

# The Alpha

Ikilas Hasan, A True Born Leader

Gabriella Zanders, Reporter

Cross country is not an easy sport and it's not a sport for everyone. It's a sport that takes a lot of effort and patience to gain speed and cut time. Not only is the physical side of it hard but being on a team requires a strong leader who is willing to encourage and support everyone, and that's not the easiest thing to do.

Ikilas Hasan, junior, has been a great leader to the cross country team at North

Hasan started running when she was in eighth grade. Her gym teacher chose her because she always got a higher score than everyone when they did the pacer test.

She says it wasn't easy at first but showing up to practice and working hard made it become a lot easier. Hasan's freshman year was a lot tougher because you go from running two miles to running a 5k. But sophomore year and on, it became an easy sport again.

Her freshman year, she said that she would observe a teammate lead. "She's quite a responsible person, very fun, exciting, caring and a loving person to be around." Hasan says that's when she learned what it meant to be a team leader.

She says that being a leader feels great. "Me being around such beautiful, respectful and loving girls is very welcoming and it feels like home," she says.

Hasan says she believes she has always been a natural leader.

"I don't know who I got it from, but I love being a leader and its fun!" she said. Hasan's inspiration

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Ikilas Hasan, runner in pink, leads stretches for cross country practice. Photo Credit: Gabriella Zanders

comes from her teammates, and her coach. "[My coach] believes in me and is always supporting me and pushing me to do my best and I want to do the same for my teammates and

other people. I want to help them believe in themselves," Hasan says.

Being a leader can come with a lot of pressure, but Hasan says she feels no pressure when doing it.

"I enjoy cross country!"

Despite the hard practices and the tough meets, Hasan continues to do her best.

"My family, my coach, my friends, I want to make them proud," she says.

## ~Fastest Times~

Distance:	Time:
3.1m	21:35.52
3000	11:33.79
1500	5:27.66
800	2:39.15

Courtesy: Quik Stats Iowa