



STAYING ON TRACK

By: Alyssa Jones

Some runners take the winter season to rest up, but not these Aviators. The winter track athletes take this time to only improve their records.

Kevin Landrum, 12, said, "We travel for all of our indoor meets with the closest meet being an hour and a half away at Cedarville University. This year we went to Akron, Kent State, Marshall University in West Virginia, and then those who qualified for state went to Geneva, Ohio

to compete at the Spire Institute, which is one of the best facilities in the US.

The team 4x8 of **Griffin Miller, 11**, **Colin Walker, 12**, **Jake Isakson, 10**, and I competed in NYC at the New Balance indoor national meet."

"Despite some of the complaining, I loved watching the younger athletes grow and get stronger while we did very difficult AB workouts at the end of each practice." said **Peter Folz, 12**.



PETER FOLZ, 12