



NELSON DEWITT, 11

My mindset during the race is just to get it over with. Ermaan's suggestion: '90% of the race is half determination'"



BROCK GIESENSCHLAG, 11

"During a meet, I usually think about a song with a good beat, or sing a fast song in my head to keep a good pace and keep my mind on check."



ALEXANDER FILIPPI, 9

"Usually I get into the mindset of racing by ignoring the fact that I have to run. I try my best to distract myself until I'm on the starting line and the gun goes off."

KEEPING TRADITIONS ALIVE



MIDNIGHT MADNESS

What better way to start off the season than to have your first practice at midnight! One tradition in boys cross country is to have their first official practice of the season at 12:00 on the track. "Midnight Madness is probably the most iconic tradition because of how it opens the season in such an over the top way." Says **Alexander Caldwell, 12**, as the senior boys came in with suits on.



THE POP-TART RUN

On one of the boys's morning practices, once a year their coach, Benham, takes the fastest runner and pairs him with the slowest runner, then the second fastest with the second slowest and so on. Then each pair of partners dresses up together and runs 10 laps around the the track as sort of a relay. All the boys eat pop tarts during it and the top 4 winners get more pop tarts. "It's a great way to barf at 6:30 in the morning just to win your favorite poptart."

Brett Kramer, 10.

