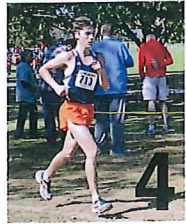


faith & focus



1. Pack of Bulldogs. Members of the team run during a race. **2. Finish Strong.** Mathias Powell (09) crosses the finish line at East Peoria. **3. Constant Encouragement.** Alex Keeble (12) runs toward the finish line. Keeble stated, "If the team sees one person working hard it makes them do better. They don't let down their team." **4. Pain.** Cody Jesswein (12) explained that he had to, "push through the pain" of his tendonitis in order to finish the race. **5. Buddies.** Gabe Pommier (11) runs alongside Brian Butcher (11). "Butcher and I push each other. We run together every summer. I personally haven't missed a day of running in 2 years," stated Pommier.

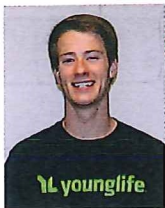
Senior Jack Hyde is "sad to see the season come to an end." Hyde has been running on the cross country team since junior high and "couldn't imagine not doing so." Motivation to run comes from a man that Hyde will miss. "I really look up to my coach. He motivated me, as well as the rest of the team, in a way that no other coach has. He taught me how enjoyable hard work is when it's done with the right mindset. He also gave me an example of what it looks like to be a man of faith. I will miss Coach Garrison with my whole heart and will keep communicating with him in college." Hyde explained that being on the cross country team gives him the encouragement to run even during the offseason. "The rest of my teammates [and I] spent hours running together and on our



own to get us prepared for the season." Hyde added, "I love the time that I get to spend by myself on long runs. I spend that time in prayer or talking with my closest friends on the team. The group of guys and the coach that I have been blessed to run with is amazing. The bond that forms between people that go through so much pain together is strong and it held us together as a team when we didn't perform up to expectations." Because of this, he explained, "The lessons about life that I learned from the pain and brutal workouts will help me be successful for a long time." Hyde concluded, "It was such a rush running with my team. I had to take time to reflect on how much work I had put into this sport...and when I did, that got me motivated to give everything I had while running."

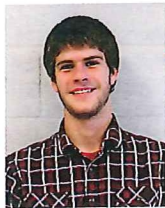
Q & A

What is YOUR motivation for this sport?



Mason McAnally (12) explained, "My teammates. I want the cross team to be recognized for the hard work we do. This pushes me to be the best I can be."

Kyle Sheehy (10) revealed, "My team mates and Garrison (coach) really push me to do my best. Not only to benefit us individually, but to benefit the whole team."



Joey Magyar (12) stated, "Garrison is amazing and gives inspirational speeches. My team mates push me to run like a gazelle in the prairies of Africa."

Jack Hyde (12)

"I love the time that I get to spend by myself on long runs. I spend that time in prayer..."



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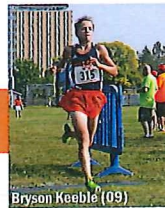
M-SHS Boys Cross Country 2nd overall in today's IHSAA Class 2A State Meet. Congratulations Bulldogs on a great season!



Andrew Walmer (11)



Charlie Grant (10)



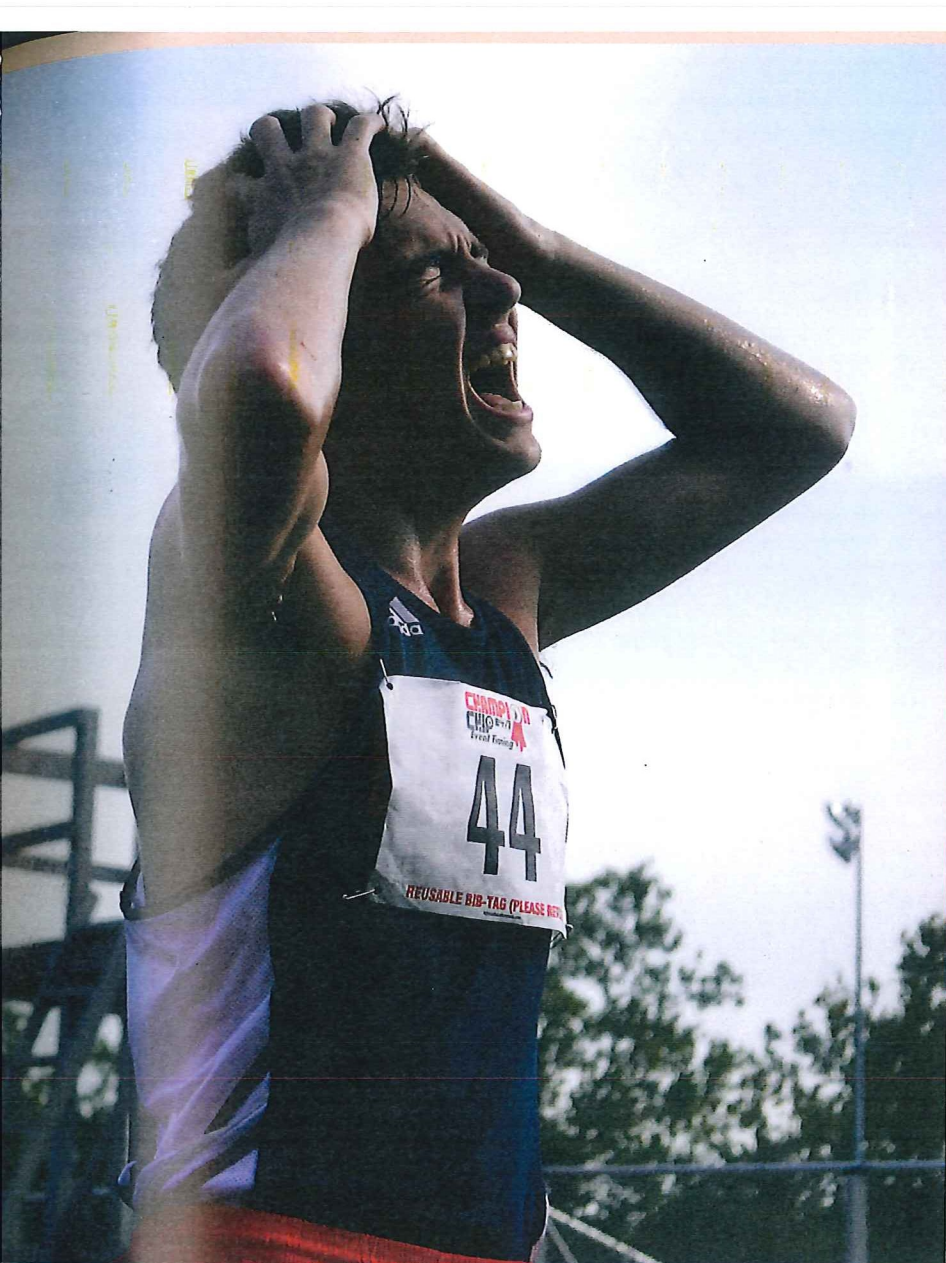
Bryson Keeble (09)



Stret Beal (11)



Tristan Ray (11)



> "Running hard for 3 miles straight for the first time was painful."



1. First Race Pain. Freshman Adam VonHolten finishes his first high school cross country race. "I was happy that the race was over because I was in a lot of pain. Running hard for three miles straight for the first time was painful," stated VonHolten. **2. Bulldog Pride.** Jack Turner (12) waves the team's flag at their first meet. Turner's last season of cross country was, "enjoyable because of my teammates. I loved being on a very determined team. The team all wanted to be the best. There was no room for error; everyone was determined to win." **3. Hard Work.** Sophomore Ryan Hodge completes the first race of his second season on the cross country team. Hodge explained that he was "in a lot of pain. I had forgotten how it felt to push as hard as your body will allow you for three whole miles. The feeling you get when you cross the finish line is one of relief and pain." **4. Awesome Team Mates.** Evan Burge (10) runs at the East Peoria Invitational. "Coach was really pushing me that week. He is an awesome coach because he pushes us hard and makes us better runners," explained Burge. **5. New to School.** Moving to Mahomet this year, Sophomore Justin Williams runs his first meet alongside Sophomore Riley Fortune in East Peoria. Williams "enjoyed what this town had to offer for cross country. The team mates are really awesome to run with and hang out with." Williams continued to add, "This team is a lot more motivated to run and more motivated to succeed." **6. Another State Trophy.** Kiel Ledin (09) poses with the team after the state meet. Ledin explained, "The most memorable part about the season was state and having my teammates guide me through the sport and adjust to everything." Getting 2nd in state was "really cool, definitely because it was my first year. It was bit of a let down because we were ranked #1, but 2nd was still really awesome," stated Ledin.