

Trinity Cross Country Starts the Season Off Strong

By: Sadie Nay

This year, Trinity Cross Country has only two members: Joslyn Love, a sophomore, and Cheyenne Campbell, a freshman. But that is the beauty of cross country. You don't have to have many people to run. You only need yourself and a really good pair of running shoes.

I've heard it said multiple times that cross country is not a real sport, and that it's not the same as basketball or soccer. That couldn't be farther from the truth. In reality, cross country is one of the most difficult sports that one can participate in. No breaks, no stopping. If you want to be the best, you have to dedicate yourself 100%. How you run in practice is how you will run in meets. Times don't lie. Cross country requires a certain mindset that says you are willing to put yourself through physical, and mental, pain in order to run as fast you can. And you can say cross country is a team sport, and technically it is. But really, when it comes to you standing on that start line, and no one is moving an inch as the tension is building, it is you against the world. When the gun goes off, it feels like an earthquake, feet shaking the whole earth. So, yeah. I think it is fair to say that the runners who decide to take on cross country and represent Trinity are ready to do anything it takes to be the best they can be.

But, that's not quite all there is to cross country. Between the long drives to meets and just spending time together, it is a great opportunity to create new friendships and memories with each other. Although there are only two runners this year, I believe they will grow close as the season progresses.

From running in the heat, balancing multiple sports, and having difficult practices, the girls are there for it all. "Our runners are multisport athletes so our practices revolve around bigger team schedules. They typically include 2-4 mile runs at various pace, calisthenics, and speed/interval work," Coach Jim Kay said.

So overall, the Trinity Cross Country team will have an excellent season because of the dedication and hard work they are willing to put in.