

# Keeble sets goals high; MSHS Cross Country hopes to show talent

by [Nathan DeHaan](#) • September 3, 2014 • [0 Comments](#)

Some might think Alex Keeble is just another junior at Mahomet-Seymour High School, approaching one of the most influential years of schooling, with ACT and PSAT scores at the front of his mind. But those people would be wrong.

Keeble has got one big thing on his mind this fall: cross country. And he has set the bar high for himself.

"I want to be top three in State and (run) in the low 14's (minutes) by the end of the year," Keeble said.

You can hardly set the bar any higher. Of course, getting to top three in the State is not going to happen without strenuous training in the off-season. Keeble said he ran 830 miles in 72 days this summer.

"I would run with the team some days of the week, and I would do a faster run in the morning," he said.

That's not all though. On Sundays he really pushed himself and ran 17.5 miles. That's an equivalent of 70 laps around a standard track.

Humbly, Keeble gives his cross country success to his teammates.

"Honestly, I think that could be contributed to my teammates," he said. "People underestimate cross-country as an (individual) sport, so they think your teammates might not have as much of an impact as they do."

Keeble also runs long distance races in the spring as a part of head coach Todd Lafond's boy's track team.

"It just makes me feel so much better and it's one of the only things that I really actually enjoy doing," he said.

As the boys cross country season gets underway, Keeble will be striving to be the best athlete he can, and with all the summer training he puts himself through, few runners will top his efforts during the 2014 Cross Country season.

## Bulldogs look to capitalize on their talent



The Bulldogs, who were ranked No. 5 by Dye Stat IL for much of the 2013 Cross Country season, has moved up the list to a preseason No. 3 ranking.

Led by Junior Alex Keeble, MSHS

returns many successful runners for the 2014 season, including Andrew Walmer, Gabe Pommier, Jackson Powell, Jack Hyde, Trevor Hanlon, and William Wolf.

Head Coach Neal Garrison said he sees Walmer and Brian Butcher making the biggest personal improvements to help the Bulldogs as they increased their running mileage over the summer.

The team as a whole, though, ran less miles than in years past. Garrison hopes this does not hurt their chances of placing in the top two or three at all of their invitationals this year.

The Bulldogs continue to set their mark high this year as they hope to break into the top 10 teams in the IHSA tournament this year. Running on strong cylinders throughout the regular 2013 season, the Bulldogs were plagued with illness at during the State tournament.

They finished 15 at the IHSA State finals.

“As silly as it sounds, one of our main goals is to not get sick this year so that they have a chance to use their full talent in the State meet,” Garrison said.

Regardless of how the boys finish in the tournament series, Garrison continues to be proud of his squad both on and off the course.

“They are young men of great character,” Garrison said. “They represent our school and their families well.”

The Bulldogs open their season Saturday as they travel to the Charleston Invitational.