

# Through the Eyes of a Runner

## Senior – Joana Diaz



1. How long have you been running cross country?  
**I have been running cross country for two years, and this will be my third and last season of cross country.**
2. What do you like most about running cross country?  
**My favorite thing about running is that it can relieve a lot of stress I have, whether it be from outside things like school or band.**
3. What is your personal favorite memory from the season?  
**My favorite memory of this season so far is probably the beach trip during summer camp to Chicago. But I have also enjoyed just running with my friends everyday after school.**
4. What is a personal strength you have gained by running XC?  
**I think running cross country has helped me gain a lot of confidence in my ability to time manage. One of the main reasons that I did not join cross country my freshman year was because I was afraid that it would be too much on top of band, but since joining the team I have become a more disciplined person in general and prioritize my time.**
5. How does XC motivate you in other areas of your life?  
**I think being a part of a cross country team and a runner in general has made me a nicer and friendlier person. I was more on the shy side before joining, but in the past years and being surrounded by such kind people, I have been able to take those influences into my own self.**

## Freshman – Marlie Potocki



1. How long have you been running cross country?  
**This will be my fifth year running.**
2. What do you like most about running cross country?  
**I like the strength you build up, physically and mentally; the power to go further and the voice telling you that you can do it.**
3. What is your personal favorite memory from the season?
4. What is a personal strength you have gained by running XC?  
**I've gained endurance through running, mentally and physically.**
5. How does XC motivate you in other areas of your life?  
**Cross country motivates me in my personal life to make smart decisions like eating healthy, drinking water, and getting sleep.**
6. What is your favorite type of weather to run in and why?  
**I love to run practice in rain, because of the smell it brings outside. As you run you get soaked but it cools you off and you can feel the water "swish" as you take another stride. Overall I think it's fun.**
7. Do you prefer running alone with music, without music, with a friend or a large group?  
**I prefer to run with a friend and with music, but if I'm alone then I'd run without music.**

6. What is your favorite type of weather to run in and why?

**My favorite type of weather to run in is where it gets cold enough that you have to wear long sleeves. So probably mid 50s/60s. I also really enjoy any weather while it is raining, because running in the rain makes the workout more exciting.**

7. Do you prefer running alone with music, without music, with a friend or a large group?

**I definitely am against running with music, unless it is on a track, because I am afraid of being kidnapped. Also, I used to prefer running by myself, but being on the team has made me enjoy running with friends and having fun conversations while on a run. But overall, both running alone and with friends have their perks.**

8. Which part of Bring the JUICE do you relate to easiest and why? (Joyful, Unstoppable, Integrity, Courageous, Encouragement)

**I relate to encouragement the easiest, both from trying to encourage my teammates everyday and receiving constant encouragement from every member of the team during practices.**

9. What characteristic of the TIGER Pride core values do you apply to cross country most and how? (Toughness, Integrity, Greatness, Energy, Responsibility)

**I apply responsibility to cross country most because I am involved in many clubs and activities outside of cross country, it is important for me to be responsible and priority driven so I have time dedicated to each one of my commitments.**

10. What is something that most of your teammates do not know about you?

8. Which part of Bring the JUICE do you relate to easiest and why? (Joyful, Unstoppable, Integrity, Courageous, Encouragement)

**I relate to Encouragement, because it's easy to say a few kind things to your teammates. I feel like it's needed to build a strong team too, people need to support each other because it builds a foundation of trust. Along with that it can spark new friendships!**

9. What characteristic of the TIGER Pride core values do you apply to cross country most and how? (Toughness, Integrity, Greatness, Energy, Responsibility)

10. What is something that most of your teammates do not know about you?