

- 1) Name: Tommy King
- 2) New Trier sport(s): Track + Field and Cross Country
- 3) Suburb you lived in (when you went to New Trier): Winnetka
- 4) What year did you graduate NT: 2011
- 5) Where do you live now? Chicago, IL
- 6) Who was your coach? Dave Wisner, Mark Wukas
- 7) HS sports accomplishments/awards/honors:

- 3x All-State Selection
- Graduated as the school record holder in 3200m and 1600m (my good friend Leland Later made short work of those the year after)
- Participated in IHSA State track meet all four years of high school
- PR's: 800m – 1:55, 1600m- 4:14, 3200m- 9:04

- 8) Favorite high school *individual sports* memory:

A tie between making the State Track meet as a freshman, it was such an intimidating and humbling experience but really motivated me to keep working hard. And running my 3200m PR at Glenbrook South with Nico Composto who ran for Loyola. It was a day that I honestly didn't expect to run well at all on and it ended up being a great day where we dragged each other along and gutted it out and both ran awesome races. A great example of competitors pulling each other along to both get new PR's.

- 9) Favorite high school *team* memory:

A tie between winning the cross country conference meet as a Senior and qualifying for the state meet for the first time in a few years as a team as a Junior

- 10) Who was your biggest team rival or individual rival in HS, and where did they go to school?

Dave Eckhart who went to Maine South; we might've raced 100 times in high school (slight exaggeration) and we ended up becoming teammates and good friends at the University of Illinois. In fact, our recruiting class at Illinois had a bunch of the top Seniors in the state, so I got to see a lot of my competitors become my close friends and teammates.

- 11) Favorite class and/or teacher at NT:
American Studies with Dr John O'Connor and Spiro Bolos

- 12) Where did you attend college? The University of Illinois at Urbana- Champaign

- 13) Compare your HS sports experience to your college experience:

They were similar in many ways but also very different. In both high school and college I had a great group of friends/teammates who I spent a lot of time with both at practice and outside of athletics. College ended up being a bit more of a focus on individual times, especially in Track, but my college teammates and I had some incredible memories and accomplishments and they are my closest friends to this day. Cross country in both settings was an amazing experience where the full team came together to realize the goals we had throughout the season.

14) College sports accomplishments:

- Academic All Big Ten
- Competed at 4 Big Ten Championship meets
- PR's: 1500m- 3:51, 3000m- 8:20, 5000m- 14:14, 8K XC- 24:28

15) Favorite college sports moments:

Finishing 4th as a team at the Big Ten Cross Country championship my sophomore year (my first year of competition after redshirting freshman year), the 3 teams that beat us all finished in the top 15 in the country that year (defending NCAA champions Wisconsin, Indiana, and Michigan) and it was Illinois' highest finish in about 15 years, so it meant a lot to our group. Another memory, kind of funny was that same year I finished 1st in the "slow heat" of the Big Ten Indoor 3000m, so I got to say that I was a Big Ten champion for about 6 hours until the final heat went later that evening.

16) Area of study: Molecular & Cellular Biology, Minor in Chemistry

17) What do you do now?

I'm currently in my 3rd year of medical school at Rush in Chicago, I'm considering Pediatrics or Internal medicine as a potential speciality. I've really enjoyed my experience at Rush in many different ways so far.

18) If you could go back in time and give yourself advice/wisdom as you are starting freshman year at New Trier, what would that advice be?

I think this advice could go for any freshman runner starting their career. Enjoy the moments and relish in the little daily victories more, don't get caught up in the grand scheme of things too much. The competitive/team running only lasts so long and once it's over, it's over. So cherish the memories and don't sweat the small stuff.

19) What would you do differently if you could do it again?

I would've started my kick at the Red Devil invite my senior year earlier so I wouldn't get burned by Joe McAsey from Minooka who ended up being my freshman year roommate at U of I and is one of my best friends. But in all seriousness, I think my answer to the last question would have been a great thing to hear as I began my running career.



