

# Cross Country

We Run  
Through The  
Woods...

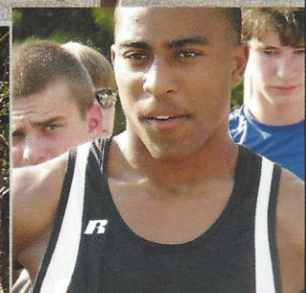


The 2010 Cross Country season was another great year for the "Spartan Warriors". The major goal this season was to complete each meet. A goal is always to teach the team the meaning of "one heartbeat."

"I always try to show the guys that they need to be ready for all of life's challenges. This is a race, but the important race is what is God's will. This will help them in the journey we call life," said CMA Coach LTC John Heflin.

Winning Awards this season were Anthony Bieber and Giovanni Arrindell

- Co-MVPs; Zach DeLisi-- "One Heartbeat" Award; Noah Leary-- Coach's Award; Marshall Sheorn, John O'Leary and Charlie Henry-- Co-Hustle Award. Chris Gratton was awarded the "Gazelle Award".



From left to right: Bruce Smith, Marlon Kelly, Coach John Heflin, John Crye, Trey Dean, James Furr.

**...And Our Sport Is Your Sport's Punishment!**