

Do you have a certain thing you do before a race?



"My mom leaves me a note on my mirror every morning before a race and it's for good luck. And toads are good luck."

> **Kelli Rogers, 10**



"I like to draw a smiley face on my hand so that when I looked down at it during the race it would remind me to think happy thoughts."

> **Susan Shuller, 12**



"I try not to think about the race till we're on the starting line because I get real nervous. And I wear my lucky sports bra."

> **Amber D'Sousa, 11**

Running

Up to speed

Girls cross country sprints through the season **By: Laura Eastes**

THERE HASTO BE SOMETHING MORE TO CROSS COUNTRY THAN JUST RUNNING BECAUSE EVER YEAR MORE THAN FORTY GIRLS JOIN THE TEAM.

"It is an opportunity to meet so many wonderful girls," said **Victoria Biddle, 10**.

The season began in August and was filled with early morning runs before the start of school.

The girls competed every Saturday at various locations around Ohio. At the Greater Miami Conference Meet the girls pushed themselves to a second place finish, beating the third place team by only five points. **Kelly Willis, 10**, **Kelli Rodgers, 10**, and **Amy Sanders, 11**, finished in the top fifteen and received first team all conference. **Theresa Steinhardt, 11**, **Jennifer Latessa, 11**, and **Claire Lu, 12**, finished in the top twenty five and

were awarded second team all conference honors.

But the racing did not stop after a top finish in the GMC. The girls set their sights on the district race and showed up with a whole lot of confidence. The girls shined as they ran to a fourth place victory and prepared to move on to the regional race. At the regional race, the girls competed against the top teams in the state of Ohio. With extremely fast times the girls finished 9th out of twenty teams. The girls didn't advance on but four of the seven were invited to compete in a race at Fairmont for only the best cross country runners in the state of Ohio.



Row 1: Becky Schmidt, 12, Anait Grigoryan, 12, Rachel Newsted, 12, Liesbet Michiels, 12, Anna Kwa, 9, Brittany Stephens, 9, Mei Hsieh, 9, Lois Kwa, 12, Leah Daniel, 11, and April Zhang, 9. **Row 2:** Ashley Moore, 9, Beth Cundiff, 10, Margo Rosen, 10, Crystal Sohn, 9, Abby Harris, 9, Sara Hahn, 10, April Wang, 11, Sami Bruce, 10, and Amy Sanders, 11. **Row 3:** Coach Missy Hardy, Laura Eastes, 12, Jenna Bridgewater, 12, Kelly Willis, 10, Laura Woolf, 11, Jennifer Latessa, 11, Claire Lu, 12, Amy Donofrio, 12, Jackie McAninch, 10, Katie Gruening, 11, and Jena Whitman, 12. **Row 4:** Coach Tim Robbins, Rachel Hershberger, 9, Kelsey Kiley, 10, Katie Danils, 10, Susan Shuller, 12, Kelli Rodgers, 10, Whitney McKee, 9, Sarah Imhoff, 11, Theresa Steinhardt, 11, Jennifer Steinhardt, 11, Audry Kang, 9, and Coach Scott Popoff.

