



TIGER TRACKS

The Joliet West Girls' Cross Country Newsletter—For all Your Lady Tiger News!

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2016 Regional Meet

The 2016 Regional cross country meet was held at Normal's Maxwell Park on October 22nd. The weather was perfect for running and the sun was shining. The overall mood of excitement and determination lent itself to a very positive and rewarding day. The team placed 4th with 134 points amongst the ten teams in the Normal Community Regional meet. The Tigers were just two points behind the 3rd place team, Normal Community West. Minooka won the regional with 28 points and Yorkville was the runner up with 32 points. The 5th and 6th place team to move on to Sectionals were Rock Island and Normal Community. The seven Tiger runners were comprised of Maddie Blaauw(11th), Ashley Lang(13th), Yessenia Suarez(21st), Bella Betlejeski(43rd), Pamela Sanchez(46th), Jessica Newby(48th) and Madasen Kasprisin(53rd). Each runner had an exceptional race. The Tigers ran tough and smart, which earned them the opportunity to run in the Sectional meet in Edwardsville this upcoming weekend. A highlight from the Regional meet was Ashely Lang's incredible personal record of 18:41. The girls are ready and excited to take on the challenges of the Sectional meet.



Coach Almon prepping the girls for their race.

Giving Back

On Thursday, October 20th four girls from the team, Barbara, Olivia, Liz and Meg, participated in a volunteer event at Troy Craughwell Elementary school. The girls helped out with the Mother/Son Sports Night. They were in charge of the craft room and helping the little one's make sport crafts.



"You have to wonder at times what you are doing out there. Over the years, I have given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement."

-Steve Prefontaine