



CALEDONIA – The clock doesn't lie.

When gauging improvement, some sports – like cross country and track and field -- offer no wiggle room and drive you to push yourself to beat your best time.

Myriad factors can influence whether an athlete eclipses their personal-best mark, but more often than not slicing seconds – even minutes – from a fastest time comes down to putting in the miles.

As Caledonia High School's Carter Reed puts it, "mileage equals speed."

Carter and his brother, Dylan, have put in the miles and then some. For the past three seasons, they have been fixtures on the CHS boys cross country teams that have finished 18th, eighth and third at the Mississippi High School Activities Association (MHSAA) Class 4A Cross County Championships. Their success carried over to track and field,

where Carter won the 800 meters and Dylan won the 1,600 and 3,200 to help the CHS boys capture the 2024 Class 4A state title.

On Friday, Carter and Dylan celebrated their maturation in style during a signing ceremony to announce they plan to compete in cross country and track and field at Marion Military Institute (MMI) in Marion, Alabama.

“I think it will be really good, especially since I will have a dedicated coach,” Carter Reed said. “Coach (Micha) Reed ran the 800 (meters), too, so I think it will be absolutely amazing to have a coach who knows what he is doing. It will be different with someone who went Division I and ran. I think it will be a really good opportunity.”

Said Dylan, “I am very excited. Going to Marion, I think they will tap into my real potential, and I think that will help with my possible recruitment to the Air Force Academy.”

This past cross country season, Dylan finished fourth (17 minutes, 27.7 seconds) to help lead CHS to a third-place finish at the Class 4A State Championships. Carter, who was coming off an illness that sidelined him for most of the season, finished 16th (18:30.4).

Those times marked another year of progress from 2022, when Dylan finished 54th at the Class 4A meet (20:10.59) and Carter placed 113th (22:43). In 2023, Dylan and Carter arrived at the Class 4A meet stronger thanks to their decision to log additional miles during the season and armed with lessons from their old coach in Hawaii. As a result, Dylan finished third (17:44.1), while Carter placed 22nd (18:44.17).

Carter said a longtime track and field coach at Admiral Arthur W. Radford High School in Honolulu, Hawaii, the school the Reeds attended before they transferred to CHS, used to say “mileage equals speed” and that he is proud he could prove the adage is true. He also

said is excited about working with MMI head coach Chad Balentine and assistant coach Micha Reed. Reed, who attended the signing at CHS, was a multi-event performer at Indian Hills Community College before being a part of the track and field programs at the University of Louisiana and Troy University.

Carter hopes to build on his two years at MMI and move on to a four-year school. He said he isn't sure if he will go into the military or take a different path. Carter said he may study accounting if he doesn't choose the military. If he stays in the military, he said he plans to go into intelligence.

Dylan said his dream since the eighth grade has been to become a pilot in the Air Force. He hopes his time at MMI, one of four military junior colleges in the United States, helps him get recruited by the Air Force Academy, where he would like to continue his athletic career.

"When I started running, I didn't really have a clear direction. I didn't know if I even wanted to run in college," Dylan said. "As I got older, I realized how good I was at the sport and I focused more time on it. I learned every day I needed to be running and paying attention to my nutrition, sleep, recovery and everything associated with it. It just all adds up."

Dylan said he has learned a lot about himself in the last three years, including that he is mentally stronger than he thought he could be. In fact, he refers to a saying from a coach he met last year at a cross country camp in Colorado, and hopes it will help push him to his ultimate goal.

"I realized your mind cripples before your body," Dylan Reed said. "When I am hurting or I am running and I don't feel like it, it is in my

mind. Your mind is telling you to stop, but you can go way more. That helps me.”