



TIGER TRACKS

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

Volume 2 Issue 12

2016 Sectional Cross Country Meet

The 2016 Sectional cross country meet was held in Edwardsville, IL. On Saturday, October 29th. The team made the trek down Friday morning in order to practice on the course. The course, which was a 5K, was on the SIUE campus grounds and consisted of many challenging hills. After a great practice the team headed to the hotel to prepare for a fun pre-race activity and meal. The girls visited the Saint Louis Arch, also known as the gateway to the west, and were able to climb to the top via tram. After viewing Saint Louis from 630 feet in the air the team went out for a delicious pre-race meal. The next morning the girls were pumped to race in the Sectional meet. At the start of the race the temperature was hitting 80 degrees. Each and every runner for the Tigers gave it their all and the team finished in 9th place with 265 points. Maddie Blaauw (20:00.9) came in at 17th place for the Tigers, earning a berth to the state meet. Next in for the Tigers were Freshman Yessenia Suarez (21:07.9, 53rd) and Ashley Lang (21:16.9, 56th). Bella Betlejeski finished in 79th with a 22:17.7 and Pamela Sanchez ended with a 22:20.8 in 81st. Next crossing the finish line for the Tigers was Madasen Kasprisin (22:34.5) who finished 84th. Jessica Newby (23:53.6) left no change when she sprinted in her last 200 meters to finish in 104th. Throughout the trip the team stayed positive and it was a great way to end the 2016 team season. The girls will be practicing this week in order to prepare Maddie Blaauw for her upcoming race in Peoria for the State meet. This is Maddie Blaauw's third time qualifying for the state meet. Her first time was as a freshman when the Tigers made it to state as a team and her second was last year as an individual. Best of luck to Maddie as she take on the 2016 state cross country meet.



Leaving for Edwardsville (Kasprisin not pictured)



“Things we perceive as personal limits usually just mark the limit of our comfort level, not the limit of any actual ability. It is not until we are challenged that most of us ever know what we are really capable of doing.

-Dawn Dais, Marathon runner