



Cross country girls battle searing temperatures during the Pella meet

With her strength drained and uniform soaked with sweat, sophomore Anna Toot keeps running. The sun radiates down on her back and all around exhausted runners drop out of the race. She feels her body shutting down, but she keeps running. "I'm pretty sure I was going slower than I could walk," Toot said.

Toot, along with the rest of the girls' cross country team, competed in the Pella meet Sept. 7. That was nothing new. They had never before, however, run in the exceedingly hot temperatures of that day.

The first week of September was abnormally hot, reaching temperatures above 100 degrees. Because of the searing heat, multiple sports, including football and both girls' and boys' cross country, rescheduled their practices to start at 8 p.m. instead of immediately after school. The cross country teams also held morning practices. Then, after a week of early and late practices,

came the meet on Saturday.

"Warming up wasn't too bad, the temperature didn't seem too hot, but you could definitely tell it was hotter than usual," senior Kenzie Foldes said. During the meet, though, the temperature reached a boiling 96 degrees, the high for the day. On that same date, one year ago, the temperature had only been 75 degrees.

With the unusually high heat affecting the runners, some, including Foldes, were not able to finish the race. "I've never ever dropped out of a meet before," she said, "The more I raced, the more my body just was not able to take it. I have never felt that kind of exhaustion before."

Junior Anne Rogers had a similar experience, but with the added complication of having asthma. "It was a struggle getting to the finish line," Rogers said. Once across the finish line, Rogers collapsed and had to be carried to the shade of a nearby tree.

Paramedics rushed to help Rogers and cool her down. "The EMS came over, they put an oxygen mask on me because I couldn't get any air and I was hyperventilating," she said. After placing an IV in her arm, Rogers, still distressed, had to be put on a stretcher and in the ambulance so they could run tests on her.

Toot finished the race, but was exhausted. "Your body's just done," Toot said. "People who were crossing the finish line couldn't walk, they would just drop."

Coach Patrick Hennes, the varsity coach, said it is hard knowing when to call a race. "It's easy to look back and say it should have been cancelled," he said. "It's hard because we've never been in that situation before."

Rogers said even after the race was over, the aftereffects still wore on her throughout the day. "The rest of the day I just laid in bed and did nothing. It was pretty scary."



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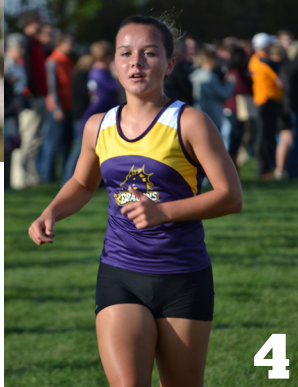
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Freshman Emily Poss races to the finish line at the state invitational. "While I was racing, I kept telling myself that I could not let up and I had to stay strong the whole race," Poss said. "Overall I was very jittery."
Photo by Joe Sprunger



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4

Nike Free Shoes

"They aren't very supportive for running. I just got them because they were cute."
 -Anna Toot '12



Running Shoes

"If you are going to do a long run you need a shoe that supports you so you don't get injured."
 -Sandra Kromminga '13



Racing Spikes

"Spikes are light and make you faster. You don't want heavy shoes while running."
 -Ronnoja Ayers '14



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1. With cheering crowds on the sidelines, sophomore Jessica Bigelow completes her lap at the Valley West Invitational. "This meet was the coldest out of all of them," Bigelow said. "Everyone's time decreased because it wasn't hot outside."
Photo by Ashley Long

2. Senior Kenzie Foldes dashes toward the finish line at the Waukeev Invitational. "At the finish line, I tell myself I have to give it my all," Foldes said. "Sometimes my legs don't want to do that, so I have to pump my arms just to get my body moving."
Photo by Joe Sprunger

3. Juniors Bailey Pohlman and Emma Thayer plan their next move at the Geisler Farms cornfield. "It was really funny to watch people run in front of you," Pohlman said. "These giant clumps of mud would fly off their shoes as they ran."
Photo by Kelsey Acheson

4. Junior Jady Polson jogs in a steady pace at the Ames Invitational. "When there are people around cheering me on it goes by fast," Polson said, "but when nobody is there, I try to think of funny memories that will try to get me through the race."
Photo by Ashley Long

5. Starting the competition at a steady pace, senior Belen Delgado makes her way through the Johnston Invitational. Delgado placed 15 out of 109 runners. "I was very proud on my placing for it being my first time running cross country," Delgado said.
Photo by Ashley Long

6. Junior Jordyn Kleve focuses ahead of her at the Ames Heartland Classic. Kleve placed 5th compared to 23rd last year. "I was super excited to see that the time I got was the best I've gotten the entire season," Kleve said.
Photo by Kylie LePage