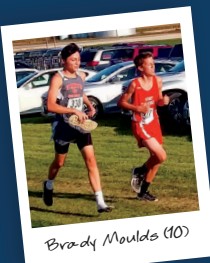


You had to be there!



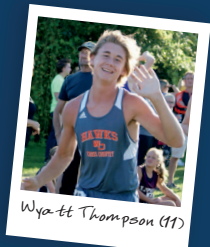
Jacyln Werner (10)

"I often tend to smile during my races because I enjoy hearing the words of encouragement people yell as I run by."
• Jacyln Werner (10)



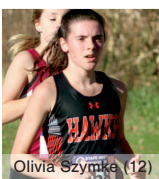
Brady Moulds (10)

"At the beginning of the race, someone stepped on my heel and my shoe came off. It hurt running across the gravel, and my white sock became soaked and muddy."
• Brady Moulds (10)

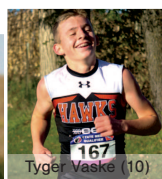


Wyatt Thompson (11)

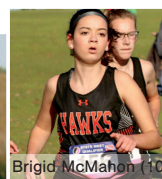
"Whenever I ran by, I always waved at the camera because it makes for a funny picture."
• Wyatt Thompson (11)



Olivia Szymka (12)



Tyger Vaske (10)



Brigid McMahon (10)

Varsity runners Nathan Goranson (11) and Blake Smith (10) run side by side at the Starmont meet. They finished with the top two fastest times on the boys' team.

Hills and High Water

After weeks of begging, the coaches gave in and let the girls' cross country team run in the water, instead of running hills for practice.

"It was really hot outside, and I was dreading practice that day," Isabel Barron (12) said. "I was thrilled when our coaches announced we would finally have a water run."

The girls began practice with a water relay and split into three teams to compete against each other.

"We ran up and down the river, racing against our teammates to see who could cross the finish line first," Katie McGrane (10) said. "It was very competitive, but we lost track of who was winning because we were having too much fun."

Grace Reiss (12) felt the water run was a lot harder than she expected.

"The water was freezing cold, and it came above our knees, making it harder to trudge through the water," Reiss said.

After the relay, the girls grabbed wet sponges from their coaches and threw them at each other from across the river like dodgeball.

"We constantly swam downstream chasing after the sponges so we wouldn't lose them," McGrane said. "Some of the girls threw the sponges a little too hard, and we ended up getting one stuck in a tree."

McGrane felt it was the best workout of the season. "There wasn't a girl at practice without a smile on her face," McGrane said.

On the Course



Before the Western Dubuque meet, the varsity girls huddle up for a pep talk. "These inspirational talks give us an opportunity to motivate each other before every race," Gracie Weeks (11) said.

Determined to finish the race, Shaun DeMoss (12) charges around the corner at the Starmont meet. DeMoss improved his time from the first meet to the WaMaC meet by over two minutes.

Teammates Jasmine Tran (9) and Lucy Loecke (9) compete at the state-qualifying meet. Loecke finished with a time of 24:00, and Tran finished in 24:08.



Girls Cross Country. Front Row: Lilly Meyer, Hailey Hilby, Amber Cook, Hannah Wenger, Olivia Szymka, Madelyn Gray, Annika Sutter, Grace Reiss, Olivia Neuzil, Isabel Barron; **Row 2:** Manager Kamilie Hawker, Katelin Ante, Jacyln Werner, Gabrielle Schuman, Katie McGrane, Gracie Weeks, Brigid McMahon, Jasmine Tran, Alexis McTaggart; **Back Row:** Macy Loecke, Lucy Loecke, Mikaila Neuzil, Hannah Axline, Coach Jason Guyer, Coach Ben Moser, Kaleigh Carter, Rebecca Farmer, Isabelle Willey, Myla Loecke.



Boys Cross Country. Front Row: Brady Moulds, Thomas Dake, Jacob Butler, Kyle Barrett, Phillip Recker, Shaun DeMoss, Evan Woods, Luke Farmer, Thomas Crane, Dominic Rave-Olson; **Row 2:** Carson Schnieders, Matthew Mensen, Blake Smith, Carter Klein, Grant Menard, Jesse Thurn, Casey Guyer, Rely Dolan, Tyger Vaske, Blake Demoss, Colin Cook, Noah Jackson, Andrew Salas, Coach Dale Meyer; **Back Row:** Cole Turnis, Jack Neuhaus, Zachary Fisher, Blake Cook, Dylan Boone, Daniel Woods, Nathan Goranson, Jacob Wenger, Ian Rogers, Zachary Stratton, Wyatt Thompson, Bentley Fletcher, Laiken Blommers.

A "You Had to be There" Moment Muddy Memories

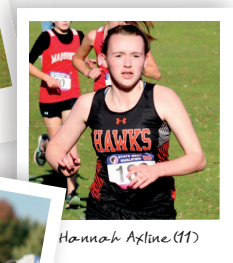


At the Vinton meet, seniors Myla Loecke and Olivia Neuzil decided to get a little messy.

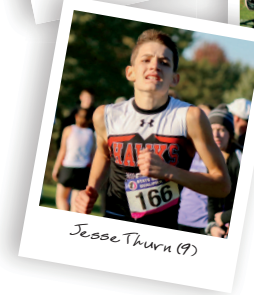
"During the race I became super muddy, so I decided to make the most of it," Loecke said. "After I finished running, I took advantage of the opportunity and threw mud at Olivia. We got in a mud fight—definitely no regrets here."



Andrew Salas (10)



Hannah Axline (11)



Jesse Thurn (9)