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# Scholar Athlete *of the* Month

## In the Long Run, Nicholas Triumphs



Every time Lexington Catholic coach Tim Wiesenbahn writes out the lineup card for the boys cross-country team, he probably says to himself, "Thank heavens for the Laureano family."

The top runner for the Knights is junior Nicholas Laureano, the two-time defending 2A Regional champion. His brother Jack, a freshman, is the team's No. 4 runner, and both boys come from a family of runners.

Vida and Bert Laureano regularly

In cross-country, he placed seventh in the Region as a ninth-grader and helped Catholic qualify for the State meet.

A year later, he won two meets, including the Region, and the Knights placed fourth in the State.

This year has been even better. Despite missing three weeks because of a hip injury, Nicholas won four meets, including his second consecutive Region title, and was the runner-up in the 2A State meet in November.

The secret to Nicholas' success? He



**Nicholas Laureano**

because, "I love running more than most people. Even the training is fun."

But not as much fun as competing.

"I really like running against people," he said. "It's the purest form of competition because it's so definitive and clear-cut about who's the best."

Often, that's him, and he hopes college recruiters take notice.

He has visited Notre Dame, Virginia, Georgetown, Rice, and William & Mary, his parents' alma mater.

He certainly has the grades for those schools. Nicholas carries a 3.964 GPA and is taking three AP classes and three honors classes, including calculus, physics, chemistry and Latin, which will be useful if he pursues a medical degree.

Nicholas is also interested in architecture, and worked as a set designer and builder in the school's theater department.

Joked his mother, "I thought the set was the star of the show."

Maybe that's an exaggeration, but when it comes to running, Nicholas commands center stage. ♥

**School:** Lexington Catholic

- **Grade:** 11th • **Sport:** Cross-country, track
- **Academics:** A Duke TIP qualifier in middle school, Nicholas has a 3.964 GPA with three AP classes. **Parents:** Vida & Bert

compete in 5K races, and the four Laureanos have competed in the same race numerous times.

Although Vida and Bert insist they are merely joggers, Nicholas has earned the title of competitive runner.

His career began in the fifth grade at Christ the King, and by the time he reached high school, he was a top varsity runner in track (1,600 and 3,200) and cross-country.

just runs and runs and runs. Every day. Through pain and tedious training sessions.

Even when he was injured in the middle of the season, he continued to train on a stationary bike at home.

"That all came from him," Bert said. "He would come home from school and go to the basement and train on the bike for over an hour."

Running comes easily to Nicholas

### A CALL FOR NOMINATIONS

Call or email us with your Scholar Athlete nominations. 223-1765 or [john@lexingtonfamily.com](mailto:john@lexingtonfamily.com)