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Dexter Bearcats Working Hard Towards a State Run

SEPTEMBER 07TH 2022 BY DEE LOFLIN

Dexter Bearcats Working Hard Towards a State Run

Dexter, MO - Though the actual season started just last Saturday, the Dexter boys and girls cross country Bearcats have been running all summer in preparation of this year's 2022 season.

"When we met in the spring, we set out to put in a lot of miles this summer and to accomplish something no other boys team has done at Dexter in over 50 years - a trip to state as a team," stated Dexter's head cross country coach Josh Dowdy. (Dowdy is also the athletic directors for Dexter Public Schools). "We have sent some individuals to state, but we are now looking to take our program to the next level."

If you think that cross country is an easy sport, think again. These athletes train year-round in the heat and the cold, they never stop running. It is an enduring sport that not only requires athleticism, but mental attitude and endurance to keep fighting when they can't feel their legs and can barely breath.

"I told them it will be easier said than done....easy to sit here and talk about it in a room filled with cold air," continued Dowdy. "The real proof will be if we decide to pound the pavement in mid-July when the temps and humidity are a challenge. This group has done it-they have been very dedicated and I am excited for them now to see the results of their hard work."

Since the season started officially, the kids have really embraced the team concept, both girls and boys. They are rooting hard for one another in practice and they are

really motivating one another to do their best.

The girls have set some personal goals this season and are training hard so they are in the position to make it happen.

"We can't thank the community enough for their support.....while putting in miles over the summer and preseason, we have had people yell, honk, wave, smile and even spray us down at the car wash! It has been a blast and has been an awesome motivator for our team.....and we don't plan on stopping until we reach our goals."

Individual State Qualifiers from 2021

Girls

Abbie Lloyd- 102nd

Boys

Cameron Bell-117th

Clayton Bell-95th

Ben Dowdy-64th

You can see them run locally at the SCAA Conference in Bloomfield on October 8th and again at the Dexter Invitational on October 22nd.

Front row from left to right: Stryker Muzny, Jasmine Smith, Alyssa Gross, Alliye Lee, Lilly Crockett, Abby Lloyd, and Jaxon King.

Back row from left to right: Nathan Harris, Ben Dowdy, Clayton Bell, Chris Stone, Chase Farmer, Anistin Kyle, and Cameron Bell.

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