

oh, of COURSE

Athletes run through the details
of their favorite races

1 Ready to run Miley Farniok '25 makes sure her shoes are tied. With lots of experience in cross country, Farniok found running one specific race always felt best. "I love Gale Woods farm," Farniok said. "There's always great competition there, and I feel like everybody always just does well when they run there." *Photo by Lucas Lawrence*

2 Taking a moment to himself, Justin Woodruff '26 finishes his warm up and is ready to race. Woodruff had been a long time runner, but he held one cross country course above the rest. "I really like the New Prague Course," Woodruff said. "There's not a lot of competition with it, so I just try to have fun with it." *Photo by Lucas Lawrence*

3 As she sports a pair of shades, Rose Lamberts '26 charges to the finish line. Through her first year in cross country, Lamberts found one course she favored most. "My favorite course is Brainerd," Lamberts said "The course itself has very diverse terrain, and it's really easy to stay mentally engaged ." *Photo by Lucas Lawrence*

4 Running with purpose, Maddie Jackson '26 strides her way to the finish line. Despite having plenty of courses she enjoyed, Jackson felt that one course that stuck out from the rest. "Without a doubt [my favorite is] Alexandria," Jackson said "Their course is always an amazing, and a cool run." *Photo by Lucas Lawrence*

Competing at the St. Michael-Albertville Invitational meet, the Bison Boys Cross Country team kicks up dust and charges ahead at the sound of the starter pistol. *Photo by Lucas Lawrence*



running it BACK

Runners reminisce on miles ran
and experiences gained

For cross country athletes at Buffalo High School, memories and traditions are made with ease and held onto for years to come. For the runners, these memories and traditions give cross country value beyond run times and shape their unique experiences in the sport.

Within the vast emotions of an achievement, the smallest of details can set the moment apart. For Miley Farniok '25, her fondest cross country memory occurred during a major milestone.

"[My manager] Trevor Juenke '25 was singing 'Umbrella' by Rihanna when I ran my personal best," said Farniok. "Now, whenever I listen to that song, I see it as a good luck charm." Farniok found herself not only at the finish line, but in a community that welcomed her with open arms; a group that genuinely wanted to see her succeed.

Encouragement is nothing out of the ordinary to BHS cross country. Thumbs up, pats on the back, and words of affirmation are constants in practices and meets. Brooke Dogget '27 took motivation a step further by creating a tradition with her female teammates.

"We do this thing called 'big sisters,'" said Doggett. "Before each race, we write a note for our big sister and attach something like a piece of candy, and It encourages her to run better." A group of girls simultaneously chasing their next PR, and lifting one another up; even at their lowest. They've raised the bar on what it means to be a team.

One of the ways runners improve their times is by finding the perfect pre-race nourishment. Carrying on a mealtime tradition, Issac Worth '25 looked forward to loading up on pasta on nights before his races.

"I'll normally have a spaghetti dinner with my family; It's just kind of a tradition at this point." said Worth "My dad used to do it when he was a runner, and now I do it."

Winning is a a grandiose feeling, that many search to relive by and finding a way to celebrate victory in a memorable way makes people want to come back, play hard and win again. Tristan Lenton '26 always felt energized and excited after wins, and looked forward to the team's biggest celebration of the season.

"When we are celebrating a section championship we like to roll down the hill at the buffalo Heights Golf Course," said Lenton. "It always makes me feel victorious, and it's a great time with the team" For Lenton, those chaotic triumphant moments of rolling down the hill, laughing alongside his teammates; those are the bits he will remember.

Cross country is not a walk in the park, it is a grueling run through the woods, with a side of shin splints and a cramped foot. But, for the Buffalo cross country runners, having these memories and stories to look back on makes all the sweat, ruined shoes, and miles run worth each and every step.

Story by Leif Carlson
Photo by Lucas Lawrence



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What is the
fastest mile you
have ever ran?

"It was a 6:50 in the 9th grade. Afterwards, I felt proud"
Archie Anderson '26

"During a hockey practice in 11th grade I got a 6:20."
John Manuel '25

"6:59 in 10th grade. I felt tired and out of breath after"
Hattie Toussaint '25

"A 9:50 in 8th grade. It felt pretty good, to be honest."
Evie Dockendorf '26

"I ran an 8:40 in 7th grade and I felt like I cheated it"
Audrey Duerr '26

"Something like a 5:50 in 4th grade. I swear I'm not lying"
Jerried Curtis-Torgerson '25

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cross country
athletics