

Freaky Fast

Cross Country Runners Cut Tremendous Time

By Emma Kehrli

West Delaware cross country runners are running out of time, literally. Throughout the 2015 season, numerous runners have cut drastic times off their races.

Despite the girls' recent length change from a 4k to a 5k, Kara Moorman (12) shaved 5 minutes, 2 seconds off her race.

Moorman felt prepared for the longer race. "I thought the 4k felt really hard (last year), but the practices have prepared me well," Moorman said.

Junior Morgan Lee started off the season skeptical of the extra half mile, but as time passed she thought the 5k became easier.

Lee said the girls' motivation grew throughout the season. "We realized the faster we ran, the faster we got to eat our food," Lee said.

Freshman Olivia Neuzil cut a substantial 9:57 minutes off her race, well over the team average of 3 minutes. She attempted to run at least 1 minute faster each race and planned out how fast her

miles should be so she could hit her times.

Ben Moser, head girls' cross country coach, prepared his runners for competition by upping the practice distance from three to four miles. The extra mile paid off. At the home meet over half the team set personal records, and at WaMaC 10 more ran an even faster time.

"We are so proud of each and every girl on this 43-member cross country team," Moser said. "From the beginning of the season until now, to have run nearly 7,000 miles and cut over 2 hours in time as a team is mind boggling! It shows that the girls take pride in what they're doing and want to prove to themselves that they can achieve anything! I couldn't have been more proud!"

Many members of the boys' team dropped tremendous time. Ben Litterer (10) cut 2 minutes off his time and achieved his goal of running under 20 minutes. "I try and push myself harder than I ever have at every meet," Litterer said.

Brent Downs (11) wanted to show people what he was capable of and demonstrated this by dropping his time by approximately 3 minutes.

"It's all a mental thing, and if you tell yourself you're going to run faster, you will," Downs said.

Jacob Gasper (12) believes the races are what helped push him to drop around 4 minutes off his time.

"The adrenaline of all the other runners running alongside you helps you go faster," Gasper said.

Noah Crumpton (10) ran a personal record of 18:05 this year.

"We worked even harder this year and as the year progressed we got faster and faster," Crumpton said. "I'm very proud of our team. We improved greatly."

Boys' Coach Dale Meyer feels hard work is the key to cutting time. During the season, Meyer strives to get his team to believe in themselves so they can "push themselves past the point of pain."



During the home meet at Hart Ridge Golf Course, Jamie Glanz (11) and Heidi Yonkovic (11) keep their eyes on the finish. "The home course is familiar to us, so I feel like we have an advantage over the other teams," Glanz said.



Morgan Ungs (10) and Emma Jalkander (11) prepare for the JV Oelwein meet with their pre-race warm ups. Foreign exchange student Jalkander took first place in the JV meet.



Keegan Kolbet (10) runs a time of 19:48 at the Independence meet. At the WaMaC Conference Meet, the boys finished 13th.