

endurance

summerville- wando- north charleston- coaches classic in columbia- beaufort- stratford- home- citadel invitational- james island- stratford- regional race in beaufort- state championship in columbia

The woods were silent except for the sounds of leaves crunching under the runners' feet. Everything was silent as all of the runners at the meet concentrated on crossing the finishline first. "When I run, I put everything else out of my mind. I concentrate on my surroundings and my goal to cross the finish line. Everything else just doesn't seem important while I'm running," senior **Brent Coker** said.

Beginning in September, the eighteen members of the cross country team, as well as Coach Smith and Coach Crosby, put everything else on the backburner and put their bodies to the test. "I began training during the summer. I started a routine of

trying to run six or more miles a day to prepare myself and build up endurance," junior **Kevin Carrey** said.

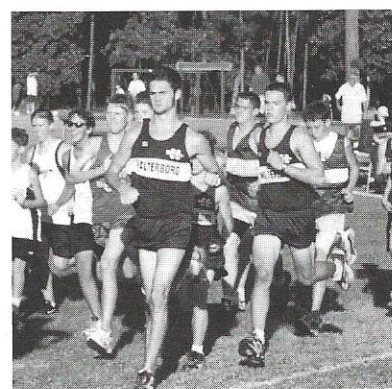
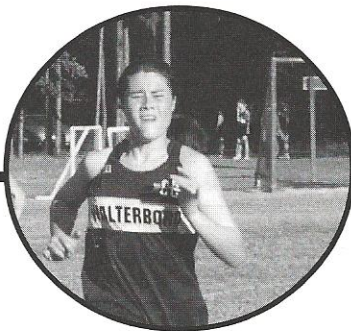
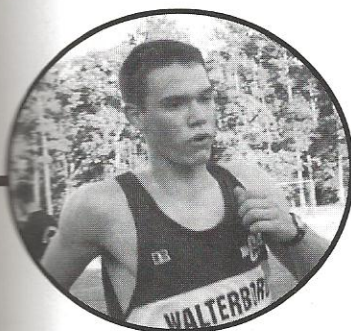
Endurance proved to be one of the most important aspects of training along with a proper nutrition. Coach Smith advised the runners against drinking soft drinks and eating junk food before meets and practices. "I listened to Coach Smith's advice. He knew that a balanced diet would help us, whereas eating junk food would slow us all down, so I started eating a little healthier," senior **Melanie Wunningham** said.

Although the members of the cross country team did not set all of the records they had hoped for, it was obvious to the runners

that they improved throughout the season. "At the beginning of the season, we evaluated our weaknesses as a team and set our goals that we planned to overcome, all in all, I feel like this season was a success for us," junior **Olivia Barnes** said.

With the end of the season, the graduating runners left behind a season of memories, while the returning athletes prepared for next year, hoping to make new memories.

-Amanda Lucas and Ryan Berry



And they're off! Starting the race, junior **Calen Brown** and senior **Brent Coker** stick together, proving that teamwork is important. Calen and Brent grew to be good friends this season.

No pain, no gain. Trying her best to ignore the pain, junior **Olivia Barnes** keeps on running. Even when aches and pains surfaced, Olivia tried her best to ignore them.