

Cross Country

Coach George Smith said early this season that he had a mix of strong veterans and enthusiastic newcomers, as seen in the team's two state championship competitors: senior Shelton Reynolds and Abigail Altman of CCMS. Looking at their determined faces, we see that they are truly RUNNERS: "Running strips life back to the bare essentials. When we challenge ourselves, it breaks down barriers. It brings us back to our essence (...). Emotions flow freely, the struggle is obvious and most of the competition is with yourself." —Grahak Cunningham



Senior Shelton Reynolds looks strong as he competes in this competition. Shelton went on to win the 2015 SCHSL AAAA Cross Country State Championships.



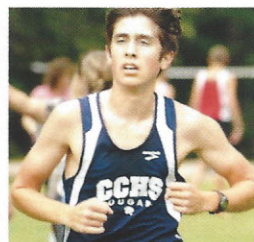
LEFT: Senior Ashlee Henson shows why she won the 2015 CCHS Cross Country Senior Award with pure effort. **ABOVE:** Danielle Savage, a junior, pushes through to a glorious end. **RIGHT:** The boys get ready at the start.

PUSHING OUR LIMITS//

"The desire to run comes from deep within us—from the unconscious, the instinctive, the intuitive."



Daryn Hooker //
Sophomore Daryn Hooker said "never give up."



Ryan O'Quinn //
Junior Ryan O'quinn said, "run like you stole it."



Macie Stone //
Sophomore Macie Stone said, "Hard work beats talent when talent doesn't work hard."