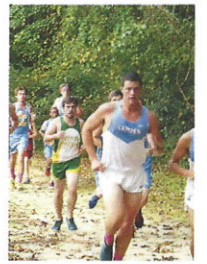
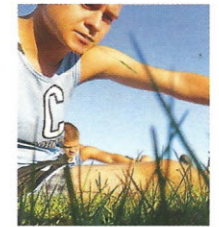




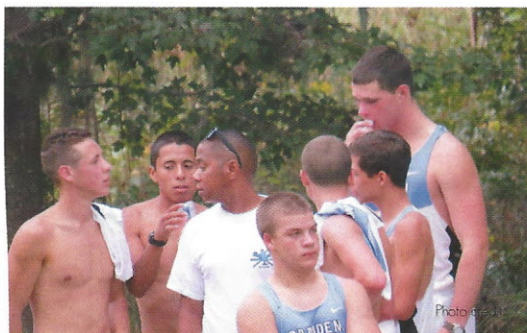
Intense Work! The Spartans harriers leads the way.



Teamwork! The Spartans runners show a great sense of teamwork and compatibility.



Beast Mode! The team ran well at the West Florence met.



"Cross country is a good example of life. The path in front of you will be treacherous at times but you have to overcome those obstacles to achieve your goals." Reese Knutson of Birch Run, Michigan