

Amy Hastings

Not Settling for Mediocre



*Photo by Pretty Sporty/
Cheryl Treworgy*

Amy Hastings' long run to the 2012 Olympics started at Leavenworth High School in Kansas. She won two state titles at 3200 meters and a state cross country title. Amy attended Arizona State, where she rose early for long training runs to beat the Arizona heat. Her hard work and dedication paid off, as she won the NCAA 5000 meters in 2006 and helped her team to two NCAA Championships, winning 10 All-American honors.

As a professional, Amy competed in both the 5000 and 10,000-meter runs at the 2008 Olympic Trials and finished 14th in both races. Amy was disappointed she had not made more progress to compete with the best in the U.S. Her search for improvement led her to Mammoth Lakes, California, to run with Coach Terrence Mahon and his group of Olympians. Gradually, Amy began to improve, running on the U.S. team that finished third in the World Cross Country Championships.

She turned her attention to the marathon and had the third fastest debut of any American

woman, running 2:27.3. She looked forward to the 2012 Olympic Marathon Trials in Houston in January 2012. Amy had convinced herself she could make the team and ran well, but her fourth place finish left her one frustrating spot from being an Olympian.

Instead of giving up on her Olympic dream, Amy returned to the U.S. Track and Field Olympic Trials more determined than ever.

After years of hard work, dreaming, and running, Amy achieved her ultimate goal of becoming a member of the U.S. Olympic team by winning the 10,000-meter final at the 2012 U.S. Olympic Trials in Eugene, Oregon.

In the Olympic 10,000 meters, Amy was able to stay with the lead group, consisting mostly of Africans for over half the race before she fell back to finish 11th in 31:10.69.

By dedicating herself to continued improvement, Amy Hastings overcame heartbreak with triumph to achieve a lifelong dream of becoming an Olympian.

Questions for Thought:

1. Amy came heartbreakingly close to making the team in the marathon, but it only motivated her desire to make the team. What come-close events in your life can you use to help motivate you?
2. Amy searched out ways she could continue to improve. How can you do that?
3. Amy has been patient and has had gradual improvement over a period of years. How hard is it to stay patient and continue to work hard with the belief it will pay off?