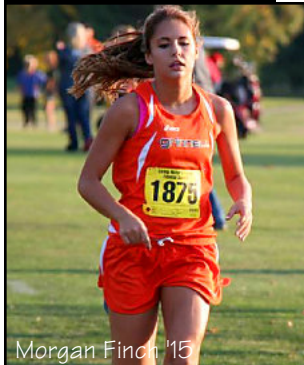


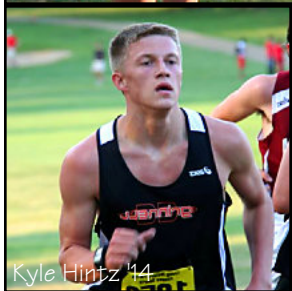
# Eat. {Run.} Sleep.



Isaac McFee '14



Morgan Finch '15



Kyle Hintz '14



Olivia Gallo '15



Josiah O'Polka '14



Sarah Frischmeyer '15

**CROSS COUNTRY. NO TIMEOUTS, NO HALF TIMES, NO SUBSTITUTIONS.** A true sport. Over the years, the cross country program here at Grinnell High School has greatly evolved. Numbers have almost doubled. Four years ago, there were about 40 runners, this year there are roughly 60 boys and girls. From the unity of the team to the hard workouts in the blazing heat, almost everyone that joins loves it! Sophomore Baylee Kivett's favorite part about cross country is the Secret Sisters Exchange. At the beginning of the season, each girl is assigned a "secret sister" who they do special things, such as make locker decorations or give special gifts. The objective of the exchange is self-explanatory: keep it a secret! Fellow sophomore Kailee Doty says "I love the atmosphere of the team and the people on it." Coach Faulkner says her favorite part of cross country is working with the athletes and their all-around positive and hardworking attitudes." Some of the least favorite parts of the season mentioned by runners are the hard speed workouts, specifically the kenyan, running hard in the meets and waiting for the next season to come around. Although it is a hard sport that needs a special dedication, everyone who joins loves it! The teammates go out of their way to make each member feel like an important part of the team. The coaches are great as well. They push each person to do their best. Though one of the most physically demanding sports out there, GHS Cross Country is, without a doubt, full of many opportunities for bonding experiences, fitness and undeniable fun.

-Jessie Kaul '15

"Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us to find out what we are made of. This is what we do. This is what it's all about."



Christa Follette '15



Tyler Rezapour '15



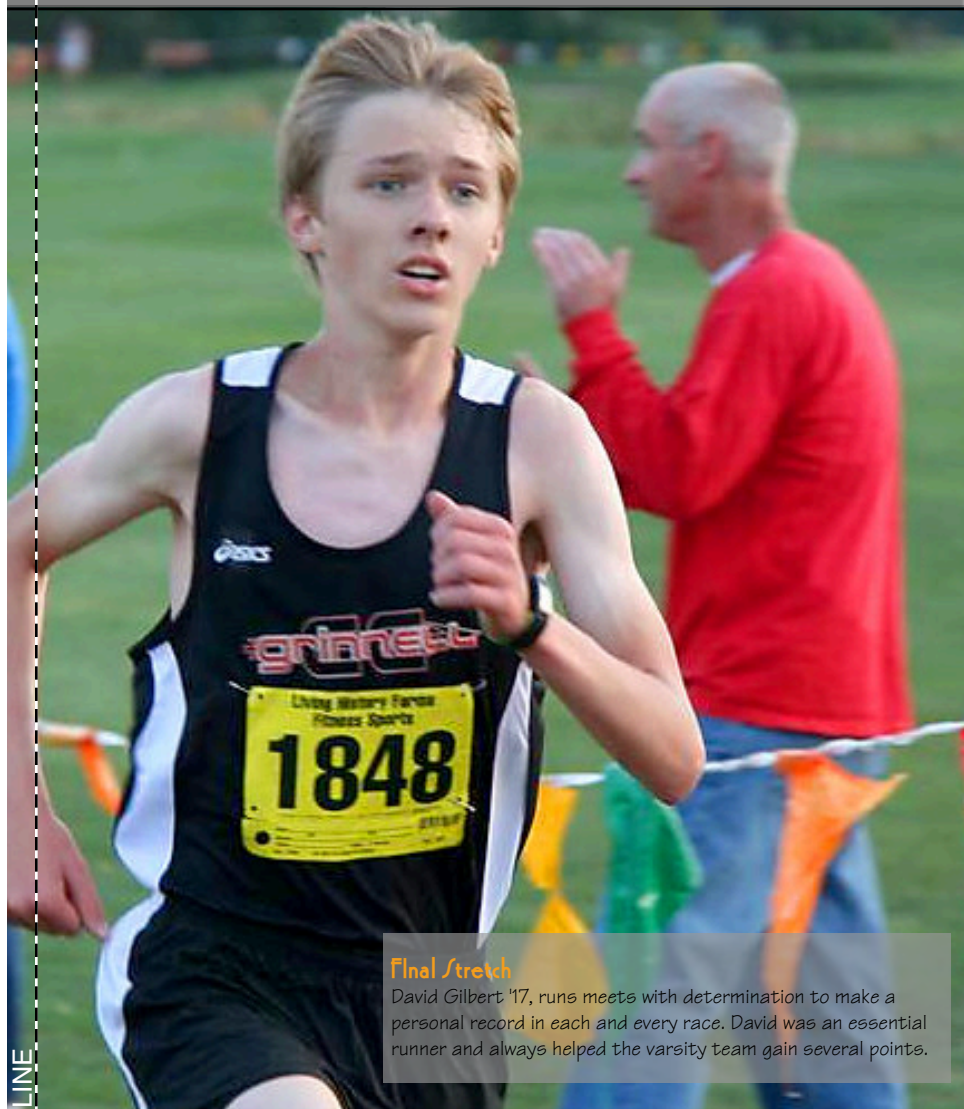
Kyle Cogley '15, Devin Smith '17

Customer is allowed to have objects outside of the margin.

TRIM LINE

TRIM LINE





**Final Stretch**  
David Gilbert '17, runs meets with determination to make a personal record in each and every race. David was an essential runner and always helped the varsity team gain several points.

**Back Row:** Sierra Whisenand '17, Catherine Cogley '17, Leah Ramsey '17, Jayda Robinson '16, Kimberly Comstock '16, Katherine Wiley '16, Leslie Stark '17, Madelyn Topliff '17, Emma Lang  
**Middle Row:** Whitney Grubb '16, Charlotte Moisan '16, Olivia Gallo '15, Christa Follette '15, Emmaleah Veldboom '15, Baylee Kivett '15, Kailee Doty '16 **Front Row:** Emma Hartz '15, Anna Cunningham '15, Morgan Finch '15, Jessie Kaul '15, Sereina Hirsbrunner '14, Cassandra Carnes '15, Lily Hamilton '15, and Sarah Frischmeyer '15



**Back Row:** Samuel Kibbee '15, Ashton Hatting '15, Barrett Anderson '15, Ian Baumann '15, Seth Poush '15, Tyler Rezapour '15, Kyle Cogley '15, Adam Loew '15, Ryan Nelson '15 **Second Row:** Devin Smith '17, Lucas Chamberland '17, Garrett Locker '17, Ean Honeycutt '17, David Gilbert '17, Davis Badger '17, Steven Sharpe '17, Josiah Smith '17, Jacob Staroska '16, Michael Guinane '16, Ellis Mertens '16 **Front Row:** Matthew Guthrie '14, Mason Doty '14, Brody Beck '14, Grant Cirks '14, Brandon Roderick '14, Joel Baumann '14, Isaac McFee '14, Jacob Chamberland '14, Josiah O'Polka '14, Joshua Weiss '14, Nicholas Baker '14, Benjamin Ellis '14.

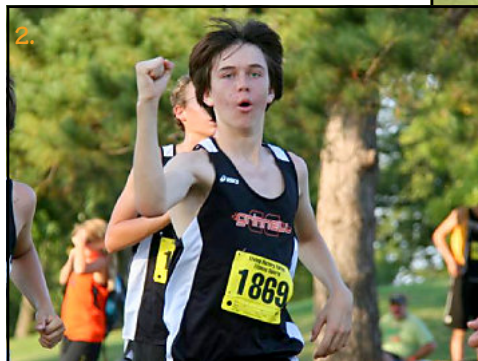
**1. Stride it Out**

Baylee Kivett '16 paces herself off other runners on the course, until the last half mile where she leaves the pack and strides her way to the top 15.



**2. Eyeing the Finish**

As Joshua Weiss '14 speeds down the hill, seeing the finish line flags, he gets a burst of energy and fist pumps his way to the end of the race.



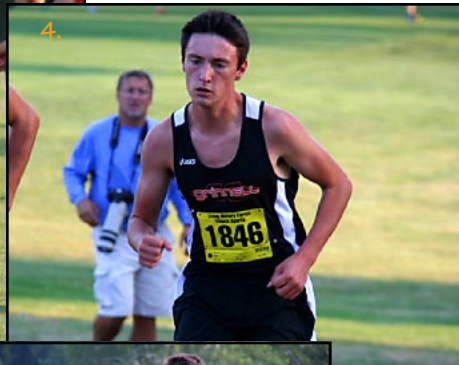
5.



**5. With a Burst of Speed**

Cassandra Carnes '15 runs past the pack of Grinnell students cheering her on toward the second half of the race.

4.



3.



**3. A Look of Determination**

Nicholas Baker '14 uses all of his willpower as he pushes uphill with confidence.

**4. Huffin' and Puffin'**

Mason Doty '14 dominates race, coming to the finish line with a first place finish.