

# Through the Eyes of a Runner

## Sophomore – Joslyn Prosek



1. How long have you been running cross country?  
**Since 5th grade**
2. What do you like most about running cross country?  
**I love the competition and how you forget about everything else when you are running.**
3. What is your personal favorite memory from running XC or this season?  
**In 8th grade when we went to state was just a really fun day.**
4. What is a personal strength you have gained by running XC?  
**I've learned to become more confident in myself.**
5. How does XC motivate you in other areas of your life?  
**Since I want to be a professional soccer player, this really keeps me in shape and pushes me to get better.**
6. What is your favorite type of weather to run in and why?  
**65 degrees or 70 because the air is super fresh and I love how it's not too hot or too cold.**
7. Do you prefer running alone with music, without music, with a friend or a large group?  
**That usually depends, but I love running with music and some friends.**

## Senior – Jubrisa Vargas



1. How long have you been running cross country?  
**4 years**
2. What do you like most about running cross country?  
**Afterwards effect, I feel all loopy and happy even though it hurts sometimes while running.**
3. What is your personal favorite memory from running XC or this season?  
**I actually enjoyed all of the middle schools coming with the DJ, food truck, ice cream. I wish we would've done that in the past years. Also, another cool thing that was fun was the mascot dance. And I also like walking the courses in the morning with the team. It's peaceful and cold and everyone is together.**
4. What is a personal strength you have gained by running XC?  
**My personal strength, I've learned how to be "comfortable with being uncomfortable"**
5. How does XC motivate you in other areas of your life?  
**Sometimes I think about myself racing and it gives me adrenaline and then energy, so basically it motivates me randomly and I work harder at whatever I'm doing.**
6. What is your favorite type of weather to run in and why?  
**Absolute best weather is when it's colder, you don't get hot as quick and feel like your face is burning off. But in cold weather, we're getting hot from running and cooled off by the air it's a win win.**

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

**I relate to unstoppable because you need to have that mindset when going into anything in life no matter what the situation may be.**

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 the energy because I go from cross country to soccer almost every night and I usually always have a lot of energy.**

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

**My favorite singer and music artist is Khalid. I just love the beats and rhythms in his music.**

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

I prefer to run with a friend but also a group ahead of me, it helps me adjust my pace accordingly and I'm also not alone. People running behind me or running to close gives me anxiety.

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

Unstoppable, when I started freshman year, I was in the worst shape and knew jack squat about cross country, but I believe I have never once started walking during a race even though I really wanted to.

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

Greatness, I believe we should push ourselves each and every single day.

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

I come to practice every day and sometimes I act a little special but I don't do it on purpose and when people react negatively it hurts my feelings so I have felt that I was not able to be myself on the team sometimes I also have recurring nightmares about past events and cross country is my happy place for 2 hours.