



TIGER TRACKS

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

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Tigers Take Flight

This weekend the Tigers ran at the Wheaton North Classic Flight Race. The girls faced some of the toughest competition in the state of Illinois along with teams from Wisconsin and Ohio. This meet is unlike any other event on the schedule because of the unique flight set-up. The 1-7 runners are in individual races for the 2.9 mile course. The day started with the open race where many Tigers received personal bests for the season. Highlights from the open include Barbra Lunsford (98th) and Dakota Wascom (100th) placing in the race. The day continued on with Kasprisin in flight 7 and Short in flight 6. With flight 5 came the heavy down pour that runner Betlejeski had to face. The rain grew heavier with flight 4, but it didn't stop freshman Yesenia Suarez from running an impressive race which included a 5:50 negative split in the third mile. Junior Sanchez took on flight 3 and Freshman Lang ran flight 2. Blaauw took on the final flight of the day running the course in 18:54.7.



The team after a very rainy practice

Singing in the Rain

This week the girls had to be extra tough in order to get in their training. They faced the elements during practice. Even though there was a lot of rain the girls made the best of it. They showed their dedication by not only running practice in the rain but making the best of it by splashing in puddles and singing. This prepared them for the meet on Saturday where the flight races were held during heavy down pour. The team is full of girls with great attitudes!

"When it rains we shine!" -Chris Marszalek