

We are pleased to announce the 2020 RCF Scholarship recipients: Nicky DiMartino, Camille Duckett, Michael Lewis, and Asa Selenis. All graduated from Seattle high schools this spring and will be going on to college in the fall. Their biographies were somewhat curtailed this year due to Covid-19. For the same reason we will not be able to have a summer recognition event for them. We wish all of them well as they continue their education in the fall.

Since its inception in 2013 the RCF Scholarship fund has awarded 22 scholarships totaling \$15,500, thanks to the generosity of RCF parents, friends, and supporters. Thank you!

Nicky DiMartino

Nicky came to competitive running later than a lot of his teammates and friends. While he played other sports it wasn't until after his freshman year when running through Upper Woodland that he realized he had found a sport that he had a passion for and excelled at. Rain City offered a new perspective on running – it was fun. And with the fun came friendships, competitions to be won, and success with the team.

His experiences with his RCF teammates inspired Nicky to take running and training seriously; he became determined to help his high school team succeed and make a run for state. Nicky was captain of the Bishop Blanchet team for his junior and senior years. The team finished second at the 2019 3A state cross country meet, and Nicky individually was 8th. He also made the podium at the 2019 state track meet in the 3200. His success in running inspired his involvement in other high school activities.

Nicky's best memory for Rain City was running in the PNA Cross Country JOs where the team took first! He will continue his academic and running careers at Gonzaga come fall. He also looks forward to running as long as possible into the future and to passing along his love of running to other athletes in the future, mentoring and coaching young athletes in youth club program, much like Rain City Flyers.

Camille Duckett

Being a sprinter on a team that emphasized distance and cross country running was a unique experience for Camille. But being a part of the Rain City program provided the support of coaches and teammates that not only helped her reach her potential through track and field, but also made her feel part of a team. . . and it brought her one of best friends who she still talks to almost every day.

Camille participated with Rain City for four seasons and competed in many JO competitions. She holds RCF team records for the long jump and 400 meters in both the 13-14 and 15-16 divisions. Camille continued her athletic success at Roosevelt High School, receiving varsity letters in volleyball and track and field. She also joined the track club Seattle Speed and competed in many track meets all over the United States. In the Spring of 2019 she was the 3A state champion in both the 200 meters and long jump.

Camille has been admitted to the School of Communications at UW and is excited about the next four years. She looks forward to a lot of hard work and hopefully rewards both academically and as a jumper/sprinter with the UW Track Team – we look forward to the opportunity to watch her compete at Montlake and to support her progress.

Michael Lewis

Michael grew up in a family that included athletics as a core component and started running in the fourth grade. His biggest inspiration was his uncle Chris, who excelled as a high school athlete and continued as a running coach with Spokane Mercury. Uncle Chris was familiar with the reputation and success of the Rain City Flyers program and recommended joining the team. After the first practices and races Michael realized the trek from West Seattle to Woodland Park was worth it. The Rain City coaches and RCF community provided a nurturing and supportive environment of young athletes that allowed Michael to recognize his own talents, while developing a sense of humility through belonging to a team of other great young runners who pushed him to his full potential.

Participating in a culture provided by the Rain City Flyers smoothed the transition from middle school running to high school running, instilling the values of competition and a work ethic centered around team camaraderie and perseverance. Michael went to the state cross country meet for 3 years with the Bishop Blanchet team and was a member of the second-place 3A team at state in 2019 and competed in the state track meet. He was also instrumental in putting together RCF teams for the 2017 and 2018 JO cross country seasons in the 15-18 division.

In the fall Michael will pursue his academic interests in writing and directing movies at Gonzaga. He will also continue his athletic journey, competing collegiately as a member of the Zags cross country and track teams.

Asa Selenis

Asa learned valuable life lessons as a Rain City Flyer, from both great races and from those where she struggled and questioned why she chose to run. She learned grit –to persevere both mentally and physically in working towards a goal; to trust the process and work through self-doubt. With Rain City, teammates cheered and respected each other through every up and down, which supported growing confidence.

For Asa, the Rain City community promoted a philosophy of healthy balance in all aspects of life. Participation in Rain City isn't just running: It means working your hardest and helping all your teammates work their hardest and support them throughout; It means being a responsible steward of the park and giving back through volunteering; It means thanking your coaches and parents who enable your participation in the sport; It means having fun and not taking anything so seriously that it loses the joy.

Asa's involvement with RCF stretched over nine years with participation in cross country and track and field, including at the national meet level. When not running on a team she was volunteering at the Stampede registration, supporting the concessions stand or being a course monitor. While at Roosevelt High School, she applied this appreciation of balance to both academics and athletics. She participated in track and cross country, gaining team recognition as MVP and "Most Inspirational." But she also took a season off to focus on other interests. In 2019 she returned to XC and competed as an individual qualifier in the state XC meet.

Asa will continue her education this fall at the University of Washington where she plans to pursue studies related to sustainable development, with a possible minor in Spanish. We know she will keep a healthy balance – working hard and having fun – and that she will continue to be a part of the Rain City community.