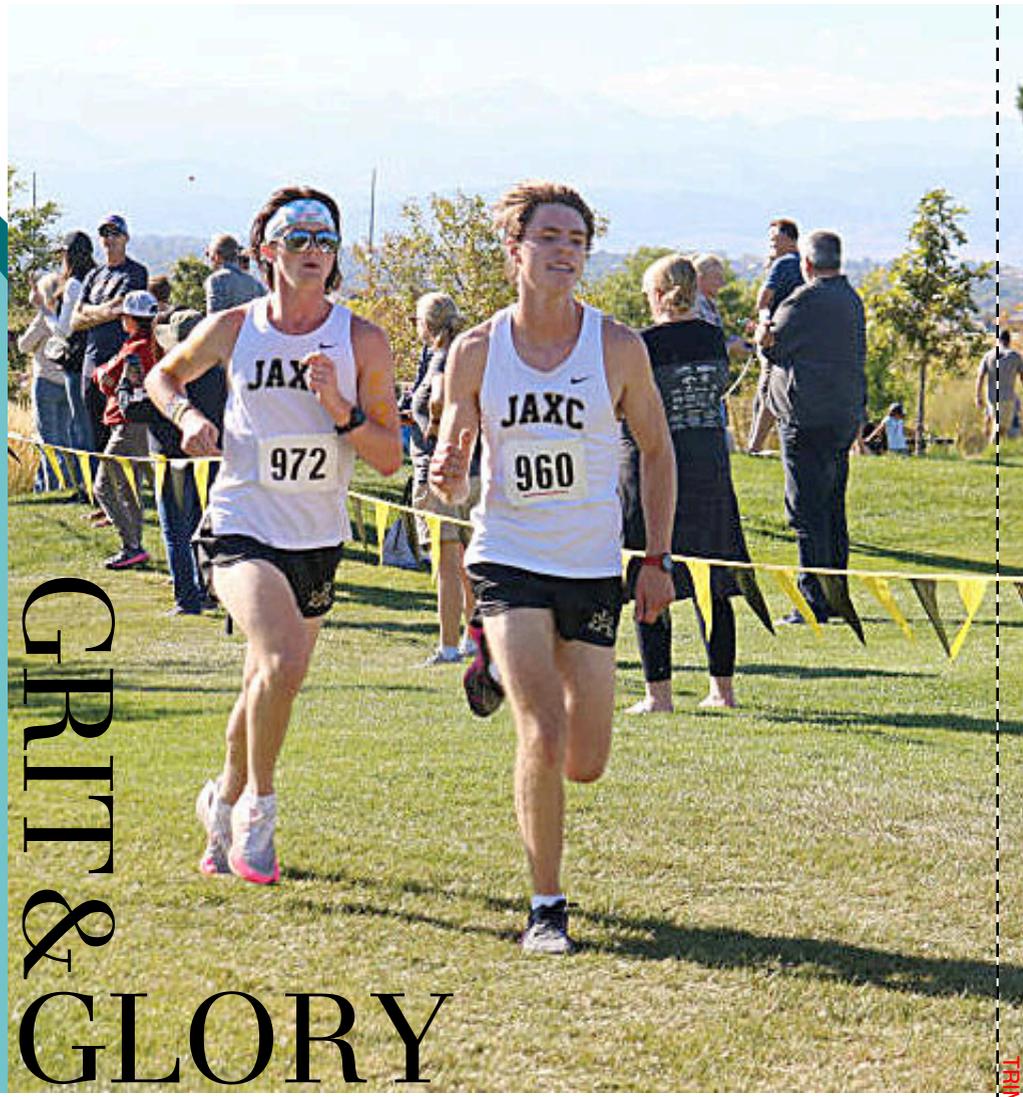


**Season Success.** The cross country team runs strong, smooth, and strategic. The boys team was incredibly successful due to their strength, but also to their love of running. "It's just a lot of fun to me and I have a lot of pressure, so if I succeed, I am pretty proud and pretty happy," **Sean Beasley** said. The Lady Jags also worked very hard with **Maya Ross** leading the pack, guiding determined runners like **Sydney Murphy**. Motivation is a huge aspect to running and is seen through **Rylan Mills** and **Judah Wilson**. Judah made a breakthrough as the only freshman boy to run State this year, his inspiration being his heritage. "I am from Ethiopia. People run marathons all the time for the Olympics and they're really good runners, so I wanted to do the same thing," he said. Running is a sport composed of fast and focused athletes who connect with the art of running in many different means, who all come together with one virtue: to never quit.



# GRIT & GLORY

## in it for the LONG RUN

**Mileage Hogging.** A stereotype about runners is that they are obsessed with rounding up their mileage. "I do mileage hog at the end of the long run. I like to end my watch on a good number, whether it be a good time number or mile number, and I do it by running in circles in the parking lot," **Valera Noland** said. Other runners are less enthusiastic about mileage logging and do it for motivation. **Sofia DeLalio** said that her reason for mileage tracking was "just to pursue goals and to get better." Runners **Levi Hinson** and **Leyna Gibson** also work hard at getting the miles needed to improve and reach goals.



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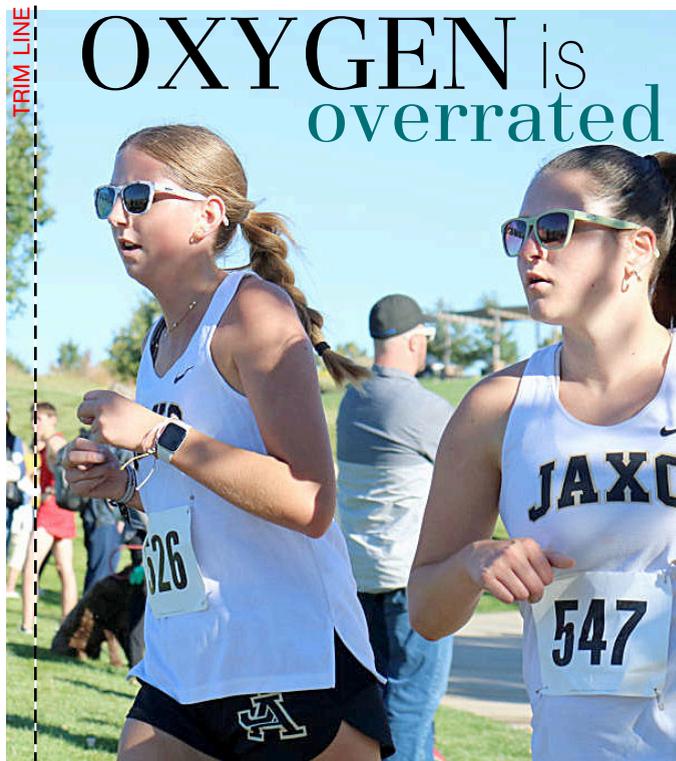
# THE METHOD

to the madness

5<sup>k</sup>  
 4<sup>the win</sup>  
 3<sup>months</sup>  
 2<sup>become family</sup>  
 1<sup>team</sup>  
 0<sup>excuses</sup>



# OXYGEN is overrated



**Team Bonds.** During the season, the athletes enjoy and interact in many team activities. **Leia Michel**, who ran meets with **Catherine Berg**, shared her love for the team and her goals. "My favorite part of the season was getting to run every race with the team. My main goal this season was to run faster and have fun," Leia said. The team is also unique to itself. "It's a really fun group and I think with other sports a lot of people get too wrapped up and they don't have the same unity or friendships that we do," **Asher Eberling** said. Runners including **Connor Berg**, **Audra Shields**, **Sarah Welsch**, **Caleb DeLalio**, and **Carter Nickels** felt the support through the season from their teammates. "A lot of the time, my motivation to run fast is just because I have a lot of expectations and other times I have to remind myself that I am running for my team," **Kennedy Stadler** said. Despite the strenuous aspects of the sport, every athlete on the team can testify to the rewards and family bond of the team.

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