



"MY GOAL IS JUST
TO BE OUT THERE
AND TO RUN
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TO HELP THESE
YOUNGER GUYS

LIGHTHOUSE
PREPARATORY
ACADEMY

SETH CRAWFORD LEADING THE WAY

By Lisa Kaitlyn | Photos by Kiley Hartzler

OLDER BROTHERS HAVE THE OPPORTUNITY TO INFLUENCE, ENCOURAGE, AND GUIDE THEIR YOUNGER SIBLINGS. SETH CRAWFORD IS THE SECOND OLDEST OF FOUR BROTHERS IN THE CRAWFORD FAMILY, BUT HIS OLDER BROTHER STATUS EXTENDS BEYOND THE CRAWFORD HOUSEHOLD. LIGHTHOUSE PREPARATORY ACADEMY CROSS COUNTRY RUNNER SETH CRAWFORD ACTS AS AN OLDER BROTHER NOT ONLY TO HIS YOUNGER SIBLINGS, BUT HIS TEAMMATES AS WELL.

This sport seems to run in the family (pun intended). All of the Crawford boys have run cross country. Andrew, Seth's oldest brother, ran alongside Seth this past season before graduating from Lighthouse Preparatory Academy in May. Seth's younger brothers, Adam (sophomore) and Philip (eighth grade), run on the high school and middle school teams, respectively. Seth's dad ran track in high school as well. This shared experience is a bonding point for the Crawford men. The boys always enjoy having their dad at their meets. Seth shared, "After meets he's great at encouraging me and he also has pointers on what we can do better."

NOW, SURELY IN A HOUSE FULL OF ATHLETES (THE CRAWFORD BOYS ALL PLAY BASKETBALL TOO), THERE HAS TO BE SOME SIBLING RIVALRY? Seth admitted last season there was a bit of sibling rivalry between he and Andrew. He shared one particular memory of running side by side with Andrew in a meet at Belle last September. Seth reflected, "Neither of us were having a good meet but we literally ran shoulder to shoulder the entire race." With both young men forcing air in and out of their lungs as they pushed their bodies faster and farther, every stride was a challenge to the sibling beside him. Every inhale could be the one that fills his chest cavity just enough to put him a collarbone's depth ahead of his

brother. And yet, with every side glance at his brother and competitor, both young men were always pushing the other to do their best. In the end, the boys finished second and fourth in the JV race, with Andrew ahead of Seth by a mere three seconds. Seth explained, "It was a rivalry at some points, but at others, it was just awesome to be out there with someone you live with and get better with them."

Cross country was never something Seth envisioned himself doing. However, when Lighthouse added a middle school team his seventh-grade year, he said, "It sounded interesting so my brothers and I kind of got into it at the same time." Seth and his brothers have been running ever since. Improving every year, Seth recently set a new personal best; a 5k in eighteen minutes and eighteen seconds.

While Seth makes strides in his own progress, he watches his younger brothers advance in the sport as well. He said, "They're both growing. This year, Adam has developed a lot. And even within the past couple of meets, he's figuring out his stride and stuff like that." While Seth is considerably faster than both of them, he recognizes that they are at a point much like he experienced between his sophomore and junior seasons. Seth explained that something "kind of clicked" for him. "I'm getting better every race and tremendously better than I was last year. So, I think that they're kind of in the process of getting to where they can reach their best potential."

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While on the course, Seth is always moving forward. In practice, he is looking out for his teammates coming up behind him. Seth shared, "I like cross country, because we're out there practicing at the same time with the middle schoolers—not doing the same things, but that's one of the ways I get to best know the new, up-and-coming sixth graders. And so at

lunch I can go and sit with them and talk about running and life." Seth continued, "I like being out there with both my brothers and all the other guys and being able to give them pointers."

This season, Seth set his goal for eighteen minutes and he has nearly reached it. However, Seth is mostly concerned with just being his best. While he hopes

his best gets him to that eighteen minutes, he said, "My goal is just to be out there and to run and to be able to help these younger guys. I'm the only junior boy and there are no seniors. I'm the top guy out there, the one who's got the most experience. It's my goal to be able to help the next guys. Next year, hopefully we'll all just be that much better."