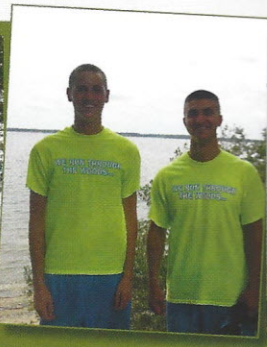
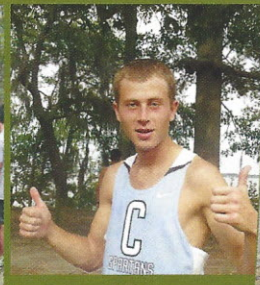
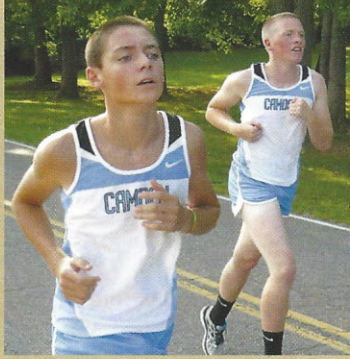


meet on Wednesday was at the most beautiful place. It was next to a lake and the whole race was in the woods. We got a place out of everyone and tried our best. Then after the meet, we went to eat with all the other teams. We ate and had a great time. I hope we can do it again.



LIFE SCHOOL STORY



Santee - Amazingly beautiful, wish I could stay there for days. When I ran last year this was my favorite place to run. I loved running through the woods seeing all the Spanish moss, the live oaks and seeing the huge Lake Marion.
- Kevin Phillips of Mooresville, North Carolina

Each season, the cross country team continues to be amazing. The 2015 team continues the legacy of the past success. If I had to define this year's team with one word, it would be character. Each practice and each meet was different and challenging. However, they were always enthusiastic and spirited. Every year, I attempt to instill values and morals to each runner, continuously reminding them that cross country is just like running the race of life. I understand that many of them may not gather my logic until many years later. ONE TEAM...ONE DREAM...ONE HEARTBEAT...has always been our team's focus. Mark 12:30 is what I hope each runner will clearly understand by the end of the season. "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."
- Coach John Heflin



Lancaster - "It was a great race to be able to watch. I am amazed at how fast some people can run. Like that guy from Pageland. I can't even run that fast for 200 yards. He ran a 3.1 mile run or 5k in 17.30. I was amazed. I only wish I could run like that. It was also a really hard/difficult course". Kameron Gentile of Mt. Pleasant, South Carolina

2015 Cross Country: Conner Stillinger, Blair Watson, Kameron Gentile, Jake Dean, Sébastien Offredo, Yohann Offredo, Lance Loughmiller, Dantzler Lewin, Mikael Barker, Coach John Heflin, Conner Bolton, Kevin Phillips, John Hutchins, Clay Pflaging, Max Furrmanchik, Alex Beasley, Sasha Nyman, Justin King, Kostya Gozaloff