

"As the other runners on the team cheer me on and I push through the mental barriers holding me back, I feel a real sense of freedom and calmness, and while there are definitely days that I would rather not wake up at 4:45 to prepare for a Friday morning practice, I think the sport forces me to push myself beyond what I previously thought I was capable of. In my eyes, that's pretty valuable."

-Andre Harte, 11



BORN TO RUN

By: Ellie Armstrong

The brotherhood took 3rd place at GMC Championship with runner **Luis Pereda, 12** in the 1st Team All GMC. **Adam Kossen, 12, Benjamin Walker, 11, Nathan Gibson, 11,** and **Andrew Tenbarger, 10,** received 2nd Team All GMC.

"The most memorable meet this season was Cedarville because there were nearly a thousand other runners," said **Adam Kern, 11.**

Simon Lumby, 12, said, "Cross Country benefits me by making me healthier, and it has introduced me to a phenomenal team that is really nice and hardworking."

"I look forward to the brotherhood and community spirit, and also getting into shape with friends," said **Solomon Lumb, 9.**

