

# Heather Clark

Title: Student-Athlete; Cross Country & Track

Year: 2003



Heather Clark had a stellar distance running career at Brewer High School. As a freshman, she was the Eastern Maine Class A champion in the 800m and through her fierce competitive drive, she continued that level of success through her senior year.

One of Clark's best qualities that contributed to her success was her coachability. She was a great listener and as a younger runner, she paid attention, especially to the older athletes. She learned from the more experienced runners and applied what she learned. A great student of the sport, Clark developed into an inspirational role model on and off the track. She maintained a positive attitude even in poor weather conditions, never letting that affect her races. Through her work ethic and passion for running, she was a constant source of inspiration to her fellow teammates. Whether it was in a workout or a race, she pushed her teammates step for step. Clark raised the level of all who trained with her, including the men's team. Intense dedication also played a significant role in her establishing herself as one of the best distance runners in Brewer school history.

As a senior, in cross country, Clark was undefeated during the regular season. She also set a course record during an invitational in Old Town. She was the P.V.C. Cross Country champion and earned the silver medal at the Class A State Meet, the highest ever by a Brewer female. Clark was named a Nike/Footlocker All-American by the national running publication "The Harrier's High School Cross Country Report".

In indoor track, at the 2003 Eastern Maine Championship Meet, Clark was the gold medalist in the mile and 2-mile events, earned a silver medal in the 800m and was named the Top Meet Performer. She was also the 2002 and 2003 indoor state champion in the mile.

In outdoor track, she won Penobscot Valley Conference (P.V.C.) titles in the 1600m and 3200m runs during both her junior and senior seasons and still has the league record in the 1600m run.

She earned 12 varsity letters during her 4 years of high school and currently holds a total of 6 school records in distances from 800m through the 2 mile in indoor and outdoor track. Clark was a two-time All New England competitor, finishing 8<sup>th</sup> in cross country, 6<sup>th</sup> in the indoor mile, and 7<sup>th</sup> in the outdoor 1600m run.

Clark was a smart runner. Highly motivated, she had a long-term approach to success. Her success did not stop on the cross-country course or the track, it crossed over to the classroom as well. She was an exemplary *student-athlete*. With a cumulative grade point average of 95.2, she was salutatorian of the Class of 2003.

Because of her academic and athletic accomplishments, Clark was heavily recruited by several Division I colleges. She ultimately accepted a full athletic scholarship to Florida State University where she ran cross country and track for the Lady Seminoles. Clark transferred to the University of Maine where she also competed in cross country and track and field for the Black Bears. She received her B.S. in nursing in 2007 and is currently a Registered Nurse in Bangor, Maine.

