With the cross-country season coming to a close I was on tight parameters to film this segment, fortunately, I was familiar with the cross-country team and was able to get information on their upcoming meet. The next day I was on the ground, a rough plan in my mind, as I fought windy conditions to capture the footage I needed. I mixed run and gun interviews with more official-style interviews from the coaches and the athletes, to establish a constant feeling of motion keeping the audience engaged. I continued to also capture the cinematic B-roll of both 24 and 60 framerates. That very night I dropped the footage into my machine and began to piece together a linear story in a cinematic style. I first chose music then cut through my material then tastefully dialed in the colors of the image until they matched the cinematic aesthetic I was going for. After I had both the image and the cut locked in I began to add sound design for another layer of depth. After 72 hours of planning filming and editing the finished piece stood before me.