

# Finishing Steady



**Morgan Wood (8)** runs across the finish line, on Oct. 3. Wood got 5th place overall, and first for 8th-grade girls. “At that moment when I was running across the finish line. I was thinking ‘Only a bit more running left,’” Wood said.

**Gracyn Smith (8)** runs across the finish line at the District meet, Oct. 3. Gage Green, (6) a fellow cross country student, told us a story about one of his hardest meets. “Once I got a sore ankle on both my ankles and it hurt to run so I got a 13-minute mile,” Green said.

**Mr. Schmitz** coaches all grades boy and girls cross country team for Rocky Heights Middle School, Oct. 3. He took the school’s team to districts. “My favorite part about coaching is getting to see kids’ faces when you know they’re trying their best and beating their time,” Schmitz said.

## Students push to do their best at the district meet

### Sleep Eat run



Photo By: Reese Waller

**Sophia Decker (6)** runs as a part of her school’s cross country team, on Oct. 3. Decker has been running for two years and plans on running in the future. “One time while we were running, we all got lost and didn’t know where to go. It took about five minutes for us to run back and find the teacher,” Decker said.



Photo By: Reese Waller

**Jane Jensen (6)** enjoys trying something new and running at Districts, on Oct. 3. Jensen wanted to try something new and meet new people. “At practice, I was happy because I was in the same group as a friend of mine,” Jensen said.



Photo By: Reese Waller

**Zackary Lewis (8)** (Left) was selected to run at Districts on Oct. 3. Lewis joined cross country because he has fun running and it makes him happy. “I did really well at the meet because I got a 30-second person record,” Lewis said.



# JUST KEEP RUNNING



**Dawson Prewett (8)** strives to cross the finish line on Oct. 3. At that moment he felt pain, but at the same time, he saw the finish line and gave it all he had to finish. "In cross country, you don't get what you wish for, you get what you work for," Prewett said.



Photo By: Reese Waller

**Lucy Porter (8)** runs along the front of the school, Oct. 3. She joined cross country because she enjoys being outside and running. "It was my hardest meet, I didn't feel the best but I pushed through and got my best time," Porter said.



Photo By: Reese Waller

**James Wood (7)** finished in 11th place beating his personal record, on Oct. 3. Wood liked getting to meet new people and running with friends. "I joined cross country because it was a great way to stay in shape during my offseason and because running has always been something I liked doing," Wood Said.



Photo By: Reese Waller

**Claire Guiberson, (7)** runs to the finish line, Oct. 3. She got 5th place in Districts and beat her personal best. "It is ok to push yourself and be in pain in a meet, the pain never lasts forever. So run hard," Guiberson said.