

running out of time

The Girls Cross Country Team is a family like no other. They train together, sweat together, struggle together, but most importantly, they grow together. The team fosters a very positive environment, pushing each other to improve. Even **Sadie Marcoux, 10**, who isn't a huge fan of running, enjoys cross country and the community it provides. "When you're vulnerable and at your breaking point pushing your body, the positive atmosphere really lets you kick it in and keep going," Marcoux said.

Many of these athletes love cheering on their teammates during meets. For **Senior Grace Koo**, it was all she could do this year, as she was out for most of the season because of shin splints. Instead of running full workouts with her friends, she found herself cross training and running shorter workouts. Though her injury was frustrating, she loved cheering her teammates on at the meets. Koo said, "because running is such a mental sport, you need all the support you can get on races. When I ran meets, I remember how energizing it was when my own teammates gave me encouragement, so there is nothing more gratifying than being able to reciprocate that!"



“Choosing to run cross country has been one of the best decisions I have made — I was able to learn so much about myself on a whole new level, what it means to push myself, surprising myself with the strength I didn't even know I had in me. But cross country allowed me to make close relationships with my teammates who know the struggles and joys of being a runner, and nothing will ever replace the amazing memories I have had with the team.”

—Grace Koo, 12