

Run Forest



"I prefer running in the woods rather than the track because running in circles can get old," freshman Reed Revell said.



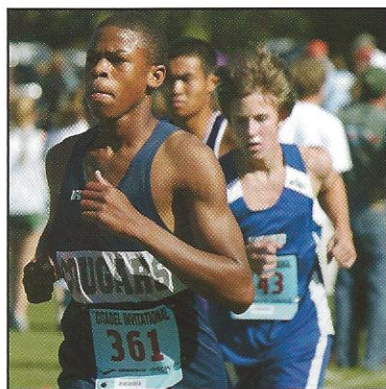
"I only drink water, milk, and tea during cross country season because soft drinks make me sick," freshman Tylar Douglas said.

"I had a shin splint before and it hurt so bad to where I couldn't run. It felt like a knife was going down my leg," sophomore Horizan Morrison said.



"I like running the distances because I know I always have a chance of catching up with someone if I am behind," sophomore Kendrea Hiers said.

"I try not to eat as many snacks during the season so I can stay healthy, and I try to eat spaghetti or pasta before each race," sophomore Katherine Schmitt said.



1. Junior Jabari Molloway was concentrating on passing the guy in front of him while running in a meet at the Citadel. "I prefer to run by myself because it helps me concentrate better than running with a partner," Jabari said.
2. Sophomore Hannah Ruegner was not only in pain, but was also ready to finish the Invitational. "I normally don't look at the scenery because it distracts me," Hannah said.
3. Senior Justin Weber passed three people while finishing up with a sprint. "I have tripped on roots before, but I would get back up and push harder to make up time," Justin said.

Running in the Woods

Cross Country

| Date | Meet | Location | Time |
|---------|----------------------|---------------------------|------|
| Aug.29 | Deach Run | Isle of Palms | 5:00 |
| Sept.4 | Bishop England | Daniel Island Golf | 5:00 |
| Sept.12 | West Ashley | West Ashley High | 5:00 |
| Sept.15 | Coaches Classic | Sandhills Research Center | 9:00 |
| Sept.19 | Stratford | Wannamaker Park | 5:00 |
| Sept.26 | Wade Hampton | Hampton Armory | 5:00 |
| Sept.29 | Citadel Invitational | James Island County Park | 9:30 |
| Oct.3 | James Island | James Island County Park | 5:00 |
| Oct.10 | Colleton County | Walterboro Rec Center | 5:00 |
| Oct.13 | Lowcountry Invite | Mullet Hal, Johns Island | 8:30 |
| Oct.24 | Region 8-AAAA | Walterboro Rec Center | 4:00 |
| Nov.3 | S.C. State Champ. | Sandhills Research Center | 1:00 |

The past year Reed Revell, Hannah Ruegner, and Kenzie Garard were pushed hard to prepare for state. Coach Smith had them run trails, do speed work on the track, and work out. "The workouts were tough, but they prepared me a lot for state," freshman Reed Revell said. Although, they didn't

bring home any trophies from state, the CCHS cross country team still had a great season. "I thought cross country season was a great experience that I had fun with, and I am planning on running again next year," sophomore Brittany Deach said.

-Theresa Drecklein

