

# Cross Country

1. Noun
2. Adjective
3. Noun - Plural

# Cross Country

The cross           Noun           team huddled around, taking one last stretch to make sure that their muscles were ready before they started the race.

One last team talk, ensuring a tactic before they started the 3 mile course in Kit Carson Park, which happened to be the first cluster league meet of the 2013 season.

One last chance to tighten their shoe laces, preventing           Adjective           mishaps before they ran the first loop of the course, then traversed across the saddle-back hills at the beginning of the second mile.

One last swig of water, staying hydrated before the first Wolverine, Alex Tucker (11) crossed the finish line in just over 16 minutes.

One last deep breath, getting the oxygen flowing           Noun - Plural           4 other Westview boys runners followed Tucker, in a span of less than 30 seconds.

One last moment of rest, building energy before Westview won the meet, and took home the first place title.

Before all of that, the team stood in a circle, adrenaline building. Collin Barraugh (12), team captain, looked at each person, a slight smile forming on his face as he began their ritual cheer.

"HARD WORK," he yelled, at the top of his lungs, so loud that all of the surrounding teams could hear him.

"PAYS OFF," screamed the rest of the team as they responded instinctively back, starting a chant. "Hard work...  
. Pays off! Hard work... Pays off!"

The teammates made their way to the starting line, gradually getting mixed in with the hordes of other people doing the same. They were determined to prove their chant right, showing that their daily practices and hard work

put them above the rest of the schools.

"Not everybody had their best day that day," said Barraugh, "But it was an all-around good performance - no one had an off day. Everything turned out kinda great."