

GOING THE EXTRA MILE

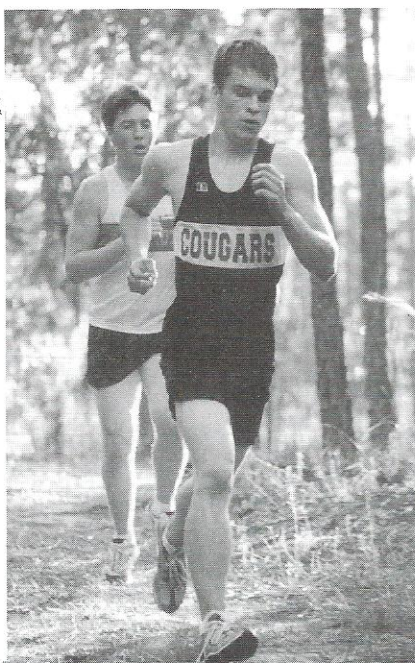
Runners faced obstacles during the 2004 cross country season. The sun drained energy as sweat poured down the team's bodies. Gasping for air, the team ran with persistence. Runners looked to the team for support. "The team was my inspiration," sophomore Annie Gregory said. Runners stayed healthy by going on personal diets. They set goals and reached them. "I stopped drinking soda and eating sweets," said junior Bhavina Patel. The team had a goal to be state qualifiers so the competition grew stronger as the season ended. "The region race was the most important race," Coach George Smith said.

-Brandi Traynham and Ashley Strickland



"Cross Country is challenging, and it takes a lot of heart to race." Annie Gregory-10th

"The best thing about cross country was the family-like atmosphere." Elizabeth Evans-10th



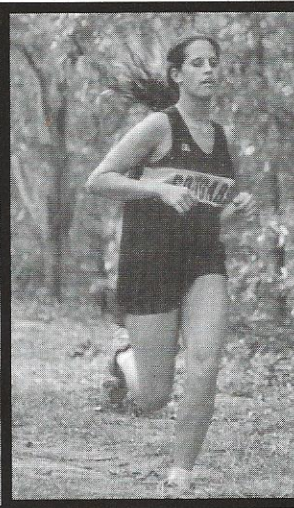
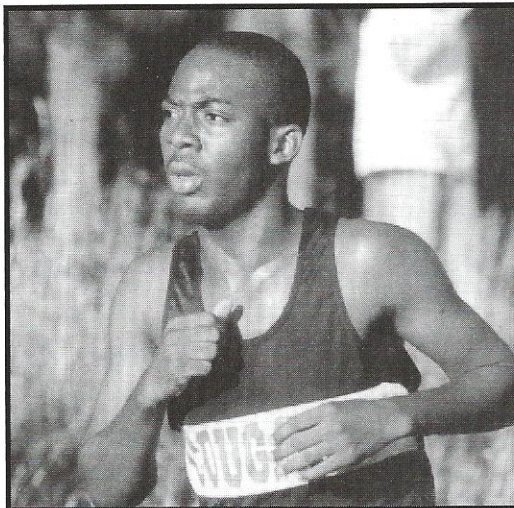
Out-running his opponent, junior Andrew Johnson keeps up with his pace. Running at a set speed was important. "I ran my own pace regardless of everyone else around me," junior Andrew Johnson said.

Eager to start off well, the varsity boys leave the starting line. Starting off well was not as important as maintaining strength through a race. "Every race was just practice for the regional race," Coach Smith said.

Clearing her mind, senior Leah Ellison concentrates hard. With each race the runners became more aware of what to expect. "The races began to seem longer, but they weren't easier," Leah said.

Trying to win, junior Matthew Boles races along his path. The locations of each race were all different. "Each race was a challenge, and I never knew what to expect until I got there," Matthew said.

Running through the woods, sophomore Ashleigh Yarka keeps up with other runners. Being motivated helped the runners to do their best. "Cross country was a fun sport if I was willing to work hard," Ashleigh said.



LOCATIONS
Sunnyville
Wando
Fort Dorchester
West Ashley
Walterboro
Janes Island
Janes Island
Janes Island
Walterboro
Wando
Walterboro
Ft. Jackson

