

# ONE FOR ALL

## Cross Country sends one to State, all follow in support

STORY BY **EMMA WARREN** DESIGN BY **ELIZABETH JACKOBOICE**

It's an uphill battle as senior **Anna Demetree** uses her last burst of energy to finish the Warrensburg Invitational on a high note. As she makes it to the top, a sea of people wait, cheering her on. The runners around her feel a cool gust of wind as she passes them, right before the finish line where she places fifth.

"That was a good race for me," Demetree said. "Fifth was a good contribution to us placing first."

At Warrensburg, the team was able to score their first win of the season. It was also the first meet that all seven girls ran in the same race, leading to Sectionals where the entire team would run together for the first time since Districts.

"Sectionals is always really important to see who gets to go to State," freshman **Katie Delong** said.

Going into Sectionals, the girls were fairly confident that a majority of the runners would go onto State, since last year almost the whole team qualified. Although each individual put in the effort, junior **Kathleen Gansner** was the only one to make it out of Sectionals and qualify for State. She was surprised that some of her other teammates did not join her.

"I think we were all a little upset that no one else qualified," freshman **Greta Allen** said, "though we tried our best."

Like Gansner, Coach **Reynold Middleton** also was pretty certain that more runners would qualify. Given that the whole team qualified for Sectionals, it was predicted that more of the them would move on to State. Middleton believed

that since quite a few girls were sick just prior to Sectionals, that may have been the reason for the unexpected outcome.

"I just think that the team wasn't 100 percent," Middleton said.

Rather than putting focus on the place they received, everyone chose to celebrate their one teammate that would be able to represent the whole team at State in Jefferson City.

"Even though we didn't come out as a team, we still have someone to show the people at State who Sion is," Demetree said.

The bus ride up to Jefferson City was full of jokes and smiles as the entire team made their way, showing their support. At State Gansner placed in the top 80 runners. It was difficult for Gansner to run alone because she had to start without any of the other girls by her side. Once she started the race and was running she felt more confident in herself.

"This season was a little different because of the lack of qualifiers," Gansner said. "But it was still a good challenge for us as a team."

### IN AND OUT

In the middle of her run at Warrensburg, senior **Anna Demetree** focuses on her breathing so she can make it to the end. The team was up against a lot of teams that day so Demetree wanted to do her best. "I was in the middle of the race," Demetree said, "so I knew I had to keep my energy." PHOTO BY **CLAIRE MAGSAMEN**

"Mid was an amazing coach. He was very nice and a great supporter. He takes what we want to do into consideration while still thinking of what's best for the team."

-freshman Greta Allen



### AFTERMATH

After the meet at Blue Springs, senior **Lauren Blando** and Coach **Reynold Middleton** discuss strategy and warm ups. Middleton has been coaching cross country at Sion for 15 years. "Mid's a great coach that directs the team where we need to be," Blando said. PHOTO BY **CLAIRE MAGSAMEN**

### CHUBBY BUNNY

After the Lake Jacomo Invitational, junior **Kathleen Gansner** plays a quick round of the popular challenge "Chubby Bunny." In lieu of marshmallows, Gansner used grapes. "It was probably a bad idea," Gansner said. "I actually felt a bit sick after that." PHOTO BY **CLAIRE MAGSAMEN**

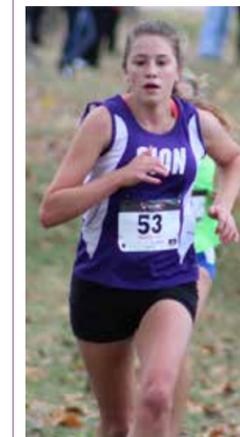
### FANCY FOOTWORK

As the rest of the world blurs around her, freshman **Katie Delong** concentrates on her footwork as she rounds a corner at the Warrensburg invitational. The Warrensburg Invitational was one of the largest meets the team went to this year. "It's important to control your feet," Delong said, "especially when turning or else you might trip." PHOTO BY **CLAIRE MAGSAMEN**

### LAST HORAH

At the Grandview Invitational, junior **Ally Koehler** runs on the rough terrain of Swope Park. Grandview was one of the last meets Koehler ran during the season as she hurt her leg early on. "The race was going really well and there was less than a mile left when I hit some bad footing," Koehler said. "My knee gave out and I was not able to finish the race." PHOTO BY **CLAIRE MAGSAMEN**

## THE FINAL SPRINT



### DISTANCE AT DISTRICTS

As she looks straight ahead, junior **Kathleen Gansner** pushes forward as hard as she can during the last stretch of the District's race. At Districts, the whole team was able to qualify for Sectionals, finishing off the season on a high note. "It was a good meet, everyone did an amazing job," Gansner said. PHOTO BY **CLAIRE MAGSAMEN**



### LAST ONE COUNTS

At the end of her race at Warrensburg, freshman **Greta Allen** exerts herself in order to finish the run. How to finish a race is one of the first things you learn when you join the team, according to Allen. "The last few yards of the race are the most important ones," Allen said. PHOTO BY **CLAIRE MAGSAMEN**



### FOOT TRAFFIC

At the Warrensburg Invitational, senior **Olivia Dugan** runs through a sea of people to trying to make it to the finish line. The course at Warrensburg doubled over on itself a few times, making it full of non runners. "There was a lot of people walking on the course that day. It was hard to finish with everyone walking around," Dugan said. PHOTO BY **CLAIRE MAGSAMEN**

1. "I would relive the first day of beanie week because it was fun to see everyone wearing their hats. Mine was a sombrero." • Freshman Brenna Richard

2. "I would relive freshmen beanie week. It was so fun and I feel like it connected us to our maisons." • Sophomore Lauren Graves

3. "I would want to relive the district volleyball game against Raymore Peculiar because we lost and could have won." • Sophomore Allie Weinrich



4. "I would want to relive the musical because we were such a good family. I loved the tapping and the people. It was just the best." • Junior Zoe Mulkey

5. "I would relive getting into college. It was nice to see all of my hard work pay off and it was an exciting moment in my life." • Senior Andi Sweet

6. "I would relive the day I broke the record for the biggest turn around on nine holes at districts. It was a really high energy day and the team needed my score." • Senior Anna Ciani