



CLOSE FINISH

Boys XC team tied for first place in the Regionals meet to send 6 runners to State

content by bryan saenz, brooke darland, greer ransweiler, fiona glynn, maddelyn cannon, and mackenzie tanner

1. SHOCKING EVERYONE. As team captain, **Jose Guevara (12)** was in complete shock after he was informed that his team tied for first place in the Cross Country State Qualifier. "I was shocked because we were ranked 4th and our goal was to at least get 3rd to qualify for State but I was really surprised and happy to hear that we showed up and tied for the top spot," Guevara said. "Personally I had a good performance, I surprised myself by coming 2 places away from a medal position."

2. ALWAYS BELIEVE. Looking at the finish line up ahead, **Jordan Johnson (9)** couldn't wait to reach the finish line. After weeks of training and working hard, Johnson got to run in her last meet of the season, Cross Country Regionals. She ended up getting 17th place with a time of 21:04. "[My favorite part of Cross Country was] the people and finishing a hard workout," Johnson said.

3. BE DEDICATED. Before going out,

Andreas O'Malley (11) checks his time after running at Regionals in the Cross Country meet. Due to COVID-19 restrictions, the team knew this season was going to look a little different. O'Malley expressed how he felt about his own personal run. "I personally ran a course PR of 17:06, which is about a full eight seconds faster than my previous course PR at Lyons, and probably more than 30 seconds faster than what I ran there at Regionals last year. I was quite happy with my time and performance. I felt strong," O'Malley said.

4. BE DETERMINED. Pushing harder than ever before, **Ella Erickson (11)** ended her Cross Country season off with a great performance. "Regionals was a very competitive meet. I really wanted to PR and I knew that would most likely be our last meet from the season. I decided to push as hard as I could. There is a massive hill to run down. We practiced a few weeks before using that hill's momentum to drive our stride," Erickson said.

Erickson was really working towards a PR opportunity and was pushing herself to her max and the hard work paid off receiving a time of 22:39.5, placing her 35th of 75.

5. FINISHING STRONG. Close to the finish, **Jordan Bindseil (9)** finished Regionals strong and loved her first season of Cross Country. "[I decided to pursue Cross Country this year because] it was a good opportunity to meet new people and wanted to stay in shape while everything else was canceled," Bindseil said. The training process for a race hard but definitely worth it. Overall Bindseil had a great season and placed 47th at Regionals with a time of 23:33. "Sports are not only a physical challenge but also mentally challenging," Bindseil said.

6. ACHIEVING IT. Running to the finish, **Connor McCormick (11)** and his team had a great performance at the XC Regionals. Due to COVID restrictions, the team had a while to wait before they could have their opportunity to run at Regionals.

"We used this time to give ourselves some extra recovery and think ahead to the next race," McCormick said. Overall, the team came out on top with a tie for first place. "We got to where we wanted to be as a team and we felt good as a team because we tied for first in the region," McCormick said.

7. NO HESITATION. Determine to cross the finish line, **Dominic Warner (11)** runs at Regionals in the Cross Country meet looking focused and ready to go. "The extra time in between conferences and regionals we focused on getting extra rest, that way we feel fresh," Warner said. Later, Warner expressed his thoughts after knowing they tied for first. "Everyone was really excited after the meet. Everyone felt like the work we put in this season paid off and that's the best feeling. Jose, our team captain, is one of the most positive people and he always gets us in the right to race," Warner said.

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