

How many miles did you run this cross country season in YOUR shoes?

600 miles

Nicholas Yanek '18



450 miles

Connor Flinn '19



296 miles

Alyssa Farrell '17



250 miles

Roshni Nair '18



250 miles

Claire Fields '20



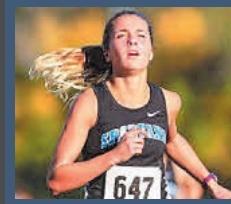
225 miles

Maya Johnson '20



Spartan Standouts

What is your favorite cross country memory?



Addie Swanson '17

"My favorite memory is the Ames trip because we had a lot of fun."

Mark Conway '17

"My favorite memory is the Ames trip because we had a lot of fun."



Katie Morrissey '17

"I love being a part of the team because it felt like a family. Everyone cheers for each other."

Ian Aplington '17

"My favorite memory is probably spending time with my friend, Coach Sacco."



Laura Brown '18

"My favorite memory is walking to Whitey's for one of our practices."

Tyler Brewster '17

"My favorite memory of cross country was annoying our assistant coach Mat Smith."



"This season went very well. Our pack was the tightest it has been and we finished the highest at state from the last four years"

-Nicholas Yanek '18



"As a team, we had a great season! This sport is not always about running, it's about being a team and working to be the best you can be!"

- Lauren Buechel '20



"I feel our team is exceptional in a variety of ways. I know next year we can only get better and that alone is very exciting."

- Andrew Witters '18