

who **run** the world?

girls cross country

The 2022 Lady Aves Cross Country season was filled with so many achieved goals and new forever lasting friendships and memories. The team traveled all over the state to run meets and even traveled to the Southern Showcase in Alabama.



Q & A

Amaryaja Trotter, 10, gives us the rundown on what she thinks about cross country.

Q: What is your favorite memory from the cross country?

A: "The after-practice circle-ups and goofing around."

Q: How many years have you been running cross country?

A: "2 years."

Q: What is your favorite music to listen to when you run?

A: "Imagine Dragons."

Q: What is your favorite post-run snack?

A: "The famous Cookies after the meet."

Q: What was the most memorable meet?

A: "Seneca in Sandusky Ohio."



Anna Hewitt, 12

Anna Hewitt ran a very successful final season of her cross-country career. She improved with a new personal record time for each of five out of the eight meets. Making this season her sixth year running, she says her favorite meet out of them all, was Milford. Some of her favorite memories were traveling to Alabama with the team and running at faraway meets.