



ONE HEARTBEAT

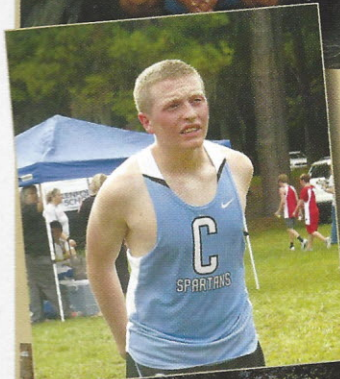
char·ac·ter

[kar-ik-ter]

noun

plural noun: characters

1. An interesting or amusing individual.



The meet on Tuesday, in Lancaster, was great. We've been at Lancaster before, so we were confident on the course. LTC Heflin briefed us on how to do better and be better, then we stretched and prayed. We had a great time and did decent. - Jake Dean of Waxhaw, North Carolina



The Santee river run was the best race we have competed in so far. We actually ran through the woods the whole race. I had to keep pushing myself to keep going even though I was gasping for air. The hardest part of running cross country is not stopping. You have to tell yourself to keep moving. It is worth the effort when you cross the finish line. You gain pride. - Dantzler Lewin of St. Helena Island, South Carolina

Cross Country



On the sixteenth of September, Camden Military Academy's Cross Country visited Calhoun Academy for a meet on Lake Marion. The course on which I was the first trail I've run which was actually through the woods. The trail was along the lake for about half way. There was an orange street cone 1.5 miles from the trail where you circle around 180 degrees to finish the race. I started off at an average pace. Once I passed the cone and turned around to head back, I picked up my speed and began passing people. I must have passed fifteen other runners between the half way mark and the finish line. I sprinted for the entire last quarter mile. My ending time at that race was more than five minutes faster than the previous race. It was my new best time. - Alex Beasley of Atlanta, Georgia

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MVP - John Hutchins of Parker, Colorado.
Hustle Award - Jake Dean of Waxhaw, North Carolina.
Coaches Award - Kameron Gentle of Mt. Pleasant, South Carolina.
Gazelle Award - Mikael Barker of Carlsbad, California
Most Improved Award - Kevin P... of Mooresville, North Carolina.
One Heartbeat Award - Dantzler Lewin of Saint Helena Island, South Carolina
 Connor Bolton of Powder Springs, Georgia.