

Cross Country's the only way to go!

The cross country team put on a lot of miles this year, but couldn't beat some tough competitors. Many of the competing teams had three to four as many runners and these numbers were hard to beat; however, motivation and determination made up for a lack of runners, and the Spartans finished fourth in the conference.

Cross Country's members run a 3.1 mile course through woods, across fields, over hills and sometimes this year through swamps. It all adds up to quite a challenge. Senior Craig McCotter had to admit that he was "surprised by the hills of Ben Lippen which seemed to go

straight up and down," but, he added, he was even more surprised at having "to run through creeks at Christ School."

Trainer Ian Osborne summed up the season by saying, "It was a good year, and we had a lot of talent. Next year's team should benefit from the experience these guys have had."

Trey Powell puts on a burst of speed in practice at Springdale Racecourse.



Heading for the finish, Jon Leonard and Jeff Valentine keep each other at the pace.

They're off! CMA runners Jason Rhyne, Jon Leonard, Jeff Valentine are led by Trey Powell.

