

*Sarah Day's speedy accomplishments have surprised most, except her mother's subconscious*

# Dream World

By Mason Linker  
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Sarah Day's accomplishments for the Ledford cross-country and track teams have been the stuff of which dreams are made.

Literally.

Diana Sink, Day's mother, often awakens from a night's sleep with fresh thoughts of Sarah's track accomplishments — before they actually happen.

"Everything I have dreamt for Sarah she has accomplished," Sink said.

Day's rise to the top of the Ledford running charts happened suddenly. One day in the fall of 1993, Ron McGinn, the Ledford cross-country coach, was making sure everyone was on his way home when Day, then a freshman, started pestering him about running strategies.

"It is a funny story. It was one of those days where I didn't have time for her, and she had only been out a couple of days," McGinn said. "I wasn't even thinking. I told her to get out in front and not let anyone pass her.

"I said it inadvertently and really didn't know her well."

Day took him literally, and she has been in front almost ever since.

Four meets into Day's freshman year, she

won. Since then, the only cross-country meets she hasn't won have been in regional and state meets. She finished third in the state cross-country meet last season, four seconds behind the champion, and last spring she won the Class 2-A titles in the 800 and the mile for the track team.

Day won so quickly that it surprised herself and McGinn, but it never surprised Sink. When Sarah was born, an anesthesiologist looked at her tiny legs and told Sink that Day was going to be a dancer or a runner.

"She is definitely not a dancer," Sink said.

Day, who is 5-7 and has long, athletic legs, grew up playing sports with boys in Davie County and moved to Davidson County when she was in the seventh grade. Besides her running titles, she has shared in one as a reserve for Ledford's basketball team, which won a state championship last spring.

"Anything she tried she was able to do," Sink said. "But when she was running the bases, you could tell that no one could catch her. You could tell it was her grace, so I encouraged her to run cross country.

"She never wants anyone to get out in front of her, but she wants everyone to keep up. She definitely never wants to be passed."

Her desire has also helped Day to an A average in the classroom and helped her develop a work ethic that has resulted in continuous improvement.

"She works so hard in practice," McGinn said. "A lot of people put in their mileage, but she takes practice seriously and sets goals for herself. She is very focused. It's mind over body, and she has a great outlook on it.

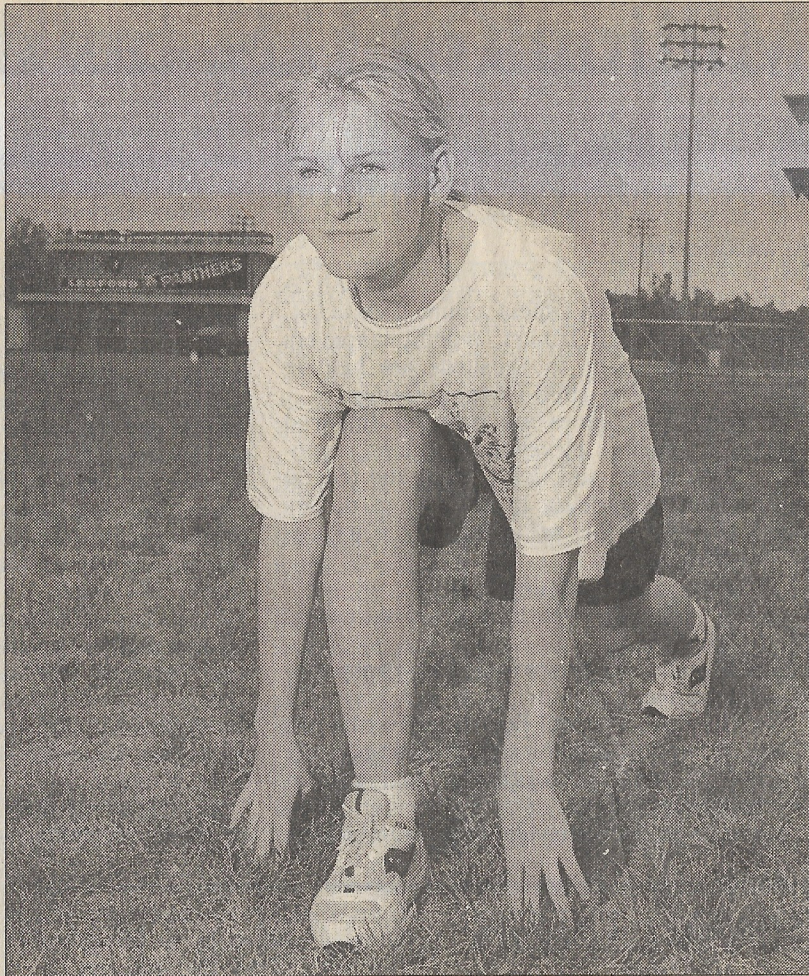
"She is never satisfied with what she has done. She has gotten better each year, and she keeps wanting to get better."

Day, who hopes her running will earn her a scholarship next year, said she fully expected to be a basketball star when she started high school.

"It became second when I started working on running," Day said. "I never thought I was anything special. I wanted to be, and I tried to be, but I didn't know. I just knew my mom always said I would be a runner."

Sink said that anytime Day has a goal — for making a certain grade on a test or running a certain time — they sit down and consider it step-by-step. Last week, Sink had a dream that Sara cut her 5-kilometer time to 18 minutes — one of her goals.

"I dreamed it, so I know it will happen," Sink said.



JOURNAL PHOTO BY JESSICA MANN

**Sarah Day of Ledford has won two state track championships.**