



"Smiley" Sophomore Crystal Thomas, a first year runner, lives up to her team name "Smiley" at the South Montgomery meet. "It was a blast this season! We had a lot of fun. I can't wait until next year!"



Cone Head! Home meets require setting out and collecting cones. Junior Cassie Huffman (a.k.a. Blondie) makes the job fun!!!



Taking times is fun! Senior Cayla Adamson was our manager throughout the season. She was someone we couldn't do without! Thank you Cayla (a.k.a. Hey you!!!!)



Does she EVER walk! Always on the run, Coach Kristy Lippencott worked the hardest of us all! There was never a mile split missed without a good reason!!

Cross Country

This season was a fun time for all!! This was the year of Hey You and the Seven Dwarfetts for the girls- Hey You, Speedy, Ducky, Grumpy, Dizzy, Red, Smiley, and Blondie; Cassie Hunt and her multi-championships and Regional and Semi-State qualifications! For the boys it was the invisible ping pong at camp out and the first ever boys team trophy! Great Job JV!!



(above) **Do you really know where you're going?** Walking the course is the most important part, next to actually making it to the meet. If you don't know the course, you can't run it very well can you? Heather Clodfelter, Crystal Thomas, Erin Morlan, Cassie Huffman, Amanda Winger, and Cassie Hunt, make sure WE know the course.

(top left) **Super Cassie!** Speedy (a.k.a. Cassie Hunt) graciously receives her County trophy and medal. Cassie was County, Conference, and Sectional Champion, and a Regional and Semi-State qualifier, as a first year runner! "I have had a great first year! I couldn't have asked for a better group of girls to run with! Thanks for a wonderful season!!"



(top right) **The Pack!** Amanda Winger, Erin Morlan, and Crystal Thomas follow Coach's instructions to pack up and pull each other.

(middle right) **Run Red Run!** Erin Morlan, Red, rolls her stride on the downhills at the conference meet!

(bottom left) **Focus!** Amanda Winger focuses on her form during the Hokum Karum.



(above) **Ready, Set...** Senior Heather Clodfelter (Ducky) and Junior Amanda Winger get ready to run at Hokum Karum.