

TFS HS XC Highlights Meet of Champions Nov. 13, 2021

Senior Captain Evan Prince, in his second cross country invitation only Meet of Champions, placed 19th out of 156 all classification all stars in a time of 16:03.73. With a plan in place to strategically maneuver around the initial testosterone sprint like a jockey holding back his racehorse, waiting for the right moments to move up along the rail or on the outside, Evan started out in 40th place at the half mile point before progressively passing spread out packs of medal hopefuls. He kept his mile times scheme in tact and finished the prestigious race with only fumes left in the tank, extracting every last bit of fuel from a month of little running - though cross training on bikes, in water, and dryland ski erging help with cardiac fitness, it's hard to get the same leg pounding shape - due to an injury. His legacy of toughness, of relentless pursuit of uncommon valor, of confidence in the face of distress, remains fully intact.

Meet results

<https://ga.milesplit.com/meets/450413-ga-hs-meet-of-champions-invited-races-2021/results/781457/raw#.YZJNHmDMI2w>



TFS HS XC Highlights State Championships Nov 6, 2021 @ Carrollton, GA

On a challenging double loop, mostly grass, deceptively tough Carrollton elementary school course under a warming splotchy sky, TFS boys and girls both finished 13th in A-Private. This was the boys third Sweet 16 in a row and the girls second in three years. Both improved upon seeded rankings - boys from 14th and girls from 18th.

Coming off of three weeks in which he probably ran only 20 miles due to an injury (yet cross trained in the pool and on the bike, elliptical, rower, and ski erg), senior Captain Evan Prince ran 16:35.07 to place third of the 201 in the race. The mental tenacity it took to accomplish this is not common, to say the least. Overall, his time ranked 24th out of 1649 running in the 8 classification races over the two championship days. Evan has been invited to race at the Meet of Champions, an all classification race, next Saturday.

Walker Bailey ran #2 for TFS, placing 37th in 18:34.73 (1:22 faster than 2020). Austin Ball followed in 90th in 19:49.97, which was 1:14 faster than last year. Canon Brooks and Zhigao Henry Xiong ran course bests to finish the scoring. Jackson Shadburn followed Henry by seven seconds while running his penultimate 5k time. Freshman Clay Kafsky ran the course for the first time and finished in 21:38.74.

Scoring teams from 27 Class A-Private schools and 193 female harriers were in the 11:45, 50 degree weather race. Frosh Josie Chesser led TFS in a near PR 22:54.22 for 49th place, followed by senior Captain Lucy Alexander (23:35.52 - 65th), who ran at the state meet for the third year in a row - the only TFS female to ever do so. Nine seconds and 11 points behind, Jenna Chesser ran a near season best while Miranda Chapa finished 5 spots and 13 seconds later. First year harrier Kailyn Neal rounded out the scoring for TFS. Dani Prince ran close to a season best as the TFS displacer for her first time on the course.

The "state experience" has similarities to everyone, yet has its own mystique to each individual. Coaches and kids continually seek the formula to what premeet pasta will help to run faster, which hotel "fits" or is it better to be on a bus for three hours on the same day, do you show the latest cross country/running movie to inspire, which quote do you put on the shirt, what tradition do you continue or create. The hocus pocus of it gets to some and gets in some. You never really know what will be a reason or an excuse until the race is over. Everything is about that day, that moment of minutes in time in which fatigue and fortitude, weather and will, matter and mind, and drive and discipline either unite for a satisfying culmination to a season that basically starts June 1 or a relentless "what if" reminder that sticks in one's craw, that inspires yet for another year, or that is chalked up as a missed opportunity in which to learn. The state experience for cross country is so vastly different than most other high school sports. On one end of the spectrum is an incredible talent pool; on the other end is the physiological bank couple with the psychological card. Like an ace that can play high or low, emotional and mental fitness determine whether ANY external will undermine or forge strength. That hair of a habit determines whether one goes home happy, hangry, or hopeful. Also, one runner - no matter if they are #1 or #5 on the team - if missing, can determine a huge swing in placement. Many instances, ours included, demonstrate that one harrier can be a 60-70 point swing, meaning a team could easily move up 3-5 places based on that missing racer.

The post race scene for each of the sixteen races is eerily similar...some laying flat with slobber on their face, some hugging on anyone who can hold them up as they process the happiness they just earned, and some getting tears consoled with puffy blabber. Said differently yet even more poignantly...some push themselves to utter exhaustion over a hilly 3.1 miles while onlookers wish they had the courage to do so, some need someone to share the joy of earning something worthwhile, and some need a little encouragement to use failure as a significant reminder to better prepare in their ownership of their lives. Oh, the prolific and distinct memories of a harrier!

Boys A-Pvt results

<https://ga.milesplit.com/meets/450589-ghsa-state-cross-country-championships-2021/results/780942/raw#.YYfe3p7MI2w>

Boys all classification results

<https://ga.milesplit.com/articles/305594/2021-ghsa-state-meet-all-class-results-merge?page=1>

Girls A-Pvt results

<https://ga.milesplit.com/meets/450589-ghsa-state-cross-country-championships-2021/results/780941/raw#.YYgdDGDMI2x>

Girls all classification results

<https://ga.milesplit.com/articles/305594/2021-ghsa-state-meet-all-class-results-merge?page=3>

TFS results

<https://ga.milesplit.com/meets/450589-ghsa-state-cross-country-championships-2021/teams/4745#.YYffKZ7Ml2w>



TFS HS XC Highlights Region 8-A Private Championships @ Athens Christian Oct. 27, 2021

For the third year in a row, TFS boys cross country qualified to the state championship while the girls advanced for the second time ever. Both squads finished third at the Region 8-A Private Championships, held on the deceptively tough, two loop course at Athens Christian under a sunny, warm afternoon with various shade pockets wonderful for spectators but not long enough for racers.

Even coming back from a two week injury, senior Captain Evan Prince won the top medal, repeating the podium stance from a year ago and earning his third trip to Carrollton. Junior Walker Bailey placed fourth in a course best time and became one of only a handful or so TFS male harriers who have ever advanced as an individual. Austin Ball (16th), Canon Brooks (22nd), Jackson Shadburn (23rd), and Clay Kafsky (25th) all ran course bests. Zhigao Henry Xiong came back from an injury to be the first TFS displacer.

Josie Chesser placed 10th in a PR time of 22:47.06 while Caroline Ball (13th - PR), Jenna Chesser (19th - season best), Captain Lucy Alexander (20th - first TFS girl to ever qualify to state three years!), and Kailyn Neal (PR) all scored to lead the team back to the pinnacle meet. Still battling an injury, Miranda Chapa ran hard to be the first displacer while Dani Prince ran her season best. Though ranked fifth in the region based on season best times, the girls ran superbly for each other to qualify to Carrollton.

JV boys finished third. Timothy Beck placed fourth with a PR time. Josh Jackson (12th), Brit Shaw (21st), and Jackson Pollock (23rd) ran course bests. Josiah Turney placed 16th.

Stasa Beratovic placed fourth in the JV girls race with her best time, while Sandra Badia placed 11th and Zoja Cerovic placed 14th.

V boys

<https://ga.milesplit.com/meets/436541-ghsa-region-8-a-championships-private-2021/results/778941#.YXoR51XMKpo>

V girls

<https://ga.milesplit.com/meets/436541-ghsa-region-8-a-championships-private-2021/results/778968#.YXoR6VXMKpo>

JV boys

<https://ga.milesplit.com/meets/436541-ghsa-region-8-a-championships-private-2021/results/778943#.YXoR7FXMKpo>

JV girls

<https://ga.milesplit.com/meets/436541-ghsa-region-8-a-championships-private-2021/results/778942#.YXoR8FXMKpo>

TFS results:

<https://ga.milesplit.com/meets/436541-ghsa-region-8-a-championships-private-2021/teams/4745#.YXtXzFXMKpp>





TFS HS XC Highlights Harrier Harvest October 19, 2021 SENIOR DAY

Cross country honored six seniors in a pre-race ceremony to begin a harvesty fall late afternoon competition at the TFS 5k farm course. Seven year cross country participant Lucy Alexander, Caroline Ball, Colton Augustine, Josh Jackson, Evan Prince, and Zi Shrek Wang were escorted in front of a large crowd, provided a special gift basket and sunflower, and celebrated for their achievements and contributions to a strengthened GREAT culture. Team Leader Dani Prince coordinated the event with excellence, empathy, and energy!

TFS girls placed sixth of 13 scoring schools; senior captain Lucy Alexander led the Indians (23:35) while Jenna Chesser (24:29), Kailyn Neal (25:11), and Dani Prince (27:07) followed. Caroline Ball and Josie Chesser stopped to help a distressed runner, so their time wasn't indicative of how well they were running. Sandra Badia and Stasa Beratovic ran within a half second of each other.

TFS boys placed seventh of 12 scoring schools. Walker Bailey ran a PR 17:40.34 on the famously difficult farm course to lead the Indians and earn a top ten mini banner. Austin Ball, Zhigao Henry Xiong, Canon Brooks, and Clay Kafsky ran the #2-5 team spots while Jackson Shadburn was the potential tie breaker and Timothy Beck the second displacer. Jason Bard, Kafsky, and Josh Jackson ran course bests.

Results <https://ga.milesplit.com/meets/427919-harrier-harvest-2021/results/776202/raw#.YXX1PVXMKpo>

TFS results https://ga.milesplit.com/meets/427919-harrier-harvest-2021/teams/4745#.YXbH_1XMKpo



TFS HS XC Highlights Kent Kramer Classic @ Athens Christian Oct 14, 2021

Though it was pleasantly cool spectator viewing in shady portions on the course, it was unseasonably warm for the runners on the deceptively tough path that includes one steep hill, a short traipsing through a forest, and gradual inclines throughout the double looping venue.

TFS girls won the 12 team Kent Kramer Classic victor's cup with 93 points while running the best team race of the season. No TFS girl was in the top 10 but ran a 24:02 team average and a 1:19 split between the top five racers. Caroline Ball placed 13th (24:02) out of 128 racers, followed by Miranda Chapa (14:15 - 18th), Lucy Alexander (24:42 - 21st), Josie Chesser (24:43 - 22nd), and Kailyn Neal (25:21 - 28th) for the team's scoring.

TFS boys finished 5th of 14 scoring schools with 148 points. Walker Bailey ran incredibly smart to move up throughout the race to finish as the runner-up (18:05) out of 175 finishers. Zhigao Henry Xiong placed 23rd (19:25), Austin Ball 26th (19:41), Jackson Shadburn 50th (21:24), and Canon Brooks 56th (21:43) to score for the Indians. Jackson Pollock set a personal record (24:13.52) and Brit Shaw ran a season best 26:52.06.

TFS results

<https://ga.milesplit.com/meets/427962-kent-kramer-classic-2021/teams/4745#.YZUeEGDMI2w>

Girls results

<https://ga.milesplit.com/meets/427962-kent-kramer-classic-2021/results/774068/raw#.YXazYFXMKpo>

Boys results

<https://ga.milesplit.com/meets/427962-kent-kramer-classic-2021/results/774097/raw#.YXazeFXMKpo>



TFS HS XC Highlights Asics/Alexander Invite October 2, 2021

Over 4200 harrier entrants from 142 schools amongst all eight GHSA classifications, GISA teams, out of state squads from TN, FL, NC, and AL, as well as numerous collegiate teams, descended upon Bouckaert Farm, home to the filming of two Avengers movies and Black Panther and Tony Stark's cabin. The atmosphere was nostalgic for many, wondrous at how the imagination can create connections, and how both film and fascinations falter when fatigue sets in running up Wakandan Hill. This Chattahoochee Hills Eventing Center location was a faster course in 2020, mostly due to the famous hill being added in the last 400m, so only about 23% of the runners set lifetime bests.

TFS girls placed fifth of 17 scoring teams in the A-AAA varsity race, one point ahead of Whitefield Academy. Josie Chesser, in a near PR 23:30.30, led TFS in 20th place, followed by Caroline Ball (28th), Miranda Chapa (35th), Kailyn Neal (57th), and Dani Prince (85th) out of 128 galloping throughout the 8500 acre venue during the more humid and heated races of the day.

For the TFS boys in the A-AAA division, Walker Bailey ran 17:44.65 to surpass his previous PR while passing TFS alum Chris Geiger to move into the #7 position on the famed TFS XC Legacy List. Zhigao Henry Xiong (40th in a near PR), Austin Ball (62nd), Jackson Shadburn (95th in a near PR), and Josh Jackson (100th in a near PR) scored while Timothy Beck followed 12 seconds later, close to his best 5k time, and Jason Bard rounded out the seven Indians in the race, beating his best time as one of the few the infamous fictional battleground didn't fully conquer.

Though seeded at least 18th in the championship section, senior Evan Prince ran 15:44.67 (#2 all time TFS time behind his school record from the faster 2020 course) under the overcast morning to place 11th of 239 in his race and 11th overall out of the 634 varsity boys running throughout the day. Evan is currently ranked 1st in the region, 2nd in Class A-Pvt and 21st overall amid all classifications.

TFS results <https://ga.milesplit.com/meets/414140-alexander-asics-invitational-2021/teams/4745#.YVmmVVXMKpo>

Girls results <https://ga.milesplit.com/meets/414140-alexander-asics-invitational-2021/results/769739#.YVmfHFXMKpo>

Boys results <http://milesplit.live/meets/414140/events/1/F/M>



TFS HS XC Highlights Heroes Invite Sept. 25, 2021 and Wingfoot XC Classic Sept 24

TFS girls and boys both placed second at the 10th Annual Heroes XC Invite under the most ideal weather imaginable - wispy artistic clouds spattering bright blue skies, temps cool and dry to dissipate the morning dew without the expected resultant humidity, all the while on a proudly manicured course, sans a hog's wallow.

Though two teams withdrew for different reasons, Cherokee Bluff (winners of both races), Green County, and Riverside Military Academy joined the Indians at The Farm course to race in honor of each harrier's personal hero. Team Leader Kailyn Neal enlisted numerous volunteers to support the quest to host a GREAT event while showcasing TFS as The Light in the Mountains. One team visited Tallulah Gorge after the event, amazed at our surrounding mountainous beauty.

Walker Bailey continued inspiring the team, pacing strategically to place second, passing numerous others in the second half of the race, breaking the 18:00 barrier, and moving up on the course Legacy List. Timothy Beck, Colton Augustine, and Josiah Turney all ran their course bests. Austin Ball placed ninth and Zhigao Henry Xiong was one spot behind. Jackson Shadburn continues his significant improvement, setting a course best as the team's #4 on the day. Clay Kafsky rounded out the scoring. Josh Jackson was one place back, only a second behind his Farm time.

Josie Chesser led TFS in a PR 23:23.70 for fourth place, followed in succession by Caroline Ball, Miranda Chapa, and Kailyn Neal, all course bests. Dani Prince scored the final TFS place with her best time at the Farm. Zoja Cerovic also ran her TFS prime.

On Friday night, Evan Prince competed against some of the best harriers in the state among all classifications at the prestigious Wingfoot XC Classic under the 9:00PM lights at Sam Smith Park in Cartersville, placing 18th of 141 in 16:28.0.

Results <https://ga.milesplit.com/meets/427918-10th-annual-heroes-invitational-2021/results#.YVBt6FXMKpo>
TFS results <https://ga.milesplit.com/meets/427918-10th-annual-heroes-invitational-2021/teams/4745#.YVBwoVXMKpo>



TFS HS XC Highlights @ Athens Academy Invite Sept 17, 2021

Both TFS boys and girls finished fourth of seven scoring schools over the 3k first loop, 2k second loop Athens Academy course, which started from the rubber track, ran a horseshoe bend, up a horseshoe hill, through a tunnel, into a brief forest, along a double lake path before turning up to the last, diabolical hill to finish loop one. That second loop leaves out the initial horseshoes to lose a K but still leaves the final hill and adds another horseshoe (the course engineer must have been a farrier) on the practice field to finish in front of the throngs of screeching admonishments such as “catch them, “ya gotta go,” and “hurry” to, when past that white line at the timer, “good job,” and “way to go” with high sweaty fives from family and fans sweating profusely from the stresses of watching other people run. The sun was more like incandescent lights because of the splotchy cloud covering, but the humidity was more like a team waiting in Barberitos with no A/C enjoying the waifs of sizzling fajitas but not necessarily the steam. The solarness was bearable yet there was an awful lot of electrolytes lost from humidity and oxygen consumption.

Walker Bailey placed sixth of 89 with a PR and a minute faster than late October 2020 on the same course. Austin Ball, Clay Kafsky, and Jackson Shadburn all set PRs to score for TFS. Though an off day for Zhigao Henry Xiong, he was within a second of his October 17, 2020 AA course time. Timothy Bech and Josiah Turney also hastened their way to personal best XC times. Colton Augustine hustled his way to a solid season best. Canon Brooks and Jason Bard battled through injuries to inspire by their grit and determination.

Lucy Alexander placed eighth of 73 while consistently slicing time from her races, Caroline Ball one distinct PR spot behind, Miranda Chapa a 24 minute barrier breaking PR in 13th, Kailyn Neal in a near PR 17th, and Emma Jackson 43rd. Ninel Tarasova and Sandra Badia both ran through considerable discomfort - ok, inner anguish - to set memorable PRs and quickly forget the previous depletion.

This boys and girls team has run more preparation miles than any team in school history. At least four are running more than an hour on their long runs, still traipsing more than 40 miles per week. It's paying off!

TFS results <https://ga.milesplit.com/meets/430487-athens-academy-us-home-meet-2-2021/teams/4745#.YUZapZhKipo>

Boys results <https://ga.milesplit.com/meets/430487-athens-academy-us-home-meet-2-2021/results/763710/raw#.YUVFUphKipo>

Girls results <https://ga.milesplit.com/meets/430487-athens-academy-us-home-meet-2-2021/results/763711/raw#.YUVF25hKipo>



TFS HS XC Highlights Cookies 'n Quotes XC Festival Sept 7, 2021

The 17th annual Cookies 'n Quotes XC Festival is a unique opportunity to shine bright TFS as the light in the mountains both near and far by providing every runner, coach, and manager a personalized, decorated bag with three baked cookies and three quotes. Our community of runners and parents spend countless hours baking and preparing to create an experience like no other encountered, including individual and team banners, huge cookies for winners, music, concessions, Frozen Frenzee, a plethora of joyful volunteers, and one of, if not THE toughest course in Georgia, based on comments and the data showing it to be 30 seconds to a minute slower than the state meet venue.

The TFS girls won the varsity race by one point over Rabun County and the other 13 schools by running in a strong pack within 11 points of each other and less than a two minute scoring time differential. Josie Chesser set her 5k PR to place 10th out of the 76 varsity girls, four spots ahead of Miranda Chapa, who scuttled to her course best. Caroline Ball surpassed her CB, placing 16th, two places ahead of Cookies 'n Quotes Team Leader Lucy Alexander, nursing an injury. Kailyn Neal completed the TFS scoring three points later.

Evan Prince ran the smartest and most comfortable race of his career while winning by 30 seconds. TFS placed second, one point away from victory and ahead of 13 other schools from multiple classifications. Walker Bailey ran 1:37 faster than his previous course best to place fifth of the 105 varsity harriers and one second slower than the ACS runner in front of him. Austin Ball and Zhigao Henry Xiong placed 15th and 17th, respectively, both significant course improvements. Freshman Clay Kafsky tallied the fifth TFS score by running 21:30.71, only .31 from one better place. Josh Jackson also ran a course best.

Sandra Badia Cester won the girls JV race with a PR. Ninel Tarasova placed fifth while Stasa Beratovic (seventh) and Joja Cerovic (ninth) ran personal bests.

TFS JV boys tied for second place, but lost in the 6th runner tie breaker - we didn't have a sixth JV runner. Colton Augustine ran his course best in third place, followed by one place from frosh Timothy Beck (PR). Jackson Pollock and Josiah Turney ran within two seconds of each other to round out the team's JV scoring.

TFS results <https://ga.milesplit.com/meets/427917-cookies-n-quotes-2021/teams/4745#.YTiy5lhKg2w>

Full results <https://ga.milesplit.com/meets/427917-cookies-n-quotes-2021/results/760197/raw#.YTioCohKg2>



HS XC Highlights AT&T Starrs Mill Invite Sept 4, 2021

The TFS varsity girls began the competition warm up during the predawn calm, before the throngs of screeching fans began to exponentially resonate throughout the race. The early morning weather was near perfect, the One Church grass and dirt path dewy but swift. Watching Remember the Goal after Friday's service day, the Indian harriers were ready to roll, trusting the season plan to pace, persist, and pass people.

Coming back from a slight injury the last couple weeks, senior team captain Lucy Alexander led TFS, running the 5k double loop path in 23:36.19 while passing 30 runners since mile marker #1. Lucy finished 156th out of 405 female runners in the three divisions. Miranda Chapa followed 50 seconds later, within a three second personal best, moving past 25 others in the last two miles. Two points and six seconds later Caroline Ball set her personal record while scooting by eight others in the last mile. Kailyn Neal hurried by six others since the second mile and followed up five seconds later with a PR. Sophomore Dani Prince finished out the scoring while advancing nine places since the initial mile.

In his first race of the season, senior team captain Evan Prince moved up from 12th at mile one to finish seventh out of 265 varsity division runners and 565 high school males from all classifications and multiple states. He ran 15:50.48 - eight seconds off his PR - with mile splits of 4:53, 5:17, and 5:16. Walker Bailey set another PR while placing 96th, barely going over the 18 minute mark while moving up from 173rd at the one mile pole. Zhigao Henry Xiong leaned his torso over the line two tenths of a second under 19 for his best time ever while moving up 20 spots. Austin Ball moved up 32 spots over the last two miles while freshman Clay Kafsky passed 15 runners to set a PR and score as the #5 TFS harrier. Canon Brooks came in two points and four seconds later. Josh Jackson rounded out the sedentary with his own PR by 44 seconds since last season.

Next meet: 17th Annual Cookies 'n Quotes XC Festival Tuesday, September 7 at the TFS home course.



TFS XC Highlights North GA Championships @ Lamar Murphy Park August 28, 2021

The sweltering dew and intermittent scorching sun, varying breeze, and the bright rays sporadically covered for brief respites greeted 1455 finishers throughout the long morning on the high school 2 loop, 5k course and the middle school 3200m one and a half loop grassy trail at the Jefferson Lamar Murphy Recreation Center.

Junior Walker Bailey, having averaged over 40 miles per week over the summer, finished eighth of 183 in the varsity division and 55th of 310 overall boys while running a personal 5k record and 1:30 faster than last year on the same course over the same weekend. Zhigao Henry Xiong ran two minutes faster than 2020 to place 37th. Austin Ball ran 19:50, cutting two minutes from a 2020 August time. Jackson Shadburn, Timothy Beck, Jason Bard, and Josiah Turney all set 5k PRs.

Frosh Josie Chesser led the TFS girls to a 13th place finish of 22 scoring teams by running 24:20.83 for 43rd of 162 in the varsity division (88th of 238 overall). Within 23 seconds of her overall PR, Miranda Chapa came in shortly after, followed by Kailyn Neal, Caroline Ball, and Jenna Chesser to round out the scoring for TFS. Ninel Tarasova, Sandra Badia, Stasa Beratovic, and Zoja Cerovic all ran a 5k race for the first time.

Ethan Wheeler (7th of 279 in 12:20.59), Bentley Huff (11th in 12:29.92), Ryder Cantrell (64th), Gaving Dodd, and Josh Lander - who cut off over a minute from 2020 on the same course - led the Indians to a 12th place finish among 22 scoring middle school teams. Charlie Harris took well over two minutes off his time from a year ago. Gavin Simmons ran four minutes faster!

Carsyn Griffis ran 1:50 better than a year ago to lead the MS girls to 10th place of 20 scoring teams. Olivia Henderson, Avery Keim, Haylen McGugan, Megan Prince, and Molly Rickman all skedaddled their way through the simmering atmosphere significantly faster than 2020 on this course.

TFS Harriers of the Meet: Walker Bailey, Josie Chesser

TFS MS Harriers of the Meet: Ethan Wheeler, Carsyn Griffis

TFS HS results <https://ga.milesplit.com/meets/420450-north-georgia-championships-at-lamar-murphy-2021/teams/4745#.YSv6x5hKipo>

Varsity boys results <https://ga.milesplit.com/meets/420450-north-georgia-championships-at-lamar-murphy-2021/results/757533/raw#.YSqgFZhKipo>

Varsity girls results <https://ga.milesplit.com/meets/420450-north-georgia-championships-at-lamar-murphy-2021/results/757600/raw#.YSqgPphKipo>

JV boys #2 results <https://ga.milesplit.com/meets/420450-north-georgia-championships-at-lamar-murphy-2021/results/758143/raw#.YSv47JhKipo>

JV girls results <https://ga.milesplit.com/meets/420450-north-georgia-championships-at-lamar-murphy-2021/results/758010/raw#.YSv5eJhKipo>

TFS MS results <https://ga.milesplit.com/meets/420450-north-georgia-championships-at-lamar-murphy-2021/teams/20834#.YSv7L5hKipo>

MS boys results <https://ga.milesplit.com/meets/420450-north-georgia-championships-at-lamar-murphy-2021/results/757994/raw#.YSv5rphKipo>

MS girls results <https://ga.milesplit.com/meets/420450-north-georgia-championships-at-lamar-murphy-2021/results/758163/raw#.YSv5cJhKipo>

TFS MS/HS XC Quadrathlon Highlights Aug 24, 2021

The 16th annual TFS cross country quadrathlon is a memorable escapade in a distinct mountain and lake atmosphere consisting of kayaking a loop from Tallulah beach around the old railroad trestles and back, swimming in the beach area, biking Terrora Circle, and running an out-and-back from the beach to the suspension bridge area for middle school and the entire Shortline Trail for high school. The approximately seven mile overall route integrates the joy of being active outdoors while toughening through discomfort, strategizing schemes, sharpening focus, and a smidgen of mechanical luck into a spectrum of minutes of lasting recollection. The memorable event is a longstanding TFS cross country tradition that brings together our XC families and promotes the unique atmosphere and distinguished treasure we have in Tallulah Falls.

Senior Evan Prince won for the third year in a row in 50:35. Walker Bailey finished second in 60:04 while Austin Ball tallied third in 63:03. Senior Caroline Ball won the girls division in 62:54. Lucy Alexander finished second in 62:55 and Kailyn Neal took the bronze in 70:14.

Ethan Wheeler and Bentley Huff tied in victory for the middle school boys in 51:46 each; Charlie Harris came in third. Olivia Henderson was victorious for the girls in 54:59 while Megan Prince followed in 59:59. Molly Rickman placed third. Each participant was fueled by cheering fans and inspiring scenery, the kind of scenery that is the backdrop of movies!

We are grateful for the special support by Thomas Burnett of the Fellowship of Christian Athletes who flipped hundreds of pancakes for our near forty participants and their families and the myriad of TFS staff and parent volunteers!