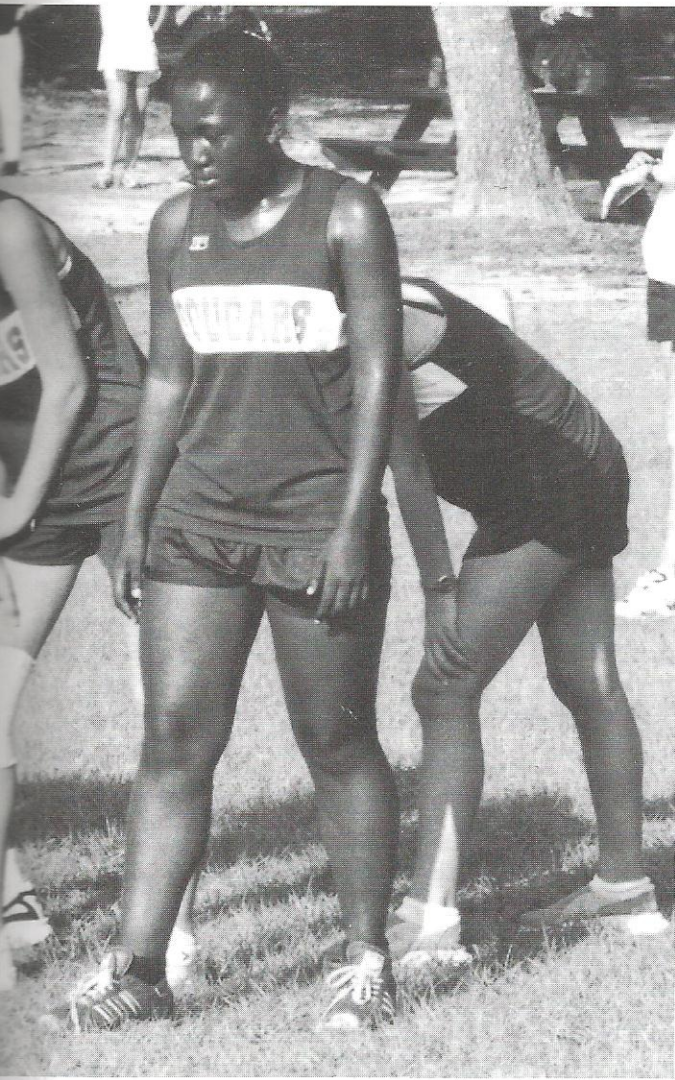


And They're Off

# Going the Distance



Cross Country runners endured great hardships to be involved with the program. Although the sport of cross country was never really widely recognized, the parents and fans offered great support on the sidelines. During each event, friends and family would gather along the sidelines to cheer for and encourage the cross country runners.

There were many different reasons and explanations as to why people began participating in the field of cross country. "I like to run and I wanted to keep in shape," senior **Brooks Douan** said.

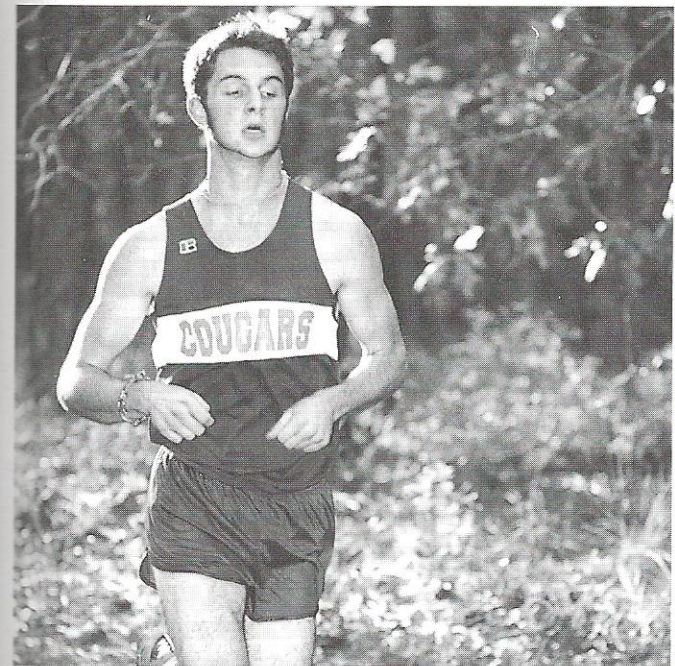
Cross country practiced after school at the recreation center almost every day of the week.

"Everyday is a different routine, but the more you run, the better you run," junior **Cayce Crews** said.

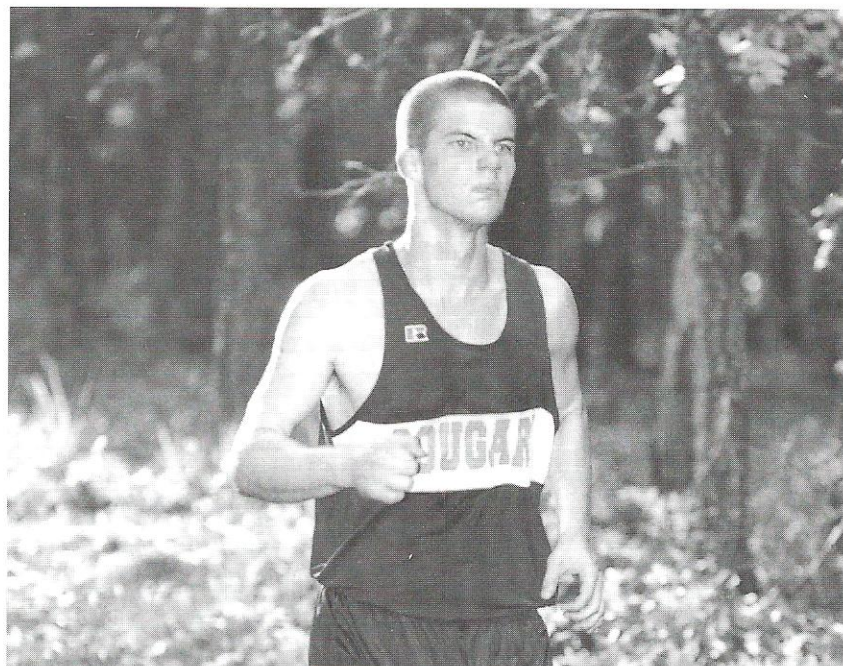
At an average practice, the team ran anywhere from four to five miles, but there are a few exceptions. "My favorite practices are the nine mile runs. It gives me time to clear my head and really think," senior team captain **Calen Brown** said.

"This year, we have one of the best girl teams we have ever had and an outstanding boys team," Head Coach George Smith said. The cross country team had huge goals and high hopes for his year.

- Erin Way



**Taking it in Strides.** Barreling towards the finish line, senior **Calen Brown** smells the aroma of victory. Focusing on the excitement of winning the race prevented Calen from giving up hope.



**Keep on Truckin'.** Junior **Cayce Crews** pushes himself through the pain to the light at the end of the tunnel. Cayce hoped to finish out the season in the top of his running class.