

PRE-MEET RITUALS.

ANNIE GLEASON, 12
DOES YOUR TEAM HAVE ANY TRADITIONS BEFORE A MEET?

"Sometimes we have team feeds, so we can carb load and hang out the night before a meet. This year, the girls did hair tinsel, which was so fun."

DO YOU WEAR ANY SPECIFIC THINGS TO HELP YOU RUN?

"I have two rings that I always wear when I run so I can fidget with them to distract myself from that pain from running, and they both also carry some sentimental meaning for me."

RUNNERS DESCRIBE THEIR RACE PREP

TALLEY DESPARROIS, 11

WHAT DO YOU DO TO GET READY FOR A MEET?

"I always eat Cheez-Its before races because I feel like they are good luck. It might just be the placebo effect, but I feel like it works."

WHAT MUSIC DO YOU LISTEN TO BEFORE RUNNING?

"Anything that will get me focused and in the zone will do. Usually, I listen to more upbeat type music though, just to get myself energized and ready."

GOING THE EXTRA MILE.

COACHES ADAM SCHNEIDERMAN & ETHAN KUHLMANN SUPERVISE THE WARRIOR INVITATIONAL



Photo by S. Hess.

“It’s fun to get to know students outside of the classroom and meet students that you otherwise wouldn’t have ever met - that’s the best part of it.”

ETHAN KUHLMANN, LANGUAGE ARTS DEPT.

DO YOU LIKE TO RUN?

"I love running, it makes me better [and has a] positive effect on my life. It helps me."
BRENDON CRISPE, 11

"I don't mind it because I play soccer. It keeps me fit."
ELLIANA CARTWRIGHT, 11

"Yeah. It's good cardio, a good workout and allows you to think, keeps you in shape for swim, and has helped my mental health."
CARSON TROUPE, 11

"Yes, if it's not as a punishment, always, and you can always get better."
WYATT BERRY, 10

"No. I kind of screwed up my lungs last year, and they don't work right. I prefer going to the gym instead and working out."
CRISTIAN GOTTSCHALK, 10

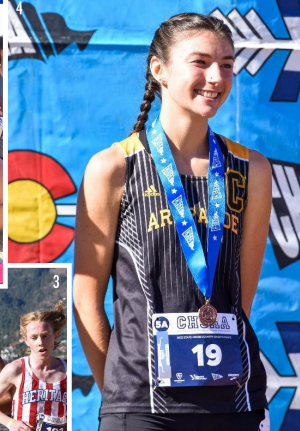
"No, I'm not a running guy. More of a sprinter than long distance."
MICHAEL "MIKEY" MOYNIHAN, 11

"Yeah, it's my job for football. [I'm] built like a running back."
CARTER NEALY, 11

"No. I don't run for pleasure. I would rather do other physical activities."
JEREMY HAYES, PHYSICAL EDUCATION DEPT.



1. ROCKING THE #17 RACE NUMBER, EMILY LAMONTAGNE, 12, is presented with her state medal. Lamontagne was on varsity for four years. "[State] was a bittersweet moment because I'm definitely going to miss my high school cross country experience and all of the people I've grown so close to." Lamontagne said. Photo by A. Evangelista. **2. AT THE NORRIS PENROSE EVENT CENTER, QUINN PERROW, 09**, competes in the state championship. Perrow began the season on C-team, but finished it on varsity. "I love having such a close team because it is more comfortable to fail and succeed around friends. I was not expecting to be running varsity at state because I originally started on the C-team," Perrow said. Photo by A. Evangelista.



3. TAILED BY COMPETITORS, JOHN "JOHNNY" FORBES, 12, races against runners from Heritage and Westminster. Forbes ran a 16:44 5K at state.

"My favorite memory from this season was seeing the results board and our boy's team placing second at our out-of-state race in California," Forbes said. Photo by A. Evangelista. **4. ON THE STATE PODIUM, AVA MITCHELL, 12**, places 4th at the state competition. The varsity team also competed in a national tournament. "We are going to Arizona for another travel race which is some of the most fun parts of the season: just getting to spend so much time with your best friends," Mitchell said. Photo by A. Evangelista. **5. SPLASHING THROUGH A WATER CROSSING, BRAYDEN PARIS, 12**, competes in the Warrior Invitational. Of the 40+ teams at the meet, the varsity boys placed 10th and the varsity girls placed 2nd. Photo by A. Evangelista.



JUST KEEP RUNNING.

NO TIME-OUTS. NO BREAKS.

VARSVITY GIRLS' CROSS COUNTRY TAKES 5TH PLACE AT STATE

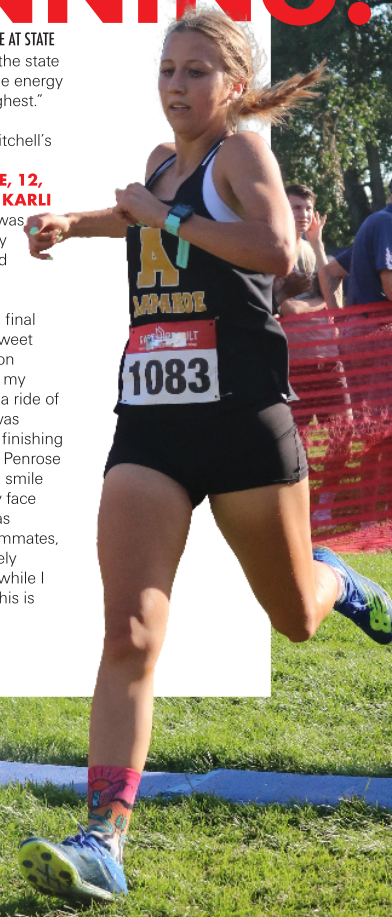
Cross country: a sport that truly tests the human body's limits over long-distance sprints. Along with the continuous physical strain the sport has, it is also a big mental sport. Athletes must constantly push themselves to continue moving forward, each foot in front of the other.

AVA MITCHELL, 12, reflected on her final season after achieving 4th in the 5A state championships and being named to first team all state. "Although this season threw some curve-balls with our team, it was a fun and exciting time as

always to go to the state course where the energy is always the highest."

In addition to Mitchell's success, **EMILY LAMONTAGNE, 12**, placed 9th, and **KARLI HOLMES, 11**, was 20th. The varsity girls team placed 5th overall.

For Mitchell, the final race was bittersweet after four years on varsity. "It being my senior year was a ride of emotions. As I was coming into the finishing chute inside the Penrose Stadium, I had a smile come across my face and then as I was hugging my teammates, the tears definitely started coming while I realized 'Wow, this is really it.'"



6. FINISHING STRONG, KARLI HOLMES, 11, pushes through the end of the Warrior Invitational. Holmes raced her fastest time of 18:34 at Pat Amato. "Despite having such a huge team, everyone is still able to feel like they are a part of one community and appreciated." Holmes said. Photo by K. Sanchez.

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VARSVITY CROSS COUNTRY

FALL