

Megazzi earns All-American honors

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Sophomore Aaron Megazzi finished in fifth place in the men's 3,000 meter finals at the NAIA National Championships in Johnson City, Tennessee to earn NAIA All-American Honors. Megazzi finished the race with a time of 8 minutes 30.19 seconds, which was 6.36 seconds better than his time in his semifinal heat.

"It went out about the pace I thought it would, not too hard not too slow," reported Megazzi. "I just got in with the front pack where I needed to be. It started to gap out and the two top guys broke away. That left me with two other guys which was good because it gave me someone to go off of. Later in the race I tried to push it and pass them and make my move, but I didn't quite have it. I think the low mileage I have been getting lately didn't allow me to drop the hammer on them."

Megazzi's training has been limited due to recovery from injury.

Somewhat disappointed he didn't place higher, Megazzi was nonetheless pleased with earning All-American status for the third time.

"I thought that after earning a couple of All-American honors, I wouldn't get so nervous at Nationals. But each time I go out there in a national championship race, it doesn't matter what I am ranked, I get nervous. I know it is going to be a struggle to get All-American. It's very satisfying to get it done. It definitely has not lost its luster."

Megazzi earned his first All-American recognition as a freshman, placing third in the 3,000 meters at the NAIA Outdoor Nationals. Last fall, Megazzi finished 10th in the NAIA Cross Country Championships to pick up his second All-American award.

With Indoor Nationals behind him, Megazzi is looking forward to a rest during spring break before he begins preparing for Outdoor Nationals which will be held at the end of May.

"I've kind of been using that as motivation," acknowledged Megazzi, "Eight and one-half minutes of death on the track, and then I get a week off. It doesn't seem so bad when you break it down into how long you are running. Hopefully I will stay healthy. I've had a good couple of weeks of training coming into this race and hopefully I can keep it going to the end of the year."