

## Nate Karlan wins Metro Spotlight Award

Written by Metro Sports Report  
Sunday, 11 May 2014 19:50 -

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Cedar Rapids Jefferson senior Nate Karlan is the winner of the Metro Spotlight Award for high school boys this week, the Metro Sports Report announced Sunday.

Karlan is one of the top sprinters in the Mississippi Valley Conference and ranks No. 2 in the 100 meter dash in the Mississippi Division at 11.14 seconds.

Karlan helped the J-Hawks place second in the 4x200 relay at the Drake Relays last month in 1:28.56, the second-fastest time in the state this year. The J-Hawks broke the school record in the 4x200 that had stood since 1981.

Here is our Question-&-Answer session with Nate Karlan:

MSR: What has been your favorite individual highlight in sports?



NATE: Just begin a part of the 4x200 team that set the school record at Drake and placed second. It was really awesome to share that experience with them.

MSR: What has been your favorite team highlight in sports?

NATE: Definitely the 4x200 team setting the school record at Drake. It was nice to see all of our hard work pay off. That experience with the guys - Dylan Chittick, Jacob Beaton and Dan Larson - is something I'll never forget.

MSR: What are your future goals in sports?

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NATE: As far as this year, it would be great to win the 4x200 at state and finish strong in the 100 and 200. As far as next year, I'm not entirely sure if I'll be running anywhere or not. I'm hoping a strong finish this year will help in my decision for next year.

MSR: Who has had the biggest influence on your sports career?

NATE: My parents have always supported me in everything I do. I don't think they've ever missed a track meet in four years. Coach Tower has been another big supporter. He's pushed me every day for the past four years. I've never met a coach that cares more about his athletes than Coach Tower.

MSR: What are your favorite classes in school?

NATE: Anything science-related, like biology and chemistry. I'm hoping to go into pharmacy or physical therapy. An understanding of science is important.

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