

"Runner's high, easily the best thing. It makes all of your pain go away until you stop and then it really hurts, but runner's high is great! **Caleb Ashby** is my new friend right now and **Ian Sloan** too. The whole team is good friends now and that feels awesome. My favorite thing about cross country is running with friends, runners high, and racing."

**Carter Nickels**



"What makes me happy about cross country is the team and the environment we have. Finishing a run is so enjoyable and getting those good old PRs. It made me so happy to PR that I actually cried while PRing because you work so hard that you have this one moment and you can feel it finally paid off and it is so rewarding."

**Averee German**



# Miles of Smiles



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**Making a Legacy.** The cross country team succeeds at the Metro League Championships with the help of the strong connection between the dedicated athletes. **Jacob Sayre** was one of the athletes that helped reinforce the bond of the team as well as **Levi Hinson**. Levi stated, "Our success this season was good. The boys team only got 10th at state and we're used to some higher place finishes, but it is success just making it to state."



# SUCCESS!



# “refuse to lose”



Goals to Gold. Halfway through the cross country season, **Sean Beasley** wins the St. Vrain meet. Throughout the race, Sean was shocked to see that he had a chance to win and once he crossed the finish line, the whole team was so excited and started jumping all around. "Everyone individually did great, but when they heard about me winning, everyone was really excited and gave me high fives," Sean exclaimed. This win helped Sean have motivation for the rest of the season. "Overlooking the entire season, it was a huge mile booster and made me believe that I can win." Sean made it to state with two big goals in mind, beat the top runner of Prospect Ridge's team, and to "be in control of the race, not be weak and feel like the race is controlling me." With those goals in mind, Sean was one of four athletes in the history of the cross country team who can be proud to hang a state medal on his wall.



Kennedy Stadler, Leyna Gibson, and Valera Noland run as a pack led by Grace Beck and Asha Stephens during the league championship.

# fresh runners



Newfound Motivation for Running. The cross country team gets many new runners at the beginning of the season including **Dillon Dunnington**, **Asher Eberling**, and **Brianna Kozlowski** giving the athletes an opportunity to get fit. **Simon Christie** explained, "I like the achievement that you feel after and the determination that it takes to keep on running." **Darin Walter** found a new passion for running with the team. "I normally run with my dad but it kinda died off after he started to work more, so I was more encouraged to run with friends," Darin shared.



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CROSS COUNTRY

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