



TIGER TRACKS

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

Volume 2 Issue 5

Richard Springs Invite

On Saturday, September 17th the girls took the two hour trip to Peoria to run the Richard Spring Invite. The race took place on the state course in Detweiller Park, a place that all runners hope to return to on November 5th. The starting line for all the races was crowded as this race was one of the largest the girls have ran this year. To add on to the crowded line the course itself was slower than usual due to the muddy conditions and use of the park in the past weekends. The Tigers still gave it their all in this race.

A standout runner from the race is Freshman Barbra Lunsford who has improved in every race this season and had an excellent finish this past weekend. After the meet the team celebrated the day at a local pizza restaurant. The team is looking forward to their next competition at Hoffman Estates this weekend.



Coach Almon warning the F/S team of the muddy and slippery turns.



Varsity warming up!

Upcoming Events:

Hoffman Estates Invite (9/24)

Wheaton North Classic (10/1)

Will County Championship (10/4)



This weekend was the largest race the team has participated in so far this season.