



### **By Tim Linscott**

*Managing Editor*

A solid core of returning letter-winners and seniors will help condition, train and provide leadership for Perkins County cross country coach Paula Wurst this season.

“Our seniors are good kids and will help the younger runners as the season progresses,” Wurst said.

Returning letterwinners are Courtney Lyon, Brady Mailand, Coy Aerni, Emily Kemling and Kendra Hoffert.

There are 12 total runners this year, eight boys and four girls. Half of the team has not had long distance running experience before.

The first priority coming into the season for Wurst and crew has been conditioning.

“Without a good base of conditioning, we can’t move up the ladder,” Wurst said. “Figuring out the race is important right now, too.”

With runners just breaking into the sport, Wurst is adjusting her coaching style to play to the strengths of the individuals involved.

“All runners are different. Every season I adjust because every runner brings a different strength to the team,” Wurst said.

The team’s strength thus far has been the attitude displayed by the runners.

“These kids are very excited to be out there and they are very positive, enthusiastic and they try hard,” Wurst said.

Last year the girls team finished 10th at state and Wurst has a goal of getting runners to the state meet every year.