



Good racing. Standing in the sun, **Chiara Marjaniemi ('27)** talks to her friends before the race. In her first year on the team, Marjaniemi used past races to help her improve throughout the season. "[My favorite memories have been] my most recent races because they've been my fastest races," said Marjaniemi. *photo by: roewyn korwek*

Chosen family. Racing down the sidewalk, **Adriana Dishion ('25)** keeps her eyes ahead of her. The team's bond is something that everyone cherishes. "[The team environment] is very welcoming, it's like a second family," said Dishion. *photo by: daniella steiger*

Locked in. Splashing through the mud, **Phillipe Tagatac ('27)** keeps his opponent in sight. While racing, it's important for runners to stay focused on their form, breathing, and mindset. "We like to play around but we do get serious when we need to," said Tagatac. *photo by: naomi corby*



LEADING the **PACK**

The highlights of Pizzimenti's junior season.

On top. Running on a dirt trail, **Leila Pizzimenti ('25)** leads the race. Throughout the season, Pizzimenti made her way up the rankings of Colorado's Class 5A for girls cross country. At the top of the varsity roster, Pizzimenti started the season with a 19:37 5K time and ended with a personal record of 19:11. Keeping a consistent performance, Pizzimenti won the CSML 5A League competition at the Fountain Fort Carson Invitational. Compared to last year, Pizzimenti had only ran under 20 minutes once. Now, she has been placed at #11 in our school's history for the girl's team. Now looking collegiately, she looks forward to improving for the future. "[I plan to just] be consistent when running. In cross country, you just have to keep running and upping your mileage... I've worked really hard and I plan to just keep doing what I'm doing," said Pizzimenti. *photo by: naomi corby*





Ewes on three. Standing in a huddle with her teammates, **Yasmin Amadu ('27)** listens to her coach. After running so many miles together, it is easy to form close relationships with fellow teammates. Amadu said, "Everyone is super close... everyone knows each other and we are just comfortable with each other." *photo by: naomi corby*



Allsmiles. Running in the sun on race day, **Eduardo 'Mely' Gonzalez Ramirez ('25)** and **Carter Sterk ('25)** give thumbs up as they pass by. The team is a close-knit group because of how much time they spend together at practices and meets. Gonzalez Ramirez said, "The team dynamic is great. Our team has great chemistry, we hang out outside of practice and do a bunch of stuff as a team." *photo by: naomi corby*

Not just running. Pacing herself through a long race, **Isabelle Fry ('25)** steps through the wet mud. There are many reasons why runners love the sport. "I really just love the people and who I get to run with, that's what makes [running] fun for me and I love seeing the results of running and getting stronger," said Fry. *photo by: naomi corby*

MILE

The boys and girls cross-country teams improve their performances throughout the season as they face the demand of the sport. **by MILE**

spread by: naomi corby, roewyn korwek, & daniella steiger



"I enjoy secret sisters because we get to **support** our team and give [our "sister"] something to ease their stress."

Katlin Close '24

MORE than RUNNING

Athletes highlight their favorite team traditions.

"I like our pasta parties, it's a great time... it's a great **bonding** experience for the team."

Christian Fladung ('25)



photos by: naomi corby