

FAST AND FURIOUS

the cross country team sprints through a fantastic season

Littleton cross country started off with a bang, by inviting lots of new and talented freshmen to the team. The cross country team, although losing many seniors was welcomed with fantastic new members stepping up. As the cross country team trained hard, they competed in many different meets. Both the girls and boys team had fantastic seasons leading them to great accomplishments. At the Littleton High School Invitational the girls JV team received a perfect score. Senior Hailey Lockhart led the young varsity team to many victories, prs, and an overall great season. The boys team this year had an incredible season as they worked together and powered through the tough courses. At the end of the season the boys varsity placed second in the league, against extremely challenging teams, and other fast runners. The boys and girls teams finished the season off strong as the girls placed 6th in the region, and the boys placed 4th, which qualified them for state. As the boys competed at state for the second year in a row, they ran extremely fast, and showed the other teams what it means to be a lion! They placed 19th overall and were just so happy to be able to participate. This littleton team has had one fantastic season, with so much more to come.



MAIN "COURSE" MEAL

what do cross country runners eat before a race?



"I usually eat a sandwich, sometimes from Subway, but usually something that isn't too rich," said Levi Stutzman (10).



"I try to eat some fruits for breakfast and a carby lunch, but I try not to eat anything three hours before the race starts," said Isabelle Jones. (11)



"I usually eat a sandwich, celery, and drink lots of water during the day before a race," said Karsten Beich. (10)



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the **one** who participated in NJHS in eighth grade
KAYLEIGH IRWIN (10)

1. FRONT OF THE PACK. Senior Hans Romine (12) leads the pack at the Littleton varsity cross country invitational. Romine remarked, "The team really pulled together as a family and accomplished some tremendous achievements." *photo by Morgan Kelly*

2. NOT AN EASY CATCH. Adeline Bradley (10) is a couple strides in front of Isabelle Jones (11). "XC is more than just a sport, we're a family, and no one can change that," said Bradley. *photo by Morgan Kelly*

3. WATCH AND LEARN. Evan Moore (11) and Cooper Brown (11) stand together and watch their teammates finish their race. "Cross country is such an amazing sport, it is just a big awesome family," said Moore. *photo by Morgan Kelly*

4. KEEP THE PACE. Liam Brack (10) and Daniel Lamey (9) keep the same pace during the race. "I usually eat fruit and cereal before I run to give me energy throughout the race," expressed Lamey. *photo by Morgan Kelly*

5. BETTER TOGETHER. A group of varsity boys, including Cooper Brown (11), jump up and down together to get hyped for their race. "The community that exists within the team is very special," mentioned Brown. *photo by Morgan Kelly*

6. HUSTLE AND HEART. Grace Valentine (10) focuses on her breathing during the race at Dekoven park. "The girls team came together both as teammates and as friends," said Valentine. *photo courtesy of Rodney Stutzman*

7. FULL SEND. Mackenzie Schwartz (12) shows off the words written on her hands which say full send. "The time I spend with my team is what I have enjoyed most about this season," said Schwartz. *photo by Morgan Kelly*



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"I got to do a ton of community service and am planning on doing it at Littleton."

Regional Competition

girls and boys XC teams crush the competition at regionals



As the regional competition rolled around this year, the boys and girls top ten runners had trained very hard. As the boys and girls competed against many different challenging teams, they proved themselves by placing very high. The girls team led by senior Hailey Lockhart, placed sixth in the region showing their skills and young talent. The boys team placed 4th in the region qualifying to go to state for the second year in a row. The team led by junior Evan Moore ran incredibly fast and achieved their major goal to make it to state. They had been training for this competition all year, and demonstrated their skills well.

NEED FOR SPEED

how fast XC runs a mile

Hailey Lockhart (12) 6:15

Morgan Kelly (10) 6:05

Grady Redding (10) 4:57

Evan Moore (11) 4:46

Cross Country 117

bergschneider,finch,greenly,strong

