



TRAIN, PAIN, AND GAIN. Naci Konar-Steenberg was inspired to train for a marathon by his dad, who ran alongside Konar-Steenberg during his first marathon in 2019. "I'm really proud with how it went," he said. **PHOTO ILLUSTRATION:** Lulu Priede

one step at a **TIME**

By Helen Townley, Staff Writer

One foot in front of the other. Every muscle aches. Almost there. Senior Naci Konar-Steenberg sprints through the finish line.

This is all because eight years ago, Naci's dad Mehmet bought *The Non-Runner's Marathon Trainer*, a book for non-runners trying to complete their first marathon. Sixteen weeks later, he ran the 2013 Twin Cities Marathon. Naci was inspired by his dad, so he set the goal to run a marathon one day too.

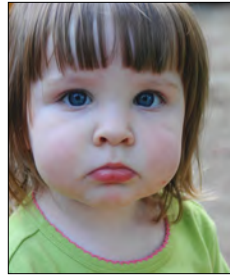
Naci ran his first marathon with his dad in 2019 and his second his senior year.

One month before the 2021 race, Naci suffered a muscle strain in his knee, but it didn't stop him. Although his longest training run never got past the 16-mile mark, he was still ready.

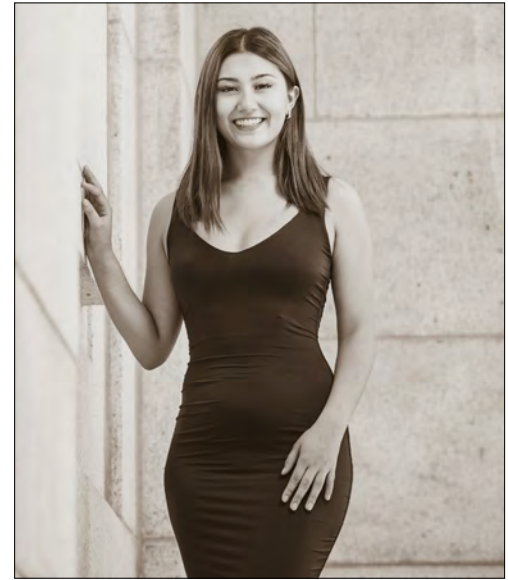
"There's a saying in marathon running which is essentially 'If you can run the first 18 miles, then you can make it the next eight to the finish.' But also the last eight miles are the last half of the race mentally," Naci said.

At twenty-three miles, he knew he would finish the race. Four hours, 19 minutes, and 17 seconds.

"Obviously, I would have liked to go faster, but I'm really proud with how it went considering the injury," Naci said. Mehmet agreed: "When you've got a kid who has run a couple of marathons, it's not hard to be proud of that."



SAL BURKHARDT



SARINA CHARPENTIER



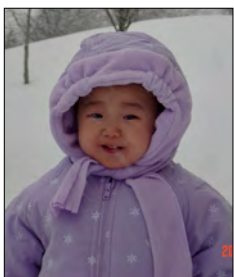
GANGA CORSARO



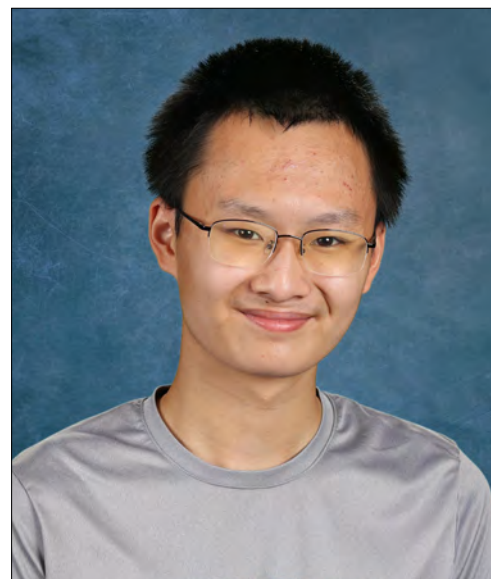
SPENCER BURRIS-BROWN



VAL CHAFEE



ELLE CHEN



KEVIN CHEN



JAMUNA CORSARO



SOPHIE CULLEN