

ATHLETE OF THE WEEK

Alex Keeble

This week's Mahomet Citizen and Walk Chiropractic Bulldog of the Week is Alex Keeble, a member of the Mahomet-Seymour varsity boys' cross country team.

Keeble, a sophomore, has been one of the cross country runners in the state during the 2013 season. Coach Neal Garrison has high praise for Keeble, who is only one of six runners in the 44 year history of the Bulldog cross country program – and the only sophomore – to break 15 minutes in the three-mile race.

"Alex is just a special student-athlete," Garrison said. "He's an excellent student, a tremendous runner, and has great character. I'm fortunate to be able to coach such a fine young man."

According to Garrison, Keeble – an academic letter winner and honor roll student - ran over 13.5 miles a day, seven days a week over the summer to get in shape for the 2013 season. Keeble's record breaking season includes being the runner-up in five of the six races this year, an Illinois "Elite Ranking," one of

the top 100 times in the country after his East Peoria race, and Corn Belt All-Conference honors.

10 Questions for Alex Keeble
Favorite fast food Dairy Queen
The person I talk at least 10 times a day to is Liz Perrero
Last movie I saw was "The Warrior"
Thick or thin crust pizza?
Thick
If I could see one band or singer in concert, it would be: Nas
Favorite class: Chemistry
Favorite professional athlete: Rajon Rondo
Favorite type of music: Rap (90s)
The one thing I enjoy most about cross country is: The atmosphere - I really like the guys.
Ten years from now I will be: A physical therapist/personal trainer
Congratulations to Alex Keeble, this week's Bulldog of the Week.

Terry Greene
Mahomet Citizen