



**FRIENDS**

This is dedicated to all the cute boys  
that laugh at our embarrassing moments.

# TRACK

WHY WE LOVED TRACK

HOW IT MAKES US FEEL

WHY WE JOINED

HOW WE TREATED EACH OTHER

WHAT WE'LL REMEMBER 10 YEARS FROM NOW



“ from:  
Juliana Hollon

**Just gonna say I win** the award for most wedgies picked in track. In fact, they had bets on my wedgies, I also continually embarrassed myself in front of the marshmallow and cake during practice every single day. One time, I fell tripped on my shadow and fell into like every older boys lane while they were running. I will forever love the freshman track memories I had. I cried when the season was over knowing that the jumping crew, Mary Alex (dog), Tres (grasshopper), Evan (black stallion), Sammy (rhino), and I (lion) wouldn't be making spirit animals until the next year. I miss them dearly. We all knew that if you made Coach Cobb laugh, a day was added to your life. I think I will live 9 days longer than originally planned. Every day in track we had a new breakout, and a new conversation that made us all seem to need to be more medicated than the day before. CRU LOVE

“ from:  
Rachel Kim

**I'm a loser and** I wasn't a part of the track squad because I was injured. First with Os Trigonum and second with Patella Tendinitis. Never ran in a meet. #hurt #literally #andemotionally

“ from:  
Emma Collins

**I remember one day** after track ms abbey made me and Jill take in the water cooler and it was super heavy and we couldn't get it over the hill and a marshmallow drove by and saw us. Then a cake drove up and asked if we needed help and we were super awkward and he helped us it was awful.

“ from:  
Mary Alex Frishman

**I will never forget** our tradition of cooking pasta at my house with Molly, Jill, and Rachel the night before track meets. Too many games of COD, eating WAY too much pasta and talking later than we probably should have is something I will never forget.

“ from:  
Ellie Strehli

**10 years from now** I will remember when we ran St. Andrews track together. It was so much fun. We tied for 1st. We ran a mile in 3 minutes and 15 seconds. #trackislife

# Just Track Things:

- FOOD BABIES AFTER EATING ANYTHING
- LOOKING PREGNANT #7MONTHS
- CASUALLY SPRINTING BY JV
- CASUALLY LOOKING AMAZING FOR THE FOOTBALL BOYS BUT NOT THE TREES
- CASUALLY NOT APPROVING OF JV
- RYLAN
- LIZ
- REVEALING YOUR NASTY SIDE TO HOT BOYS
- BOOBS SHRINKING
- BOOTY GROWING
- CALF POTATOES
- HAIR FOREVER OFF FLEEK
- MARY ALEX TALKING FOR 8 MILES STRAIGHT
- JILL'S INCONSISTENT JOGGING
- COBB
- WOBBLE TRIPLETS

“ from:  
Mary Alex Frishman

“ from:  
Rachel Kim

## Best Moments of Tracks:

- Hugging Coach Cobb
- Making Coach Cobb laugh

## The Trio Potato:

Mary Alex's calf potato, Molly's hamstring potato and my thigh potato

**Track + eye candy** = never ending embarrassing moments









“ from:  
Rachel Conrad

**Remember how Ms. Admonson** at Trinity was always super hyper like she drank 50 cups of coffee a day?? I always lip sang and she knew and it was just a great time. omg and remember that Grease montage of songs and looking back it was such a cringe. There was also that Carol of the Bells Christmas song montage.... wow. Choir memories are the best.

“ Pendo Mugofwa:  
THE FLYING A'S

“ from:  
Juliana Hollon

**Spontaneous musicals** in small boxes and embarrassing voice cracks were really fun! I was really good at coming up with musicals about abandoned girls and acting really weird. I wasn't in choir, but I learned more about singing in the two weeks before auditions with Emma than I could have ever imagined. WE ARE SO GOOD AT HARMONIZING SILENT NIGHT TOGETHER. Emma and I were freaking out after auditions because we both had failure moments, and I didn't even go to advisory the next day. But, I'M A PROSTITUTE NOW!!!! AND EMMA AND I SING IN COLT VOICES. I LOVE EMMA

“ from:  
Ellie Strehli

**Wow...choir...** we have many memories in choir. Watermelon-Cantaloupe, Joshua, and Mrs. Adamson.

“ from:  
Emma Collins

**Jill and I would sing** agony like Gabe Lucio Martin and all of our audition songs in his voice

“ from:  
Pendo Mugofwa

**Remember when Izzy  
threw her shirt off the  
top of a roller coaster!**







“ from:  
Emma Collins

**Our ongoing love** for Jensen Ackles kept Rachel and I going throughout everyday at school.

“ from:  
Ellie Strehli

**When we were with Izzy,** and we watched Doctor Who, and that was when the Snowmen started. Where the snowman creepily comes out from behind a person. That was when we had the snowmen inside joke, and became obsessed with that show.



“ from:  
Rachel Conrad

**Noah Powell showed up** to school during spirit week dressed up as a ninja because it was superhero day, but he was wearing yoga pants and it was scaring.

“ from:  
Rachel Kim

**Things We Love:** 20 (COME B(M)ACK), 21, 22, 14, The TC  
#JuniorObsessions

\* \* \*

**Every day Mary Alex** would get a pudding during track season because she can (since she's so skinny and has a high metabolism). The workers at the lunch line knew both of us since we went there every day. And MA was so picky about it, the pudding would have to be oreo and not brownie, the portion of whipped cream, oreo, and chocolate pudding had to be perfect and the cap of the cup would only fit back on during the last week of school. We both really know our food...

“ from:  
Ellie Strehli

**1600s telephone is my fav technology**

“ **Ellie Strehli:**  
this is inspiring  
**Ellie Strehli:**  
when you comment on yourself

44

“ from:  
Rachel Kim

**“neeeaaaarrrrrr, faaaaaarrrrrrrr, where  
eeeeever you areeee”**

**“COME BACK! COME BACK!”**

“ from:  
Juliana Hollon

**Dress coded and still looking fly**

45



THE OUTSIDERS



“ from:  
Pendo Mugofwa

**“Hey Emma! What part did you get in The Outs... oh wait awkward.”**

“ from:  
Ellie Strehli

**Emma was a great actress** in *The Outsiders*. She had the lead role of inspiring and being a spirit. The thing was she was such a good actor you couldn't even see her there. it was really fun! #love #staygold

“ from:  
Rachel Conrad

**It was amazing that Pendo** was Johnny and William was Ponyboy and y'all were just amazing. I played the nurse and Pendo was supposed to be dying and we were onstage and we started laughing so hard we could barely say our lines lolloool

# CONTRIBUTORS

ELLIE STREHLI

EMMA COLLINS

JULIANA HOLLON

MARY ALEX FRISHMAN

PENDO MUGOFWA

RACHEL CONRAD

RACHEL KIM



Produced by:



[weeva.com](http://weeva.com)