

High School Running Scene News

Vote for Local HFL Runner

HighSchoolSports.Net is running a promotion in April to honor female high school athletes that have overcome adversity. HF-L sophomore **Jenna Hanson** suffered a broken neck this fall, but managed to come back and win an overall gold and 2 silver medals for Nordic Skiing in the Empire State Games with just under a month of training. Her remarkable story has been an inspiration to all who know her.

Jenna landed on her neck while jumping on a trampoline last October. The original x-ray confirmed only a sprain. Jenna continued school, raced with her cross-country team, and participated in early morning workouts. It was discovered a week later that her neck was, indeed, fractured and dislocated.

For 12 weeks, Jenna wore an immobilizing neck brace and was not permitted to do ANY physical activity. She was confined to a wheel chair while at school. Forbidden to engage in any physical activity at all, Jenna did not give up. She spent those 12 weeks watching Olympic skiers, reading their stories, and mentally training to prepare for her comeback; a comeback that looked to be a year away because she had missed 75% of the snow season. But adversity met its match in Jenna Hanson. In late January, just one hour after her brace was removed, Jenna was back skiing at Bristol Mountain. She had just three short weeks left in the season to reach her goal of getting back to the top of NY State Racing. Jenna trained with such passion, dedication, and ambition that she qualified for the Empire State Games. Because of her optimism, her determination, and her refusal to give up in the face of adversity, Jenna went on to win two silver medals and the overall gold medal.

The month of April is "Girl Sports Month" at highschoolsports.net, and they are running a promotion to find the ultimate athlete who has overcome adversity. Jenna's story was chronicled in a short, 3 minute documentary. It is exactly the type of story that HighSchoolSports Net is looking for.

HFL Asst Coach, **Dave Ghidui** worked with local coaching phenom **Bernie Gardner** and Jenna's family to produce a documentary to submit to the promotion.

Only 9 of the nationwide submissions were promoted as finalists; Jenna Hanson's is one of them.

The voting is done by internet viewers. You can click on the link, watch Jenna's video, and then vote for her.

http://r20.rs6.net/tn.jsp?llr=vftz69n6&et=1105068279036&s=3839&e=001UFfGLJXWjWML6q_QfHbt9LajKsCuAUMUT1AVejsF3s5mv-u5Y4VQZGqzj|AtcUI3QMNuqcCL9m8QB0qBtecN4pB26A9urDcREtwL4Yh9MeMz9GsaW6XAzjwcRWprsHyWo6lpqxFraqxTS9qDPJPHcID1jetZ4QjG
(her's is the lower left - "The Jenna Hanson Story")

Thank you for your support of Jenna and her inspiring story.