



BLAZING FEET

The Official Newsletter of UAB Cross Country/Track and Field

Welcome to UAB Cross Country/Track and Field!

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Head Cross Country Coach Matt Esche - Recap of the CUSA XC Championships

The women raced to an 11th placed October 31st at CUSA XC Championships hosted by Western Kentucky. The small, but mighty group was lead by Lucy Crookes (Yorkshire, England) who finished 12th, earning All-CUSA Honors. The team battled a tough, tight course with a rolling hills. As a team, I don't believe we performed as well as we could have. We had two girls, Laurie Pray (Smyrna, GA) and Rebecca Evans (Pontcylun, England) battled sickness and an injury. Our race was definitely not indicative of how we have been training. The girls will have another opportunity to show off their skills and hard work this season on Friday at the NCAA South Regional hosted by the University of Alabama. The gun goes off for the women at 9am.

Rebecca Evans (Pontcylun, England) talks Cross Country and the 2015 season

Cross country is my favorite season; it has been since I started running. This is my second year as a part of the small but mighty UAB Cross Country team, and I'm still getting used to the distinct lack of mud, hills and cold rain that I am used to, and prefer, at home in Wales. I feel that I have consistently made improvements with each passing race this year, and so have the teammates. Our new Coach, Coach Esche, has added some new elements to our training this year which have helped me run very well in practice and excited for each race as it approached, especially when the C-USA Championship came. My run at the C-USA Championships did not go nearly as well as I had expected and I left Western Kentucky very disappointed. Nonetheless, there is still the NCAA South Region Championships, and my Conference disappointment has put a bit more fire and determination in me to run really well at Regionals.

I love my teammates and I admire each of them as they have all shown strength in different ways this season. Lucy has lead the team in every meet so far and earned All-CUSA Honors, while Laurie, Hannah, and Allison have all taken chunks out of their times, showing great persistence and determination. On the other side, Kristie and Sarah have shown a different kind of strength in staying optimistic through their injuries. I know how horrible it is to not be able to run and I am glad that they are there to support us despite this. Everyone has fought their own personal battles this season and they are all stronger because of it.

Head Track and Field Coach Kurt Thomas and the Track Schedule:

First of all, I am excited to watch the cross country team compete one last time this season at the NCAA Regional meet tomorrow in Tuscaloosa. I wish them luck. Obviously as a sprint coach, I am excited to have our first indoor meet on December 4 at the Birmingham Crossplex, hosted by BSC. Our track and field athletes have been working very hard all Fall to get stronger, faster and learn new techniques, so this first indoor meet is a great way to test our fitness, see where we are after Fall training. We're looking forward to seeing the Freshman compete for the first time, the jumpers compete in a real competition, and the sprinters handle some meet competition. At the same time, it's a time for the cross country ladies to take a break from competing, and cheer on their teammates. We are looking forward to some solid results to motivate the girls over the Christmas break, and come back ready for the meat of the indoor season. The first weekend of our Spring semester in January we will host the UAB Blazer Invite, and UAB Vulcan Invite on January 15, 16, 2016. We have some great teams coming and it will be a great opportunity for our team to get our season rolling. We hope to see you there!

How to donate to UAB Cross Country/Track and Field:

Clicking on the link below will take to a UAB Blazer boosters where you can donate to UAB XC/TF. The money raised will go to help fund the construction of a new home track and field venue, allow us to travel across the country to compete against the country's best athletes, and fund more equipment for our student-athletes.

<http://bit.ly/DonateUABTFXC>

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The remaining XC Schedule

- 11/13/15—NCAA South Regional at Tuscaloosa, AL— 9am

December/January Track Schedule

- December 4th - Icebreaker at Crossplex
- January 15/16 - Blazer Invite/Vulcan Invite at Crossplex
- January 29/30 - Vanderbilt Invitational at Nashville, TN