

Weiner Repeats State Cross Country Championship

By Judy Rogers

Golden Plains junior Emma Weiner held on to her Class 1A State Championship in Cross Country as she won the state race in Wamego on October 29. This was Weiner's second year in a row to win the state championship after winning in Victoria last season. She placed third as a freshman.

Weiner ran the state race in 19:37.01, a full 30 seconds ahead of the runner-up from Classical School in Wichita. She has won every race at every meet for the past two years. Her career best time of 19:03.36 was run at the Norton Invitational in September.

"I was glad to be able to win again," said Weiner, "especially on a new course. The course at Wamego was challenging but all the fans cheering made the atmosphere exciting. It was a perfect, beautiful day to run. I always enjoy seeing the other competitors that have become friends."

"Working every day in practice has helped me to push myself to be the best I can be," continued Weiner. "Having the coach, my family, and teammates supporting me is appreciated. It is important to practice in the off season as well. I hope to continue to improve my times and break that 19 minute mark! I'm glad that I can contribute to the recognition and pride for our school."

"Emma's drive, work ethic, and competitive spirit are an inspiration, not just to her teammates and other runners, but to all who compete in any sport," said Coach Mindy Fleckenstein. "I am so proud of her and what she has accomplished!"