

# Antelope HILL

The cross country team ascends the steepest hill on the course.

by E. Bonner, M. Brown, C. Himango, D. MacArthur

The gun fires to start the race. THE HILL is in the back of the your mind. The thought of the hill causes dread. Steep inclines and a slippery dirt path. It **IS** the toughest part of the course. By the time you see the top, muscles are strained, breath becomes heavy, legs drag. This is Antelope Hill, and I own it.

Cross Country runners have varying experiences on Antelope Hill, and they all agree it's difficult. "It is a steep hill and I enjoy running it. I looked forward to running it because it is challenging. I always passed runners on that hill," Gabriel Didier, 08, said.

"While running it, you hate it; and I never looked forward to it. The top of it is an accomplishment and it made me slow down," Sofia Zaugg, 07, said.

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"It is really bad, steep, and the dirt is unsteady. It seems really big in a race. I fall behind sometimes and had to catch up. It **IS** a terrible place."  
-Reagan Lentell, 08



Several minutes into the race, Ryan Gromer, 8, pushes up Antelope Hill in a tight race against Ranchview. He finished with a good effort and was happy. "I hate that hill. There is nothing worse than running that hill. But that hill is where we win it," Gromer said. *photo by A. Burgess*

## RYAN GROMER

Antelope Hill



1. **Catelyn Cantalamessa, 07**, jogs out to finish the race on the final hill. "I was on the verge of dying, wanted to give up, and was forced by my mom to run Cross Country," Cantalamessa said. *photo by F. Rogers.*  
2. **With other runners behind**, Tanner Brown, 08, pushes over the concrete to keep ahead against Ranchview. "Tanner was crucial in keeping us in the race," Coach Loni Clifford said. *photo by J. Howard.*  
3. **Hot and behind**, Julianne Redmon, 07, is stressing over a new record. She climbed Antelope Hill in a race against Cresthill. "I finished 13th and was happy,"

Redmon said. *photo by J. Campbell.*  
4. **With a short distance remaining**, Zachary James, 07, rounds a corner towards the finish. *photo by G. Moran.*  
5. **Wanting** a faster time, Hayden Westenskow, 07, runs quickly up Antelope Hill in the hot air. It was his last meet and was fighting to stay on track on the tough hill. *photo by A. Covington.*  
6. **Trevor Bretzing, 08**, and Dallin Greaves, 08, work together to finish the race. They agreed before the race to run together and Trevor pushed through a cramp by Dallin's side. *photo by J. Howard.*

eagle profile

## Zoey Lenth

Amazing athlete and teammate



"Zoey is highly motivated and encourages others to be motivated. She is very positive which makes her fun to hang out around and run with. She showed up to practice everyday and worked hard."  
- Nicole Worsham, Staff

# 5 Records to KNOW

The fastest race times on the home course.

## Tanner Brown

**Team:** 8th Boys

**Time:** 9:02

"I enjoy putting in the work and seeing the results and new records."

## Aidan Jacobs

**Team:** 8th Boys

**Time:** 9:06

"I felt pain. I was out of breath. I was redeeming time that I missed. This was my last race of the season and it paid off."

## Joseph Ponder

**Team:** 7th Boys

**Time:** 9:59

"I never had a doubt for myself. I felt pumped and ready for the race."

## Ella McGonigle

**Team:** 7th Girls

**Time:** 10:36

"I felt great when I got my best time. Before the race I felt really nervous but after I felt great that I finished how I did."

## Addyson Thie

**Team:** 8th Girls

**Time:** 11:21

"Throughout that race, I felt tired and out of breath. When I was at the end of the race, I felt proud."