

Cody Herndon looking back on his Junior and his race at District.

This was the district Cross Country meet my junior year. I had a BAD cramp. I easily could have quit. It was killing me! But you see, I was currently in 4th place. Top 5 advanced to regionals. No one from Waxahachie had been to regionals on over 20 years. My teammates were counting on me. I couldn't let them down. So I kept pushing. I DIDNT QUIT.

But what if I had quit? The next year I qualified for state individually but more importantly we qualified as a team. That was the first time EVER in Waxahachie that we had a presence at state in cross-country. If I would have quit that day, how would that have affected my team? The next 5 years at Waxahachie High school were a barrage of Cross Country records being set. Would I have impacted that negatively? I believe that me not quitting built a legacy for our sport in Waxahachie.

So, before you QUIT on your dreams, think about the ramifications. Think about who you are going to impact and not just yourself. Think about the legacy that you may miss out on being a part of.

I look back on this picture with tremendous pride. This sport, along with my family and my coaches, laid the foundation for the person I am today and I am forever grateful.

