



Hastily working to get the best score, senior **Casey Cruise** wastes no time trying to complete the race. Casey joined Cross Country because his major talent involved running. "I'm hoping Cross Country will take me to the next level which is college on an athletic scholarship," Casey said.



Keeping up with junior **Brandi Traynham**, junior **Victoria Hoff** tries her best to stay in step. "Cross Country is difficult because it takes a lot of determination and physical strength," Victoria said. Both girls were known for their great running records.

Trying to keep up with the other team our runner's struggle to do their best. "Most of the races are easy if you just stay focused and don't worry about trying to beat everyone, because you can't win them all," sophomore **Eric Ford** said.



Summerville  
Summerville  
Wando (Isle of Palms)  
Columbia  
West Ashley  
Home  
James Island County  
Park  
Wade Hampton  
Palmetto County Park  
James Island County  
Park  
Home



Counting down! As the runner get ready to begin the final run, many of them check their pulse as they wait for the signal to begin. "In order to do good in the run one thing you must do is drink a lot of water and eat a lot of carbs. daily," senior **Lisa Weeks** said.

**Meets**