

BLOOD, SWEAT, NO TEARS. Ignoring the blood dripping down his face, junior **Jacob Muniz** races toward the finish line of the Shiner meet. Muniz's nose began bleeding just before the start of the race, but he still ran with the rest of the team. "I got overheated before the race, and I didn't have time to make it stop," Muniz said. "I knew I would be alright so I just ran." (Photo by Rebecca Rabius)

LOOKING FORWARD. At the district meet, junior **Caleb Moseley** sprints the last open stretch. Moseley and his team were district champions and all moved on to regionals. At the regional meet, placed 24th and individually qualified for the state meet. "I was proud to make it to state, but it was kind of bittersweet," Moseley said. "Because of small things the team didn't make it." (Photo by Rebecca Rabius)

NO BREAKS. Cheered on by coach **Susie Walters**, senior **John Failla** rounds a bend in the SFA route. Failla's season was cut short by an injury that first became obvious at this meet. "I rested during the other meets, but at district I ran, which put me in a cast with a stress fracture in my fibula," Failla said. "Coach Walters was always supportive through the good and bad." (Photo by Rebecca Rabius)



A GOOD TIME TO RUN

GIRLS, BOYS CROSS COUNTRY RUN ALL THE WAY TO NOVEMBER

The gun goes up, and their heads go down. They each take one last deep breath before stepping up to the starting line; months of work have led to this. The gun lets out a bang and they push away from the ground. Two miles and thirteen minutes later, the 3A varsity girls state cross country race is over.

"We started running back in June, long before school started," freshman **Jessica Rabius** said. "The coaches and teammates helped push to keep getting faster so we could make it to state."

After months of early morning workouts, the girls' team and individual runner junior **Caleb Moseley** headed to Old Settler's Park in Round Rock, ready to run the final race of the season. At the state meet, Rabius claimed second for the girls, followed by sophomore **Liz Guerra** in fourth and freshman **Mackensi**

Muzik in 26th, with the rest of the team not far behind. Moseley represented the boys in 35th place.

"We knew there would be more competition at state, so we practiced hard until then," Rabius added. "When we got there, we knew we just had to work hard and do our best."

Together the girls' team placed second overall, state runner-ups, achieving the highest finish in school history.

"It took a lot of practice and dedication," freshman **Kasey Kretzschmar** said. "We all had fun doing what we could do, and the best part this year was that we were all so close as a group and did everything together. It was an honor to go to state and do as well as we did."

TIMELINE KEY:
 Meet; boys' team
 girls' team



◀ BEFORE & AFTER ▶



PRAYING OUT LOUD. Arm over arm and holding hands, the varsity girls bow their heads to pray. They were led by senior **Angie Cruz**. “The first meet we all said a prayer from the Bible, but that didn’t come from what we felt, so I said a special prayer,” Cruz said. “Saying what we actually felt made us relieved and more calm before the race.” (Photo by Rebecca Rabius)



WRITE ON. Before the race at district, junior **Russell Zahradnik** writes “Run 4 the One” on sophomore **Adrianna Navarro**’s leg. “During a race, the person in front of me motivated me to go faster and beat her,” Navarro said. “The ‘One’ represented our goal for first place.” (Photo by Rebecca Rabius)

HAPPY DAY. After their race at regionals, junior **Liz Guerra** and freshman **Jessica Rabius** celebrate receiving their individual medals. Led by Rabius’ third place and Guerra’s fourth place, the team won first at the meet, qualifying for state. “We didn’t know what to expect in the new region,” Guerra said. “We were all really excited when we learned we beat Eustace, though, because they had won state last year.” (Photo by Rebecca Rabius)



A STATELY START. Using their nerves to help them, the varsity girls push to stay ahead of the competition as they begin the race for a state medal. The team was made up of one junior, three sophomores and three freshmen. “Being a freshman, going to state was really cool but also nerve-racking,” freshman **Jillian Hlavinka** said. “It took a lot of effort and dedication to make it there.” (Photo by Russell Zahradnik)



A WEEK IN THE LIFE OF A RUNNER



MONDAY

“**MILE REPEATS** were my least favorite workout because they were on Mondays. But I think they helped a lot, and I knew it was just a part of being in cross country and that I had to deal with it.” —sophomore **Blaine Whitley**



TUESDAY

“I liked **LONG RUNS** because I could put my headphones in and just run around town. All the other practices were really competitive and we all ran together; on Tuesdays I got some solitude and could run my own pace.” —junior **Russell Zahradnik**



WEDNESDAY

“**QUARTERS** were one of my favorite workouts because they were quick but effective. Some days it could be challenging, but that’s what made it fun.” —senior **Brian Barta**



THURSDAY

“Originally I didn’t like **TIMED RUNS** because they were the only workouts where I couldn’t keep up with the other guys. As I got faster, I began to appreciate them. We usually ran the race distance (three miles), so they helped gauge how we would do on the meet.” —senior **Michael Zapalac**



SATURDAY

“Most of our **RACES** were just a part of what we did to prepare ourselves. The real competition was when we got to regional and state.” —junior **Corrina Navarro**

Industrial 2nd, 1st

Regional 5th, 1st

Bellaire 3rd, 2nd

District 1st, 1st

State 2nd