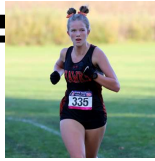
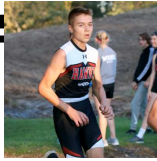
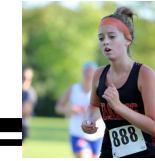


18 Autumn

By Anna Werner & Charles Rich



1. Grant Menard (10)
2. Brooklyn Lewin (9)



1. Carson Less (9)
2. Faith Rich (9)
3. Evan Woods (12)
4. Rebecca Farmer (11)

Autumn 19

What Doesn't Kill You Makes You Stronger

52 Runners Grew Stronger with Every Step

► Blake Smith (11) battles with a tough competitor from Marion and achieves a season best of 17:44.
 ► Grace Millenkamp (10) and Jadya Werner (11) steady each other's pace while running on home turf. ► Running his best, Andrew Salas (11) places second for the West Delaware team ► Faith Litterer (9) speeds up to pass competitors in front of her. ► At the end of her last high school cross country race, Hannah Axline (12) sprints to break 24 minutes. ► Isaiah Rich (12) picks up his pace as he hits the home stretch.



From Down Under to Up On Top

A trip to Australia helped lead one cross country runner to the State Meet in Fort Dodge.

Nathan Goranson (12) and Blake Smith (11) received the opportunity to run in Australia in the summer of 2019. Preparing for the Down Under Sports All-American Boys 5k and the Gold Coast 5.7k helped the two prepare for their upcoming season because they were running between three and five miles a day all summer long.

"I had an amazing experience down in Australia because that's where I realized cross country was my sport," Goranson said.

He ran alongside Smith during their off-season training and in-season runs.

"Nathan and I have definitely become closer friends over the years, running together and pushing each other," Smith said.

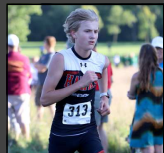
To top off the season, Goranson qualified to run at state with a season-best time of 17:09.

"The atmosphere (at state) was nothing like I've ever run in before," Goranson said. "You could feel all the energy radiating off the other runners, and it just made me excited to run."

Goranson finished his run at the state meet with a time of 17:32, even while running in 40-degree temperatures and with 10 mph wind. Goranson was the first West Delaware boy to qualify for state since Matt Monaghan qualified in 2005.

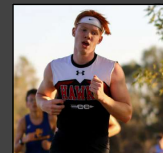
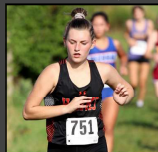
► Running alongside other juniors and seniors during the Waverly Shell Rock meet, Nathan Goranson (12) places ninth overall.

Running Thoughts

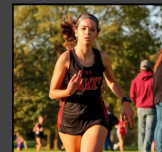


"I would sing my favorite song, 'Little Wing' by Jimi Hendrix, over and over."
 Philipp Recker (10)

"I think about my teammates at the finish line giving each other hugs!"
 Keara Emerson (9)



"I thought about the fruit punch flavor packets (Coach Dale Meyer would promise us, but never remembered."
 Zach Stratton (12)



"The faster I run, the faster I get to watch Netflix."
 Brigid McMahon (11)