



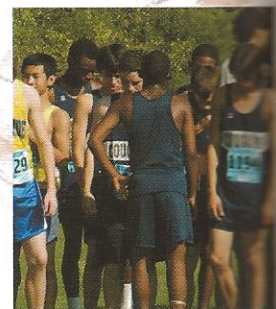
Lighting up the Course

Quick as a Wink

Running takes a lot of dedication, and that's what the runners of the cross country team had. The heat, a factor that made running hard, had to be overcome. Practicing made each runner better everyday. "It's definitely not a sport for quitters. It's hard, and it hurts, but if you try hard and give it your all, you can get through it. I did," Annie Gregory said. The runners got stronger and learned to never give up. "The most exciting part of cross country is the starting line of a race." Ammon Weeks said. In the end, all the runners improved and were looking forward to the upcoming season.

-Anna Peurifoy

Excited and nervous about the race, the cross country team stood at the starting line. While they waited, they exchange encouraging words to help each other run.

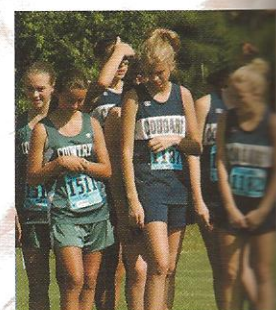


Tired but still going, junior Annie Gregory runs with speed through the fans cheering her on. "Running keeps you in shape and takes out your anger and tension for the day," Annie said.



Running hard, senior Jeffrey Janes tries to make it to the finish line. "Passing the person in front of you is all you think about while running in a race," Jeffrey said.

The girls talked to the other teams runners before taking off in the race. "Talking to the teammates always calmed us down because when you step on the line your nerves are all built up," Meghan Carter (not pictured) said.



Trying to stay in the lead, senior Andrew Johnson runs as fast as he can. "The races are long and tiring but its worth it at the end," Andrew said.