can all do great things with the right mindset and support and we should always return the favor.