

# Athlete making a mark on state scene

Brody Anderson started his first year of track in the 8th grade, running for Sisters Middle School through Sisters Park & Recreation District. He ran well his first year and enjoyed the new sport he was participating in. By the end of the year he was running well enough to secure a third place in the district championships in the 100 meters and placed first overall in the 200 meters. He then went to the middle school state championships where he placed third overall in the 200 meters.

The 2018 season was his second year of competing at track, specializing in the sprints. Brody was very excited to get his freshman year of track started and see how well he could do at a high school level. Two weeks into the season, he tore a hip flexor muscle, all but removing him from competition for three quarters of the season. Coach Jeff Larson worked with him on rehabbing the injury and assisted Anderson in taking a slow path to a return to running.

Five weeks later, his hip was good enough to run on again. Brody made his return at the JV district meet, only running the 400 meters. Brody won the race with a time of 53.69. Not a bad first race back.

This return secured Brody a varsity position on the 4x400 relay team Coach Larson was prepping for the district championships. The 4x400 team went on to win the district championships and the advanced to the state championships where they finished third overall, only a few 10ths off first place.

Anderson's high school track season was through, with only three races under his belt. He wasn't satisfied at only running a few races, so he wanted to do a summer



PHOTO PROVIDED

Brody Anderson, right, with his dad Cody. The young runner has really taken off this spring and summer.

meet or two. He signed up for the Portland Track Festival, seeking to run the 200 meters and the 400 meters. With this being the first 200 meters of the year, he was unsure how he would do. He ended up running a very quick 200 meters at 23.92. Next up was his 400. He was in lane 7; the gun sounded and off he went, leading the entire race, which had some very fast boys in it.

Brody turned a 51.92, winning all age groups from 13 to 18 years old.

He then went on to compete in the Junior Olympics at Jesuit High School in Beaverton, this time wanting to try out the 100.

Brody had not run a 100-meter race all season. When the starter pistol went off, he ran a very quick 11.81, finishing fourth. Up next, the 400 meters: He was lined up in lane 5 this time, running

against the best young 400-meter runners Oregon has to offer. Crack, the race was on. Brody got a bad start and was immediately passed by the runner in lane 4. He was now in second place against a 51.77 runner.

Anderson settled in, found his pace, and on the last 50 meters of the race he began his kick. It was about five feet too late though: He finished in second place by four 100ths of a second. This narrow loss still advanced Brody to Region 13 Junior Olympic Championships at Summit High School Saturday, July 7, where he was to be seeded second over all.

Anderson, wearing his Outlaws track uniform, came through, in a big way, winning the 400-meter race. He's advancing to nationals on July 27 in Greensboro, North Carolina.

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