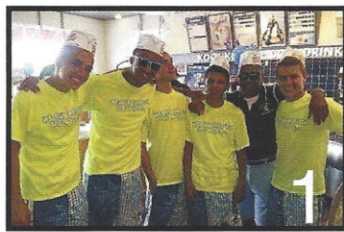


"Being that I am an official CMA cross country runner I would like to address my views on cross country with John Heflin by saying that it was the run of my life. Cross Country had its hills and its slopes, but we prevailed simply by running through the woods. John Heflin has not only opened my eyes to the world of running, but has opened my eyes to the glory of God."

-Max Zaslower of Jersey City, New Jersey



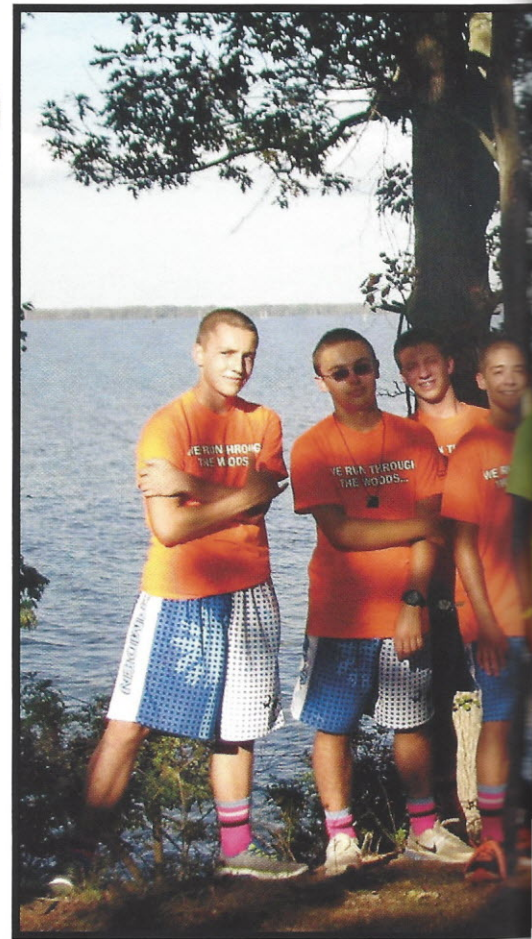
gazelle

New acquisitions add to the XC team.

The 2013 cross country team continued the legacy of success the program has consistently maintained. The team's theme each year has been One Heart Beat and One Dream. The constant work running 3.1 miles for some is not an easy task, but the diligent works of those committed members made it look easy. Along with the tough practices, these young guns pushed through every meet. This year Camden Cross Country team followed the path of harriers before them. Each year I tell the runners from day one that I hope that they would run to the very best of their abilities. However, I am interested in having them run the real race in which God would have us to run. I want them to be prepared for whatever God has for them in this journey we call life. This was apparent through this year. Senior Joe Geiger was running with George Spiros in one meet and George did not think he could finish this race at Lancaster High School. However, Joe Geiger pushed him to the finish line. I told them after the meet that's what it is all about. We all need each other, when life throws you a fastball we need to be there to help. Our team has been for years, "one team, one dream, and one heartbeat." This embraced the team early in the season. We won a lot of meets this year by overcoming many of the ranking teams. I often express to them the concept of family. They are now part of the history of the cross country teams that had and will run here at Camden. This year's team awards were as follows: The One Heart Beat Award Jacob McGuire of Pineville, North Carolina. This year's Coaches Awards were Simon Falk of Blythewood, South Carolina; Brandon Mendia of Plantation, Florida; Sanders Forrester of High Point, North Carolina. This year's Gazelle Award went to Max Zaslower of Jersey City, New Jersey. This year's Most Improved Award went to Cullen Rigby of Walterboro, South Carolina. This year's Hustle Awards were given to Joe Geiger of Cleveland, Ohio, Gabe Fort of Cameron, South Carolina.

"Each year I attempt to instill the values and life skills that will help these young men in the everyday battle of life. Cross country is similar to the race in which we run every day. I hope this sport will enable each runner to become successful." -Coach Heflin

"And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment." Mark 12:30



For The Record

1. XC runners Joe Geiger, Quin Armstrong, Cody Auburger, Max Zaslower, Coach Heflin and Michael Moses at Krispy Kreme after the Sandhills meet in Columbia, South Carolina.

2. Gabe Fort and Jacob McGuire prepare for the meet.

3. Gabe Fort leads the pack.

4. "Okay guys, we first go this way."

5. "Let's do this!!!"

6. The CMA Harriers at the starting line.

7. Cameron Key making his way on the course.

8. The XC Team poses with former South Carolina Governor Mark Sanford.

9. Senior Sanders Forrester prepares for his last meet.

10. Cullen Rigby makes his way up the hill.

11. The harriers making their annual trip to The University of South Carolina football game.

