

August 17th, 2015

TIGER TRACKS

The Joliet West Girls' Cross Country Newsletter



Welcome Back Lady Tigers!



XC Newsletter

The Tiger Tracks newsletter will be a weekly publication that will be your source for all news and highlights of the Joliet West Girls' Cross Country team. The newsletter will come out every Monday during the cross country season and biweekly over the track season. Interested in contributing to the newsletter? Coach Halusek would love to hear from you! Send any articles, pictures or other ideas to khalusek@jths.org in order to get your articles published in the newsletter.

When I Met You in the Summer (2015)

The summer of 2015 was an exciting one for the Lady Tigers. We started off our summer with varsity runners visiting the beautiful Woodhaven Lakes for a running retreat, S/O to the Rubino family for their hospitality. The trip included some scenic runs and team bonding that is sure to have a positive impact on the season to come. The summer miles continued with girls meeting every Tuesday, Wednesday and Thursday during June and July. It was amazing to see girls put in hard work that is sure to pay off during the 2015 cross country season. Some highlights include running through McKinley Woods and hitting the beach in Naperville. The girls had a hard hill work out at the Indiana Dunes followed by lakeside fun. The challenges continued at the 10 mile loop of Waterfall

*"I run because
long after my
footprints fade
away, maybe I
will have inspired
a few to reject
the easy path, hit*

Glen. The highlight of the summer trips happened in Downtown Chicago where the girls took part in a city wide scavenger hunt which included visits to Navy Pier, Buckingham Fountain and much more. The girls put in a lot of miles this summer with a few girls hitting 500 or over. Your cross country coaches are beyond proud of each and everyone of you and can't wait to get this season started!



Summer Running in Chicago

Upcoming Events

- 8/17 Parent Meeting
- 8/22 Team Pictures
- 8/22 DNA Athletics Shoe Event
- 8/25 SWSC Pre-Conference
- 8/29 Normal West Meet
- 9/5 TF South Meet



the easy path, hit the trails, put one foot in front of the other, and come to the same conclusion I did: I run because it always takes me where I want to go."

~Dean Karnazes