

True2Form
Athlete Spotlight:
Megan Dykema



Get to Know Megan:

Megan is a senior at Schoolcraft High School and has been a part of the Cross Country (CC) and Track teams since 6th grade. Megan loves running because it allows her to compete against herself while at the same time being part of a team. Initially she ran distance events on the track team and then began adding field events. Last year Megan was invited to the Kalamazoo All-Star Meet for Discus!

Other activities:

- Plays trumpet for the school marching band
- Lifeguard at the YMCA
- Snowboarding
- Biking
- Kayaking

Journey to recovery:

Initially, Megan was having knee pain while running and then developed arch and ankle pain. She credits True 2 Form with improving her running form and relieving the pain. She is coming off her first pain-free track season since starting high school and looking forward to her fastest XC season yet!