

Rome High School Boys Cross Country Team Takes Home Back to Back Region Title



On Thursday, October 25, Rome High School's Cross-Country team celebrated an amazing feat as the boys' team brought home another region title, and the girls' team placed third overall at the Region 7 5AAAAA Cross-Country Championship Meet at Woodland High School.

Head Coach, Luis Goya was beyond proud of how his teams performed, as "six boys and three girls set a personal record, despite a hilly and difficult course."

"We have been preparing for this all season, as all runners logged more than 650 miles since May in preparation for this race," explained Goya. "They practiced in the heat, the rain and the cold. Over the last month, we focused on hill workouts, so our runners would be ready for this course. We took advantage of the House of Dreams and Snow Loop trails at Berry College."

Patrick Motes of RHS placed third in the Varsity Boys 5000 Meter Run Finals with John Finn and Esdras Real coming in 5th and 6th places out of 60 total runners.

Kaitlyn Stahl led the Varsity Girls' Cross-Country 5000 Meter Run for Rome High, finishing 9th place out of 49 total runners.

"Both teams exceeded expectations, pushing each other and working together to achieve their goals, as individuals and as a team," said Goya. "They all had the confidence they needed in order to overcome their nervousness, proving they can perform under pressure, which will come in handy at the State meet."

The Rome High School Boys and Girls Varsity Cross-Country State Meet is Friday, November 2 at Carrollton High School. Please come out and support our athletes as they run to bring home a state title! Go Wolves!