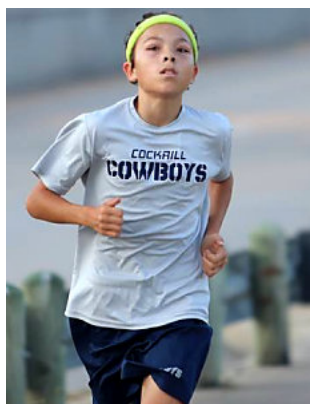




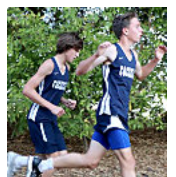
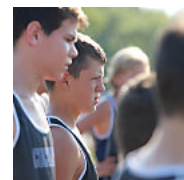
Team Work Makes the Dream Work

If you have ever played a sport, you know that if your team does something wrong you probably run.... a lot... So, you may be asking, why would you run for fun? "I joined cross country because I really like to run and it looked super fun," said Mackenzie Quigley (7).



My Shoes Have More Miles Than Your Car

This year 6 people made the cross-country leader board! "As I was running the thoughts that ran through my head were, my shoes are untied, my head was banging, and my legs hurt," said Megan DeCastro (7). "When I made the leader board, I was excited, thrilled, yet kind-of nervous. In the end all the pain from the run was worth it." This year Megan made top 3 on the leader board. (top right)

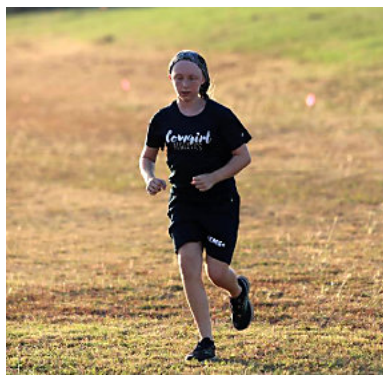


May the Course Be With You



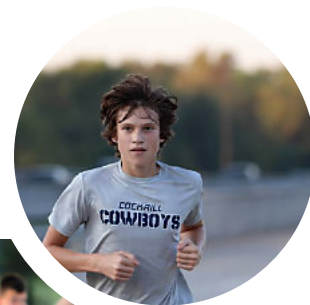
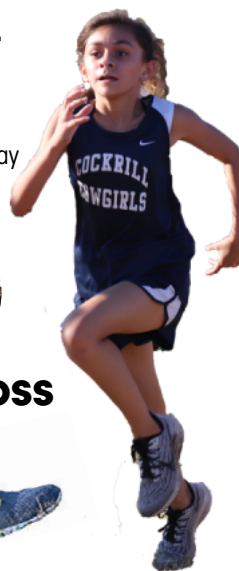
Raising the Bar

For the first meet of the season at Meyer's park, the cross-country team was greeted by Marines with a bar. What was the bar for, you may ask? Pull ups of course! "I ended up getting 9 or 10 pull ups. It was very fun; all my friends were cheering me on," Branden Bingham (8) reminisced.



The Faster You Run, the Sooner You're Done

"Whenever I'm close to the finish line I get excited because I'm almost there, and I'm a few seconds away from reaching my goal," Maddie Smith (7)



How many miles did you run during cross country each week?

12 miles



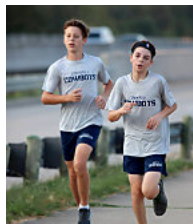
11 miles



10 miles



9 miles



TRIM LINE

TRIM LINE