



## OFF AND RUNNING.

A casual phrase, but when Lacy Barnes says it, please take her seriously. She's a national champion in track and field and runs as well off the track as on. Internationally recognized for her athletic talents, Lacy is also a mother, graduate student and community volunteer. So, the natural question is, "How does she do it all?"

"Sometimes I definitely ask myself the same question," says this highly-motivated 24-year-old woman. "I go with the flow. It seems the busier I am, the easier it is."

For Lacy, 1988 was an incredible year. She became the first CSUF woman to capture a national title when she threw the discus 203 feet, 9 inches at the Mobil Outdoor Track and Field Championship. She narrowly missed a chance to accompany the U.S. Olympic Team to Seoul, Korea, but says she'll be back in '92. Furthermore, Lacy became the first person in her family to receive a bachelor's degree.

"It was overwhelming," she says with a spontaneous smile. "Between studies and training and being a mother . . ." Interrupting her own thoughts, she can't resist the temptation to talk about her daughter: "Cecilia's getting involved in school; she's in second grade. I've been so busy, and she's been incredibly good. She's concerned with what I'm doing and how I'm doing."

Well, Cecilia's mom is doing fine. True, her first semester in graduate school may be a little overwhelming, but the problems are only temporary — guaranteed.

"I thought about how I was as a freshman," Lacy says, "and I felt the same way, extremely overwhelmed. I think it's part of the process — being anxious about the first semester — so I've been told."

"As undergraduates, we're taught to read the material and give it back to the instructor on a test. As graduate students, we're asked to read several books at a time, collate that information in our heads and be able to discuss the material. We have to think on a different level, and that's difficult for me right now. I'm still thinking as an undergraduate rather than a graduate student. That's limiting me; I have to get out of that mode and start thinking on my own and forming opinions."

The pressure of graduate school is somewhat bearable when students realize they aren't alone. Lacy found this out



### Discovery

*"It was gone in a matter of seconds; I was knocked off the track," says Lacy Barnes, obviously not fully recovered from the disastrous Olympic trials that took place in July 1988. Track and Field News reported that "torrential rain" was the culprit. Lacy offers a different perspective: "The rain made it extremely hard. "The rain should have been able to handle any athlete I and I just didn't do that; it was unfortunate." The feeling of numbness and the sense of loss are now subsiding, and Lacy says this experience has shown her that she is a survivor. "In '92, I'm going to go after my 'dream' with a vengeance."*

# Lacy Barnes

*Laura "Lacy" Barnes*  
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when she talked to some second-semester graduate students.

"They understood. One woman told me that during a couple of her first classes, she would sit there and think, 'How do these students know this stuff? I am definitely out of place.' Well, that's exactly how I feel in one of my classes. She assured me it's normal and that next semester I'll be talking like these students who I think are brilliant."

Lacy may not feel "brilliant," but she's energetic, down-to-earth and realistic. So realistic that she is planning to combine her two best talents — athletics and psychology — to help others.

"I intend to become involved in developmental and educational skills of collegiate athletes. The number of athletes who complete their sports eligibility

without receiving a degree is still too high, in spite of tighter NCAA regulations and public awareness. It's important for athletes to know that education should come first — or that the two can go hand in hand."

At age 15, Lacy learned this same important lesson from a very special friend, a teacher named Linda Rolfs, who is responsible for Lacy's involvement in both track and education.

"I wanted to get an athletic scholarship so I could go to college, not so much to participate in athletics, but to get an education. When I talked with Linda, I realized that I could be good at both.

"I hadn't really thought about doing both; most people don't. So, if I could just plant that seed in other athletes, they could take off from there. I did."