



TIGER TRACKS

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

Volume 2 Issue 4

Joliet Central's Steelmen Invite

On Saturday, September 10th the girls participated in the Steelmen Invite hosted at Channahon Community park. The conditions were tough due to the rain and muddy areas of the course. One team member, Liz Rivera, crossed the finish line with one shoe! Even with the slippery obstacles the team ran their hardest and many received season personal bests. On the Freshman/Sophomore level Ashley Lang was individual champion with a time of 20:31 and Yessenia Suarez came in 5th with a 20:53. Overall the team earned 2nd place. On the varsity level Maddie Blaauw ran her way into 4th place with a 19:06 finish. This race was a perfect example of how tough the Tigers are this season. Even in the face of poor conditions they do their best, get it done and even PR!



F/S team excepting 2nd place award, Maddie Blaauw receiving medal & open team warming up before their muddy race!



Twin Day (above) & Team Picnic (below)



Fun Times for the Tigers

Several times throughout the season the girls participate in themed practices. This past week the theme was "Twin Day". Many of the girls participated. Amongst the participants were triplets and septuplets. Another fun event from this week was the third annual team picnic. After the race on Saturday the girls enjoyed hamburgers, hotdogs and other yummy treats with their teammates and families. It is always great to celebrate the team through exciting events!

Upcoming Events:

Richard Springs Invite in Peoria (9/17)

Hoffman Estates Invite (9/24)