



chasing goals

Cross Country showed me how to not give up when things are tough. Like, for example, our running workouts are crazy, like miles and repeats... but Coach still says, just push through it even if it's bad. You at least finish, and you have the confidence to get better."

JOVAN JOSE ASKER FREDY, 10

SENIOR SEASON

Two Senior runners reflect on their time in the program

Solomon Lumb, 12, might be well-known for his Australian accent, but he has another claim to fame: "I've been injured every season of my Cross Country career," he admits. Lumb's advice to others thinking about running? "There are plenty of other ways to get fit that require less pain." Still, the runner has loved his time in the brotherhood, picking up many valuable characteristics from the sport. "Cross Country has taught me to be more determined and to stick with something, even if it hurts," Lumb said. "Much like a race, there's no real option to just pull off to the side and stop."

Senior William Freeman has learned a similar lesson in perseverance, working to earn a spot on the Varsity team this year. "This is the first year I ran in the post-season," Freeman said. While the extended time running was a highlight, Freeman's favorite memory of this year was the end-of-season banquet. "Every year, there's a senior appreciation thing that all the underclassmen organize," Freeman said. "They typically give some kind of gift, and this year they made shirts for the seniors... with our names on the back and a list of inside jokes specified to each person... it was really special."

