

With a look of determination, junior **Cindal Lawson** checks her pulse during the run. Cindal has been in Cross Country for 5 years. "The competitions are sometimes difficult but it depends on who you are running up against," Cindal said.

Determined to get the prize, senior **Lisa Weeks** strives to complete the race. She also played soccer and ran track. "I like competitions because they help you stay in shape and improve your running ability," Lisa said.



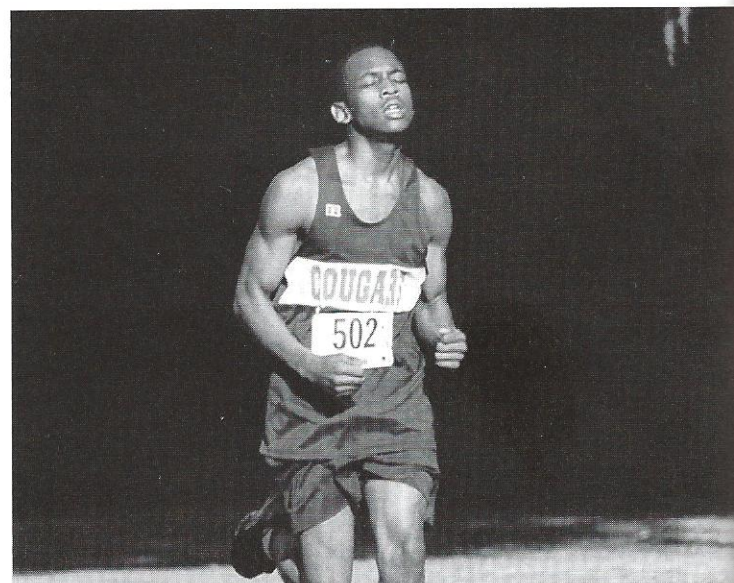
## CROSSING THE LINES

On your mark, Get Set, Go

Whether in the summer heat or autumn breeze, runners laced up their shoes for cross country practice. The cross country team needed to keep in shape over the summer in order to be fit for the start of the season. "I stayed in shape by practicing a nutritious diet," junior **Erin Bunton** said. Many days the runners practiced strenuously, and the hot weather made it unbearable. "I dislike running during the summer because it's hot

and humid," sophomore **Regina Pencile** said. Most practices took place at the Recreational Center on trails that lasted anywhere from about three to five days a week. Due to mind set and determination that the members had acquired, the team as a whole made the season a success. The season went really well compared to last year. "This was a glorious year," **Coach Smith** said.

-Ashley Fennell



Concentrating on the race, sophomore **Carlos Hamlin** is focused on nothing but the run. "In order to place well, one thing you must do is keep a steady mind and stay focused," Carlos said.