

CLIPPER SPORTS

Harz has successful season at NDSU

By Tony Zerucha

Oakbank's Logan Harz had a successful first year on and off the track at North

Dakota State University and the talented runner hopes to build on her accomplishments in the future.

Harz began her col-

legiate career by finishing second at the South Dakota State University Classic in early September 2023, at 17:57.64 for the five-kilometre race. Her performance helped her team capture the overall title. She followed that up by running the top NDSU time at the Roy Griak Invitational.

The highlights kept coming. Harz's team finished second at the Summit League Indoor Championships in Fargo in late February, topping the previous meet record with the fifth-best showing in NDSU history. Throughout the season, she repeatedly set a new personal best, including a 16:53.61 showing in the 5,000 metres at the Bryan Clay Invitational in Azusa, Calif. That was the 11th-fastest showing in school history.

"I began the indoor season with a 5:01 mile and ended with a 4:54," Harz said. "Each race, I gained experience and fitness, progressing throughout the season. There were drawbacks and times when I hit plateaus, but with much failure and success, the indoor season was an accomplishment."

She almost didn't suit

up for that first indoor meet but decided to test herself. Harz described her performance as "timid", saying she learned to push herself as the season progressed.

"One of the things I've learned while being in college is not to have your mind set on a schedule because plans change a lot," Harz said. "For preparation, I am working on having an open mind, knowing that if last minute coach tells me I'm not racing, I remain calm, avoiding the 'mental freakout'."

"This also applies to the race itself. It's tough to go into a race with an exact plan because the race will rarely fall accordingly. I am now teaching myself to visualize multiple scenarios on how the race might play out, not being set on any of them. A goal of mine is to learn just to race and not focus so much on the numeric components of running, such as time and pace."

The relay experience was new for Harz, so when she was assigned the anchor position at the Fargo meet, she admitted feeling both excitement and anxiety.

"There was a lot of pressure riding on this race," she admitted. "Each team member ran very strongly, and we

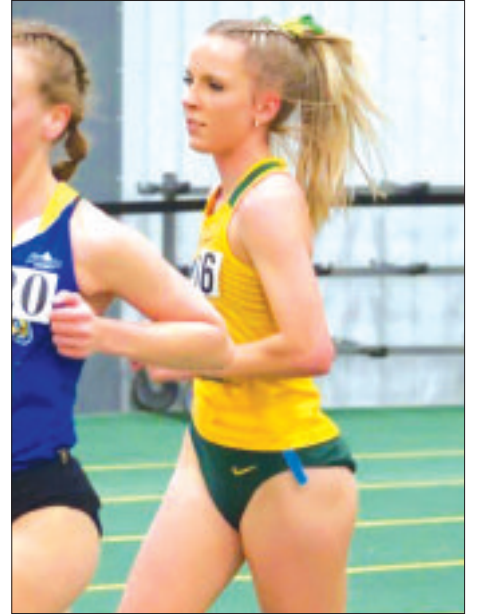


Photo submitted

SCI grad Logan Harz enjoyed high school running, but college has brought her love for the sport to another level.

took silver with a spot on the NDSU Top 10 list."

"As for me, I received the baton and finished in second. It was a gruelling race, and I can vividly remember my coach yelling

at me from the sidelines not to lose my position. I finished the race with a personal best."

While Harz hoped for a gold medal, she learned lessons on the relay team. She welcomed the team support and said the excitement is unmatched when the four work together.

Over time, Harz is running longer distances. Her positive result in California was a confidence booster and has her striving to shave her time even more.

"Overall, the indoor season was pretty solid," Harz admitted. "I continued to grow and improve with each meet. However, my success during training still didn't amount to much when it came to race time. This tells me I still must work on my racing abilities, which is the mental component."

Count on Harz to learn those lessons as she transitions to NCAA athletics. While she was dedicated in high school, it has become a lifestyle. She's also continued her success in the classroom, earning straight As as she pursues a career in physical therapy or sports psychology.

"I have learned so much about myself, both psychologically and physically, and have met some amazing people," Harz concluded. "I enjoyed high school running, but college has brought my love for the sport to another level."

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