

Running cross country is typically good for one's health since running is one of the easiest cardio exercises you can practice. Junior Patrick Lyons agrees; "I have the calves of an Adonis!" he said.

On Halloween, the cross country team decides to run in their Halloween costumes a few days before the Lower State race. They were all excited to have a free day and to entertain one another while practicing one last time before such an important race.



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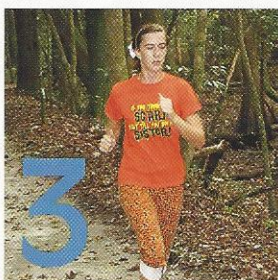
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Junior Kaitlyn Ramey is dedicated to her sport and she practices every day of the week. "Cross Country is hard at first, and it makes you want to give up sometimes, but in the end it helps. It teaches you discipline," Kaitlyn explained.

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Freshman Emmy Moore believes that cross country has become a big part of her life, and she also feels that it has helped her gain discipline. "I've gained respect and discipline because of Coach Smith," Emmy explained.

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The cross country team ran their hearts out this season, all the while creating their own stories. With only four returning runners this season, there was a lot of room for improvement and learning. "Out of the twenty people we started the season with, only four had any running experience. We took them from the couch to across the finish line," Coach Smith said jokingly. Coach Smith later explained that success in cross country is measured by seconds, and overall, he believed that by the end of the season they had made great strides towards improvement. Comparing the first race and last race of the season, it's easy to recognize that the runners improved anywhere from one to five minutes. Two of the best times run this year were from senior Thomas Dessoie with a time of 17:57 and sophomore Ashlee Henson with a time of 21:04.

CROSS COUNTRY



"I like how everyone is really supportive in cross country, even when we go to races." - Junior Emily O'Quinn