

# Get up and win that race!

Fernandes and fellow freshmen lead Lady Cats in track and field.

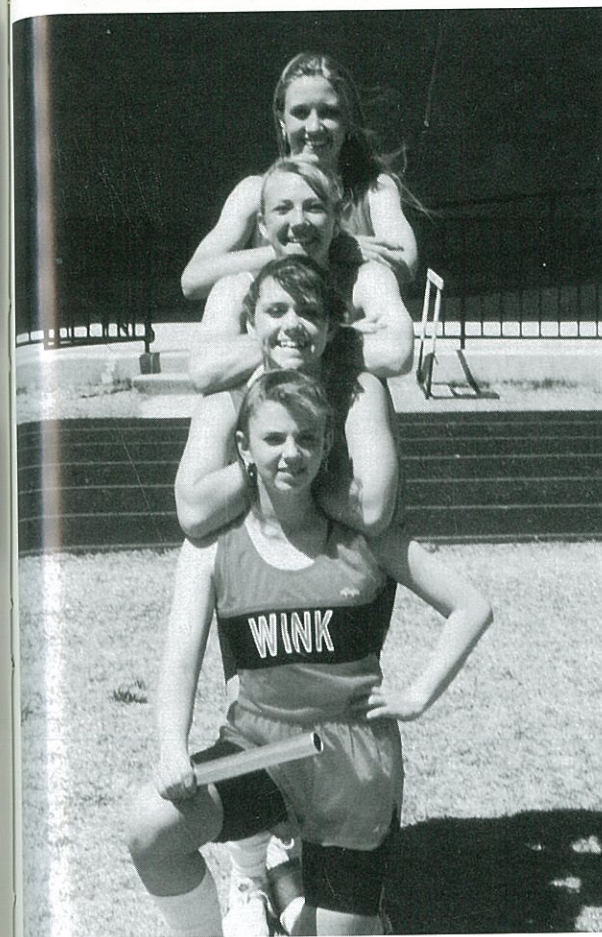


**Girls' Track Team:** back - Jennifer Tinkler, Jess Anne Fernandes, Mickey Underwood, Michelle Harbin, Casie Slaughter, Erin Wolf, Geanna Baker, and Twila McKee; front - manager, Greg Smith, Lisa Claborn, Mandi Haring, Amanda Henderson, Misty Lukins, Sally Carrillo, and manager Desiree Bickle.



Freshman Casie Slaughter practices going over a hurdle. Her perfected form took her all the way to the regional meet in the 300 meter hurdles where she narrowly missed a trip to state by finishing in third place.

Jess Anne Fernandes completes a successful triple jump at the district meet. She qualified for regional in this event, the high jump, and the 400 meter run. A first place finish at regionals in the triple jump and a second place finish in the 400 took this talented freshman to state.



An all freshmen 1600-meter relay team won district and made a respectable showing at regionals. Team members top to bottom were Jess Anne Fernandes, Casie Slaughter, Geanna Baker and Michelle Harbin.

The 400-meter relay team of Michelle Harbin, sophomore Amanda Henderson, Casie Slaughter, and Jess Anne Fernandes also qualified for regionals.



*"The Race , by an unknown author, typifies not only the Lady Cats' track season but the volleyball and basketball seasons as well."*

~ Coach Stacy Garner

"Quit! Give up, you're beaten," they shout and plead,  
"There's just too much against you now. This time you can't succeed."  
And as I start to hang my head in front of failure's face,  
My downward fall is broken by the memory of a race.

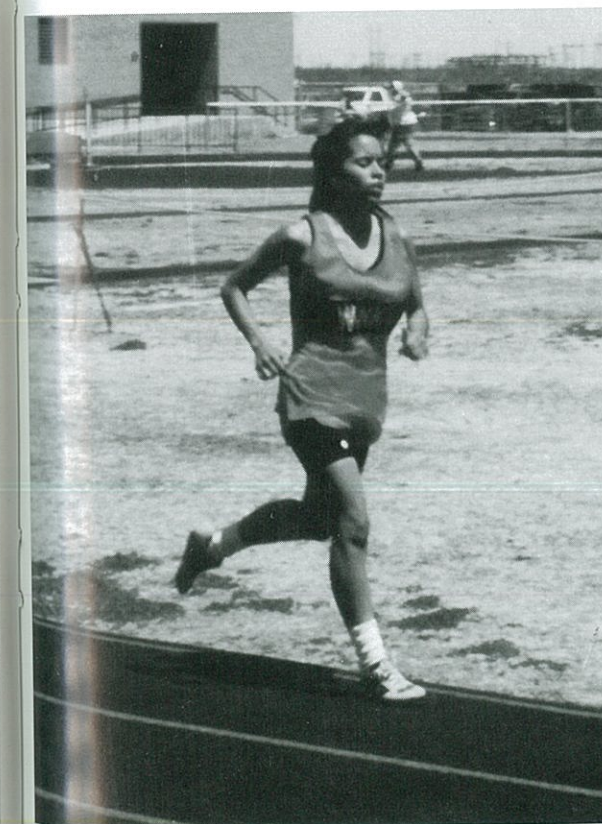
The little boy who thought to win, had lost his step and slipped.  
So down he fell and with him hope! He couldn't win it now.  
But, as he fell, his dad stood up and showed his anxious face,  
Which to the boy so clearly said, "Get up and win that race!"

So up he rose to win once more, and with a new commit,  
He resolved that win or lose, at least he wouldn't quit.  
His mind went faster than his legs. he slipped and fell again.  
Too far behind to hope to win, he still ran to the end.

And even though he came in last, with head bowed low, unproud;  
You would have thought he won the race, to listen to the crowd.  
And to his dad he sadly said, "I didn't do so well."  
"To me you won," his father said, "You rose each time you fell."

All of life is like that race, with ups and downs and all,  
And all you have to do to win is rise each time you fall.  
"Quit! Give up, you're beaten," they still shout in my face.  
But another voice within me says, "Get up and win that race."

~Paraphrased



Distance runner, Sally Carrillo, closed out her athletic career at Wink High School at the district track meet. The leadership this senior provided will be greatly missed.