

Cross Country



allABOUTstats

8



Team Members

4



Medal Qualifying Runs

22



Average run time per event (minutes)



What was your favorite event this season?

"My best and favorite event was when I killed my PR in St.Johns."
-Grant Malek
9th Grade

How do you stay motivated when you don't want to run?

"I'm always motivated to try my best."
-Kadyn Welch
10th Grade



What's your goal for the 2017 season?

"My goal is to beat my personal record."
-Matt Mulholland
11th Grade

What are you going to miss most about CC?

"I'm going to miss having all the extra energy."
-Doug Gavenda
12th Grade

