University of California, Riverside
Track and Field and Cross Country Teams

“Pursuit of Excellence”

University of California, Riverside Track and Field and Cross Country student-athletes come from varied cultural backgrounds throughout California. There are many different types of student-athlete and they come in different shapes and sizes. The one common denominator is their love of Track and Field and Cross Country; their desire to sacrifice to reach their best potential.

Being a student-athlete means learning discipline through long hours of training, sacrifice, and overcoming adversity, and UCR student-athletes commit to train several hours a day, every week, throughout the year. They know it takes years of dedication to approach their best potential, training for thousands of hours per year in all kinds of conditions such as rain, cold, heat and wind. Their efforts are displayed for the world to see each time their mark is measured as they run, throw, jump and sprint in hundreds of competitions throughout their career.

UCR Track and Field and Cross Country student-athletes find the leadership and guidance they need to help point them in the right direction. Not only does the coaching staff have many years of combined successful coaching experience, they know what it means to forge through training difficulty to become a champion. Student-athletes can find not only a coach, but a mentor and someone dedicated to their hopes and dreams.

At UCR, Track and Field and Cross Country student-athletes know the importance of motivation, desire and the will to be successful in the classroom and on the track. They value the importance of balance within their school, social and athletic lives to create an environment that breeds success. Once they have achieved consistency in their training, balance in their life and endurance through success and adversity, they will discover they are among the elite. Only their own limitations determine the next step of success.

“The Will To Win Means Nothing Without The Will To Prepare!”