

MY :60 SECONDS

KERRON CLEMENT

World Champion Hurdler

The moment when I walk onto the track, I really don't hear the audience. I'm in the zone and I visualize my race in my head. When I step up to the blocks, I take a deep breath. I shake my hands. I shake my feet, getting myself really loose. I get into my starting position. Right foot first. Left foot.

And then when the gun goes off...that's when I come alive.



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