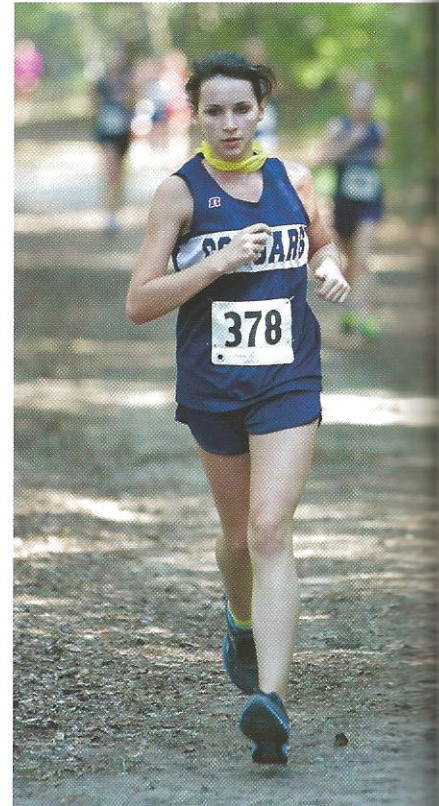
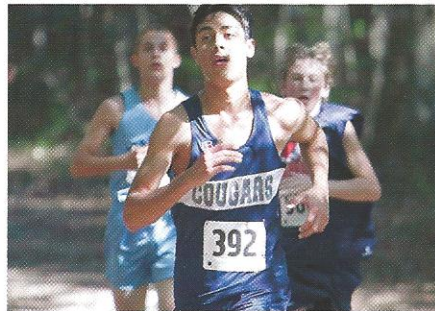


endurable- [en-door-uh-buhl]
-capable of being endured.

Cross Country

On your mark, get set, GO! Cross Country started their hard-working season off with conditioning and followed up with the start of the season. They ran against several different teams. "The toughest team we ran against was Beaufort," said, junior, Jared O'Quinn. They spent the majority of their practices at the local Recreation Center. To get ready for a big race, they had to get a good night's sleep, stretch, drink plenty of water, and eat very healthy! "I eat a lot of carbs the night before a big race," said, junior, Katlynn Adams. Cross country was an opportunity to stay healthy and build endurance.



Top Left "My favorite meet was at Mullet Hall Plantation," said, junior, Andrew Harrison. Andrew started running his ninth grade year because he once ran a rice run and liked it. It takes him 5-6 minutes to run a mile.

Bottom Left Junior Jared O'Quinn said, "It takes me six minutes to run a mile and my fastest time at a meet is 20:01." Jared's favorite meet was at James Island.

Right "The toughest teams we ran against were Summerville and Beaufort," said Katlynn Adams, junior. Katlynn plans on doing cross country the rest of her high school years and in college because she enjoys staying in shape.

Far Left Junior Sarah Tobin said, "I drink a lot of water, eat right, and ice what hurts to get ready for a big race." Sarah's favorite meet was at Mullet Hall Plantation.

Left "I got into running last year because I wanted to get physically fit," said, junior Shelby Peters. The race she expects to concentrate most on is Regionals. Shelby's fastest time at a meet is 26:59.