

**WARRIOR PRIDE** // Gracie Ferguson (9) runs with her motto "no XC-uses." She thought about her motto to keep her going through the race. Photo by Krista Cambre.



TRIM LINE

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# NO XC-USES

*With the help of a new coach, runners find success despite challenges created by timing malfunctions at meets.*

Runners from all over the coast lined up at the St. Martin meet, ready to hear the gun fire to signal them to run as fast as they could. Gracie Ferguson (9) leapt forward, passed all the runners, and kept up with the four-wheeler the entire time at a constant pace. In a short amount of time, she crossed the finish line. She won the meet and placed in the top 14 in the state.

**"FUTURE RUNNERS HAVE TO REALIZE, IF YOU WANT PROGRESS, YOU HAVE TO WORK. YOU CAN'T JUST ASSUME YOU'RE GOOD."  
-GRACIE FERGUSON (09)**

This win didn't come easily; the season held a few challenges that the runners had to overcome. At a few meets, there were

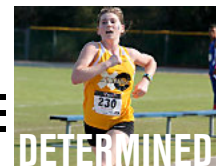
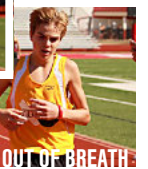
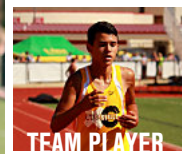
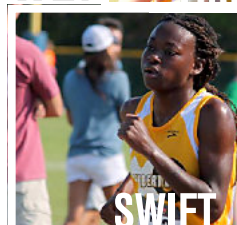
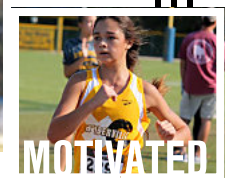
malfunctions with the timing systems. Not having the accurate times for the runners at the races hurt new coach Janice Ferguson's ability to measure the effectiveness of the training program she was implementing and the progress the team was making. Despite that, the girls placed second in the District. The boys team was a relatively new team, but still made progress throughout the year.

"When the time clocks weren't working, I didn't know how much I had progressed, so it was difficult to improve," said Cameron Matheny (10).

Regardless, the team was able to end the season with better times than they started with.

// Skylar Keeler, Renee Bievenour, Madison Towles

**WHAT ARE WE?**



Clockwise: Joey Janes (10), Kayla Webb (9), Lowell Fountain (9), Hayden Green (10), Kayli White (10), and Christy Cotten (12).