

## XC takes last step to State race

BY KEVIN MURPHY  
SPORTS EDITOR

The St. Louis U. High varsity cross country team won its last race on the road to state last Saturday, beating out an aggressive Rock Bridge team, 31-41.

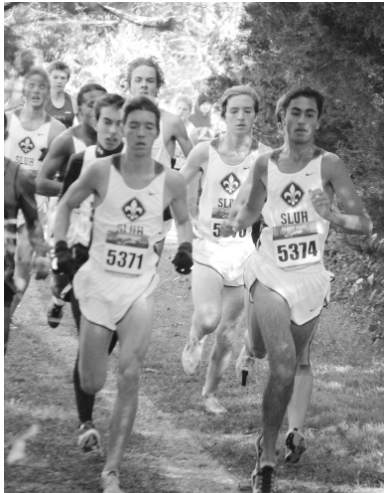
Leading the team once again was senior Matthew Hennessey, who ran with Webster's top runner Tyler

Lawson and senior teammate Thomas Hogan.

The team also ran the complete State team for the first time this season. Injury, sickness, and rest weeks have been the cause of the mixing of the varsity runners.

"It was good to see them all on the line at the same time," said head coach Joe Porter.

photo | Kevin Murphy



From left to right: Davidson, Butler, and Hennessey lead the race.

The team ran a tough race, having to deal with the Rock Bridge runners throwing elbows and trying to get in the runners' heads.

Hennessey won his third race of the season, finishing only ten seconds slower than his personal record with a time of 16:03.

"Matthew looked very dominant in that race and I was really excited with the way he ran," said Porter.

Hogan finished in third behind Lawson with a time of 16:10. The rest of the Jr. Bill team came in within four seconds of each other. Junior Joe Butler (9th; 16:38), who didn't run in last week's district race due to sickness, led the pack to the finish. Seniors Jack Gallagher (10th; 16:39) and Shayn Jackson (11th; 16:40) and junior Dustan Davidson (12th; 16:41) followed right behind Butler, and senior Jack Sullivan (15th; 16:42), who didn't run in Districts due to injuries to his IT band, was separated from this group by only two places.

"We've been focusing on the one-to-five gap, and it was 36 seconds, which is good," said Porter. "And one-to-seven being 38 seconds is really

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## Football down early, loses to Hawks

BY MARTY JOHNSON  
SPORTS EDITOR

The St. Louis U. High football team did everything it could to claw its way out of a 17-point deficit, but ultimately saw its season end at the hands of Hazelwood Central on Saturday in a 23-14 loss.

Entering Saturday's game, the Jr. Bills knew that they had an uphill battle in front of them. The Hawks hadn't allowed a point since Oct. 4 against Hazelwood East and had scored fewer than 20 points only once in the season.

After Central quarterback Mike Glass lofted a 38-yard touchdown pass to Xavier Sneed to make the game 17-0 with 8:26 to go in the first half, it seemed as if SLUH might go quietly to the Hawks.

However, the deficit seemed to energize, not deflate, the Jr. Bills. With under five minutes remaining in the

half, the offense found success, methodically driving down the field and cutting the Central lead to 10 with a one-yard run by quarterback Mitch Batschelett.

Senior Bryan Edwards gave the Jr. Bills even more momentum, sacking Glass on third and goal to prevent the Hawks from scoring just before halftime.

SLUH's defense rode this momentum for the rest of the game, allowing Central just one touchdown in the second half.

"I thought we rallied pretty good in the second half after a pretty mediocre first half," said senior running back Andre Colvin.

Despite receiving good field position a couple of times in the third quarter, the Jr. Bills' offense struggled to sustain drives against the stout Central defense.

"We were trying to put together a drive, but we

couldn't really put a full drive together," said senior offensive tackle Max Kavy.

Throughout the season, the Jr. Bills have shown the ability to score on defense and special teams and they did so again against the Hawks. With two minutes left in the third, and the Hawks punting deep in their territory, SLUH blocked the punt. Sophomore Davion Nash scooped up the ball and returned it 14 yards for the touchdown to cut the Central lead to three.

"We dug ourselves a hole, and we came back," head coach Gary Kornfeld said.

"I definitely think Davion's punt return was a turning point," senior offensive lineman Aaron Kilgore said. "That really brought some fire to us."

Unfortunately for the Jr. Bills, the Hawks' offense

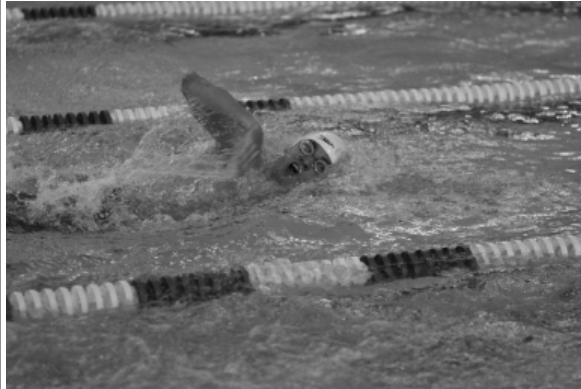
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photo | Dominik Skroska



SLUH's defense wraps up Hazelwood Central player in their 23-14 loss last Saturday.

## Swimming dives into State meet



Senior Colin Derdeyn swims to a win in the 50 Free at MCC finals.

photo | Patrick Enderle

BY PATRICK SCHULER  
REPORTER

The varsity swim team finished its last week of practices in preparation for the MSHSAA State Championships today and tomorrow.

SLUH is sending 16 swimmers total to state this year, the fourth most of any team in the state.

The JV team is finished with its season, and the only swimmers still practicing are the swimmers participating in the state meet and alternates for the three relays.

SLUH is looking forward to some key swims from junior Justin Andrews and se-

nior captain Colin Derdeyn. Derdeyn is seeded fifth in the 50-yard Freestyle and eighth in the 100 Freestyle. Andrews is seeded second in the 200 Freestyle and fifth in the 500 Free.

SLUH is seeded second in the 200 Medley Relay and fifth in the 400 Free Relay.

"MCCs displayed our team's strength in freestyle and depth, as we won every freestyle event and every relay," said Derdeyn. "We hope to make a similar impact at the state meet."

Derdeyn said his goal at the beginning of the season was to win the 50 after taking ninth last year.

Junior Michael Krause was also pleased with the team's performance. "Our medley relay has a really good shot of doing well. We're seeded second in the state behind Rockhurst. No one else is very close, so it will be a good race."

Overall, the team is looking to build on last year's eighth-place finish.

"Given our hard work this season and our strong entry time, we are poised to make a significant mark at the meet," said Derdeyn. "My original goal for the season was to be a top five team in the state, but now I have no doubt we can finish in the top two."

## Soccer falls late to Chaminade

photo | Kevin Murphy



Junior Sam Perry calls for a through-ball from senior Clark Conway against CCP.

BY CONNOR FITZGERALD  
CORE STAFF

The soccer team's season ended in the District finals Saturday with a 3-2 loss to Chaminade in overtime.

The team had stopped McCluer North in the first round of District 8-1, but Chaminade proved too great a foe one week later in the finals.

Chaminade had four great scoring chances early; they scored on their fourth, on a Jacob Pesek header off of a corner kick in the 16th minute.

SLUH was resilient, though. In the 35th minute, senior captain Clark Conway headed the ball past Chaminade goalie Zach Pogue to tie the score at one going into halftime.

The momentum from Conway's goal translated

into a much faster, more aggressive SLUH attack in the second half. Senior Elliot Boerding's cross-goal shot put SLUH up 2-1 in the 45th minute.

SLUH's plan after getting a lead was to play sound defense. They did just that, until the 71st minute when senior goalie Albert Reinwart's backward-jumping save caused many to think that he landed in the goal.

Meanwhile, SLUH kept pressing offensively. Simon nearly extended the lead to two when his shot off of a pass from junior Sam Perry narrowly missed the Chaminade net wide.

Despite their effort, SLUH's second-half shutout ended in the 79th minute as Chaminade's AJ Anthon finished the third rebound off of a free kick by Pesek, tying the

score at two as the clock ran out.

"To be so close and let it slip away was devastating," said senior Will DelaRoche. "All of our hard work seemed to vanish in a second."

Having expended almost all of their energy in the first two halves, the players had little left in the tank for the 15-minute golden-goal overtime period.

Chaminade started off overtime aggressively on offense, placing two shots on SLUH's net before the fourth minute, when Chaminade senior Kenny Massa slid a ball past Reinwart after working his way through the SLUH box to end the game and SLUH's season.

"They were courageous," said head coach Charlie Mar-

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## Hockey wins first game handily, 10-4



photo | Kevin Murphy

Junior Steve Lockwood stick handles against Timberland.

BY TIM NILE  
REPORTER

The St. Louis U. High hockey team bounced back from its loss to CBC in the preseason tournament semifinals with a high-scoring 10-4 win over the Wentzville-Timberland Wolves in their regular season opener.

The team knew that Timberland had a few good players, but "they won't be able to compete with us line after line after line," said head coach Kevin Fitzpatrick.

The team started the season with an addition to the uniform; each player wore a sticker on his helmet memorializing Connor Lewis.

"The team dedicated the season to him, so we win for him," said junior captain Steve

Lockwood.

After the Zamboni cleared the ice and the teams warmed up, the puck was dropped, and in 35 seconds the Jr. Bills had their first goal. Sophomore forward John Sieckhaus scored the team's first regular season goal, knocking the goal off its pegs at the same time.

A tripping penalty on junior captain Patrick Pence enabled Timberland to score their first goal on the power play with 10:21 left in the first period.

Then, with 34 seconds left in the period, the Wolves scored their second goal, for a 2-1 lead.

Sophomore Luke Gasset scored an unassisted goal 1:35 into the second period to tie the game.

"There must have been a gas leak on the ice," joked junior Joey Pinkowski in reaction to Gasset's goal.

Shortly after that the Jr. Bills had their third goal when senior Danny Tarlas scored to give the Jr. Bills the lead.

Less than a minute later, Lockwood took the puck coast to coast, scoring five-hole with 8:21 left in the period.

Timberland scored with 7:21 to go to cut the Jr. Bills' lead to 4-3.

A tripping penalty called on Timberland put the Jr. Bills on a power play. Gasset juked a defender and passed it to wide open senior captain Tommy Espenschied, who scored easily for a two-goal lead with 4:20 left in the second period.

Timberland scored their final goal of the night with 37 seconds left in the second period. But there was enough time for Lockwood to lock up the win and score his second goal of the night with 3.2 seconds left, finalizing the score for two periods at 6-4.

"First period we were really bad, and second period we came out and scored a ton of goals and we just kept scoring and shut them down," said Lockwood.

The team's depth showed throughout the second and third periods. Timberland players started to tire, while the Jr. Bills were relentless in their goal-scoring.

Goals by Pence, Sieckhaus, Lockwood—his third of the night—and sophomore Louis Garavaglia made the final score 10-4.

The Jr. Bills' next game is tonight at 9:30 at St. Peter's Rec Plex against the Francis Howell Central Spartans.

## C football surprises with 8-2 record

BY SAM HEAGNEY AND JACK CASEY  
REPORTERS

The C football team wrapped up its season last week with an 8-2 record. Although the season ended with a loss to Kirkwood, the Jr. Bills finished the year atop the Metro Catholic Conference for the second straight year, this time in a three-way tie with CBC and De Smet.

The team's success came through unique circumstances: only 39 players were on the roster. The last two seasons the C team had 55 players, but the team had a low turnout this year.

"When we saw this group at camp we were worried and thought it would be a rough year, but they really outperformed their expectations," said coach Adam Cruz.

"One of the advantages to having a small team is they got along really well. It was a tight-knit and fun group," Cruz said.

The Jr. Bills began the season on a 4-0 tear and outscored their opponents 163-26 in those games.

"We took advantage of a soft schedule," Cruz said.

However, their run came to a halt against a tough De

Smet team in a 24-13 loss at De Smet.

"It was one of those days where the kids' concentration wasn't there and things spiraled," Cruz said.

After the loss, the team was having a poor practice, so the coaches took the opportunity to turn things around.

"We weren't having too good of practices, so one day our coach told us that he had had enough so we heard a speech and the players expressed how they felt and we all started playing better," freshman Daniel Terry said.

"It was a real wake up moment for the team," said freshman Kameron Bowdry.

"They learned about the loss and that helped them in the future," said coach Tom Wilson.

The Jr. Bills recovered with wins at Parkway South and against CBC.

"The CBC game was a big win," Wilson said.

"We played our best game all year; the CBC game was a really good team win," Cruz said.

The team continued with a victory at Lafayette.

"It was a good tough win. We really grinded it out, but they hit pretty hard," Cruz

said.

The win came at a cost, though. The defense lost three of its key starters—Ian Shockley, Trevor Jones, and Sean Binder—to injuries.

Those injuries came into play in the final game of the season against Kirkwood. The Jr. Bills built up a 14-0 lead, but lost 26-21.

Although the season finished with a defeat, the team was in high spirits. Five players—Kameron Bowdry, Ricky Browne, Michael Llewellyn, Jared Scott, and Daniel Terry—earned themselves spots on the varsity when the season was over.

A crop of two way players on both the offense and defense served as a foundation. "Those guys were warriors for us. They battled," Cruz said.

The Jr. Bills were led on the defensive side by a strong line, anchored by on middle linebacker Jared Scott.

"Scott was the heart and soul of our defense, we ran everything through him," Cruz said.

Scott also played a crucial role at running back.

"Offensively he was a stud; if we even needed a couple yards we went to Scott," Cruz said.

## B soccer becomes a unit, ends at 8-3-3

BY JACK MINER  
REPORTER

The St. Louis U. High B soccer team ended its season on a good note, finishing with a regular season record of 8-3-3.

"The team played well," said head coach Tom Zinselmeyer. "It was fun to watch them get to that pinnacle of performance."

The freshmen who made the team had no difficulty playing alongside sophomores throughout the season. In fact several freshmen played key roles in the teams' success.

"Getting to see the freshmen play, interact, and contribute with a sophomore

team," said Zinselmeyer, "and seeing it all come together against CBC was a really cool thing to watch."

"Guys like Will Rudder, Pietro Nicastro, and Kurt Schumacher all contributed to the team's success," said Zinselmeyer.

Communication was key for the Jr. Bills and was something they had mastered by the end of the year. Without good communication, they wouldn't have been able to accomplish their goal for the year.

"Our goal was just to connect passes," said freshman forward Will Rudder.

The last game of the

year against CBC was a hard-fought battle by the Jr. Bills but still resulted in a 1-0 loss.

"It was physical," said sophomore Donovan Ditto, "one of the most hard fought games of the year."

"We lost, but it was still one of our best games of the year," said midfielder Nicastro.

Learning to communicate, pass the ball with control, and to finish chances allowed the team to earn eight solid wins over the course of the year.

"The effort was there and they played to the fullest of their potential," said Zinselmeyer.

## CCP too much for SLUH in OT

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tel. "I was impressed. We told them after the game that we knew they gave everything that they had, that they left everything on the field. I was really proud of them."

"I think like our record implies, we had a very strong year," said Frein. "We won big games and tournaments. Unfortunately though, we weren't able to accomplish our goal of winning a State title. We did all we could to prepare for Chaminade and in the end,

came up a little short, but that's the cruelty of the game sometimes."

Despite the disappointment of this loss, Martel looks toward next season with optimism and hopes of beefing up the schedule because of the team's promise.

"I think we have a really solid senior class next year," said Martel. "I'm excited. It was one of the best records in the history of the program, and they were on top of the state for five weeks. They did

a great job."

"As always, our goal will be to win State," said Frein.

"We have a lot of returners and believe that we can accomplish this feat. The other MCC schools should be strong like they always are next year, so we're going to have to work hard in the offseason to get better individually."

"We'll be hungry," said Perry. "I can guarantee that. We'll be motivated, and we'll be ready to go."

## XC looks for third straight title

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good."

Sullivan kept up with the front pack for the majority of the first part of the race until he slipped on the worn course, causing him to fall and lose momentum.

Otherwise, the team ran a solid race, and wants to focus on moving the three-to-seven man gap closer to the one and two runners.

As the team approaches the last race of the year, tactics have remained the same as

they have been all year.

"We're just getting ready to run another race like we have all season," said Porter. "Like (former XC coach Jim) Linhares said, 'It's another day at the office.'"

The team is hoping that each runner has his best race.

"You can't really say you want to beat this team or beat that team because you can't control how they race, you can only control how you race," said Porter. "Our goal is to go out there and give it our best

effort and see what happens."

"Our main goal for state is to run as a tight pack," said Sullivan. "We are all very fit and capable of running together and running fast. We just need to go into it confidently."

The race starts at 9:00 a.m. on Saturday, and will be run at Oak Hills Golf Center in Jefferson City. STUCO plans to bus students down on Saturday morning.

## Football shows grit, but to no avail

(continued from page 6)

came alive. Starting from their own 12-yard line, the Hawks manufactured a five-minute, 88-yard drive to score a back-breaking touchdown. Central's converted several third and fourth down situations on the drive.

Down 11, SLUH attempted to cut the lead. The offense moved the ball well, converting a crucial fourth down and 11 to keep the chains moving. But being down by two possessions with under five minutes to play caused the Jr. Bills to attack through the air almost constantly. This approach ultimately led to an interception with 2:24 left in the game. Central ran out the clock from there, punching their ticket to face CBC tonight at CBC.

In spite of the outcome,

Kornfeld was extremely happy with his team.

"I was proud of our kids," Kornfeld said. "They left everything out on the field. They just kept battling and battling."

Senior captain and defensive captain Spencer Chipley also praised the defense for its effort.

"I was really happy with the defense because we stuck to the game plan," Chipley said. "We got a little bit of help from receivers dropping balls and bad passes. We really settled down and did our jobs. We shut them down for nearly all of the second half."

For the seniors, it was their last time playing in a Jr. Bills uniform. Many of them pointed to the great team chemistry and sense of family that they will miss the most.

"We developed a bond as

a team and I haven't had that since freshman year," Colvin said.

While this season ended in disappointment, next season looks bright for SLUH.

"For the most part, we still have a very young team," Kornfeld said. "We're looking to reload and come back and give it another go next year."

The Jr. Bills will look for its young nucleus of skill players, such as David and Daniel Jackson, Daniel Isom, Andrew Clair, and Tony Adams, all to step up next year.

"I'm excited to play with the people who I've been with the past four years and to watch the people under me get better," Daniel Jackson said.

-Charlie Mueth contributed reporting

Cruz said.

"We had a very good season. I was very pleased with these guys the way they battled and learned from their mistakes. I'm looking forward to seeing them in the future," Wilson said.

Two-way lineman Kameron Bowdry reinforced the line.

"Bowdry was probably our best player. Teams had to scheme their whole game towards him," Cruz said.

Another instrumental

player on both ends was Daniel Terry, whom Cruz dubbed "Mr. Consistency."

On the offensive end, wide receiver AJ Harden was a pivotal piece. "We always tried to design things in the offense to get the ball in AJ's hands,"





## Minutes



Senior Sam Gerbic is prepped before he donates blood. The drive collected 87 usable units.

Friday, October 31

Manchester Fr. Tom Santen.

**Latin Club** held a brief prayer service for Carin Allen, a Rolla Latin teacher who passed away recently.

**Sophomore Pastoral Team** discussed the all-school Martyrs' Mass and the prayer service which some team members participated in on Tuesday, Nov. 3. They also chose roles for the all-school Martyrs' Mass and talked about a Vocation Essay Contest and potential service projects.

**Yearbook** congregated in art teacher John Mueller's room to sort through photos.

Monday, November 3

There was no school due to the **Faculty Retreat**. The day featured talks on the theme of presence from English teacher David Callon, ceramics teacher Sarah Rebholz, and pastor of St. Joseph's-

Tuesday, November 4

Assistant Principal for Student Life Brock Kesterson began the **no PA announcements** week. See the article on page 1 of this week's *Prep News*.

Students and teachers longed for the quietly majestic tone of physical education teacher Patrick Zarrick's voice. Devastated, Zarrick kept his head up. He said, "On the one hand, I miss being able to share that energy school wide, but on the other, I've still been able to reach my effective audience."

The **Senior Pastoral Team** gathered together at lunch with Ralph Houlihan, S.J., to finalize plans for their class Mass on Friday as well as discuss the upcoming Mass for the Jesuit Salvadoran martyrs.

The November Campus

**Ministry Newsletter** was released detailing upcoming campus ministry events and highlights from October, including the successful Drive for the Homeless and Junior White House Retreat.

The library put out a **riddle** "worthy of Sherlock Holmes." The riddle was: "I come in pairs/One blade when idle/But up two, three when bared. / From India to the library, here I lie/Come and find me. I dare you to try." Those who answered correctly won a prize.

**Students for Life** had previously planned to chalk the sidewalks with pro-life messages, but because of inclement weather, had to postpone that to a later date. Instead, they met and discussed plans for the year and current pro-life issues.

Wednesday, November 5

The semi-annual **SLUH Blood Drive** was held in the old cafeteria. The drive was run through Mercy Health System with the help of Student Council and collected 87 usable units.

**SLUH-PAC** met to discuss the results of Tuesday's midterm elections.

**Junior Baseball Intra-murals** started with the first two matches happening during activity period in the Dan's Field House.

Thursday, November 6

The **Science Olympiad** met during activity period.

The **Bocce Club** encountered great tragedy as they won one and lost three of their matches.

**Freshman Pastoral Team** talked about the upcoming prayer service and the all-school Mass. They also split into different groups to discuss the music and liturgy of the upcoming freshman class Mass.

The **Poetry Club** gathered for a period of poetry. Instead of planning poems ahead, moderator Chuck Husing asked attendees to bring in one poem with the hopes of hearing as many as possible. The club also discussed future plans for an evening of poetry and jazz.

**Pax Christi** members discussed the impact of the prayer service regarding the Jesuit El Salvadoran martyrs and the upcoming Grand Jury announcement regarding Officer Darren Wilson's shooting of teenager Mike Brown.

Freshmen voted for their class president and vice president in the **STUCO elections** after hearing the six total candidates' speeches in the Schulte Theater during activity period. For more information, see article on page 1 of this week's *Prep News*.  
—compiled by Sam Chechik, Liam Heffernan, Leo Heinz, Jack Kiehl, Joseph Reznikov, and Joe Slama.

Friday, November 7

Schedule R

V Swim @ Swim State Championship  
Begin Tech/Nov. Studio (through Wednesday)  
Mix-It-Up Lunch

AP Senior Class Mass  
Xavier University (OH)—M110  
Snack—Bosco Pretzel

9:30PM V Hockey @ Francis Howell Central  
Lunch Special—Chicken Bacon Ranch  
Vegetarian—Buttered Noodles

Saturday, November 8

Cross Country State Championship  
V Swim @ Swim State Championships

Sunday, November 9

12PM KEEN

Monday, November 10

Schedule R

AP LaSalle University (PA)—M106  
Western Illinois University (IL)—M108  
Snack—Spicy Chicken Rings

4:30PM TASK Bowling

6PM Advisory Committee Meeting

6:30PM V Hockey vs. Kirkwood  
Lunch Special—Chicken Quesadilla  
Vegetarian—Grilled Cheese

Tuesday, November 11

Schedule R

AP Snack—Onion Rings

5:30PM TASK Family Fitness

7PM Mission Appalachia Interest Meeting  
Lunch Special—Hand-Breaded Chicken Strips  
Vegetarian—Penne Pasta

Wednesday, November 12

Schedule R

AP Activity Period Mass (Heumann)  
Snack—Mini Corn Dogs

12PM National Russian Contest (Periods 5-7)

6:30PM TASK Volleyball  
Lunch Special—Chinese Bar  
Vegetarian—Black Bean Burger

Thursday, November 13

Schedule R

AP Southeast Missouri State University (MO)—M114  
Spring Hill College (AL)—M112  
Westminster University (MO)—M116  
Snack—Chicken Giggles

6:30PM TASK Dramaw  
Lunch Special—Chicken Bites  
Vegetarian—Pasta

Friday, November 14

Schedule M

AP Jesuit Martyrs' All School Mass (Heumann)  
Snack—Mini Tacos

6PM TASK Social Club

7:30PM Studio Production  
Lunch Special—Bosco Pizza  
Vegetarian—Grilled Cheese

calendar | Sam Chechik

## Conversation

## Jackson, Sullivan, Hennessey discuss third state run

BY KEVIN MURPHY  
SPORTS EDITOR

*As the State cross country race approaches, the runners are preparing for the physical and mental challenges that they will face. In order to better understand what goes into preparing for and running in the race, I sat down with seniors Matthew Hennessey, Shayn Jackson, and Jack Sullivan, who have run together since freshman year. They are preparing for their third and final State meet and are the most experienced runners on the team with regards to important races.*

**What are your goals for State: personal and team?**

**Shayn Jackson:** Personally, my goals are to be All-State, and to be the number one SLUH person so I can get an interview. For the team we want to at least have all of us run our best races and have a tight pack.

**Matthew Hennessey:** I second the "best race for each person" part. I wouldn't be that sad if we didn't get first as long as I knew that we all race well. **Jack Sullivan:** I would be really sad at first, but then I would be like "You know, we all had our best day." I hope we run as a pack really well, because we haven't been doing that very well.

**You guys have a lot of experience with cross country racing, so what is your ideal pre-race meal?**

**Jack:** That's easy, a banana and a bagel toasted with peanut butter, and now I have begun to drink kale smoothies too. I'll snack on nuts throughout the day too.

**Matthew:** I just have an English muffin with peanut butter and a banana.

**Shayn:** I usually just copy Jack.

**Before the race, what tricks or techniques do you use to get you into the racing mindset?**

**Shayn:** I listen to some Taylor Swift.

**Jack:** I try to breathe deeply, and I walk around with my arms thrust into the air above my head, taking deep breaths. Then I also will take a lot of lunges and try to open my lungs. And I rub my stomach. On warm-ups, I try to keep the mood light and joke around.

**Matthew:** I don't like to think about the race too much, I like to focus on something else.

**Do you have any superstitions?**

**Jack:** Fruity Pebbles.

**Shayn:** I don't talk to girls until after the race because I feel like they are going to distract me.

**Before big races like State, what goes through your mind? What do you think about?**

**Shayn:** Strangely it's never like, "Oh, I hope we win this," it's usually, "Oh, this is go-

ing to hurt so bad." I always remind myself that I am a child of God and I can do all things through Christ, which strengthens me.

**Matthew:** I just think "Breathe, remember to breathe." And don't overdo it at the beginning. I worry a lot about going out too hard and not finishing strong.

**Jack:** I normally get so nervous, and thinking about it now I'm even nervous, just because you're just waiting. "Can we start this already?" And it's very frightening.

**What's your idea of the worst-case scenario during a race, or the worst thing that could happen?**

**Jack:** Falling.

**Shayn:** Falling is really bad. Going out too fast and dying, too, but falling is just the end-all-be-all.

**Matthew:** Getting spiked has always been my nightmare, especially tripping and getting spiked.

**When the gun is shot, what goes through your mind?**

**Shayn:** Nothing.

**Jack:** Nothing.

**Matthew:** Go.

**During the race, when you feel like you've hit the wall, how do you get through that?**

**Shayn:** I mean, usually it's within the last 50 meters so I think, "Oh, it's just right there, so I can get it."

**Jack:** Last year I don't even

remember thinking through-out the race at all, I was just in the zone. But normally during races when I hit the wall, I have a brief moment where I'm like, "I want to quit. Let's just stop." But then I'm like, "Ugh, so close."

**Matthew:** I think it's only 15 minutes of pain, and 15 minutes in the bigger span of life is nothing.

**When you cross the finish line, what's on your mind?**

**Shayn:** Fall. I don't care anymore I'm just gonna lie here, you can't move me.

**Jack:** Fall. It's the worst. No it's actually the best but you're in so much pain, the pain doesn't stop when I finish.

**Matthew:** I'm done.

**Do you want people to come surround you?**

**Matthew:** No.

**Shayn:** I don't care, they can do whatever they want.

**Jack:** Maybe like five minutes after I finish.

**Shayn:** Last year at State, Jack and I (in tandem, 'cause we boys in tandem), we collapsed after the line. And this lady, she was like, "C'mon, c'mon get up!" And we were just like "Nope." And then she looked at us weird, and we just looked up at her. And then my uncle came over and he carried us.

**Jack:** I hate as soon as you finish races because the one thing you want to do is to sit down or lean over something and that's what they don't let

you do. They make you keep Ears and Firehouse Hill. It's just a fun course. And since it's on a golf course, there is, like, no grass.

**What do you use to refuel?**

**Shayn:** I'm never thirsty after State; that's weird that I've never been thirsty.

**Matthew:** I like a little bit of water but I usually just pour most of it on myself.

**How do you feel about the State course?**

**Shayn:** I love it. That's my favorite course. It's the most interesting course. You can't really say that it's really hilly or really flat, there is just so much uniqueness about it.

**Jack:** It is really hilly, though.

**Matthew:** It's more-so at the end though, I don't feel like it's as much at the beginning.

**Jack:** It's just so much packed into one mile at the end.

**Shayn:** The Bunny Ears are really fun, plus there are so many fun names like Bunny

always in the zone, I don't feel anything. But every time I get to that fricken mat, my mind wakes up again and I feel all the pain.