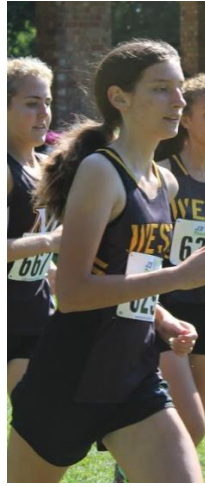


Through the Eyes of a Runner

Ashley Lang – Senior



1. How long have you been running cross country?
This will be my 8th year.
2. What do you like most about running cross country?
I like cross country because i get to be with my friends.
3. What is your personal favorite memory from running XC or this season?
My favorite memory from cross country is getting to run and hang out at the park during practice.
4. What is a personal strength you have gained by running XC?
A personal strength I have gained is perseverance.
5. How does XC motivate you in other areas of your life?
Cross country has motivated me to make sure I get plenty of sleep and do well in school.
6. What is your favorite type of weather to run in and why?
I like weather in the mid 60s because its not too hot and not too cold.
7. Do you prefer running alone with music, without music, with a friend or a large group?
I like running with music because sometimes it helps me forget that I'm actually running.
8. Which part of Bring the JUICE do you relate to easiest and why?
(Joyful, Unstoppable, Integrity, Courageous, Encouragement)
Encouragement because when I pass people in a meet I make sure to tell them good job.
9. What characteristic of the TIGER Pride core values do you apply to cross country most and how? (Toughness, Integrity, Greatness, Energy, Responsibility)
I would say responsibility because I make sure to go to practice everyday and bring the right things for whatever I need to practice and meets.
10. What is something that most of your teammates do not know about you?
I've never gotten my ears pierced.