

BEFORE EVERY RACE I warm up, stretch and listen to music. I also say a prayer. This was my first time unning the 800, and after the race I fell to the floor from being so exhausted. I ran a really good time though." Salvador Martinez



catch up on that person." Travis Sauceda

T'S HARD to explain, but when I run a race I try to think about, for example, how fast to run or how to make the race my own. I might see the person in front of me and think 'how much do I need to run to Sopho **Dax Emerson**

ERE I RUN the 100 meters. I got in second place. I remember feeling like I was flying. It iust went so fast that my feet barely touched the round" **Issaiah Eckford**

T IS IMPORTANT to me to take good care of my body. The day before every meet I take an ice shower and I make sure to get a lot of rest. And then I take a shot of honey before I run. It gives me natural energy." Senio



Amber Alexander

Cold Weather Action TRACK ATHLETES force themselves to push through

OBSTACLES

story by Luka Summers, Roman Soriano



All season the track team had to push through the bad conditions. "The weather was pretty

terrible," junior Jared Anderson said. "It hasn't been on our side. I had to stretch a lot more than usual which tired me out more." The bad weather took a much greater toll on the players during

meets than during practice. "During practice you're more focused on technique so you don't think of the bad weather as much," senior Garrett Garza

said. "But in a meet you're more conscious of it because it's always on your mind." Battling against the wind



proved harder than expected. In order for runners to perform well they had to put in extra effort. "At the Pflugerville meet the wind was blowing really hard, and it was like 30-40 degrees so I had to try a lot harder because of it,"

Anderson said. Despite the bad weather,

athletes continued to work harder. "I hated the beginning of the season because it was cold," Alexander said. "But I knew everybody else was going to quit so I thought I might as well push through it."

The weather wasn't always a egative force. On good days, it would be in favor of the athletes. "Some weeks it would

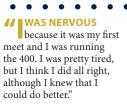
ooperate," Garza said. "For discus wanted high winds."

The cold weather did more than just impact the performance of the players.

"Some of the guys were getting hurt because of it," coach Joe Vasek said.

But team members still practiced.

"Showing up when it's near freezing outside with insane wind is hard, and it's easy to want to quit," sophomore Madison Payne said."But we have managed to pull through and our hard work shows when we get on the track."







WAS REALLY **NERVOUS** before it started and I kept on thinking, 'Do I have a good pace? Could I pass her?' I enjoy racing because it's a way to clear my mind, and I love the feeling of adrenaline." Freshman

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Choose to **PLAY. TRACK** Designed by Sally Wissing Krogh, Axel Corral, Hannah Mohr

BEFORE EACH EVENT I feel a lot of pressure, then I come out of my blocks and it's a big rush. I usually sprint most of the middle. The other half, I pace myself so I don't get tired. I'll usually look where I am and either go faster or slow down if I have time."

Creating a personal **PACE**

// /M LIMPING towards the finish line. We were on our way down in 100, and I was in second. Then my hamstring pulled. What kept me going was my mom yelling at me to keep on ng, so I pulled through to the finish line.

Mikayla Kyle



1 Sophomore Joshua Milligan makes his way over the bar. 2 At the first track meet of the season, senior Myles McGregor hurdles. This was at a peak, where I really felt I was getting better," McGregor said. 3 Senior Ruben Paquian runs at the Pflugerville meet, **4** Senior Garrett Garza competes in shot-put. "I got second. It was a good day for the team, but I didn't do good," Garza said. 5 Sophomore Iermaine Randle talks to senior Myles McGregor, "I'll always remember the competition of trying to beat someone, Randle said. 6 At the practice meet against Connally, senior Gary Stinnette gets ready to race. "We knew that we were going to win," Stinnette said. "We completely destroyed them." **7** Sophomore Trevor Brown approaches the finish line. "It was an easy race. I was in first position," Brown said. 8 "The last 100 meters, I sprinted to the finish line," sophomore Andrea Foughie said. **9** Ending in fourth place, senior Kianna Jones wasn't happy. "I felt cheated. The whole thing was on top of a hill," Jones said. **10** Sophomore Victor Ekwuribe runs the 200. **11** Sophomore Blake Fulcher receives a handoff in the 4x1. **12** Getting first in the 100, sophomore Miles Howell is satisfied. **13** About to finish the 4x4, junior Juan Larson runs. "We got in third, and it's probably the best I've ever run," Larson said. **14** Freshman Destiny Brown runs for the long jump. 15 Freshman Dereck Elkins races. 16 "After the run, my boyfriend comforted me because I was very unhappy with my result," freshman Alejandra Gag said. 17 During practice Junior Joe McMiller runs the 4x2.

• • • **N MY HEAD** I was thinking that I was going to win this, while we stood on the blocks for the 200. I

was pretty nervous because there were a lot of people who looked scary, but I got second and that makes me proud." Fresh

Skyler Winchell

TTHE END, I'm just super

tired and all the

pressure is relieved because what's done is done, and it's over." Sophomore **Andrea Fougnie**

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The **CHOICE** is Yours. Run for **FUN AND COMPETITION** at down the court at a faculty game p 114 or in a field for cross country. p 44