

one HILL of a sport

Runners learn about new rule for upcoming season

The gun sounds off. A rush of adrenaline shoots through our bodies. Aching muscles challenge our endurance as we fight to push past our opponents. As the new season began, we soon discovered another obstacle to watch out for while running.

"You can do anything to your competition except striking," junior Jonathan Rowland said. "Now tripping and shoving is legal in cross country and you cannot be disqualified for doing it. It's a new sport basically."

Taking advantage of this new rule will be a choice in which the runners will decide their course of action when it comes to aiming for a higher ranking. Although contact among opposing runners can now be made, it is still illegal to have any hand contact aside from any imposing accidents that may happen.

"At Lindale, I accidentally elbowed a kid in the face," junior Wesley Smith said. "Being 6'1", some of the runners are really short, and [my elbow] tends to make contact with their face."

In tight, narrow places the ability to shove or push comes in handy and enables many to use this new-found rule to their advantage. However, in the hustle of running close to one another, it's not uncommon to feel an elbow or two graze by.

"At the start of district, we all went into this little area because they put ropes up," sophomore Ryann Williams said. "Some of the girls were kinda elbowing people trying to get through just to get inside the ropes." *spread by b. sellers, o. johnson, a. tandazo*

m. brandon

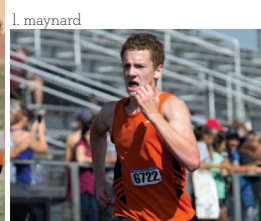


CUT SHORT Junior Lauren Maynard struggles to keep up with the pace of her feet as she fights to pass other runners at the Trinity cross country meet. Lauren wasn't able to complete the season because of an injury to the muscle around her lungs.



MUSCLES AND MIND AT EASE Relaxing before the long run, junior Chantiuna Meadows, freshmen Jenna Mitchell and Nia Wilson crack some jokes with one another. This laid back attitude allowed their minds to be at ease before running the race.

"Before the race, I just try not to think about the running and try not to get nervous," Jenna said.

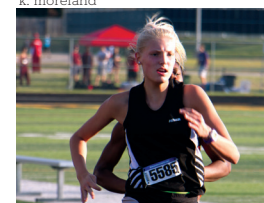


LIMITLESS Sophomore Landon Bartholomew pushes to prove the final stretch posed no match for him. "When you're finishing a race all you're thinking is you need to push yourself past your limit."



PRE-RACE JITTERS Seniors Carley Wallace and Clarissa Blalock line up for the start of the race. "The coach will talk to us and make sure we're prepared and well-stretched each time before we run," Clarissa said.

k. moreland

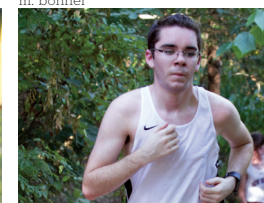


Q: What motivates you to always try your hardest?

A: "Just knowing that you'll do good for your team. If you do good you can earn points for district and work on going to regionals."

RYANN WILLIAMS, 10

m. bonner



Q: What pulls you through completing a race?

A: "The tiny voice in the back of my mind that metaphorically kicks me and yells for me to speed up every half mile."

JONATHAN ROWLAND, 11

k. moreland



Q: What do you do before running each race?

A: "Before each race I just pray and try not to think too much about it or put much pressure on myself while I run."

CHANTIUNA MEADOWS, 11

k. moreland



Q: What compels you to keep running?

A: "When I see the person in front of me, I usually go a little faster and that usually gets me further up the poles."

WESLEY SMITH, 11

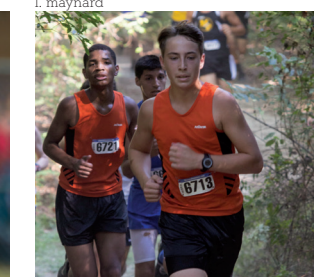
every MAN for himself

Pounding feet match the beat of pounding hearts in pounding eardrums. Every foot in front of the other pulled them closer to the finish line they had envisioned since the sound off of the gun. Rest and water awaited on the other side of the line, but first they must fight to keep going. As pressure rose, motivation could be found in the soles of each cross country runner.



k. moreland

l. maynard



TRAIL OF THOUGHT Surging in front of competitors, sophomore Austin Flippen trots through the course. Various thoughts ran through his mind as he dreamed of the end. "While running, I don't think about anything but just finishing the race."



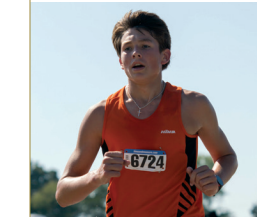
k. moreland

NO SWEAT Senior Roger Moreno pushes through the final stretch of the race. "We pour water bottles on our wrists before each race to help keep our bodies cool," Roger said.

IT'S A START Boys' varsity cross country team takes off from their starting position at Mount Pleasant. "Before a race, I just pray and ask God to help us through the race," junior Andrew Drew said.

I'M ALL IN

"I achieved my personal record at Mount Pleasant by practicing really hard to meet my goal of breaking 20 minutes before the district meet." -Logan Snell, 10



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Regionally ADVANCED

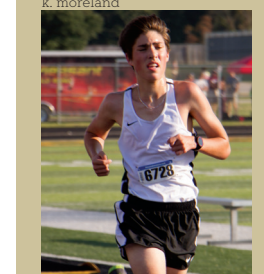
Hard work finally pays off for two athletes

It's only me. To my left and right I see hundreds of other runners, yet I see no one else from my team. Running may not be a team sport, but that doesn't mean I don't need them there with me.

"Usually when you run you have your whole team there," sophomore Will Harrell said. "But being on the line and not having them there, I knew I had to represent them."

My shoes touched 500 miles in a few months, and every day posed a chance of improvement. "You may want a day off," Will said. "But you have to remember that there are other guys in Texas you're going to compete against who's doing the same thing day in and day out."

k. moreland



"I fell three places off [from regionals] last year as a freshman and it kind of put fire under my feet and got me to really push and motivate myself." -WILL HARRELL, 10

l. maynard



"For myself, going to regionals was one of the best feelings. I really wanted to go a little bit further than what everyone else had previously done." -CLARISSA BLALOCK, 12

running out of TIME

Final year on team leaves bittersweet memories



"I won't miss waking up early, but I'll miss my friends and spending every morning with them and just starting my day off with them." -CARLEY WALLACE, 12



"I'll probably miss going out to eat with the cross country team after the meets. The meets are kind of sucky but going out with them after is pretty fun." -ROGER MORENO, 12

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