



Enhancement Time improvement is one of the most crucial aspects for Jaden Thys 21. "I try to keep pushing because I always want to keep cutting my time. I use that as motivation to go with the people in front of me," Thys said. [photo] Camryn Mosty

Competition Drawback The meets can be tough both mentally and physically for Owen Sadler 22. "Before a meet, I am pretty nervous and ready to get it done with," Sadler said. "Running 3.1 miles sucks sometimes, especially when you are sprinting the whole time." [photo] Camryn Mosty



Just the Start

Freshman achieves his goal to participate at state

In his first year, freshman Trey Schulte accomplished a goal most young runners only dream about; he made it to state.

"My times started cutting down, and I got hope," Schulte said. "I took every workout as seriously as I could and worked hard at them."

To attend and compete at the state level. Schulte pushed himself at practice every day.

Schulte said, "Mile-repeat practices helped me a lot. Mile repeats are where Coach [Marty Thomae] starts you off at different times and you run a mile."

Not only did Schulte work hard

physically, he also made sure he had a positive mindset before he went to state.

"Do your best and whatever happens, happens. Just enjoy the moment," Schulte said. "I was excited because it could be a once in a lifetime experience."

State did not intimidate Schulte, so he gave himself goals and went into the race with high hopes.

Schulte said, "Even though I was still a freshman, I wanted to do well. I had high expectations for myself. I wanted to do good no matter what."

-Alashia McMurdo

Scoreboards

Boys	
Mount Vernon	8th
Williamsburg	4th
Grinnell	8th
Benton	6th
Cascade	3rd
Vinton Shellsburg	2nd
Jesup	7th
Dike-New Hartford	6th
WaMaC	8th
State	
Trey Schulte	54th

Girls	
Mount Vernon	6th
Williamsburg	2nd
Grinnell	7th
Benton	5th
Cascade	2nd
Vinton Shellsburg	2nd
Jesup	4th
Dike-New Hartford	7th
WaMaC	8th
State	
Hailee Ricklefs	53rd

Sports Cross Country



Overcome Pain At the Vinton-Shellsburg meet, Lauren Woeste 20 gives it her all to cross the finish line. "That was a meet where I was injured and having problems," Woeste said. "I was able to push through because I was always looking to support my team because they needed me to run. I was trying to go into every race hoping that I could perform my best and try to mentally block out my calf injury." [photo] Alashia McMurdo

Constant Companions After each race, Hailee Ricklefs 21 and Abby Rinderknecht 22 stay by each other while they recover from their run. We always warm up together and give each other pep talks. We are always there for each other. No matter which one of us gets first; we just cheer each other on," Rinderknecht said. [photo] Alashia McMurdo



Ready to Race Now that Craig Morris is a senior, he knows exactly what he needs to do to be successful. "Keep pushing, get to that next mile, push the next hill picking off people, surviving. [I] try to keep my mind off the race," Morris said. [photo] Camryn Mosty



Pull Ahead Neck to neck with a Raider opponent at the Atkin's meet, Olivia Price 21 encourages herself with positive thoughts. Price said, "I tell myself you have done it before so you can do it again. Never give up because I know when I finish, I will accomplish what other people think they cannot do," [photo] Jenna Welty

battles We Know.



"I look to push ahead of the next person, even if it's late in the race. I always want to keep pushing. If the other guy stays with me, he stays with me, but I am going to keep working towards the next person in front of me," Drew Lange 20 said. [photo] Jenna Welty



"It's always moving that you're scoring for your team," Gwen King 23 said. "You pass people, and you know you are helping your team win. If you slow down, you're not just disappointing yourself. It's your whole team, and if you do good, you're helping." [photo] Jenna Welty



"I was in pain because I have been having shin problems. You just run and hope it doesn't bother you. It was at a point that I could've chosen not to run, but I did because I am stubborn. Pushing through that allows you to get better," Tristan West 22 said. [photo] Camryn Mosty