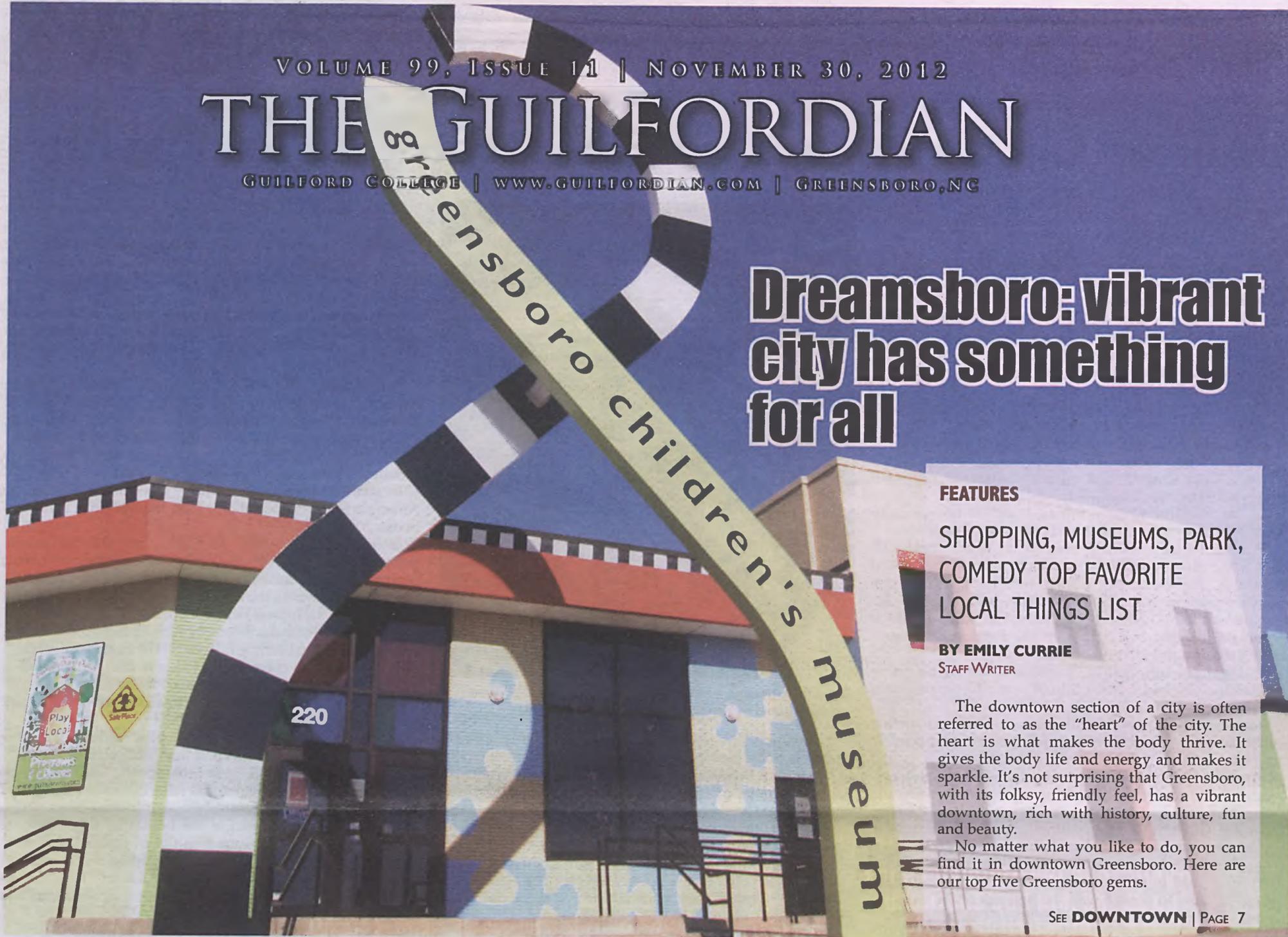


THE GUILFORDIAN

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Dreamsboro: vibrant city has something for all



FEATURES

SHOPPING, MUSEUMS, PARK, COMEDY TOP FAVORITE LOCAL THINGS LIST

BY EMILY CURRIE
STAFF WRITER

The downtown section of a city is often referred to as the "heart" of the city. The heart is what makes the body thrive. It gives the body life and energy and makes it sparkle. It's not surprising that Greensboro, with its folksy, friendly feel, has a vibrant downtown, rich with history, culture, fun and beauty.

No matter what you like to do, you can find it in downtown Greensboro. Here are our top five Greensboro gems.

SEE **DOWNTOWN** | PAGE 7

BECCA KING/GUILFORDIAN

SPORTS

Two cross country runners compete on national level

NORTON, GONCAROV'S PLACE AT NATIONALS IN TERRA HAUTE, INDIANA

BY ALAYNA BRADLEY
STAFF WRITER

Running. One of the most basic, but most grueling and competitive of all sports. It turns out that Guilford College has three of the best runners in the South/Southeast region, which spans from Texas to Tennessee. This season, two of them went on to compete at the national level.

Juniors Andris Goncarovs, Chad Norton, and David Cason won All-South/Southeast

Region Team honors.

"To get NCAA All-Regional, you have to finish in the top 35 at the regionals meet," said Danny Cash, head cross-country and track and field coach.

Goncarovs finished in third place at the regional meet, Nov. 4 at Emory University in Atlanta. Norton finished in 11th place and Cason finished 20th.

"To get to NCAA nationals, you have to be a member on the first- or second-place team at regionals, or be one of the first seven athletes not on one of those teams," said Cash. "Both Andris and Chad were in the top seven not on a qualifying team, so they made it. David was tenth and just missed being able to go to nationals."

Goncarovs has been running for most of his life and strived to place for nationals.

"I started running seriously when I was eight," said Goncarovs in an email. "At first, running was just a way to control my chronic asthma, but it turned into something that shaped my identity. Running is pretty much a daily routine. Being a good athlete is just the side effect of making running a central part of (a) lifestyle."

This determined attitude inspires his teammates as well.

"He's definitely great to have as a teammate," said Jodie Geddes, junior and team leader for cross-country. "He's really inspiring because I see him running at night. I always see him pushing himself and that makes me want to work harder."

"Andris is a transfer from SUNY Buffalo and has brought a new intensity to the program," said Cash, agreeing with Jodie.

"His work ethic has helped push the team, especially David and Chad."

Goncarovs placed 107th at nationals Nov. 17 in Terra Haute, Ind.

"Andris ran well at nationals," said Cash. "He had been recovering from being sick all week, so he would have liked to have raced better. His time was very close to his fastest all year."

Norton had an impressive showing at nationals. He made school history by placing 73rd, marking the best NCAA result by a Guilford runner and his time ranks at fifth-best in the school's history.

"Chad also had a very good race at Nationals," said Cash. "He ran his fastest time of the season and did better than he did

SEE **CROSS COUNTRY** | PAGE 11

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CONTENT:

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Center: provides hope
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EMILY CURRIE

VIDEO: Food
waste at
Guilford

BY MACE
SMITH

INSIDE THIS ISSUE

NEWS | ALVIS DUNN LEAVING | PAGE 3

W&N | VATICAN CRIMINAL TRIAL | PAGE 6

FEATURES | HOUSEKEEPING STAFF | PAGE 8

OPINION | DATING CHALLENGES | PAGE 10