

# Through the Eyes of a Runner



## Junior - Alexis Rivas



1. How long have you been running cross country?  
**I have been running cross country for 5 seasons this is about to be my 6th season**

2. What do you like most about running cross country?

**I like most about running cross-country is being able to run with my teammates and push each other to become better runners.**

3. What is your personal favorite memory from the season?

**My favorite memory is any bus ride with music and just jamming out**

4. What is a personal strength you have gained by running XC?

**A personal strength is I learned to be more hardworking and determined.**

5. How does XC motivate you in other areas of your life?

**XC motivates me in other areas of my life by trying hard in school just as hard that I do in xc**

## Senior – Kate Blaauw



1. How long have you been running cross country?  
**The 2019 Season will be my 8th year running cross country.**

2. What do you like most about running cross country?

**I can prove to myself that I am capable of more than I think I am. Running XC gives me a feeling of accomplishment and thrill that nothing else can. I love being a part of such a great program with my amazing teammates.**

3. What is your personal favorite memory from the season?

**This question would be the perfect opportunity to tell a great story, however I don't know if I could ever choose just one. Lately, I have found that my favorite memories have been the smaller ones. Whether it is getting closer with one of the freshmen, a joke somebody said during a run, or something as simple as a high-five, it will all make leaving this team even more difficult when I graduate.**

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

**My favorite type of weather to run in is when it is 50 or 60 degrees out and it is sunny.**

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

**I prefer to run a small group of people because they help keep me in check rather than when I run by myself, I may stop and take a break.**

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

**Out of all the letters in JUICE I think I relate the most to is Unstoppable because no matter if something is wrong, I know that I can't cut a workout short and must keep going till I am done.**

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

**The Characteristic that I apply the most Energy because when on runs when I pass someone, or someone passes me I always say good job to help motivate the team and help encourage.**

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

**Most teammates don't know that I never in middle school planned on running in High School till 8th grade night.**

4. What is a personal strength you have gained by running XC?

**I have learned the difficult trait of optimism. In XC (and in life), I often become so focused on the negative outcome of a frustrating situation that I forget to look at the positive aspects of it. I quickly learned about the 'Midnight Rule' from my teammates during my first season at West, and I have used it many times in running ever since. The 'Midnight Rule' is used after any race that didn't happen the way you hoped it would. It states that the runner may be upset, frustrated, etc. up until midnight. After that, the runner must move on to the next race, and not let the previous one defines them.**

5. How does XC motivate you in other areas of your life?

**Cross country has motivated me to step outside of my comfort zone more often to challenge myself. I have gone zip-lining and on a treetop adventure course with my family, where you go over all sorts of obstacles while you are connected to a rope, at least 20 feet off of the ground. It was never something I ever saw myself doing, but it turned out to be one of my favorite things I have ever done.**

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

**I love running in cold, mid-morning fall or winter weather. Cold enough that some parts of your body become numb and you can see every breath you take. There is something about the contrast of the frigid air hitting your skin and the warmth of your body working that is like no other. It's the perfect cold/hot.**

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

**It all depends on the workout, and how I am feeling that day.**

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

**Integrity. High school has taught me the importance of having strong moral principles. I believe that it is a very important characteristic for anyone to have, as it affects most, if not all, of the aspects in someone's life.**

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

**Definitely toughness. The sport of cross country requires a certain level of grit and determination. I have learned that without them, I will never be able to reach my fullest level of potential. For me, grit and determination come into play after an exhausting school day, during a difficult speed workout, the last few miles of a long run, or an entire 3-mile race.**

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

**Here's 2:**

- 1. I hate white chocolate. It's just plastic that is pretending to be chocolate.**
- 2. I stress clean. I very frequently find myself working my way around my house cleaning anything and everything.**