

Through the Eyes of a Runner

Sophomore – Yasenia Rodriguez



1. How long have you been running cross country?
First year

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

Running as a team

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?

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

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

Fall weather so not very hot or cold

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

With a friend, not a group

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

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

Senior – Yesenia Suarez



1. How long have you been running cross country?
I have been running cross country since 5th grade (8 years)

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

I like being able to run with friends and having that feel that you had accomplished the time you wanted and work your way up.

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

My favorite memory from Cross Country is when we had to race in the pouring rain, and I couldn't even see because it was raining that hard.

Running through the mud and puddles. I want to say it was freshman year. But so far it was my favorite because it was adventurous.

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

I would say a strong mind because before I would give up easier and run slower and now I tell myself I am not going to die and my legs won't fall off, I will be fine and that if I wanted to get better then I have to go now.

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

Cross country is nice because you can just run with your friends and talk. It's a stress reliever and gets things off your mind from the real world. It motivates me to do better because it gives me a break so that when I do go back, I put in more effort.

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

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

I love running in the 65-70's, a little cold and sunny. I love this weather because it's just reminds me of fall with warm hot chocolate and pumpkin spice. Also, because it's the competitive season and I feel like a stronger runner.

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

It depends on how I feel because sometimes It's nice to run alone with music but that's mostly outside of school when I go out for a run. But I enjoy running with a small group of friends during practice.

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

The easiest part of bringing the juice is joyful because I like to feel joyful because I feel more motivated and I get more things done and when I am tired or not feeling it , the day just goes by slower and I don't like that so I am joyful and it makes everybody else joyful.

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 mostly apply to cross country is toughness because you must be tough to do good in practice and races.

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

I didn't make the track team in middle school and that I sucked at running in 5th grade and didn't want to run but my mom forced me to do it anyways and now I thank my mom.