



# CROSS COUNTRY TRACK & FIELD



## Getting to Know...

### Obum Gwacham

**Q. When did you start competing in track?**

*I started competing in track when I was in seventh grade. The only reason I was ever involved in sports is because of my older brother and how competitive we both were. I watched him compete throughout his high school years, and I couldn't wait until I started my freshman year of high school so I could attempt to beat out his records.*

**Q. Who is the most influential person in your athletic career?**

*The most influential person in my career is definitely my brother. I still look up to him even to this day and I work my hardest to make my big brother proud of me.*



**Q. Did you originally want to play football or compete in track in college?**

*I did think about competing in track, but I knew most track coaches would not allow me to participate in football as well. That wasn't exactly the case with football because aside from spring football, we just had off-season training which would be the best to focus on track. As football offers started coming in, I tried to talk to coaches about letting me participate in track and they were all fine with that. It became a win-win situation for me.*

**Q. Does training for football help with track and vice versa?**

*Football definitely helps with high jump and high jumping plays a huge role for me while I'm on the football field. I am able to do olympic lifts with our strength coach, Brian Miller, and they strengthen my entire body, especially the lower body, which helps a lot when jumping. I've learned how to jump higher with help from my high jump coach, John Radetich, and I'm able to use those techniques of the football field as well. Whether a jump ball is thrown or a pass that spectators might think was overthrown, I'll remember the things I've learned from track and use them to haul in the pass.*

**Q. How does it feel being the first group of male track athletes competing at OSU since 1988?**

*I feel honored and because we had other members on the football team join with the achievement, it becomes even more special.*

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**Q. How does it feel being sixth all-time for the men's high jump at Oregon State?**

*It is definitely a great feeling and still surprising to this day. There are a lot of people to thank, including Mike Riley, Brian Miller, Kelly Sullivan, John Radetich and so many others because they are the ones that made it possible. Hopefully great things continue to happen and I can move up on the list.*

**Q. How does it feel to qualify for regionals twice in your collegiate track career?**

*I'm very excited to head down to Texas because I feel like I have unfinished business to take care of. Freshman year, it came down to a jump off between Jordan Bishop and I for the last qualifier and he ended up winning the title. I am hoping to put myself in a better situation to avoid being in the bottom of the pack this time around.*

**Q. If you had a theme song to your life, what would it be?**

*My theme song would be "Through the Wire" by Kanye West. Nothing has ever been easy for me and I've had to work for it and I still continue to do so even to this day. My parents are hard workers, my siblings are hard workers and nothing in life will be given to you.*

**Q. Who is your favorite athlete?**

*That one is really tough. There are so many that I look up to, but if I had to choose one it would be Marvin Harrison. He was a wide receiver from the Colts and I enjoyed watching him and Peyton Manning play years ago.*



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