

in his own league

Runner advances to regionals

Two hundred and ten miles. 1,222,200 feet. This is how far Noah Metzger ran in summer practice for the cross country season. After placing fourth out of 56 runners in the district meet, Junior Noah Metzger advanced to the regional cross country meet as the sole representative of the team. Metzger placed 32nd out of 200 runners in this year's regional cross country.

"In the summer, we start the second week of July and we run four or five days a week," Metzger said. "Once the season progresses into the school year, we cut down our mileage and do more pace training. But we train five days a week at six o'clock."

Noah thinks that his success this season is because of his stronger focus on running.

"This year was the first year I was fully committed to running," Metzger said. "It was my first season where I knew that this is what I wanted to do in college."

Although cross country is an individual sport,

teamwork was an important part of Noah's game.

"You can advance as a team. You are scored as a team, even though you're racing by yourself," Metzger said. "You train every morning together, so you motivate each other. You run with each other."

For Noah, it's the love of running that keeps him going through every mile.

"Enjoyment," Metzger said. "I do it because I want to advance my running career, so that's part of my motivation—get better."

Noah sees the future as a chance to improve his game and compete in tougher races.

"We're in 6A next year, so it's going to be more difficult," Metzger said, "but I want to go to state for sure for cross country. And from there, just place well."

by Johnny Millar



prayer circle

Minutes before the race, juniors Emily Hancz and Lindy Patterson huddle for a prayer before their meet. Emily prayed so the team could have hope and do well during their race. "I basically prayed for the race," Emily said. "It gives us hope and confidence during the race and shows people that we're not alone."

one last push

Running the final 100 meters of the District meet at Myers Park, senior varsity runner Henry Lozano gives one last full-on sprint of the season. Henry placed third in the varsity Lions even with many of his teammates out of the race. "We felt ready and had everything we needed," Henry said, "Even with three of our guys injured, we still believed in each other."



"Whenever I'm about to start running I do this thing where I jump up really high. I look like a frog when I do it." Alex Contreras, 11

"Before a race, I always imagine myself sprinting to the finish line and I wish everyone a good luck." Haley Price, 12

"I pump myself up at the start because that's the most nerve wrecking part. I also imagine how I trained in practice." Noah Metzger, 11

"Before a race, I like to cheer on the team. My mind-set before a race is to never give up and not let my team down." Steven Le, 10

what do you do before a race?

"I picture myself like a gazelle and feasting on my prey at the finish line because gazelles are majestic and speedy." Sage Foster, 12

finish together

At the end of the 1-mile marker, junior varsity runners Mackenzie Salmonson and Lindsay Hancz run side-by-side to keep each other from falling behind. McKenzie placed second of the varsity Lionettes despite the changed course. "It was a little rough in the beginning," McKenzie said. "But by the end we were able to come together."

up hill struggle

After entering the biggest hill of the Myers Park district meet, Varsity runner junior Omar Velez pushes on to keep his place in the race. In preparation for this hill, Omar completed the hills at practice. "I remember doing more hills this year," Omar said. "We've improved a lot since the end of our last season."



words of advice

After the end of the meet, Coach Clayton Davis attempts to cheer senior varsity runner Danny McClain up. This was Danny's first cross-country varsity season, and although he frequently placed in the top three of the varsity boys, this was one of his toughest races. "I had a really tough race," Danny said. "But I'm thankful to coach Davis. He had helped me in the whole process."

three's a crowd

After completing the biggest hill of the district Myers Park race, juniors Jackson Douglas and Dakota Hughes and freshman Davin Price stick together to keep their place in the race. Although not achieving his goals for the season, Jackson was pleased with the overall season. "I didn't get to the level I was last season," Jackson said. "But I think making cross country a more united thing was a new goal of mine."