

# Get the Mile

One mile down. Now two miles down. Three miles down, time to finish! The Varsity Cougar Cross Country team raced to multiple victories this year. The cross country team worked their hardest to improve their race times to be able to compete in the state finals race. Many of the girls and boys set their personal best records for the seasons. Setting the best race time on the team was senior Jared O'Quinn with a time of 17:57 in a three mile race during the state qualifiers. As a senior finishing out a long season of cross country, it can sometimes be a bittersweet ending to the beginning of the school year. "We run all the time, and it keeps me in shape," added senior Shelby Peters. Staying in shape is always the plus side to running cross country.



1. Freshman Cody Courson runs his hardest to catch the nearest opponent.
2. Sophomore Alexandria Dessoie progresses through her final lap around the trail.
3. Senior Shelby Peters edges her way to the front of her group.
4. Sophomore Kaitlyn Ramey shows her endurance while making her way toward the finish line.
5. Sophomore Emily O'Quinn maintains her pace at the front of her pack.



Junior Christopher Hoff comes in to finish the race. Christopher said, "after a race I feel tired and exhausted, but excited that I finished."



Senior Andrew Harrison tries to become first by passing the other racers.

Eighth grader Shelby Kincaid races on the varsity cross country team.



Senior William Hood races through the woods to get to the finish line.

CCMS student Emmie Moore rushes to finish her race on the varsity cross country team.

