one foot in front of the other and runs with all her might. She tried her best for the cougars this year.

Former Sophomore Rotrena White places The girls take off as the race begins. The cougars track team practiced hard to perfect their racing skills. Their season began great and ended just as well.









Getting a head start, sophomore Matthew Boles takes off for the win. "It's one of the most challenging sports. It tests mind over matter. You have to have faith and heart to run distance." Matthew said.

