

Cross Country - Run by Run

by Brian Marquard

Why do you participate in Cross Country?
Dr. Dunlap:
 I've been involved with Cross Country for over forty years, and I have loved every year of it.

Michael Hanson:
 I wanted to get ready for basketball season, and I wanted to succeed in at least one sport. It is also good for your body and soul.

Kelly Harrington:
 I am training for basketball season and becoming physically fit.

Billy Knapp: I have always like running - ever since I was a little boy.

What are your goals for Cross Country?
Dr. Dunlap:
 Our team goal is to win a trip to Eugene, Oregon to participate in the State Cross Country Finals, "not easy, but definitely possible".

Michael Hanson:
 I want to run at District with a time of 18:00 flat and place in the top ten.

Kelly Harrington:
 To become a better runner, get faster, and build stronger endurance.

Billy Knapp:
 I want to be able to run the race in 19 minutes flat at District.

What are you doing to reach these goals?
Dr. Dunlap:
 Inch by inch it is a cinch, one step or run at a time.

Michael Hanson:
 Through dedication, eating the right foods, and practicing every day.

Kelly Harrington:
 I run and push myself to the limit.

Billy Knapp:
 I'm working my hardest when practicing, so that when it is time for the race, it will be easier to run and all the practice will pay off.

How does Cross Country challenge you?
Dr. Dunlap: It just makes you work hard!



Cross Country with the Lady Loggers by Charlotte von Krause

The Butte Falls Girls' Cross Country team is represented by only two individuals. Brandy Johnston is a 14 year old freshman at Butte Falls High School. This is her first year of Cross-Country. The only other girl on the team is me, Charlotte von Krause, a senior from Germany!

Brandy heard about Cross-Country when she was in 8th grade and she knew right then and there that she was going to do it. So she ran a few times during summer and she thought it was really hard. At the time she ran in practice she was getting

Michael Hanson:
 It pushes me to the max - always trying to go a little farther. It is also a mentally challenging sport.

Kelly Harrington:
 It challenges me to become a better runner.

Billy Knapp:
 I try to run faster in every race that I run in.

What keeps you going as you run mile after mile?

Dr. Dunlap:
 I think all it takes is DETERMINATION!

Michael Hanson:
 I never let myself fall behind or get a slower time than before. I would feel bad about myself if I allowed myself to drop. The main motivation is the will to succeed.

Kelly Harrington:
 The need to be the best basketball player that I can be.

Billy Knapp:
 I am always trying to beat my own time that I ran in the last meet.

Do you have any comments you want to share?
Dr. Dunlap:
 It is the greatest sport ever!

Michael Hanson:
 Cross Country takes dedication and time. You must be mentally strong to succeed but it is a fun and enjoyable sport that many people can enjoy.

Kelly Harrington:
 You can gain self control through mind and body.

Billy Knapp:
 Cross Country is really fun and it takes a lot of skill to make it this far.

Do you have a quote you would like to share?
Dr. Dunlap: "We are a chain and as a team we are only as strong as our weakest link."
 "And learning to love pain one run at a time!"

M. Hanson & B. Knapp: "No pain - no gain."

Kelly Harrington: "Be the best you can be!"

better and better. Before she knew it she was running her first competition in South Umpqua. Brandy ran the 3.1 miles in a time of 32:42 minutes. At the next meet she took two minutes off her time and at the third meet another two minutes.

"Running Cross Country is not easy. You get major headaches, your throat feels like it is expanding by the second, your vision gets blurry, your legs are like jello. Sometimes you might throw up or may be even faint at the end. I went through all this and the only thing you can do about it is practice, practice, practice..."

Volleyball Fun

by Krystle Rowley
 & Brianna Smeltz

The Butte Falls Lady Loggers are off to another great season starting off beating the Hosanna Christian Lady Lions and then the North Lake Cowgirls. So far they have beaten all the teams in their league. When asked what he expects from his team this year, Head Coach Harrington stated, "To have the team reach its highest level of potential and not to be held back by the lack of desire. I feel the girls work hard and play as a team and in the end will take them all the way to state!"

The Loggers faced off against the defending state champions, the Elkton Elks on October 12. When Coach Harrington was asked his thoughts prior to that match, he replied, "They are a tough team with great girls that can play. They have the heart and desire to win, just as we do. We are going to give them a run for their money, so watch out Elkton!" The match was a tough one, and Butte Falls nearly prevailed, but in the end, Elkton was victorious.

Coach Harrington and J.V Coach Kim Boyd are looking forward to the district playoffs this season where they expect to see our girls face off against Elkton and Days Creek in the finals. They feel that these teams will be our stiffest competition on the road to state. The Lady Loggers are perched to finish the season at the top of the league.

Butte Falls fans really support the Ladies. Junior Varsity players consist of Amanda Newby, Lou Hoyer, Brittany Hayes, Whitney Irwin, Kim McLauchlan, Shelley Marquard, Amanda Bray, Melody Carlisle, Julie Hayes, Vicky Lawrence and Jamie Nelson. Vicky and Jamie also enjoy playing time with Varsity players Jessica Dunlap, Asia Million, Stacy Smith, Brianna Smeltz, Cassy Bartel, Sarah Matthews, Vallorie Petersen and Krystle Rowley.

Support these girls as they work toward competing at the state level.

Brandy's goal is to run 3.1 miles in 20:00 minutes at District on October 26, 2001. It takes a lot of work, but she knows that the only way to get there is to push against the pain. "Most people say it's crazy to run 3.1 miles and others say it's a piece of cake. I think it is neither; it's not crazy because you feel great afterwards and you get in good shape. But it's also not a piece of cake, which you will notice once you try it. When I first started I did not think I could make it, but thanks to Dr. Dunlap, I made it!"

