



# TIGER TRACKS

The Joliet West Girls' Cross Country Newsletter-For All Your Lady Tiger News!

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## Paws of Steel Tigers Run the Steelemen Invite

This past weekend the Joliet West cross country team ran at the 22nd annual Steelemen Invite hosted by Joliet Central at Channahon Community park. The day was successful as 25 runners improved on time from their last challenge on this course, which was just three weeks ago. They held their heads high and smiled ear to ear as they ran through the finish line achieving every runners goal, a PR (personal record for those who are not savvy with runner lingo). Race highlights include Youell(19:14) with a 10th place finish and Perry(19:18) with a 12th place finish in the varsity race. Blaauw(18:59) finished 1st for the Fresh/Soph and Sanchez(21:01) had a 20th place finish. A pleasant surprise came with the open race as freshman Bella Betlejeski(21:59) ran her way into the top twelve with her current time putting her 8th on the team. The day ended with a fun-filled team and family cookout. This upcoming week varsity will be competing in Peoria at the Richard Spring Invite.

*"It was being a runner that mattered, not how fast or how far I could run. The joy was in the act of running and in the journey, not in the destination."*

**-John Bingham**



Selfies at Channahon

PHOTO CREDITS: MariaAngelica

## Upcoming Events

- 9/18-9/19 Peoria Trip
- 9/19 Richard Spring Invite
- 9/23 Feed My Starving Children
- 9/25 Dine & Donate @ Lone Star
- 9/26 Tinley Park