

Demorest, Ga. – Piedmont University's top female runner for the last 4 years is being faced with a major career decision as she partakes in her final 2 semesters as a lion.

Senior Val Angel, an accounting major pursuing grad school obtain the title of a Certified Public Accountant, has the opportunity to run at the same institution where she would be studying. With the NCAA granting athletes extra seasons of eligibility due to COVID-19, Angel would be able to run one more season of both cross country and track for her new school. "The thought of it is really exciting," says Angel. "Running for a new school after Piedmont would be an adjustment, but the chance to keep running makes grad school sound a whole lot better."

Angel's personal bests for cross country of 23:45 in the 6k race and 19:27 in the 5000m race in track prove very attractive to the teams she would be looking at joining. Another thing Angel brings to the table is the leadership she has provided the team since her freshman season in 2018. Immediately jumping into that #1 role, Angel has progressively gotten faster as her career as a lion has carried on. Piedmont University Head Cross Country & Track and Field Coach Jamie Jimison feels that "when she gets into tough situations, she's always able to step up and be the leader we need."

Applications aren't yet open, but by the end of the semester Angel will have decided where to take her talents. "I have a few schools that I'd like to spend my extra semesters of studying and running at," says Angel. "I just know at this moment I'm ready for our team to win what we have been training so hard for."

Although COVID-19 has been a burden in so many ways, there are still hopeful situations that have come out of it that make fighting through hard times worth it.