

“Every single one of us achieved at least one of our goals this season.”

-Justin Twombly

Holton High School 2011 cross-country runners raced through the season. The team endured countless miles, windy days, and the brutal Kansas weather.

“We each had goals that we were all trying to achieve and I think every single one of us achieved at least one of our goals,” Justin Twombly, 12, said.

The team was practically a family. Everyone supported each other and encouraged one another to do their best. When someone was struggling, a teammate would pass by and provide a few words of encouragement. As they ran at practice, the runners motivated each other and always stayed positive.

“Well on the guys side we would always motivate each other by singing along at the tops of our lungs to familiar songs such as “Everytime We Touch” and “Do You Believe In Life After Love,” Jeff Heitzman, 12, said.

The team felt the heat throughout the entire season, but especially at the league meet at Hiawatha.

Tanner King, 9, got cut off while running on a bridge and

almost fell to the ground. All the members would agree that the races were extremely intense. Individually, each runner was pushed to the limit and they had to trust their bodies to help them achieve the success they desired.

“The most intense moment would have to be the actual races. Right before them you get super nervous, and as you are running, the only thing you can think about is the finish,” Heitzman said.

But don’t be mistaken. The team’s positive moments outweighed the pain that the runners underwent. Some of the best memories were the ones that came with laughter.

“One time Billy Hill spat on a windy day. I wasn’t paying any attention and I ran right into it,” King said.

“The funniest moment was when Justin and Garrett were wrestling each other down by the fake tree by the door; they knocked it over, and the dirt spilled everywhere. Mr. Stous was walking toward the door, and Garrett and Justin kept straight faces the entire time, without Mr. Stous even noticing. It was funny. I think they actually might have tried to blame it on a freshman,” Connor Strader, 11, said.

Cross-country is an individual sport but the team members inspired each other to keep going. Team members were inspired by how each other’s hard work. They were even inspired by other teams that finished before and after them.

“Garrett inspired me the most because as the season kept going, he kept getting better and better,” Braden Sides, 9, said.

BY J1 STAFF

how are you **INSPIRED**



“I participated because my grandpa wanted me to. He told me I could be good. I was inspired by all the hard work everyone put in. In order to be good at this sport, you have to **dedicate yourself to it.**”

Jeff Heitzman, 12



“I knew that cross country would help me get into shape for when basketball season came around. I figured the sprints wouldn’t be as hard because **nothing could be harder than cross country.**”

Ryann Bowser, 12



“The reason I did cross country was so that I could stay in shape and just have fun. Some of my friends persuaded me to try it. I encouraged myself by saying that the person in front of **me wasn’t going to beat me!**”

Billy Hill, 9



PLAYLIST

to pump up

Runners tell us what songs they use to get their game on:

"Tonight, Tonight" by Hot Chelle Rae

Connor Strader, 11

"One Last Breath" by Abandon All Ships

Billy Hill, 9

"2nd Sucks" by A Day to Remember

Garrett Lambrecht, 11

"Pump Up The Jam" by Technotronic

Daniel Figge, 11

"Remember The Name" by Fort Minor

Dalton Colhouer, 10

"Moves Like Jagger" by Maroon 5

Nathan Shields, 9



after

Photo by Kelcie Matousek

→ **PUSHING THROUGH THE PAIN**

Chris McDonald, 10, catches his breath after running an outer perimeter run on the golf course. The team had to run two of these long runs, which consisted one mile each. "I had to work hard at pacing myself, so I could last the whole race," McDonald said.



Photo by Kelcie Matousek



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→ **SIDE BY SIDE TILL THE END**

Connor Strader, 11, and Rachele Harman, 12, begin the race at the Royal Valley Invitational. The girls ran side by side, and pushed each other to reach their fullest potential. Harman and Strader placed first and second at this particular meet.

→ **TEAMING TOGETHER**

The Holton High School boys cross country team huddles together before beginning the meet. The boys communicate in order to get every one in the right mind set and focused on placing well at each meet. "We would always pray the Lord's Prayer before running," Billy Hill, 9, said.

→ **REGAINING STRENGTH**

After practicing, Rachele Harman, 12, stretches out in order to prevent injury and soreness. Harman needed to stay healthy so she could continue to contribute to the success of the girls team throughout the season.

here:



Photos by Kelcie Matousek

→ **WORKING HARD** Not only does Chris McDonald, 10, work hard during practices, he also pushes himself during meets to impact the team scores. Both McDonald and Kenton Tegethoff, 10, ran hard all season to come out with good finishes at every meet and to improve their individual times.