



Stephanie Trenholm, a runner for the Campbell River Comets Track and Field Club is off to Alaska after signing a letter of intent with the University of Alaska. Trenholm will depart

Into the wild

By Pieter Uni - Campbell River Mirror - March 07, 2008

What a wild week for 17-year-old runner Stephanie Trenholm.

Only weeks ago the Comets track and field star was preparing to enroll at the University of Victoria.

But British Columbia's top runner received an email that has undoubtedly changed her life.

Trenholm was contacted by the University of Alaska and was offered a full-ride scholarship for track and field, an offer the Timberline student couldn't pass up.

"I felt like what I wanted to happen has finally happened," she said, her smile reaching from ear to ear.

"All the hard work and time I put in has been worth it."

And when she says hard work and time, she means it.

Trenholm is now in her eighth and final year with the Comets and over the years, the family mantel has become overrun with Stephanie's trophies and medals.

Silver in the 1500 meter run, bronze in the 800 meter run at mini-nationals and a fifth place finish at the Western Canada Summer Games in 2007 are only some of the highlights in Trenholm's rich portfolio, but the newest member of the Seawolves was quick to point out that she couldn't have reached such a high caliber of athletics without the support of her family.

"I wouldn't be at this level without my parents," said Trenholm.

"They take me to all the competitions and practices and they are always there if I need emotional support."

Dale Trenholm, coach of the Comets and Stephanie's father, noted that while he hoped Stephanie would accept the scholarship offer, he felt it necessary to let his daughter make the final decision.

"She wasn't 100 percent, but I was not going to push her," he said. "But once she did accept, I was very happy with her decision."

While the move will be difficult for the entire Trenholm family, Stephanie is excited to take on new challenges.

“It will be nice to live on my own and get to meet new people,” she said.

“I will miss Campbell River but the change will be good.”

And what a change it will be.

Stephanie’s scholarship will cover her costs of living, tuition and travel costs associated to track and field, meaning the Trenholm family will be responsible for Stephanie’s moving costs.

Dale noted that while the scholarship will relieve financial pressure normally reserved for new students, it will also give Stephanie many other advantages.

“It will provide her with a great education and it will force her to make new friends and develop new relationships,” he said. “And the new competition will really test her character.”

Stephanie, who has yet to decide on what she will study upon her arrival, said that along with the new challenges, the scholarship confirms she is on the right track with respect to her ultimate goal.

“I would love to go to the Olympics,” she said.

“And this opportunity will pit me against stronger competition, which will help me reach that goal.”