



**ENDURANCE** Prior to the start of the SPC North Zone race on Oct. 16, runners get warmed up (far left), ready to take on the 5K. Towards the end of the race, freshman Seth Weprin, sophomore Sam Shane and junior Scott Smythe (left), try to gather one last burst of energy to get to the finishline.

# BACK ON TRACK

After weeks of being out with an injury, JT Graass returns to the trail for the SPC North Zone race.

Cross country team captain JT Graass was coming off an injury, and just had one mile to go. The senior's cramps were returning, but he was determined to finish the 5K race and deliver a solid finish after a few weeks of sideline due to his injury.

This was his comeback. He had to show the team that he was ready for the SPC race that would take place a few weeks later. But as Graass attempted to push through, he started to slow down.

"I would have run faster, but I cramped up going in to the last mile and I slowed down a lot," Graass said. "I think I could have gotten a personal record had I not cramped up."

Despite his end of race struggles, Graass finished second with a 16:25 time. Running for

the first time in a competitive race after weeks of rest, Graass had no pressure on him to do well. This, he thought, was what allowed to him to run well in his returning race.

"People didn't expect me to run well, because of the injury," said Graass. "So actually, I had less pressure to do well."

Along with Graass, junior Daniel Cope and first-year varsity member freshman Seth Weprin finished among the top ten runners. Cope took first place at 16:22 and Weprin finished sixth with a 16:54.

With these times, the Lions won the SPC North Zone meet at Norbuck Park. After finishing first in North Zone the Lions turned their heads to the SPC time trials and finally the SPC championships in Austin Nov. 7.

"It's hard to tell if this tournament prepares

us for the SPC championship," Graass said. "The South Zone teams are also fast and competitive. Winning North Zone does give us confidence going into the race, though."



**MILES AHEAD** Finding himself near the end of the 5K race, junior Daniel Cope cruises to a first place finish with no other runner in sight.

## MAKING STRIDES JV FOOTBALL CLOSSES THE SEASON ON A HIGH NOTE

While winning is important. It isn't the priority, I care more about the progression of the players.  
assistant coach  
**MATT LAMBRO**

Our players came into the year not fully prepared for high school level football, but I believe that they now are ready to make an impact for our varsity team.  
Middle School head coach  
**JUSTIN TURNER**

**3-4**  
WIN-LOSS RECORD



**STARTING STRONG** Looking to get a fast start, Lion runners take off immediately after the gun sounds, covering as much ground as possible.

## pushing the pace

Middle School cross country ends season with a successful run at Greenhill's Pumpkin Dash, earning first overall in the race.



**FINISHING STRONG** After a long season, eighth grader Reid Goldsmith ends his middle school cross country career with a sprint, helping the middle school team place first in the Pumpkin Dash.

**11:38** TWO-MILE TIME  
RUN BY EIGHTH GRADE CHAMPION  
**ANDRES ARROYO**

**4** RUNNERS FINISHED IN TOP-FIVE: ANDRES ARROYO, TYLER NUSSBAUMER AND LUKE EVANGELIST

**100%** OF ATHLETES ON THE TEAM FINISHED IN THE TOP SIXTY-FIVE