

Runners hope for peak performance at C-4 district

Written by Deb Egenberger

Thursday, 11 October 2012 13:38 - Last Updated Thursday, 11 October 2012 13:42



VALENTINE—Thursday's Southwest Conference cross country meet marked the end of six weeks of long practices and grueling races for Swede runners.

Now, it's do or die.

"The end comes around pretty quick," said Gothenburg coach Steve Reeves.

All that's left that is guaranteed for Swede runners is the district meet at Ogallala this week.

Reeves said it will take top performances from individuals to extend the season.

"The kids are going to have to step it up a notch," he said. "This is a tough district."

It was a difficult conference this year too for both the girls and the boys.

Gothenburg's girls finished fifth of the seven SWC teams with only one medalist.

Freshman Destiny McVay earned the only Swede hardware, finishing 14th in a time of 16:47.

Runners hope for peak performance at C-4 district

Written by Deb Egenberger

Thursday, 11 October 2012 13:38 - Last Updated Thursday, 11 October 2012 13:42



~~At this point, the first place runner is not yet visible. The runner in the foreground is just starting to show his head and shoulders. The runner in the middle is also just starting to show his head and shoulders. The runner in the background is also just starting to show his head and shoulders.~~