



mindset matters Annika Abraham (10) jogs through the end of the race, alongside Maya Brower (11). While running, Brower kept her mind focused on various topics. “Normally, I have songs stuck in my head,” Brower said. “Or, I’m calculating how many miles I have left.” *Photo by Alyssa Kolin*



staying strong Alyssa Miyai (10) catches sight of the finish line ahead. Miyai’s motivation for racing was to exceed her personal records. “I can run further and faster than I was before my freshman year,” Miyai said. *Photo courtesy of Now and Forever Photos*

keeping pace Evan Gardner (11) follows Joshua Lim (10), while Caleb Leung (12) and Carter Oates (12) lead the group. As the season progressed, Leung developed running strategies with his team. “I like to try and stick with a couple of my teammates,” Leung said. “I know we run [at] the same pace.” *Photo by Alyssa Kolin*



crossing the finish line

Cross country combines individual and team efforts

Sweat drips from senior Aaron Lin’s face as he sprints toward the finish line. The cheers from the sidelines and the pounding of footsteps from the runners behind him harmonize into a thunderous rhythm.

Lin ended up placing second at the 2023 Woodbridge Invitational, breaking Homestead’s record for the three mile race. Lin competed to beat his own individual records while running with the team.

“[Competition is] for your own personal achievement,” Lin said. “There is definitely a team aspect though because you’re racing with your teammates.”

When sophomore Parth Dhaulakhandi ran for his personal achievement as well.

“I’m racing more for myself because I’m not fast enough to be racing with the aim [of doing well],” Dhaulakhandi said. “If I continue doing cross country, eventually I’ll get better and maybe I’ll have a shift of focus.”

While each runner was scored individually, they all contributed to their team. Ido Halevy (11) first joined cross country knowing no one, but he soon came to embrace the team aspect of the sport.

“As I’ve met more people on the team and got to know them better, [I] feel like I have some responsibility to continue running for the benefit of the team,” Halevy said. “I just run because I also want to do well for the team and have the team do well as a whole.”

going the extra mile

Runners persevere toward their individual goals



“My long term goal is to run a sub-five, which would make me the third girl in Homestead to do that. That’s the plan out there, but I’m working towards that.”

– Julia Bouron (10)



“My main goal is to get a sub six mile in the near future.”

– Julia Song (9)



“One of my goals is going to be making it to states this year. The other goal is to run a low 16 [minute] 5K.”

– Joshua Lim (10)

Photos courtesy of Now and Forever Photos



locked in Christopher Capio (11) focuses on the path in front of him at the Crystal Springs meet. This was Capio’s first season running cross country since middle school. “[I joined] for a couple of reasons,” Capio said. “One mainly being to get in shape for a half-marathon.” *Photo courtesy of Now and Forever Photos*

communication is key Noa Simhon (10) talks with Zoe Gardner (10) mid-race. Gardner used the presence of her teammates as encouragement to finish the race. “We were mainly talking about school and how much we wanted the run to be over with,” Gardner said. *Photo courtesy of Now and Forever Photos*