

PREPARATION, DEDICATION

Winter runners condition for spring season

By: Kelly Wills

It was a typical January afternoon: 20 degrees and snowing. Where was the typical student? Probably inside studying or watching TV. There was one team that refused to let winter weather hinder their training.

The winter track team met every Monday through Thursday after school to condition, work on drills, and of course, run. While the sprinters worked on speed, many of the distance runners ran up to seven miles outside.

"Even though it was warmer this winter, if it was too cold for me, we didn't go outside," said **Coach Hank Ray**.

Led by **Ray**, the winter track team had a full winter season. Their first meet at Cedarville University, the Early Bird, was a successful one. The girls 'A' team for the 4x400 meter relay finished second with a time of 4:22.37.

Representing the boys was **Luke Tawney, 11**. At the Early Bird meet he ran in the 55 meter dash in 7.17 seconds. **Tawney** was 58th of 138 runners in his event.

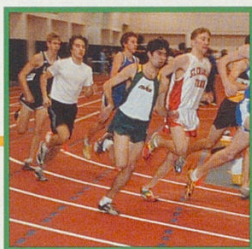
At the Cedarville University Tune-Up meet **Alanah Sonntag, 9**, finished third among 52 other competitors with a time of 5:29.06.

"I liked running the mile better than the two mile because running 16 laps around a track is really boring!" said **Sonntag**.

Morgan Swedburg, 11, also accomplished great things at the Tune Up meet. She qualified for the 55 meter hurdle finals and finished sixth overall, with a time of 9.20 seconds.

The dedication of hardwork and time kept the winter trackrunners going strong, looking forward to the upcoming spring track season.

"I'm glad we have an organized running season in the winter. Not a lot of schools do, so we are privileged to have such dedicated coaches and runners," said **Taylor Williams, 11**.



“I'm glad we got to compete this year. We ran every day so it's nice to see how much our hard work has paid off.”
-Yavuz Inanli, 12

“The meet at Cedarville University was a great way to see how we compared to other teams before spring track.”
-Emily Morgan, 12

“Racing indoors was a different experience for me. I especially loved the great facilities at Cedarville.”
-Gabriel Villamizar, 10

“Winter track is more personal and laid back than spring track.”
-Emily Kosel, 10



Alexander Herbe, 12, endures 16 laps around a 200 meter track at Cedarville University. The 3200 meter run, equivalent to two miles, was the longest event at the meet. **Herbe** was one of 25 runners and finished with a time of 11:49.64.

WINTER TRACK

Cedarville University
Early Bird
B: 28th of 36
G: 12th of 37

Cedarville University
Tune-Up
G: 16th of 39