

East Ridge High School Cross Country

Senior Class of 2016

Memories, Destinations and Dreams



This is yet another larger senior class of Cross Country runners! Coach Ness, Coach Gramer and I are honored to have coached you. Some have been on the team through high school and even since middle school. Regardless of the number of years on the team, we are proud of you and the accomplishments you've had - both on and off the racecourse! You have been a key part of the ongoing, amazing tradition this team has. Thank you, seniors, for being a part of this team and leading it this year. From this day forward, you are forevermore an East Ridge Cross County Alumni. You are always welcome here. We will miss you a lot!

- Coach Cronin

Ellie Anderson - Parents: Mike and Christine Anderson



This was my first year on the cross country team. I joined because I had a lot of friends that have run cross country throughout high school, and they got me to join too. I am so glad that I did, because I loved meeting all the people on the team. My favorite memory would be the bus rides home from meets, and my favorite meet was Milaca because it was a lot of fun to spend all day with the team. My favorite pasta party food would be alfredo pasta or chocolate milk. In the future, I hope to major in biomedical science.

Paulo Barreto Parents - Carlos Barreto & Luzana Barreto



For those who do not know I am an foreign exchange student from Brazil-Bahia-Salvador. It is my first year in the team and in the sport. I wanted to join Cross Country after I met Tony Cauthorn and he told me how the team is really united and fun, also it was a chance to meet new people. My best memories are in the pasta parties and bonfires where I was able to learn more about the U.S. culture and had really funny moments with the team. Conference was my favorite meet, running is always hard but the sensation after you finish the race is super good.

Even though I joined the team late I was well received by everyone. Every practice I thought about quitting but many teammates, especially John Faller, pushed me and didn't let me down. I cannot express with words how wonderful was my time in the team. Thank you all for this unique experience! Some advices for new CC players. Never give up. Run through the pain, you are stronger than you think. If anyone want a break from the cold Minnesota weather, the doors in my beach house are open for anyone in the CC team! Be my guest.

Hi I'm **Anna Betz**, I joined cross country as a 8th grader. The reason I joined cross country was



because my sister was in it and I had to do everything she did, so of course I joined XC along with my twin brother, Pete. The first day of practice we ran to the start of pipe line and back, however when I made it to the tunnels I thought I had ran at least 4 miles! After that run I thought that for sure I would never do a single day of cross-country again. I'm glad that I stuck through that first week, because I would have missed out on so many memories and friendships. To this day after pretty much every race I ask myself why the heck I am still in this sport? It's not the love to run that makes me love this sport, it's

the team that makes everything worth it in the end. One thing I love seeing is the younger kids grow each year, from shy freshman to crazy cross country runners @chester @jacob. I will miss singing at pasta parties and on the bus rides home. Milaca mega meet was always my favorite meet, because of the food of course but also the whole team cuddling, garage sale shopping and they have the cheapest T-shirts. I want to thank the coaches for supporting and cheering me for all these years. Also a big thanks to my parents for going to all my meets and for always being there for me and pushing me to do my very best, I couldn't have finished all of the 5 seasons without you guys. I'm so thankful for such great teammates who I count as my second family. I can't even put in words how much my cross country family means to me, thanks for all the memories. I will always have a special place in my hearts for my CCfam).

Charlie Betz - Parents: Dave and Jill



How many years on the team: 3 years

Why I joined the team: My cousins Emily, Anna and Pete bullied me into it.

Favorite CC memory: Sophomore year at the sections race.

Favorite CC course: Milaca because it is a great experience to be apart of the biggest meet in the country.

Running in general/general thoughts about CC: I loved it every single day running with the people that made me happy.

Thank a person who has helped you through your running career: Phillip Harris because he always made me strive to do my best.

Quote/message to the team: "Beat Stillwater"

Favorite pasta party food: Bread.

Peter Betz I joined cross country in 8th grade because my sister Emily was in it and because I



had liked Lake track. One of my earlier memories of cross country was when I ran to St. Paul and back with some of the other rookies. I remember Coach Ness biking next to us questioning our decision to run that far. Throughout my years of cross country I have loved all the pasta parties and team activities but I the thing I love most about cross country is how it molds you as a person. Cross country really brings out your inner craziness, and it has been amazing to watch each and every person be changed by cross country just as I have been. Once you are in cross country it becomes a large part of who you are as a person. When I began cross country, many of the seniors were role models for me, and I think it is cool that I am able to be a role model for kids younger than me and that they will be role models for kids younger than them. Cross Country is filled with traditions that are passed down year after year and I hope they will continue in future years. My favorite cross course is Milaca because it is not boring and it is a somewhat flat course. I would like to thank all the coaches for putting up with this massive team and helping me achieve my potential as a runner. I hope that the underclass can keep that spirit of cross country alive and continue its legacy as the greatest sport ever.

Westcott Bixby



Hi my name is Westcott Bixby others may know me by my rapper name, Young Scotty J. My parents names are Bob and Trish. I have been running for 4 years on the team. My favorite CC memory was joining the SCRUB SQUAD! I have 3 mix tapes and I feel cross country made my high school years better by meeting the greatest people. "It was a great run" a quote by the great Master Kenny summed up my running career. I plan to never run again in my life and I'm going to be a millionaire by age 25.

Karla Brady ~ Parents Nancy and Dave Brady



How many years you have been on the team... 5

Why you joined the team in the first place ...To get fit for skiing

Your Favorite CC memory The last day of practice before sections 2014, the run was just a 20 or 30 minute run wherever we wanted on the ER campus and I was with about 20 people, half of whom were seniors, and we took running pictures and fall pictures and messed around in the sprinklers and had a ton of fun.

Your favorite CC course and why ... My favorite is Blaine because I've always done well there.

Random thoughts on your CC experience, and running in general... Running is something that I'll always have

Thank a person who has helped you with your running career ... Katie Marcus,

Coach Cronin

Please write a message to the rest of the team of encouragement – being in the form of a quote and/or advice – or any “parting words” - Even if you're on the right track, you'll get run over if you just sit there.

Any hobbies or interests you have or other things you want to share about yourself... I play piano and saxophone, I ski (Alpine), I'm a sprinter, I love reading, watching movies, hanging out with friends, and I'll hopefully end up in either Boston or California for college next year

What has been your favorite pasta party food? Any type of mac and cheese 😊

Tony Cauthorn ~ Parents: Sarah Cauthorn and Charles Cauthorn



Years on the team: Four

Why I joined CC: My main man Peter Betz told me it would be a good time, so I decided to join. I have no regrets.

Without a doubt, my favorite CC memories were the bus rides home from meets during my freshmen year on the team. Dylan Brooks, Eric Schmidt, and Nate Ruese were the captains, and it was an absolute party in the back of the bus every time.

My favorite race was definitely Milaca. I'm not certain what it is about that course, but I always seem to run my fastest there. It's one of the biggest meets in the United States of America and we spend the entire day at the race, so I get to spend some quality time with the fellow runners.

Cross Country is a great time, there's no two ways about it, but what really makes the team so much fun are the people in it. I can say with total sincerity that we have the best team in East Ridge here at CC. This sport is unique in the way that it has a place for everyone who wants to join. There are kids in 7th grade and there are seniors who run side by side and everyone seems to get along. My experience with CC throughout High School has been very positive. I might even go so far as to say it was the best thing that could have happened to me. My main man Noah Wondimu has done more for my running career than he probably realizes. Historically, Noah's 5K times and my 5K times have been really close. He beats me in most races, and I beat him in a few races, but we always finish within a few seconds of each other. This competition has improved my running immensely. Having Noah racing a few steps ahead of me pushes me to run faster than I normally would.

Stick with it. Even when it's hard. You'll have moments when you wonder why you're still running (most of these moments will happen at Bailey Elementary) but you should always keep going. Long distance running is something you can do for the rest of your life. It is a way to get together with people, a way to stay in shape, and a way to get away from the world for a little bit. Cross Country is more than just a sport, it's a group of the best people you'll meet in high school. Stay true to the team, work hard, and maybe one day you'll even beat my 5K time. When I'm not running, you'll probably find me playing board games at Peter's house, destroying Ted Tupper at basketball, or snowboarding at Afton with Phillip. After high school, I plan on studying architecture at the Illinois Institute of Technology.

Favorite Pasta Party Food: Anyone who doesn't say chocolate milk is a dirty liar.

Kyle Findlay



My name is Kyle Findlay and I am a senior in high school on the East Ridge cross-country team. My parents are Jill and Brian Findlay. I have been on the cross country team for the past 2 years. I joined the team because I had many friends that were on the team and I heard many great things about the team and the events. My favorite CC memory was the first meet of Junior Year, because I feel like that meet was when I really bonded with the rest of the team. My favorite course and meet is Milaca course because it is a very flat and nice course, and there are so many people/ competitors running. I would like to thank my mom who has helped me in my running career by pushing me to run and by pushing me to join cross-country. I'd also like to thank the team and encourage the rest of the younger runners to stay in cross-country because it will be one of the best decisions of their lives!

Hello, **Joanna Gramer** here. I just have a few words to say before we all leave on our separate



ways. Four years ago I never thought I would be running Cross, let alone be elected captain. But after not quite making the varsity roster for soccer, I decided I needed something else to distract me. These past three seasons have been so impactful. So many laughs and so many memories. It's weird to think that just a random team of overly-skinny, extremely quirky people could change my life like you all have. Thank you to my coaches. Cronin: you have the biggest heart for running, and for us. I appreciate your genuineness, and I'm going to miss hearing you say, "Turn to your neighbor and say 'shh'" every day. Mom: I'm so lucky my mother can also be my coach. You are so wonderful and the team and I love you very much. Lloyd: thank you for it all. Even though you make me cry a lot when you yell at me, you have made my running "career" so special. I will never forget your stories and I love when you roast Tony. Now my team. You are all so dear to my heart, where do I begin? Jacob Daubenlicious: thank you for being my husband, educating me on Star Wars, and singing Baby Got Back. The XC Daddies: leaving this team is going to be the hardest thing I'll have to do, but I'm comforted to know that they will be in your hands. Make me proud. Chester: thank you for letting me touch your hair and for not getting mad when I get lost driving you home every day. Nelson: you are the best dad this team could ask for. Keep doing dad-like-things and dropping fire tweets. Michael Virgin: thank you for inspiring me with your t-shirt quotes. They are great. You are great. Elli: thank you for making me a happier person and for giving me "knucks" whenever I say something funny. And last but not least, my fellow captains. I'm so fortunate to be surrounded by such talented and caring people. I love you all dearly. As I look at our team, I'd like to think we did a fair job. Goodbye my dears, I will never forget about you all.

Phillip Harris - Parents Names: Kathy and Mike

How many years have you been on the team: 3 big ones



Why you joined the team in the first place: I had many friends on the team who kept screaming at me about how sweet CC was. I thought it would be no big deal because I had run track before... but oh boy was I mistaken...

Favorite CC memory: When Pete decked me during warm ups.

Favorite CC course: St Croix Bluffs is my favorite course because it winds through the woods and I always was able to forget where I was in the race which enable me forget about how much farther I had to suffer the pains of running. The end of that course is also lined with screaming parents and teammates which is heat.

Random thoughts on CC and running: I hate running as much as the next guy but suffering through practices and races with the same kids every week creates a special kind of camaraderie that is hard to replicate. Our team is and will continue to be family, and with out cross country I never would have gotten the opportunity to be part of such a close knit, fun group of kids.

Thank a person: Coach Ness: half the time we all thought you were crazy and were going to run us into coffins, but you are truly one of my favorite people that I have ever met and I am thankful for every story you shared with us, joke you made, and time where you pushed me harder than I thought I could go. This team wouldn't be half as fun without you.

Parting words to the team: I hope that as seniors we have made this team as much fun for you guys as the seniors of the past have made it for us. Take good care of the team and carry on as many traditions as your little hearts care to. It's your team now; enjoy every moment.

Plans: I will be studying Yeah Yeah and the University of I Think So and I could not be more excited!

Favorite Pasta Party Food: Anything that I can put Alfredo sauce on

Olivia Hummel



Hey homie G's! This is Olivia Hummel. Guy and Lauren are my parents. I am so thankful to have been part of this amazing team (family) for five wonderful years. My dad was the one who encouraged me to join cross country (in exchange for room and board). I am glad I listened to him because this team means the world to me. I can't imagine going through high school without all of you guys. I have so many amazing memories with this team, but the best memory by far was going to Nike Nationals my sophomore year. I experienced the most amazing things with my best friends right by my side. We were treated like rock stars! My favorite CC course by far is the new conference meet in

Forest Lake. It is my favorite because the are NO HILLS and I out-kicked Regan Duffy in the last 200 meters -- on her home course! Thank you to coach Cronin and Gramer for getting us organized. Thank you to coach Ness for just being who he is and making us better runners. Of course my parents deserve a bit of thanks, and even my dad's old cross country coach (Jeff Mohr) who managed to get to a few meets every year and encouraged me with motivating stories. For you younger folk, don't think of running as hard work, because when you're done, all you'll remember it as having a great time with great people. GO RAPTORS!

Taryn Johnson – parents Michelle and Tod Johnson



Years on the team: First year on the team

Why I joined CC: I joined the team to try something new and meet new people

Favorite CC memory: The watermelon run

My favorite CC course: Favorite meet was the Conference meet because I got my best time

Thank a person who has helped you in your running career: Thanks to my friends for getting me to join cross country!!!!

Parting words: I look forward to running for fun in the future!

Favorite pasta party food would be the cheesecake.

Alejandro Lagman- Parents: Jeannine and Emmanuel Lagman



How many years I've been on the team: 3

Why I joined the team in the first place: Because Sam Phipps/Phillip Harris encouraged me to join.

Favorite CC memory: Swimming in Rum River after the Milaca Mega Meet.

Favorite CC course and why: Red Wing because the course was great and the race felt like it went by fast.

Joining CC was one of the best decisions I've ever made in my entire life. If I had never joined CC, I would not have met a majority of my friends or had so many happy memories to look back on. Despite how physically demanding it was the closeness of the team that made it much more than worth it.

I would like to thank Emily Burlog, one of our runners who graduated last year, for being so kind to me back when I first started running and was the definition of bad at it. If she hadn't been kind enough to stay back and run with me I know I would have quit and missed out on all the great things CC has brought to my life.

You'll probably hear this a million times but appreciate and make the most of every single moment you have with all of your teammates. Time really does go by fast even though each run/race feels like they take years. Also, continue to be extremely inclusive and friendly. If the team hadn't been both of these from the moment I joined, I don't know if I would have stayed on the team long enough to develop my love of running.

Other hobbies/interests: Gains

Favorite pasta party food: Garlic Bread or Cheesecake

Martina Lagman - Parents: Jeannine and Emmanuel

This was my first year of cross country. I joined the team because I decided to quit playing volleyball. I wanted to spend my senior year doing something fun and I adored the people on the team. It was a great decision to switch to cross country.



My favorite course this year was the Milaca Mega Meet Course. Even though I had no idea where I was going, it was a fun and beautiful course, plus we had perfect weather that day. I think for every race I just relied on the people in front of me to lead me in the right direction. The main reason I liked this meet was because we got to spend the whole day with team!

This season had many moments that I'll never forget but my favorite memory was at our last meet: Conference. Right before the JV girls race, it is ritual that we say a mega lit cheer. This race, we chanted, "Let's get hyped up let's get lit" and "What is it? Lit!" and it was lit indeed. I PR'd because of it.

Being a sprinter and transitioning from running 100 meters to 5,000 meters is a huge jump and at the beginning of the season I actually thought I was going to die but I made it! I've learned to enjoy running and even appreciate the

feeling of complete despair halfway into the race.

Some encouragement to the rest of the people on the team would be: "Nothing will work unless you do". This means that if you want something, work for it and do your best, don't just wish for it. Also, join track. It would be foolish not to since you already run to the point of throwing up! And you can see me everyday.

I plan to attend a college (not sure which one yet) and major in Human Resources and Industrial/Labor Relations. And hopefully live long enough to see a real life Jurassic World created.

Aaron Mader - Parents: Cam and LeeAnnMader

I originally joined Cross Country when I was a freshman to train for hockey. I had some friends who ran and enjoyed it so I decided to try it, and I must have liked it because I kept going,



I don't have a favorite memory because there were so many but I always enjoyed the bus rides to and from meets.

My favorite meet is easily the Milaca meet. It was basically an all day event and such a big meet. It was also a very fast course; many people including me had PR's there at some point in time. It was always fun to run.

My advice for any future runners is to have fun. Running isn't the most stimulating sport in the world, but you can still have fun with your teammates.

Another piece of advice I'd like to give is don't get injured. To stay in shape, injured people ride exercise bikes. If you think running is boring, try going 12 miles on a stationary bike.

I'd like to thank my parents for always supporting me and going to my meets. To my Dad, thank you for introducing the idea of joining cross country to me.

As for encouragement – It doesn't matter if you run cross country competitively or just for fun, be proud that you are running, not everyone has the mental and/or physical strength to run as much as we do.

I'm not entirely sure what I want to do after I graduate. I'd like to play hockey somewhere in a Junior league. If that doesn't work out I'd like to study for a degree in business.

Keri McKenzie - Parents: James and Jodi McKenzie

How many years you have been on the team: 2



Why you joined the team in the first place: I joined the team to get in better shape for Nordic.

Your Favorite CC MemoryBus Rides to the meets.

Your favorite CC course and why .. Blaine because it's a fast course and it seems shorter then it actually is.

Random thoughts on your CC experience, and running in general.. Even though the races were not the best the team made it the best experience possible.

Thank a person who has helped you with your running career: My mom because she always pushed me to keep running.

Please write a message to the rest of the team of encouragement – being in the form of a quote and/or advice – or any “parting words” ... “If you run, you are a runner. It doesn't matter how fast or how far. It doesn't matter if today is your first day or if you've been running for twenty years. There is no test to pass, no license to earn, no membership card to get. You just run.” *John Bingham*

Any hobbies or interests you have or other things you want to share about yourself: I am also involved in Nordic Skiing, Soccer and Track.

What has been your favorite pasta party food? Mac and Cheese

Hi, my name is **Elli McMaster** and I have been a part of the East Ridge CC team for 3 seasons. Joining cross country has been one of the most influential decisions I've made in high school.



Ever since the first day I have been so loved and accepted. The team has truly been my second family. I will treasure all the memories and laughs shared these last 3 years for a long, long time. Firstly, I would just like to say thank you to my coaches. East Ridge has been blessed with three of the best coaches, and each one has helped me grow into a better runner and better person.

Cronin, thank you for caring so much about me as a runner and as a person. You would always make sure to see how I'm doing, and you were always there to encourage me. Thank you for all you do for the team - we are so lucky to have you as our coach.

Ness, thank you for teaching me to love to run. You have showed me how to push myself even when I don't want to. Throughout these past seasons I've dealt with a lot of injuries, and many times I thought I'd never run again. After the hundreds of doctor appointments and hundreds of PT appointments, I wanted to give up. But throughout it all you continued to believe in me. You never stopped caring and you would make special workout just for me in order to help me get better. You have made a lasting impact in my life, and I will never forget it.

Coach Gramer, thank you for being so loving to me. I always look forward to your hugs, and your cheering at the 1 mile mark. Thank you for making feel welcome at your home, and letting me eat all your food!

And now to my team. Thank you all for loving me and laughing with me. You all are so special, I truly believe that I was blessed to be on the best team in the world. Completing my high school cross country career is a hard thing to do, but I am filled with such thankfulness for all the memories. I know that this team will continue to impact me even we close the book. That's all. Bye Felicia.

Sam Phipps – Parents: Ann and Chuck Phipps



Years on Team: 5

Why I joined the team: Jack Standal told me to.

Favorite CC Memory: Swimming in a river with the boys team after finishing the Milaca Mega Meet.

Favorite CC Course: The Milaca mega meet because the weather is always amazing and everyone always has a good time.

For the past five years, the CC team has been a huge part of my life from July to October. This team has given me more friends and inside jokes than I ever could have asked for. I want to thank Coach Cronin for his dedication to the team, Coach Ness for holding me accountable, and Coach Gramer for her words of encouragement.

Message to the rest of the team: Run fast, run hard, run long, but don't forget to always have fun.

Favorite Pasta Party Food: Chris Murphy's Cookie Salad.

My name is **Austin Sam** and my parents are Ryan and Carli Sam. I have been on the team for



two years. I joined the team because I knew a lot of people that we're on it and it looked like a lot of fun! The most fun parts of cross country were definitely the bus rides to and from meets and swimming in the river at the Milaca meet. Milaca was easily the most fun meet because on top of the run being relatively easy you could mess around with your friends all day. I absolutely hate running but the team made it fun somehow. I'm going to miss everyone and ALMOST everything about cross country. I will always dread intervals but with the support of Lloyd Ness I was able to manage most of the time and I would like to thank

him for that. I will remember a lot from East Ridge Cross Country but if there is anything that will stand out the most it is, as quoted by THE Jack Standal....."Snitches Get Stitches".

Jack Standal - Parents: Jody and Peter Standal



Years on team: 6 years/seasons

Why I joined the team: I wanted to quit football because I was too small and my mom wanted me to try something new.

Favorite CC memory: Bus ride talks with Nate Roesse or wrestling with Zach Gehl at numerous pasta parties.

Favorite CC course: Milaca, because the course was not only fun to run but we would swim in the near by river after the races were over.

Joining the Cross Country team was the best decision I've ever made. It help make me who I am today, I built so many amazing friendships that I'm amazingly grateful for. Everything from hard runs in 90 degree weather to pasta parties and the famous Betz end of the year parties were

amazing due to the variety of wonderful people on the team.

My thank you goes to Phillip Harris for pushing me ever since he joined them team.

To the team: It doesn't matter how fast you are, the only things that matter in cross country are working hard and having fun. Looking back in high school I couldn't tell you my times from every race but I can tell you all of the amazing experiences I've had, fun people I've met, and hilarious moments we've shared.

Plans after school - going to college (to be determined). I would like to continue running and play lacrosse as well.

Nathan Strom – parents: Greg and Kelli



I joined the Cross Country team in 8th grade. I always had a love for exercise and pushing myself. Cross Country was a great outlet for both. However, I realized early on that running can really suck sometimes. But Cross Country is still my favorite sport. How is that possible? Well there is one answer and that is the team. I am confident in saying that East Ridge has the best Cross Country team to ever exist. We may have been extremely goony and sometimes did crazy things. In the end however, we always managed to come out of everything just fine. My favorite moments and conversations have been during Cross Country. These things kept me coming back, year after year, excited to run. And when something makes you excited to run, it has to be pretty great.

Throughout my Cross Country career, St. Olaf was always my favorite meet. I loved this course because it was the first meet of the season and it brought the team back together and kicked off the year.

I would like to thank Coach Ness for always pushing me to my limits and having no sympathy for my pain. Without this I wouldn't have been able to go so hard. And thank you Cronin for the encouragement and five years of great coaching! Thank you so much mom and dad for coming to all of my meets and supporting me.

Baked macaroni and cheese with lobster is my favorite pasta party food. Yes, this delicacy was actually provided once at a pasta party.

It is safe to say that joining Cross Country was one of the best decisions of my life. Carry on the legacy young Raptors and keep this team awesome!

P.S. Thanks, mom, for packing me lunch and snacks every day during Cross Country season and providing me with a daily breakfast buffet.

Ted Tupper – parents: Jeff and Sarah



Years on the team: 3

Why I joined the team: Ellie made me

Favorite CC memory: What Virgin did on the first day of practice

Favorite CC course: St. Olaf loljk

Thank a person who has helped you with your running career: My dad

A message to the team of encouragement: Work hard

Favorite pasta party food: Chocolate milk

Noah Wondimu - Parents: WondimuDeto and Etsegenet Kiflu



This is my second year on the team. I joined cross country because people convinced me after my sophomore season of track. My favorite cross country memory is placing third at sections after passing a runner from Bloomington-Kennedy, which qualified me for state! My favorite CC course is the Lakeville Applejack course last year because it was a flat and fast course. I've enjoyed these past two years.

The pasta parties were always fun and watching everyone dance brought amusement. My favorite pasta party food was pasta with alfredo sauce. Thank you to Tony for helping me with my running career. He has always run with me and we paced each other. The impossible workouts were more enjoyable with Tony to run with.

My advice to the team is "You don't have to have the lead if you have the courage to come from behind". I plan to major in nursing as well as run in college but my decision has remained undecided.

Megan Yoshida – Parents: George and Susan Yoshida



Years on team: 5 years (since 8th grade)

Why I joined the team: Because I couldn't do track due to lacrosse in the spring

Favorite CC memory: going to Charlie's cabin this year

Favorite course: St.Croix bluffs because most of it is in the woods so the crowd can't see my running face!!

Thoughts: Running has helped me become way more mentally tough especially in other sports

Inspiration: My dad used to run marathons and I hope to run them someday too

Quote: SQUAD

Hobbies/future plans: I also play lacrosse at East Ridge and am going to play at Grand Valley State University next year

Favorite pasta party food: THE BETZ PUMPKIN BARS

These seniors are important members of the ERHS Raptors Cross Country team, but no additional information was shared. We wish them treasured memories and good luck with their future destinations and dreams.



Yasmine Abdelel



Rebecca Bailey



Sophie Carpentier



Amanda Clements



Coleman Nix



Mitchel Vangsness

Thank You

SENIOR

Cross Country Runners