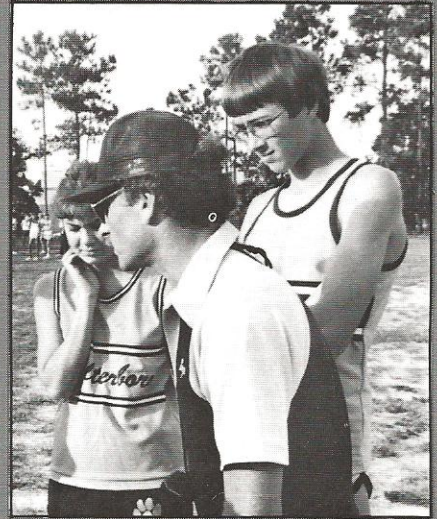




Sidelines



"Competitiveness and determination plays a major roll in runner's ability to perform in a competitive race."—Al Reitman

Coach: Reitman

After attending Northern Illinois University on a four year track scholarship, Cross Country coach Al Reitman experienced a variety of jobs including being a drivers education teacher to deaf and handicapped persons and serving as a paramedic. Coach Reitman stresses hard work and dedication as well as telling his runners to "enjoy life in high school while you can."

Shawna Davis, also a cheerleader, hangs close on the heels of a Middleton runner, waiting for her chance to sprint ahead.