

Eagles Out for Cross Country

WRANGELL INSTITUTE —

The last runner has turned in his uniform and shoes, the finish chute and tape have been stored for the winter and the starter gun has been cleaned and put away until spring, but the memories of a fine season linger in the minds of the Wrangell Institute cross country teams.

Each year there is almost a complete new team for the Eagles because the runners from the previous year have gone on to Mt. Edgecumbe, Chemawa, Beltz, or one of the State boarding homes or regional high schools.

Each year is a year of rebuilding and teaching how to run and when to run slow or



WRANGLES EAGLES — The cream of the crop of cross country runners at the Wrangell Institute are pictured here. At the beginning of the school season, many boys try out and a few make the team. Left to right, back row: Marvin Evan, Bethel; Alexie Askoak, Russian Mission; Peter Eknaty, Kokhanok; Jeffrey John, Venetie; Peter C. Williams, Akiak. Middle row: Seymour Tuzroyluke, Point Hope; Peter Joshua, Quinhagak. Front row: Peter Napoka, Tuluksak; Elmer Chermuk, St. Michael; Harry Demantle, Akiak; Patrick Kameroff, Lower Kalskag. Not pictured: Noah Alexie, Tuluksak. B Team: Martin Charles, Akiak; Dick Charlie, Northway; Zackar, Kokhanok. The Wrangell Institute Eagles are coached by Jim Daly.

fast. There have been a few years when someone stayed a second year and this also helps when the new runners have to be trained.

The boys go through fairly vigorous training routines such as an hour of exercise each night during the first few days, running up hills 8 or 10 times each night, running about 5 to 8 miles over different courses to build up their wind and muscles, and running practice meets each week to keep the competitive edge up.

There is a large group that starts and only a few finish up the year and these are the very dedicated boys.

The Eagles have defeated the local high school team twice this year in head-on meets and place second (unofficially) in a meet with five high schools in the Southeast. The varsity runners

also went to Petersburg and won the team honors in an open meet, beating teams and runners from Petersburg and Ketchikan on a 2.8 mile course.

This meet also allowed girls to run and the Institute girls placed 2nd, 4th, 5th, 6th, 7th in a special mile run, so the boys aren't the only ones to show their abilities in running.

A special meet-by-mail was arranged with several schools in California and the Eagles lost three close meets with Soph-Frosh teams and won 5 meets against freshman teams during this exchange.

The coaches agreed to run a 2 mile course on a certain day and exchange the times of all the runners and through the time comparison, determine which team won the meet.

This action gave the boys an

(Continued on page 8)

Wrangell Eagles

(Continued from page 2)

opportunity to run some extra races although they never saw their competition.

It would be difficult to pick one top runner for this group because the competition was always very spirited and the boys were constantly trading off for the front position.

Three boys were steady runners and should be mentioned as such. Elmer Cheemuk of St. Michael, Harvey Demantle of Akiak and Seymour Tuzroyluke of Point Hope always appeared in the top five running positions in about every race run this year.