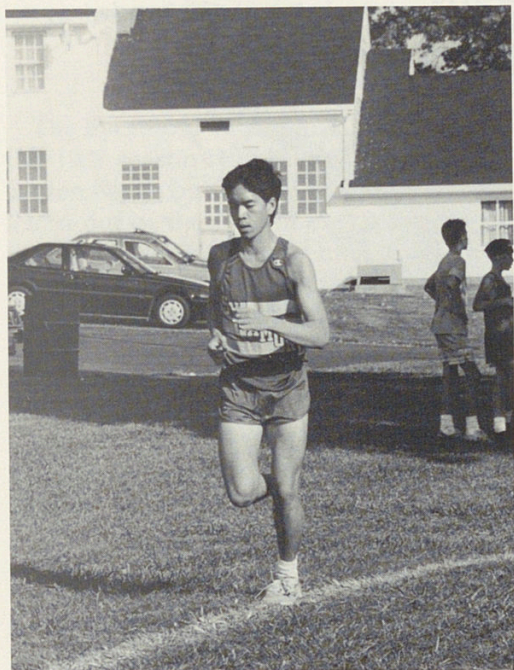


**Runner Rex Lai** looks to be on track in a grueling 5-km race.



As the gun sounds, the Aves show their team unity in a competitive field.



**Carrie Marston** bolts ahead of the pack in a rivalry-filled meet.

**John Hartsel** and **Eric Covington** outdistance all other runners in a GMC meet.

