

Sandwich High School senior Tim Regan didn't set out to be a sprinter. Once he discovered he could run however, he began collecting records and accolades and has twice represented the Blue Knights in national competition.

Regan is one of the captains of this winter's indoor track team at SHS and will captain the spring team as well. He is a four-season veteran of spring track, while this winter is only his second indoor season. Last fall he completed his second year on the gridiron as a wide receiver and defensive back for the Knights.

Regan holds several SHS records. In winter track alone he holds records in the 55 meter dash (6.71), the 200 meter (23.3), the 300 meter (36.3), the 600 meter (1:29.5), and is a member of the recoding holding 4x2 (1:38.4) and 4x4 (3:37.9) relay teams. He is an Atlantic Coast League All-Star in both winter and spring competition. He served his freshman and sophomore years as president of the Class of 2010.

This year he has already qualified to compete in the post season on the state level and will return to national competition again when he will represent the Blue Knights at the Nike Indoor National Championships.



Did someone introduce you to running, or was it a sport that you found?

I wanted to participate in a spring sport at SHS and my sister Elizabeth ran track so I tried it. I had never run a race before freshman year and it just came naturally to me at first, now I put in many hours of training each week. I like the sprinting events, the 100, 200, and 400 meter are my favorites.

Before a race, what goes through your mind?

Running is as much a mental sport as it is physical. Each meet is both a team and a personal competition. Depending on the race, I am running for time and for team points. There is a lot that goes on before a race. I warm up with different stretches and drills, and keep my mind free of interruptions. Running is very personal; I am usually running against myself more than the competition.

You spent two seasons on the gridiron with the Blue Knights.

My friend Dave Perry and others on the team who had always played football encouraged me to go out for the team. I never played Pop Warner football so I had a lot of catching up to do. My speed made wide receiver and corner back the logical positions to play. I enjoyed my two seasons with the Knights, Coach (Bill) Lurette, and his staff, and some of my favorite memories will be the victories at Massachusetts Maritime, the Thanksgiving Day games, and the Homecoming hair cuts.

This spring will mark your fourth season of outdoor track with the Blue Knights.

Running spring track is my favorite part of the sport. As an SHS track athlete we are at a disadvantage because we can never have a home meet but it has not discouraged us and I am looking forward to my senior season. We finished third in the league last year, and with only three graduating seniors we have a strong returning team. Our strongest competitors will be Sam Ellis, Steve MacDonald, Jason Lefavor, Jamison Goins, David Regan, and Dana Murphy.

How have you changed from that first day that you walked through the doors as a freshman at Sandwich High?

Looking back to my freshman year I can't believe how much I have changed. What I used to take for granted I know I have to work for now. Juggling studies with three seasons of athletics has taught me to manage my time and organize myself. Running track at SHS made me realize I wanted to continue running in college and SHS has given me the skills to do that.

Where do you see yourself 10 years from now?

I don't know where I'll be in 10 years, but when I look back at my time at SHS whether it's in five years or 10 years I know I'll always feel a sense of community. SHS will always be a family of friends, teachers, coaches, and mentors, that helped build me into the person I am today, and will be in the future.

Who has been your inspiration?

My parents, Sarah and Mike Regan have been my inspiration. Their unlimited support and constant encouragement gave me the strength to always try harder. They taught me to always do more than I think I can, and never be afraid to try something new.

Is there anyone to whom you would like to say thank you?

I would like to thank my indoor and outdoor track coach Steve Infascelli, who has helped me become the runner I am today and my coaches Mike O'Brien and Mike Lavers. I also want to thank all my teachers at SHS, and all my teammates and friends.

Do you plan to attend college?

Yes, I plan to attend a four year college and major in engineering, and I am hoping to run track at the college level as well.