

Gorman wins Metro Spotlight Award

Written by Metro Sports Report
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Cedar Rapids Washington senior Shannon Gorman is the winner of the Metro Spotlight Award for high school girls this week, the Metro Sports Report announced Sunday.

Gorman was the top Metro finisher at the Cedar Rapids Invitational cross country meet last Thursday when she placed fifth overall at Noelridge Park.

Gorman has been one of the top distance runners in the Metro area for several years. She placed seventh in the 3000 meter run at the 2013 Drake Relays, finished 14th in the 1500 meter run at the 2013 state track meet, placed 15th in the 3000 at state and qualified for the state cross country meet last fall.

Gorman also swims for the Warriors and has competed in triathlons.

Here is our Question-&-Answer session with Shannon Gorman:

MSR: What is your favorite individual highlight in sports?

SHANNON: Drake 2013. I qualified for only the 3000 and dropped tons of time. I don't really know what happened, it was literally 30 seconds faster than I had usually been running all year, and I PR'ed to get 7th place.

MSR: What is your favorite team highlight in sports?

SHANNON: Going to state with your best friends will always be a highlight. We've only qualified as a team for cross country my freshman year, but I've been on a relay every year for state track. We're so close by the end of the season and all ready to run fast. It's the best.

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MSR: Who has had the biggest influence on your sports career?

SHANNON: My parents. When I couldn't drive, my mom would wake up before 5 a.m. to bring me to swim practice. They come to a lot of my meets, and I think having some kind of support system is vital for an athlete.

MSR: What are your future goals in sports?

SHANNON: Whether or not I run in college depends on where I go. Running is not a factor in my college decision, but if I can run for a team then it would be an added bonus. If not, I'll still be running and doing triathlons on my own until I physically can't.

MSR: What are your favorite classes in school?

SHANNON: I'm better with science, but I've enjoyed my history and government classes.

MSR: What has been your favorite community service project?

SHANNON: Last spring for Student Senate, about four of us put on a 5K run/walk to benefit the Cedar Rapids Boys and Girls Club. I do a lot of volunteering for Interact/Rotary Club and Student Senate, but it's completely different when you're actually planning an event.

It was a lot of work and stress, but it was worth it when everything came together on race day and we saw the kids (from BGCCR). It was a great experience and we know that all the proceeds went to a good, local cause.