

WHY JOIN CAMPOLINDO CROSS COUNTRY?

Joining a peer group comprised of exceptionally friendly, supportive students is just one reason. Read these testimonials from recent participants to learn many more reasons why choosing cross country could be the most important decision you make in high school.



Before I joined cross country, I would not have called myself a runner. I would not even have said that I enjoyed running nor would I ever have believed that both of those things would change in a matter of a few weeks. Luckily, I made the decision to join the team, and I say "luckily" because the decision changed my life.

From the first day at practice as a freshman to my last day of the season as a senior, I felt constant support from my teammates and my coaches. Rarely can you ever find such a supportive environment in which everyone is striving to get better at what they're doing and also striving to help those around them improve.

Yes, we are the crazy people you see running around in sweats on the field, but we are also the crazy people who have won five state championships in the past 10 years. Everything that we do on this team has a purpose, and it's incredibly gratifying to see yourself and your teammates improve.

This team is a family, there's no better way to describe it. I have been lucky enough to stand atop two state podiums with my team, as well as learned to love a sport that I never could have even imagined myself doing. And I proudly call myself a runner. Being on the team was one of the best parts of high school, and most definitely the most impactful.

–Ellie Guthrie, '20



Campolindo Cross Country is one of my favorite parts of high school. The best aspects of the team are the communal work ethic where everyone is giving their best despite what their day was like, and the bond that you form when you spend each day working to get better beside each other. The team becomes a family. After weeks of hard training with results to show for it, I realized how rewarding it is when you try your best at something.

Before the season started, I was terrified. I was imagining miles and miles each day with no time for homework and even less time with friends, enjoying high school. But as the season wore on, my teammates became close friends and the workload became relaxing and rewarding.

–Anna Wilson, '23

My freshman year I decided not to do cross country because I thought it would be too hard. However, throughout that school year people were always talking about how much fun they were having running every day. My sophomore year I decided to join the team.

At first it was hard to run more than I had ever run in my life, but after a few weeks it started getting easier and easier. All this hard work paid off too, I got a lot faster! I hadn't broken 6 in the mile when I started, but within a year of serious training I broke 5 in the mile.



My favorite part is the team spirit. Everybody is willing to work hard and make friends.

After joining the team I made a lot of good friends who I can't imagine my life without. My biggest regret is not joining the team sooner.

–Bradford Martin, '21

Cross country is incredibly inclusive. Everyone is welcome, regardless of experience or ability. As long as you are willing to put in the work and give your best effort, you have a place on the team.



At first, I was nervous to join a new sport, with new people. I had no idea what to expect. However, after just a few weeks, I had found a home at Campolindo. I know I have formed bonds with my teammates that will last a lifetime.

Not only has cross country supported my personal growth, it has transformed me into an athlete. I never knew what it was like to actually love a sport before I started running. If you show up every day and put in your best effort, you will see results.

–Sophie Webster, '21

I did not join cross country until my senior year. I thought it would be a lot of work, too stressful, and not a lot of fun. I couldn't have been more wrong. It is a lot of work, but getting to share success and improvement with your teammates and friends makes it all worth it.

There is not another Campolindo sport as encouraging, team orientated, and determined as cross country. I have made some of my best friends on the team, and I have a new love for running.

Don't make the same mistake I did. Join cross country as soon as you can. You won't regret it!

–Emma Smith, '20



Before coming into this program as a freshman, I had a defeatist attitude towards certain aspects of my life, and I feared challenge. Now, as a senior, I consider myself mentally strong and excited for my future, and I credit most of this growth to running cross country and track.

What's great about this program is that it constantly demands that you push past your self-limiting beliefs while being in a team environment that's supportive and fun. This program taught me to be proud of my success because I worked for it.

My favorite memory is watching my teammates win state. For me, it was a profound moment of gratitude for the program that transforms people, for having amazing teammates in my life, and for the community of which I have been a part. These four years haven't always been easy, but in that moment of success, I knew I made the right decision in joining the team.

–Mia Travis, '20

I started cross country the summer before my freshman year and was welcomed into its great community. Joining before the school year had even started was a great move because I got into shape early and I got to know people who I have been close friends with ever since.

Cross country helped me overcome the daunting task of entering a new school. On the first day, I had already made friends with people in every grade. I already felt like I had a place in the school and a place on the team. I never expected that I would become so engrossed in running or that it would become such a big part of my life, but I am grateful for the running program and what it has done for me.

–Vishal Lashkari, '21

My favorite aspect of cross country is the community it has provided me for my entire high school career. As a freshman I was extremely shy and nervous for high school. The cross country team allowed me to form relationships with upperclassmen that helped me with the challenging transition from middle school to high school.

As I grew into an upperclassman, it was nice to be able to do the same for the new incoming freshmen.

The team has also helped me meet people with whom I would not otherwise be friends. These friendships have helped me through the inevitable trials of high school.

Finally, the coaches have always looked out for me and my fellow teammates and care about us as individuals.

–Sarah Naughten, '20



My stories about cross country and my connections to everyone I have met there are endless and meandering. These connections have become so mangled in who I am, the idea that I could've spent high school without them feels alien. I truly believe I've been on this team for a decade. I remember my accomplishments, sure. I'm incredibly proud of the athlete I became under the training. However, it is not at all the athletic accomplishment that brought me so close to Cross Country. What has stood out has been all the people and the conversations and jokes that went along with them. Also, the vivid memories of exhaustion and the intensity of the satisfaction that always follows.

I realize that I won't be there next fall, awaiting a new class of 14 year-olds who have no idea what awaits them, kids who are just like I was. It makes me want to cry. I'm so jealous of them

–Sam Morasch, '20

This team has meant so much to me over the last three years. The other athletes and the coaches have supported me, and helped me become a better, tougher person. To be able to compete on this team has been a gift.

I would attribute a lot of the successes of our team in the last three years to those who have come before us. Chuck Woolridge has coached this team since the mid 2000's and has built up a rich legacy of success. The legacy of both Aidan Goltra's (2014) winning race psychology and Thomas Joyce's (2012) absolute confidence are a few examples of the profound influence this experience as had on me and my teammates.



I am grateful that I have contributed to this legacy by helping the boys team win its first state championship. Although there were no individual standouts in that seven-man team, the camaraderie of the group and the will to win against the odds is a good lesson for future generations.

–Dylan Gunn, '21

I came to Campolindo with close to zero of the friends I had at Stanley. Knowing this, my parents told me I had to join a fall sport so I could make friends before school started. All of the other sports either had cuts or required learned skills that I didn't have, so I joined cross country having never run in middle school.

Those first months of freshman year were made so much easier because I knew I had something to do after school and that I was a part of a team that didn't care if you were the fastest runner or most outgoing person, but instead judged you on the hard work you put in at the level you were at. It was an added bonus that the team is composed of boys and girls of all grades, so you get to know even more people, which in turn means even more encouragement.

Though I was the only freshman girl from Lafayette, I quickly made friends with the other girls, and they are still my closest friends today. While I am still not the fastest runner, cross country will forever positively define my high school experience.

–Katie Strohmeier, '21

WHY SHOULD YOU JOIN?

IT WILL CHANGE YOUR LIFE.