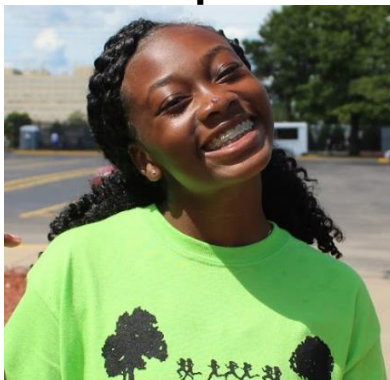


Through the Eyes of a Runner

Freshmen – Helena Campbell



1. How long have you been running cross country?

This is my first year.

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

The adrenaline and the rush and it's just fun.

3. What is your personal favorite memory from running XC or this season?

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

Becoming a better

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

Motivates me to never give up.

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

Sophomore – Tracey Renteria



1. How long have you been running cross country?

I have been running since 6th grade, so it's been 5 years of running XC.

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

What I like most about running XC is when you finish a race, the feeling you get after knowing you tried hard and feeling good about yourself.

3. What is your personal favorite memory from running XC or this season?

My favorite memory from running XC this season is making the team pot and sticking all the pieces together to symbolize our team.

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

A personal strength I have gained by running XC is having more motivation and confidence, I am

Junior – Lia Mastin



1. How long have you been running cross country?

I have been running cross country for three years.

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

I love having something to work for and improve in outside of school!

3. What is your personal favorite memory from running XC or this season?

My favorite memory from XC is definitely going to Sectionals last year. The entire trip we were laughing and having a great time together, and when we raced it felt like we were all working together, even if we weren't running near each other the entire time.

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

Cross country has helped me become a more outgoing and positive person!

When it's fall time because your cab they don't really burn as much.

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

Sometimes i like to be alone and listen to music.

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

Encouragement because I like to help my teammates out when they're at their worst.

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

Toughness because no matter how hard something gets i keep trying.

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

I sometimes procrastinate.

more motivated and confident not only in my running but also in myself.

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

XC motivates me to stay positive even in the hardest times. Running is hard but we learn to get through it, just like in life there are difficult situations and we must remain positive to get through them.

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

My favorite type of weather to run is definitely COLD weather. Anywhere between 50-68 degrees is perfect for me.

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

I prefer running without music because I can't concentrate on my running, I also prefer to run in a large group because they motivate me to keep going and I get to talk to everyone.

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

I believe I relate to integrity the most because I like to do what's right even if nobody is watching and I have set values that I try to practice each and every day.

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

I think I apply Energy the most because running definitely is not easy, so you have

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

Cross country has helped me develop stronger discipline, which is super motivating in every aspect of my life- I am always reminded that the work I put into something will determine the result, which motivates me to work hard to accomplish my goals

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

My favorite weather for running is like 60 degrees because I love fall!!!!

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

I CANNOT run by myself because I get too bored, so at practice I like running in a group without music, because it is always fun, and it helps me work harder. Outside of practice I like running with a friend or a sibling with music.

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

I relate to Integrity most, because my parents/teachers/coaches have always encouraged me to work hard and do what is right.

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

to be positive and bring all your energy to feel good and get the most out of running. If you do this, you will have fun and you will also feel great.

10. What is something that most of your teammates do not know about you?
I LOVE to cook and bake, it's something that I like to do when I have some free time. I have baked anything from homemade cinnamon rolls to cooking lamb, including many other recipes. I prefer to bake though ,but I find fun in both cooking and baking! My favorite things to bake are pound cakes especially for the christmas season.

I try to apply Energy most, because cross country is meant to be FUN!!

10. What is something that most of your teammates do not know about you?
I was homeschooled until freshman year!!