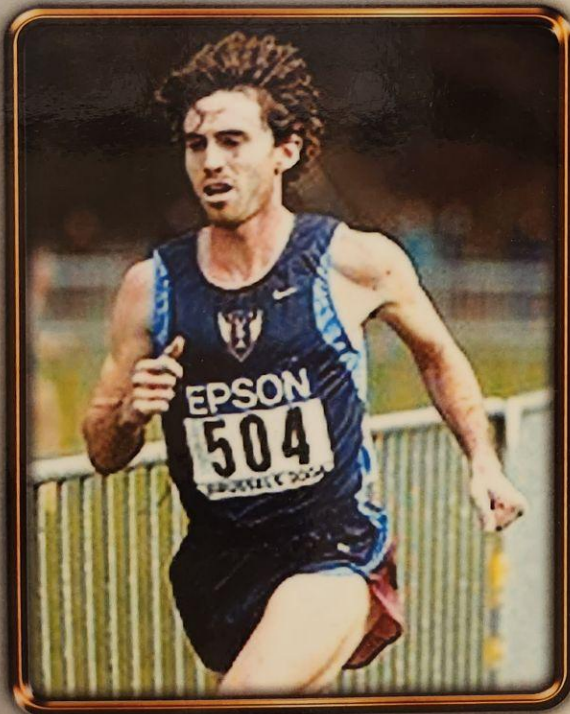


SHERMAN CENTRAL SCHOOL

Wall of Fame

NOLAN SWANSON

Inducted 2010



While running cross-country for Sherman Central School, Nolan won the 1993 New York State Cross-Country Championship. While still in high school he won the steeplechase at the Junior Olympic Nationals. After his career in Sherman, he was recruited by and attended Wake Forest University. While at Wake Forest Nolan had many accomplishments: the 1996 ACC Cross-Country Champion, the 1997 ACC Indoor 5K Champion, the Wake Forest Cross-Country MVP, the NCAA Cross-Country All-American, the 1998 ACC Outdoor 3K Steeplechase and 5K Champion, and the Wake Forest Track-and-Field MVP. In 1998, his senior year, he was awarded the prestigious Arnold Palmer (top male athlete) Award. He was the first cross-country/track-and-field athlete in school history to win the award. From there, he became a professional runner and sub-4-minute miler, running cross-country, road racing, and track and field for sponsors Nike and Asics. Ultimately, he ran on four Team USA international squads, most notably the 2004 US Cross-Country team. He competed in events all over the world, including Japan, Belgium, Canada, Norway, and most of the United States.