

Keep On Chuggin'. Running for the finish line, senior Bryan Mros puts the pedal to the medal. Bryan was one of the fastest males on the team.

Taking a Break. Catching a breath of air, senior Muriel Fryar and freshman Sunny Martin laugh after finishing the home course. It was Muriel's first season and Sunny's second season.



HOW MUCH LONGER?

Though the cross-country team had its ups and downs, team unity kept the team going, and going, and going.

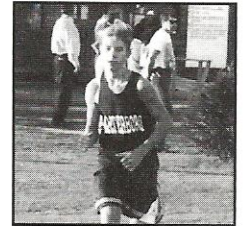
Although the cross-country team was without former stars such as Herman Pickney, it used every meet as a building block. The young team worked hard to improve their speed, and Coach Ron Youmans believed that many of the young runners will become cross-country stars in the future.

Diet before meets was an important factor. "We ate foods that are high in cholesterol, proteins, vitamins and foods of that nature," said senior Alex Pournelle. Along with special diets, cross-country members had a daily regiment of running about three miles or so a day.

Jesse Smith believed that the lack of runners on the team put more pressure on the individuals that did participate. To get more people to participate in cross-country, Coach Youmans felt that some incentive should be given such as tickets to varsity football games. Even with the lack of members, the team worked hard to improve and would be a force with which to reckon in the future.

— Robin Bullock

TALK BACK



"Since I am younger than my brother, I love rubbing the fact that I could out run him in his face."

— Josh Mros



"Although we didn't win many meets, the efforts of the whole team should be rewarded."

— Alex Pournelle