

Blaze Your Own Trail

Why would you want to join a team that has never won a championship? Because you get a chance to do be part of something that has never been done before, that's why. How many times in your life will you have the chance to say that you were the first to do something? How many chances do you get to write a record book?

Is it easy. Sure, running 2 miles (middle school) or 3.1 miles (high school) is easy. Anybody can



do that. But running it fast is hard. It wouldn't be fun or worthwhile if it wasn't. People don't play sports because they're easy. They play them for the challenge. There are no participation medals here. This isn't about group hugs.

When you finish a race you know exactly who is the best and how good you are. because there is a clock and a place that tell you so. If you suck, you know it. If you are good, you know that too. And the best part is that you make the decision.

Nobody can stop you but you. Why? Because there is no bench. You will never be sitting on the sidelines watching your team thinking, "I'm better than them." You are out there on the course proving it every week.

People who run Cross Country are leaders. They decide what is cool. If you want to follow the pack, play football. If you want to be bold and be your own person. Be a runner. If you can't stand to step out in front and say, "This is who I am," go find another sport!

Toughness, Pride, Confidence, Leadership, these are the traits of a Cross Country runner. If you have them, or if you want to learn them, this is the team for you.



Cross Country

Licking Heights

Coach Ketcham
Phone: 614-296-0400
E-mail: sketcham@laca.org

Coach Helgerman
Phone: 614-371-9095
E-mail: coachh@runninghornets.org

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RunningHornets.org

What is Cross Country?

Cross Country is seven person teams running 3.1 miles (high school) or 2 miles (middle school) through the woods, streams grass and mud fighting for every second and every place.

It is the hard of edge of racing the way it was meant to be. Competition is fierce and only those willing to go harder and faster than the runner next to them come out on top.

There are no time outs, no benches, and no sissies.



Licking Heights runners lead the pack at the start of the North Union Invitational.

Practices and Races

So what do you do on the Cross Country team? You work your butt off to get faster. We run every day after school, race every Saturday, and sometimes during the week too. We run short distances and long ones. We run fast and we run slow. We run in the woods and on the track. We go to Watkins, Newark, Heath, Granville, Pickerington, Groveport, and anyplace else we can find the best competition.

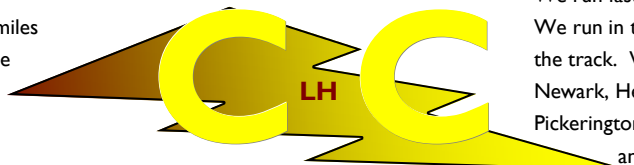
And if we are good enough and work hard, enough, we race in the State Championship at Scioto Downs at the end of the season.

Who are the Coaches?

Coach Ketcham is the head coach. She has a masters degree in exercise physiology and over twenty years of coaching experience. She has raced every distance from the mile to the marathon. She is never happier than when she's on a race course.

Coach Helgerman is the assistant. He is an Air Force pilot and a computer systems analyst in real life, but what he really loves is running. He's been to a Cross Country state championships in Pennsylvania and he's got four marathons of his own under his belt.

There is one thing you need to know about these two; they will never give you a workout that they haven't done themselves. Most of the time they'll be in the mud doing it with you because they want to get faster too. The competition has not passed these two by.



Catie Campbell, Licking Heights High School Women's record holder runs, in a Junior Olympic meet.

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