

# On your marks, get set,

==== **RUN!**

**M**ost students know Matthew Sigler as the eighth-grade English teacher and middle school baseball coach. This year, he added a new role: cross country coach.

Though fairly new to the sport, Coach Sigler helped improve the runners' technique and made them stronger by incorporating new workouts for the team.

"When I first started, I knew very little about the sport. I was an athlete in high school, but I didn't really know what cross country was all about. So, I had to do a lot of research," Sigler said.

After a long season, the St. Joe cross country team found themselves with qualifying times for the State Championship Meet. Freshman William Fugate was proud the whole team qualified.

Despite being a young runner, Fugate has been a dominant force on the team. Sigler said Fugate's talent is well beyond his age.

"I could see William running until his legs don't work anymore," Sigler said.

Fugate attributes it to the team's collective hard work, saying that it "paid off in the end."

Sophomore Angela Bethea led the girls team; Bethea, herself, posted impressive times at cross country meets. She accomplished a lot and inspired numerous girls as well.

"At one of the first races of the season, a mother I know from another school stopped and told me how proud she was of my progress in the sport and that she used it to inspire some of the girls on her team," Bethea said.

Since joining the Bruin cross country team, Bethea has won three consecutive All-State titles for the 5K event.

"My coaches have told me that some of the girls on my team look up to me as well. It's kind of hard to believe that people are inspired by what I've accomplished. But it's also really cool knowing that people look up to me. That pushes me to do better," she said.

– Leah Clark