

Dedication

Everyday, Cross Country runners have to keep running and pushing through the pain. These runners are extremely dedicated to improving in all ways but most importantly, they are dedicated to their team. Most cross country runners dedicate a few minutes or hours to improving on their running abilities. Runners push through every little bit of pain to the finish line.



Cross Country takes a lot of hard work and teamwork. Possibly the hardest part about cross country is building up endurance and stamina. These runners must not only be physically strong but also mentally strong. Cross country demands physical strength and to become physically strong you can't give up or get mentally exhausted easily. These runners are extremely determined to finish every race and practice strong and in. Cross country runners encourage each other and help each other out both in and outside of the sport.



Elijah Dvorak '25
"I love the atmosphere and the way I feel when I'm apart of the team."



Ryan Kindt '22
"I love the team bonding and how we bring each other up!"



Joseph Begley '25
"The pain of running and the team motivates me to keep going."



Charlotte Nash '25
"I like that it is an independent sport but also like a team sport."



Lilly Urban '24
"I like the memories with the girls, they're all so funny and sweet."



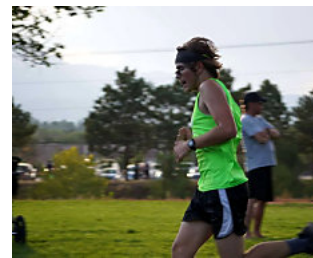
Erika Taylor '24
"It's so awesome to be apart of such an amazing team, it's great to participate."

What is Cross Country?

Cross country is a sport that teaches kids how to push through their limits and reach new heights. To defy the odds of gravity and fly. Its sport that seems hard and nearly impossible, but the moment you take that first step after the gun, you're off in a cloud of dust. "The reason why I became a cross country coach was because I like the community, I like the types of kids that work hard... They also have this really positive culture about them," said Alicia Mauer, a coach of the Cross Country team. She loves to watch her runners work as a team to overcome new obstacles. Mrs. Mauer came to Woodland Park High School to not only connect with students academically, but to also bond with them outside of the classroom. Even after teaching for thirteen years, she still wants to be as involved as possible. Showing her panther pride wherever she can! This is Mrs. Mauer's first year as head coach on the Cross Country team and she's looking forward to hitting the trails, ready to make the most of these warm, end-of-summer days. And there is nothing like getting your blood flowing like sprinting through the wilderness!

Teamwork

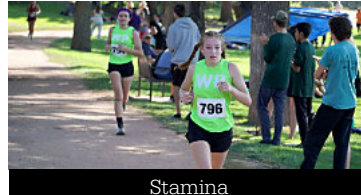
These runners have built a family-like team of runners who will always support each other.



Endurance

These runners can't give up and must remain tenacious to be able to keep running both mentally and physically..





Stamina

Cross Country running doesn't take speed but rather it takes stamina. These runners have to build stamina both mentally and physically.

What's New

Mobile Games

Jackson Conley '25

"Clash Royale is fun because you can always progress and unlock new stuff. I think so many people like it because you can play with your friends and it is a good way to spend your time if you're bored."

Mia Nickelsburg '23

"My favorite mobile game is Game of Sultans because there is a divination and they give you coffee and call you sultan."

Ian Miller '23

"My favorite mobile game is Instagram because I can send memes to my friends."

Cross Country

No Hesitation, Only Dedication



Cross Country is a sport of interaction with others and exploring your ability to run long distances. The students on the team are passionate about the challenges they have to face within the team and themselves. The sport is about knowing the course and going for it, no hesitation only dedication. Here at Woodland Park High School many students that run in the Cross Country team are encouraging others to run with the team as well. They are advocating for their teammates to try their best when participating in activities, encouraging everyone to work to their fullest extent. No matter how challenging these trials get, every student is always ready to take on the battle. Cross Country is a way for many to just get away from everything and take a moment to relax by running.