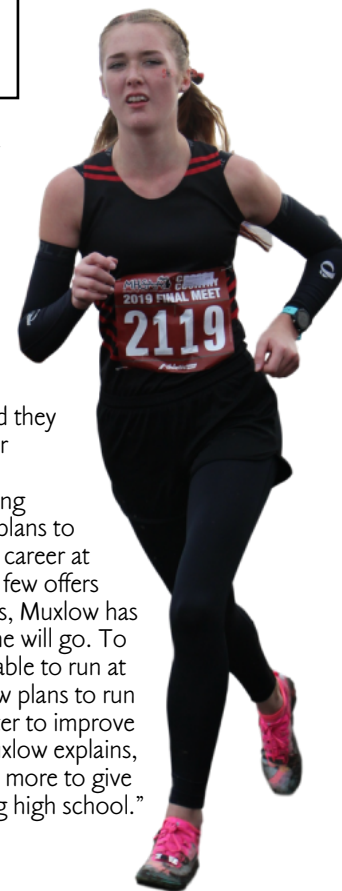


JUST GETTING STARTED

"I FEEL LIKE I HAVE A LOT MORE TO GIVE THAN WHAT I DID DURING HIGH SCHOOL."



Bam! 250 girls were off to the races at the Division 3 cross country state meet at MIS. Amongst this huge crowd was senior Victoria Muxlow, the only qualifying runner for the Sandusky cross country team. After getting elbowed five times and plowing her way through the muddy hills, Muxlow fell short of placing. Although this was not outcome she wished for, Muxlow was still grateful for the once in a lifetime experience.

"Going to states has been a goal of mine for so long and I never thought I would've got there because of my injuries, but hard work pays off," said Muxlow.

This goal of going to states did not happen in one night for Muxlow. During her freshman and sophomore year, Muxlow had many injuries that held her back. "I wanted to quit," said Muxlow. It wasn't until her junior year that she started going to physical therapy that she finally felt healthy enough to run.

Knowing she was capable of competing sparked a motivation within Muxlow and she started to train. Muxlow followed a summer

based program that required her to run six days a week doing different types of workouts each day. Doing these workouts on her own, Muxlow found that it was hard mentally to follow through.

"Running is 90% mental and 10% physical. It was tough but I had to keep telling myself that I could do it."

Summer was not the only mentally challenging time for Muxlow, she also faced a running slump at the end of the season during the league meet.

By having five runners, the team was finally in a position to win a team trophy. Knowing that they had the chance to win league, forced Muxlow to push herself out of her slump.

"I kept in my mind during the race that I have to do this for the team and that gave me the motivation to push it in order for us to win league," said Muxlow.

This team mentality is what Muxlow found was most rewarding in her senior season. Muxlow not only focused on her own success but she also encouraged the younger runners to push themselves.

"Our last two runners improved by four

minutes each. Amelia started off at a 30 minute and then got down to a 23.17 and that's what I got at regionals my sophomore year so I am encouraging her and Kiera to keep pushing it because I was in their shoes and they can definitely get their letters."

With a very rewarding senior year, Muxlow plans to continue her running career at the next level. With a few offers from different schools, Muxlow has not decided where she will go. To prove that she is capable to run at the next level, Muxlow plans to run indoor track this winter to improve her running skills. Muxlow explains, "I feel like I have a lot more to give than what I did during high school."

UBLY COURSE MAP

One of the most popular courses amongst the runners, Ubly's course is fast-paced and most runners earn their best times there.

The gravel pit is the hardest place to run according to Kiera Waligorski. "I wonder if they are making this course hard on purpose," Waligorski commented.



The grass field is one of the most boring parts of the races according to Jordan Smith. This point marks mile one of the race which forces Smith to think about his time. "I listen to what the other player's parents and coaches are saying about the time so I can see how well I am running," Smith said.



The wooded area of the Ubly course was effortless for Joshua Smith. The shaded trail allowed him to reach his personal record for the season. "I thought the Ubly course was a really fun course to run," said Smith.



The beaten path along the river is not only very scenic, but it is the finishing stretch of the race. "When I'm running by a scenic view it gets my mind off running and takes all the stress away," said Amelia Huysentruyt.

START

FINISH

Customer is allowed to have objects outside of the margin.

TRIM LINE

TRIM LINE

PERSONAL GOALS



ALLYSEN JANSEN

After a hard decision of departing from the volleyball team, Allysen Jansen completed the five person cross country team. She was a great addition to the team as the first Sandusky runner to cross the finish line. "My goals are to get a 19:59 5k, make it to sates, and to be the first runner every race," said Jansen.



KREIGH DIMASUAY

Leadership was one of the main goals that drove Kreigh Dimasuay throughout his final year of cross country. "I wanted to be with my team as much as possible this year, not just in races but with my support and guidance," stated Dimasuay.



JOSHUA SMITH

In an effort to complete his goal, Joshua Smith works his way to get a medal every meet this season. Though not successful, it is known he will attempt at his goal next season. "I missed one this year so I'll just have to try again next year," said Smith.



RACE PREP-CHECK LIST

- WALK THE COURSE
- RUN THE SECOND MILE
- EAT A SNACK
- TEAM PRAYER
- LOTS OF STRETCHING



GOING THE EXTRA MILE

Dual sporting is something not every person can handle. Going from one sport to another you have very little time for homework and other social activities. Going from volleyball practice to running at the Diamond Trail, Brooklynn Jansen experienced this juggling of time first hand. "I didn't run at the first meet, but Coach Roberts contacted me and asked me to be his sixth runner," said Jansen.

23 MILES PER WEEK

7 MEDALS

3.1 MILE TIME

PERSONAL RECORD 21.56

FINISHING STRONG



Running with a pack of three from Deckerville and Bad Axe, Drew Orchard earned his personal record of 17:58 at the Bad Axe Invitational. By running with the pack, Orchard was able to push himself towards the end of the race to finish strong and pass the three other runners. "I pushed myself super hard this race and I'm proud of myself," said Orchard.

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TRIM LINE

TRIM LINE