



Pictured Above (Bottom to top, left to right)

Nick Furlow, Aidan McKenna, Kendal Kreide, Colby Frederick, Connor Shea, Mikael Barker, Miles Leach, Vincent Ortiz, Dylan Schluter, Jacob Jucker, Barrett Glasgow, Jake Dean, Coach John Heflin, Jack Furlow, Sébastien Offredo, Emerson Murphy, McMillian Covington, Justin Wertich, John Moore, Alex Beasley, Kevin Phillips, Nicholas Fields, Mitchell Weismore, Josiah Fredericks



"My most memorable moment of Cross Country was the Finals. We all came together after the final race and congratulated everybody on the team. I truly believe everybody on the team ran their best."

Colby Frederick
(Mt. Pleasant, South Carolina)

gaining momentum

Teamwork

Cross Country is not just a whole bunch of running. It's about working together and placing well with each other to secure the victory.

