



LOVE THEE, NOTRE DAME

Anne Cubera, Falto
Birmingham, Michigan
Class of 2008

One of my favorite things about being in the Notre Dame Marching Band is playing the Alma Mater. Win or lose, Irish students and fans stay until the end of every game, just to put their arms around their friends—their family—and sing “Notre Dame, Our Mother” together. That is what makes this school as amazing as it is, and it is why I love Notre Dame. Traditions like the Alma Mater bring us together and make us a part of something much bigger than ourselves.

When the Navy game comes around each year, one word is repeated more than any other: respect. Two years ago, Coach Weis explained this to us. They have traditions just like we do. Their alma mater is as special to them as “Notre Dame, Our Mother” is to us. At the end of the Navy game two years ago, the entire football team impressed everyone by walking over to the other side of the field to watch the Midshipmen sing with their classmates. I don’t remember Notre Dame Stadium ever being more silent, and I was never prouder to be a member of the Notre Dame community.

As a member of the marching band, I am also very proud that Coach Weis started the new tradition last year of having the football team sing

with the rest of the students at the end of every game. To the students in the stands and in the marching band, singing the alma mater is a tradition intrinsic to being a Notre Dame student; it is not something anyone should miss out on. The football team is undoubtedly exhausted by the time we take the field after the clock runs down, but by joining us, they get to experience something you only can experience at Notre Dame. They now stand with us, win or lose, and each time they do, everyone who sees that all around the world gets a glimpse of understanding of the Notre Dame family.

I have no doubt that students at this school will continue this tradition of respect. It is easy to resent an opponent until we remember that Notre Dame is different. Notre Dame students will always remember how much we treasure our traditions, and as a student and band member, that translates to respect for others’ valued traditions.

When I play the first note of the Alma Mater, I am unavoidably reminded of why we are all here. I remember that we are all family, and we always will be. Being a part of this family for four years as a student, and afterward for the rest of my life, always will be something I treasure forever.





OLYMPIC SPORTS

SCHEDULE OF EVENTS

MEN'S SOCCER (11-3-5, 7-0-4)

Date	Day	Opponent	Site	Time/Result
8/23	Thur.	vs New Mexico (exh.)	Fort Wayne, IN	W, 3-0
8/27	Mon.	Northwestern (exh.)	Notre Dame, IN	W, 3-0
<i>Adidas/IU Credit Union Classic</i>				
8/31	Fri.	vs UCLA	Bloomington, IN	W, 2-1 (ot)
9/2	Sun.	vs Maryland	Bloomington, IN	L, 3-0
<i>Mike Berticelli Memorial Tournament</i>				
9/7	Fri.	Rhode Island	Notre Dame, IN	W, 3-0
9/9	Sun.	Northern Illinois	Notre Dame, IN	T, 1-1 (ot)
9/15	Sat.	at Marquette*	Milwaukee, WI	W, 1-0
9/21	Fri.	at Rutgers*	Piscataway, NJ	W, 2-0
9/23	Sun.	at Villanova*	Villanova, PA	W, 1-0
9/28	Fri.	Cincinnati*	Notre Dame, IN	T, 1-1 (ot)
9/30	Sun.	Louisville*	Notre Dame, IN	W, 2-1
10/3	Wed.	Michigan	Notre Dame, IN	W, 3-0
10/6	Sat.	West Virginia*	Notre Dame, IN	W, 1-0
10/10	Wed.	at Michigan State	East Lansing, MI	L, 1-0
10/13	Sat.	Connecticut*	Notre Dame, IN	T, 3-3 (ot)
10/17	Wed.	Indiana	Notre Dame, IN	L, 3-2
10/21	Sun.	Seton Hall*	Notre Dame, IN	W, 2-0
10/24	Wed.	at Pittsburgh*	Pittsburgh, PA	W, 3-0
10/28	Sun.	at Providence*	Providence, RI	T, 2-2 (ot)
11/3	Sat.	at Georgetown*	Washington, DC	T, 0-0 (ot)
11/7	Wed.	Big East First Round	(Campus Site)	W, 1-0
11/10	Sat.	Big East Quarterfinals	(Campus Site)	TBA
11/16	Fri.	Big East Semifinals	(Storrs, CT)	TBA
11/18	Sun.	Big East Final	(Storrs, CT)	TBA
11/23	Fri.	NCAA 1st Round	(Campus Sites)	TBA
11/24	Sat.	NCAA 1st Round	(Campus Sites)	TBA
11/28	Wed.	NCAA 2nd Round	(Campus Sites)	TBA
12/1	Sat.	NCAA 3rd Round	(Campus Sites)	TBA
12/2	Sun.	NCAA 3rd Round	(Campus Sites)	TBA
12/8	Fri.	NCAA Quarterfinals	(Campus Sites)	TBA
12/9	Sat.	NCAA Quarterfinals	(Campus Sites)	TBA
12/10	Sunday	NCAA Quarterfinals	(Campus Sites)	TBA
12/14	Fri.	NCAA College Cup	Cary, NC	TBA
12/16	Sun.	NCAA College Cup	Cary, NC	TBA

WOMEN'S SOCCER (15-4-1) (11-0-0)

Date	Day	Opponent	Site	Time/Result
8/19	Sun.	North Carolina (exh.)	Notre Dame, IN	T, 2-2
8/23	Thurs.	vs Virginia (exh.)	Fort Wayne, IN	W, 3-1
8/31	Fri.	Michigan	Notre Dame, IN	T, 0-0
9/2	Sun.	at Florida	Gainesville, FL	W, 2-0
9/7	Fri.	at Santa Clara	Santa Clara, CA	W, 1-1
9/9	Sun.	vs Stanford	Santa Clara, CA	L, 2-1 (ot)
<i>Notre Dame Classic</i>				
9/14	Fri.	Princeton	Notre Dame, IN	W, 4-2
9/16	Sun.	Oklahoma State	Notre Dame, IN	L, 2-1 (ot)
9/21	Fri.	DePaul*	Notre Dame, IN	W, 4-0
9/23	Sun.	Penn State	Notre Dame, IN	L, 2-1
9/28	Fri.	at Louisville*	Louisville, KY	W, 1-0
9/30	Sun.	Cincinnati*	Notre Dame, IN	W, 6-1
10/5	Fri.	at Syracuse*	Syracuse, NY	W, 4-1
10/7	Sun.	at St. John's*	Jamaica, NY	W, 3-0
10/12	Fri.	Georgetown*	Notre Dame, IN	W, 3-0
10/14	Sun.	Villanova*	Notre Dame, IN	W, 5-0
10/19	Fri.	Providence*	Notre Dame, IN	W, 4-0
10/21	Sun.	Connecticut*	Notre Dame, IN	W, 2-1 (ot)
10/26	Fri.	at Seton Hall*	South Orange, NJ	W, 3-1
10/28	Sun.	at Rutgers*	Piscataway, NJ	W, 3-1
11/4	Sun.	Big East Quarterfinals	Notre Dame, IN	W, 2-0
11/9	Fri.	Big East Semifinals	Morgantown, WV	W, 2-0
11/11	Sun.	Big East Finals	Morgantown, WV	TBA
11/16	Fri.	NCAA 1st Round	Campus Sites	TBA
11/18	Sun.	NCAA 2nd round	Campus Sites	TBA
11/23	Fri.	NCAA 3rd Round	Campus Sites	TBA
11/24	Sat.	NCAA 3rd Round	Campus Sites	TBA
11/25	Sun.	NCAA 3rd Round	Campus Sites	TBA
11/30	Fri.	NCAA Quarterfinals	Campus Sites	TBA
12/1	Sat.	NCAA Quarterfinals	Campus Sites	TBA
12/2	Sun.	NCAA Quarterfinals	Campus Sites	TBA
12/7	Fri.	NCAA Semifinals	College Station, TX	TBA
12/9	Sun.	NCAA Final	College Station, TX	TBA

VOLLEYBALL (13-12-0, 9-5-0)

Date	Day	Opponent	Site	Time/Result
8/24	Fri.	Minnesota	Notre Dame, IN	L, 3-0
8/26	Sun.	Florida	Notre Dame, IN	L, 3-1
<i>Tiger Invitational</i>				
8/31	Fri.	at Missouri	Columbia, MO	L, 3-0
9/1	Sat.	vs. Florida International	Columbia, MO	W, 3-2
<i>Shamrock Invitational</i>				
9/7	Fri.	College of Charleston	Notre Dame, IN	W, 3-1
9/8	Sat.	Alabama	Notre Dame, IN	W, 3-2
9/9	Sun.	Ohio	Notre Dame, IN	L, 3-1
<i>Bronco Invitational</i>				
9/14	Fri.	vs. Santa Barbara	Santa Clara, CA	L, 3-1
9/15	Sat.	vs. California	Santa Clara, CA	L, 3-2
9/16	Sun.	vs. Santa Clara	Santa Clara, CA	W, 3-2
9/22	Sat.	at Pittsburgh*	Pittsburgh, PA	L, 3-1
9/23	Sun.	at West Virginia*	Morgantown, WV	W, 3-1
9/29	Sat.	Seton Hall*	Notre Dame, IN	W, 3-0
9/30	Sun.	Villanova*	Notre Dame, IN	L, 3-2
10/6	Sat.	Rutgers*	Notre Dame, IN	W, 3-0
10/12	Fri.	at Marquette*	Milwaukee, WI	L, 3-1
10/14	Sun.	at Syracuse*	Syracuse, NY	W, 3-1
10/19	Fri.	DePaul*	Notre Dame, IN	W, 3-0
10/23	Tues.	at LSU	Baton Rouge, LA	L, 3-2
10/27	Sat.	at Connecticut*	Storrs, CT	L, 3-1
10/28	Sun.	at St. John's*	Jamaica, NY	L, 3-0
11/2	Fri.	Georgetown*	Notre Dame, IN	W, 3-0
11/4	Sun.	South Florida*	Notre Dame, IN	W, 3-1
11/9	Fri.	Cincinnati*	Notre Dame, IN	W, 3-1
11/11	Sun.	Louisville*	Notre Dame, IN	W, 3-1
11/16	Fri.	Big East Quarterfinals	Milwaukee, WI	TBA
11/17	Sat.	Big East Semifinals	Milwaukee, WI	TBA
11/18	Sun.	Big East Finals	Milwaukee, WI	TBA
11/23	Fri.	Tennessee	Knoxville, TN	7 p.m.
11/29	Thur.	NCAA 1st Round	Campus Sites	TBA
12/2	Sat.	NCAA 2nd Round	Campus Sites	TBA
12/7	Fri.	NCAA Round of 16	Selected Sites	TBA
12/8	Sat.	Quarterfinals	Selected Sites	TBA
12/13	Thur.	NCAA Semifinals	Sacramento, CA	TBA
12/15	Sat.	NCAA Finals	Sacramento, CA	TBA

CROSS COUNTRY

Date	Day	Opponent	Site	Time/Result
9/7	Fri.	Crusader Invitational	Valparaiso, IN	Men (1 of 6) Women (1 of 8)
9/14	Fri.	National Catholic Championships	Notre Dame, IN	Men (1 of 33) Women (1 of 37)
9/28	Fri.	Notre Dame Invitational	Notre Dame, IN	Men (1st of 23) Women (12th of 21)
10/13	Sat.	Pre-National Meet	Terre Haute, IN	Men (5th of 40) Women (15th of 38)
10/27	Sat.	Big East Championships	Louisville, KY	Men (4th of 14) Women (6th of 16)
11/10	Sat.	NCAA Great Lakes Regional	Bloomington, IN	Men (3rd of 29) Women (11 of 30)
11/17	Sat.	IC4A Championship (Men Only)	Bronx, NY	TBA
11/19	Mon.	NCAA Championships	Terre Haute, IN	12:00 p.m.

MEN'S TENNIS

Date	Day	Opponent	Site	Time/Result
9/13-16	Thur.-Sun.	Olympia Fields Invitational	Chicago, IL	All Day
9/28-30	Fri.-Sun.	Tom Fallon Invitational	Notre Dame, IN	All Day
10/4-7	Thur.-Sun.	ITA All American	Tulsa, OK	All Day
10/18-23	Thur.-Tues.	ITA Midwest Regional	Minneapolis, MN	All Day
11/1-4	Thur.-Sun.	ITA National Indoors	Columbus, OH	All Day
11/1-4	Thur.-Sun.	William & Mary Invitational	Williamsburg, VA	All Day

WOMEN'S TENNIS

Date	Day	Opponent	Site	Time/Result
9/14-16	Fri.-Sun.	Tennessee Invitational	Knoxville, TN	All Day
9/28-30	Fri.-Sun.	Michigan Invitational	Ann Arbor, MI	All Day
10/4-7	Thurs.-Sun.	All American	Pacific Palisades, CA	All Day
10/18-19	Thurs.-Fri.	Regional Qualifying	Ann Arbor, MI	All Day
10/19-23	Fri.-Tues.	Midwest Regional	Ann Arbor, MI	All Day
11/1-4	Thurs.-Sun.	National Indoor	Columbus, OH	All Day

MEN'S GOLF

Date	Day	Opponent	Site	Time/Result
9/15-16	Sat.-Sun.	Gopher Invitational	Wayzata, MN	4th of 12
9/30-10/2	Sun.-Tues.	Fighting Irish Gridiron Golf Classic	Notre Dame, IN	8th of 12
10/7-8	Sun.-Mon.	Coca-Cola Rod Meyers Classic	Durham, NC	3rd of 15
10/21-23	Sun.-Tues.	Mason Rudolph	Nashville, TN	T-8th of 18
10/29-30	Mon.-Tues.	UNCG Bridgestone Championship	Greensboro, NC	9th of 15

WOMEN'S GOLF

Date	Day	Opponent	Site	Time/Result
9/9-11	Sun.-Tues.	Cougar Classic	Charleston, SC	1st of 25
9/17-18	Mon.-Tues.	Napa Valley Grill Cardinal Cup	Louisville, KY	1st of 17
9/29-30	Sat.-Sun.	Wolverine International	Ann Arbor, MI	1st of 10
10/19-21	Fri.-Sun.	Lay Paladín Invitational	Greenville, SC	2nd of 18
10/26-28	Fri.-Sun.	Ann Rhoads Intercollegiate	Tuscaloosa, AL	T-4th of 18

HOCKEY (7-4-0) (5-2-0)

Date	Day	Opponent	Site	Time/Result
<i>Lefty McFadden Invitational</i>				
10/12	Fri.	vs. Wisconsin	Dayton, OH	L, 4-1
10/13	Sat.	vs. Mercyhurst	Dayton, OH	W, 4-0
10/18	Thur.	Denver	Notre Dame, IN	W, 4-3
10/19	Fri.	Denver	Notre Dame, IN	L, 3-1
10/23	Tues.	at Bowling Green	Bowling Green, OH	W, 4-2
10/26	Fri.	at Ferris State	Big Rapids, MI	W, 3-2
10/27	Sat.	at Ferris State	Big Rapids, MI	L, 3-0
11/1	Thur.	Lake Superior State	Notre Dame, IN	W, 7-3
11/2	Fri.	Lake Superior State	Notre Dame, IN	W, 4-1
11/9	Fri.	at Miami (OH)	Oxford, OH	W, 2-1
11/10	Sat.	at Miami (OH)	Oxford, OH	L, 3-1
11/16	Fri.	Western Michigan	Notre Dame, IN	7:35 p.m.
11/17	Sat.	at Western Michigan	Kalamazoo, MI	7:35 p.m.
11/20	Tues.	Bowling Green	Notre Dame, IN	7:35 p.m.
<i>Rensselaer Holiday Tournament</i>				
11/23	Fri.	vs. Alabama-Huntsville	Troy, NY	4:00 p.m.
11/24	Sat.	vs. Rensselaer/Amer. Int'l.	Troy, NY	4:00/7:15 p.m.
11/30	Fri.	Nebraska-Omaha	Notre Dame, IN	7:35 p.m.
12/1	Sat.	Nebraska-Omaha	Notre Dame, IN	7:05 p.m.
12/7	Fri.	at Princeton	Princeton, NJ	7:05 p.m.
12/8	Sat.	at Princeton	Princeton, NJ	7:05 p.m.



NOTRE DAME ALUMNI ASSOCIATION

<http://alumni.nd.edu> 574-631-6000



WELCOME FOOTBALL FANS!

The Notre Dame Alumni Association welcomes our guests to our final home game of the 2007 football season. Are you a Notre Dame graduate or friend? Stay connected with other alumni—and the University—through your local ND Club. And remember: ND Club membership isn't just for alumni. Friends of the University also can participate in ND club activities. Interested in joining your local ND Club? Visit alumni.nd.edu/clublocator

IRISH ONLINE REGISTER FOR IRISH ONLINE

Have you explored the new and improved Irish Online yet? What are you waiting for? Register at <http://irishonline.nd.edu>

PRAY AT NOTRE DAME ... WHEREVER YOU ARE

People around the world can "visit the Grotto," thanks to the website pray.nd.edu. Pray.nd.edu is a sacred place for liturgical and



Pray at Grotto Via Pray.nd.edu

Gospel readings, and inspirational thoughts and prayers that are composed by Holy Cross priests. The site also encourages visitors to submit prayer requests; every week, representatives from the Alumni Association light a special green candle at the Grotto on their behalf.

TAG HEUER WATCHES FOR ND ALUMNI

The Alumni Association has teamed up with M. LaHart & Co. to offer a complete collection of fine watches, including world-renowned TAG Heuer timepieces. This collection of ND alumni watches is an exceptional way to show your Irish pride. For more information or to place an order, visit <http://alumni.nd.edu/watches>



GET THE ND STADIUM ORNAMENT

The Christmas season is just around the corner, which means the newest installment of the Alumni Association ornament series is now available. Beautifully rendered in three-dimensional detail, the 2007 Alumni Association Christmas ornament features a striking image of Notre Dame Stadium and "2007" engraved on the back. Add to your ornament collection by visiting the Irish Shop at <http://alumni.nd.edu/irishshop>



DISCOVER EUROPE'S HISTORIC REGIONS

From May 2-10, 2008, join ND Alumni Travel as we visit the majestic sites of Germany and the Czech Republic along the sapphire waters of the Elbe River aboard the *MV Frederic Chopin*.

We'll begin our adventure by visiting some of the most historical cities in Germany, includ-



ing Berlin. From there, we'll travel to Potsdam, the birthplace of modern Germany, before making our way to Wittenberg—the epicenter of the Protestant Reformation.

After a stop in Torgau, once the residence of medieval Saxon kings, we'll learn about European porcelain making in quaint Meissen; then it's on to the artistic and architectural treasures Dresden. Our journey concludes in Prague, where we'll marvel at the St. Vitus Cathedral and the Charles Bridge.

Our host and lecturer for this trip will be ND's Edward Goerner, professor emeritus of political science. Professor Goerner will offer two lectures: The first addresses the political and economic turmoil that led to the Hitler regime. The second deals with post-war reconstruction and the transformations that produced both the European Union and the collapse of the dividing line between Eastern and Western Europe.

The cost of this trip is approximately \$2,545 per person, plus airfare, based on double occupancy. For more information, call ND Alumni Travel at 800-634-2631 or visit <http://alumni.nd.edu/travel>

DISCOUNTS ON PERSONAL COMPUTERS

In the market for a new personal computer? Lenovo, the University's official PC supplier, has extended a discount offer previously reserved for University students, faculty and staff. Now all ND alumni, parents and friends are eligible for a savings of up to 37 percent on ThinkPad(r) notebooks.

The PCs are available in four different models that range in power, performance and versatility. For more information about Lenovo ThinkPad notebooks and how to purchase one, visit alumni.nd.edu/lenovo



FEATURE STORY

A GREAT LOSS

The career of former Notre Dame runner Ryan Shay is recounted

By Pete LaFleur

Former Notre Dame standout distance runner Ryan Shay—who helped revolutionize marathon racing in recent years—died suddenly on Nov. 3, while competing at the 2008 U.S. Olympic marathon trials in New York City. Shay had been a nine-time All-American and also was an Academic All-America honoree at Notre Dame before making an impressive transition to the marathon distance, immediately following his graduation in 2002.

“Ryan was here at our practice, before heading to New York for the trials,” says long-time Notre Dame cross country and track-and-field coach Joe Piane. “All the kids on the team know who he is—he’s an inspiration to them.”

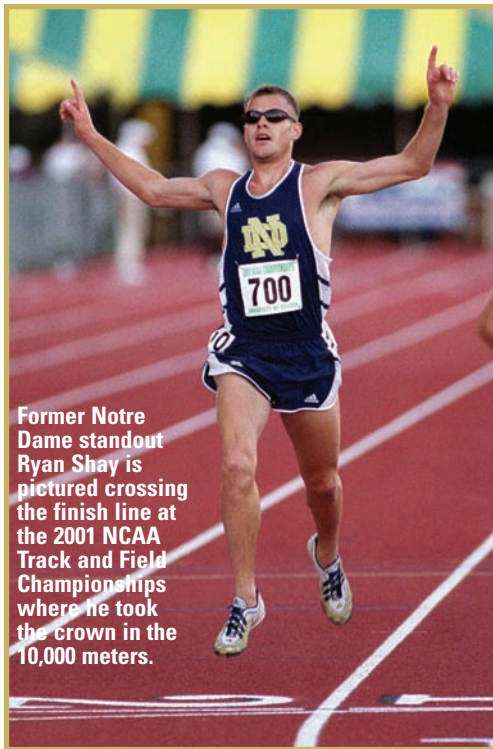
“Everyone who knows Ryan is devastated. He had been running extremely well and training great. He was a picture of health.”

The 28-year-old Shay—who was married in July to former Stanford elite distance runner Alicia Craig—became the first Notre Dame student-athlete ever to be a seven-time All-American and later pushed that total to nine. His accomplishment was eclipsed last spring, when fellow distance runner Molly Huddle earned the 10th All-America finish of her Notre Dame career.

“The hardest thing as a coach was holding Ryan back,” says Piane. “There was more to him than just running ability and competitiveness. Ryan was a great leader and captain. He would not stand for anyone on the team running poorly. And he was a tremendous student. He was the whole package.”

Shay’s nine All-America honors included four in the outdoor 10,000 meters, two in the indoor 5K, two in cross country and one in the outdoor 5K. The Central Lake, Mich., native still holds Notre Dame records in the outdoor 10K (28:25) and indoor 5K (13:46) and was the previous record-holder in the outdoor 5K. Shay graduated with a 3.21 cumulative grade-point average, as a double major in economics and computer applications.

His postgraduate training had included ramping up to the marathon distance, more than four times the length of a 10K. Shay won the 2003 U.S. Marathon race—becoming that event’s youngest champion in 30 years—and was among the



Former Notre Dame standout Ryan Shay is pictured crossing the finish line at the 2001 NCAA Track and Field Championships where he took the crown in the 10,000 meters.

favorites heading into the 2004 Olympic trials, before a hamstring strain dropped him to 23rd (2:19:20). He also recently had won U.S. titles in the 15K ('05), 20K ('04) and half-marathon ('03, '04).

Shay was the fifth-oldest of eight children who all became competitive distance runners. His parents Joe and Susan had no background in running before their children took up the sport, but the Shay parents now are the cross country and track-and-field coaches at Central Lake High School.

The most noteworthy accomplishment of Shay’s college career came in the 2001 NCAA 10,000-meter race, when he torched the competition to win in a time of 29:05 (20 seconds ahead of the runner-up). He became Notre Dame’s first NCAA track-and-field champion since 1972 and the first at the NCAA outdoor meet since 1954. Shay’s championship is one of only eight in Notre Dame history (first since '44) to come in a distance or mid-distance running event.

Shay grew up idolizing runner Steve Prefontaine, a native of the Pacific Northwest

who ran collegiately at the University of Oregon. So when he learned that the 2001 NCAA outdoor meet was going to be held in Eugene, Ore.—on the track where Prefontaine gained his fame—Shay had an extra dose of motivation.

“If I was going to win, that’s where I wanted to do it,” recalled Shay, who even had a series of articles about Prefontaine taped to his bedroom walls.

The fourth-seeded Shay made a bold move early in that elite race, as he took the initiative and picked up the pace.

“Anybody who wanted to go out slow, this wasn’t going to be the race for them,” Shay later said. “I’ve learned from experience not to be content to sit back and take it slow.”

Shay also went on to leave his footsteps on the sport of marathon racing, after making the rare jump from being a premier collegiate distance runner.

“Ryan was one of the first to come straight out of college and say, ‘I want to run a great marathon.’ Some who have gone from college running to the marathon did not excel on the track like Ryan did,” says his former Notre Dame teammate and roommate, Luke Watson.

“To make that quick jump was revolutionary. If not for Ryan Shay, I don’t think it would have been as easy for others to make the move from 10-Ks to marathons.”

Former Stanford standout Ryan Hall—who never had run a marathon before this year—followed Shay’s lead in making that quick transition. It was Hall who won the Olympic marathon trials on that fateful day two weeks ago in New York City, an experience he will never forget due to the tremendous swing of emotions after learning of Shay’s death.

Shay and Hall recently were training partners in Woodside, Calif. Their wives—both Olympic hopefuls in the 10,000—were teammates at Stanford and are close friends. Just four months ago, Sara (Bei) Hall served as a bridesmaid at Ryan and Alicia Shay’s wedding in Jackson Hole, Wyo. The two couples even went on a “fun run” through Central Park on the day before the 2007 Olympic trials.

Hall did not hear of Shay’s death until he had crossed the finish line as champion of the



Olympic trials. "That cut me straight to the heart," said Hall, who is dedicating his race at the Olympics to Shay. "Ryan was a workhorse. Nobody ran harder and he had a lot of passion. I'll be thinking of him when I'm training. He was inspiring to be around."

For those not familiar with the demands required for running different distances, making the shift from 10K races to marathons provides a significant shock to the system. Individuals—like Shay—who can excel at both distances are few and far between.

"In 10-K races, you have to battle lactic acid buildup over a significant time. But in marathons, it's totally different because your body is running out of fuel," explains Watson. "You aren't getting that 'quick burn' but you are fighting your body, which does not want to continue."

Shay's decision to pursue the marathon route sent him on an initial cross-country drive to the Sierra Nevada's and the town of Mammoth Springs, Calif. It was there that he trained under legendary coach Joe Vigil while running alongside a who's-who of past, present and future Olympic standouts. Shay soon was competing in his first marathon (the 2002 LaSalle Bank Chicago Marathon). One year later, he won the USATF National Championship Marathon in Birmingham, Ala., in 2:14:29. His seven career marathon finishes included three others in the same time range, among them a ninth-place finish in the 2004 New York City Marathon and third place at the 2006 Twin Cities Marathon.

Shay spent the fall of 2005 training in the Palo Alto area alongside a collection of young distance-running talent, among them his future wife. The couple later settled in Flagstaff, Ariz., which has become a mecca for elite distance runners in recent years.

"Alicia was Ryan's equal intellectually and she wasn't afraid to debate things with him," says Watson. "And he loved that about their relationship. It brought out a great side of Ryan."

According to Watson, Shay had been planning to make a return to 10-K racing.

"Ryan still was a great 10K runner and recently ran a 28:04, which is almost a world-class time. He was driven to run that race under 28 minutes.

"He could have been Olympic-caliber in the 10K, but he took that uncharted path and became a great marathoner. Ryan always had run on roads and was well-suited for the marathon, because he was a high-mileage and fast-pace runner every day. There never was an off-day for Ryan."

In the hours following Shay's death, Watson had the chance to talk to some of Shay's former teammates and close friends. Several "classic Ryan Shay" stories were dredged up—and many of them had nothing to do with running.

Watson recalled one year when he made a five-hour drive with Shay to his hometown in northern Michigan. Shay's car broke down halfway through the voyage, stranding the teammates at midnight in a small, sleepy town.

"We were stuck with nothing to do, waiting for Ryan's dad to come get us," remembers Watson. "So we went to the only place open and bought some sandwiches and fireworks. We had to kill some time, so we had shopping-cart races in the parking lot and shot off fireworks.

"Some people who don't know Ryan might assume he'd flip out in that situation. But he had a side of him away from running—he liked to relax and have fun, to the point of being slaphappy. He made the best out of a frustrating situation and that was really cool to see."

Running typically is viewed as an individual sport, but Shay—through his actions—displayed the team aspect of cross country competition at the 2001 BIG EAST meet. One of the preseason favorites to win the NCAA title, Shay's quest was derailed by an early achilles injury and then a lingering illness. Shay accompanied the team to historic Van Cortlandt Park in the Bronx, N.Y., but it seemed unlikely that he would be able to run in the BIG EAST race.

"Those were some tough days around our apartment. For a while, he even was in one of those air-cast boots," recalls Watson. "He was barely able to walk, but he recovered and ran—for nothing but the team.

"He had only been training for five days and knew he would not be able to perform to his standards. But he went out there on guts and a bum leg and helped us win the BIG EAST. For me, that's classic Ryan Shay."

Shay returned to action with another courageous performance by placing sixth at the NCAAs in Greenville, S.C., while running against what Watson calls "one of the best fields ever."

Watson's prevailing thoughts about Shay continue to drift away from the tracks and trails. "Running was so important to Ryan many don't realize he also was very interested in academics," says Watson "He loved to debate and talk philosophy, and he knew Notre Dame was a place where he would be able to do be challenged academically.

"Ryan had a lot of qualities like he was a family member. He'd do almost anything for you. He had that strong personality, very opinionated and often stubborn. But he was very loyal and there were many times that he stood up for his teammates and his brothers. He would not back down from supporting the ideas and people he believed in."

The Shay children grew up in the heart of Michigan and established themselves as a hardworking group of distance runners, with several of his siblings joining Ryan as collegiate athletes.

"We used to joke that in Central Lake, they must have eaten rusty nails for breakfast, lunch and dinner," says Watson. "He just had an incredible strength of character and toughness. You don't meet that type of person that often."

When he first had the chance to qualify for the Olympic team (as a 10-K racer, back in 2000), Shay couldn't help but daydream about competing on the Olympic level. "The chance of being able to represent not only Notre Dame, but the U.S., in the Olympic Games was a big rush for me," said Shay, following the 2000 trials.

Later in his college career, Shay reflected on his growth as a college student-athlete. "At Notre Dame, I learned how hard one must work to reach an elite level of running," he said. "I've learned the sacrifices that must be made to become a national champion.

"I wouldn't trade being a part of it here at Notre Dame for anything."



After winning the 10,000-meters national championship, Shay was honored during the 2001 football season. Here he is pictured on the field with track and field and cross country head coach Joe Piane (right).



A MORE UNITED WAY

The Notre Dame family rallies as the University's United Way campaign nears an end

By Alan George

In a letter from Notre Dame president Rev. John Jenkins to the University family earlier this fall, he accentuated that "community is one of the imperatives of our faith, and one of the guiding principles of our educational endeavor here at Notre Dame."

The University has parlayed this hallmark of community with the United Way, as the pair embarked on one of Notre Dame's most important community activities this past September: the 2007 United Way Campaign. The campaign is only one piece of the continued relationship between Notre Dame and United Way, as 92 percent of Notre Dame student-athletes participated in community service activities during the 2006-07 season, including more than 4,000 hours of service. More than 50 local non-profit organizations and schools were aided by this stewardship, most of which receive funding from the United Way.

"Notre Dame has developed a unique relationship with the United Way," says Charmelle Green, assistant athletics director for student welfare and development. "Not only are we able to contribute to them, financially, but our students and staff have done a great job of working with their organizations through community service."

Thanks to the generosity of the citizens of St. Joseph County, the United Way raised \$3.5 million in 2006, with \$306,000 of that total amount coming from Notre Dame. Though with the aid of such a copious amount, the United Way still fell short of its \$5 million goal and distributed \$200,000 less throughout the area than it had the year before.

This year, Notre Dame seeks to exceed its total from 2006, and has even extended its Oct. 28 campaign closing date due to the amount of continuous donations that continue to filter in.

"We're sitting \$30,000 short of where we'd like to be at this point," says United Way vice president of community investment Rhonda Brown. "But money continues to come in, so I'm optimistic that we'll hit that \$306,000 mark. It just isn't happening as quickly as we'd hoped."

The local division of the United Way is considered a mid-size program relative to other chapters across the nation. "Most of the programs our size raise anywhere from \$3-4 million annually," Brown notes. "We're all struggling (financially) right now, and we're still seeing just as many crises arise throughout the communities."

"Competition (with other agencies and foundations for monetary donations) is always a challenge to us, but the greater problem is that the demand for services has grown exponentially, and it's not just people that have historically been in need. We're getting calls from people who are working and they're just not paid enough to make ends meet. We're really seeing a huge change in the face of the individual in need, and that's really



Baseball's Ryan Sharpley and a friend take time to pose at the Buddy Walk.



Freshman quarterback Jimmy Clausen lent a helping hand at the annual Tackle the Arts program with participants from South Bend Area. Tackle the Arts is one of 61 programs within 26 agencies in St. Joseph County that receives funding from the United Way.

increased with the overall demand for services. But even with the agencies we support, we provide just a portion of their funding, and they're not getting the dollars they used to receive from federal or local funds. Taxes have cut some of the programs and the services they've been able to provide to the community. So across the board the dollars are down, which puts, again, a huge demand on those that do have some financial availability to be able to support the clients."

To tackle such a conglomerate endeavor that incorporates students, faculty and staff, the University developed a twenty-person board to facilitate the fundraising efforts. Each member of the board spearheaded the organizational facets of the campaign for their respective department.

"With persons from business operations, athletics, a professor in first year of studies, an alumni representative, just different people who come together from the different areas on campus, our board has done a great job of putting this campaign together," says Notre Dame supervisor of events and educational programs Dee Dee Sterling. "We look at it (the campaign) strategically for the year, as in when we'll start, when we'll end, and what we're going to accomplish."

"And they (the committee members) go back to their respective areas and rally the troops. From business operations, they invited the CFO from the Logan Center to speak to their office, and he talked about how the United Way had a positive impact on their efforts."

"Here in human resources, we had drawings and giveaways to encourage donations. We had (Notre Dame hockey coach) Jeff Jackson come over and give us a 'hockey coach pep talk' to kick it off. So each area does their own thing, but as a committee, we try to direct the University's campaign. I'll admit, I was a nay-sayer in the beginning, but then after finding out what the United Way is all about, I don't think you can do anything less than as much as you can to help out."



Green sits on the University's board for the United Way campaign as its athletic department representative.

"It's a wonderful thing—being able to contribute monetarily and getting our athletes directly involved," Green notes. "And each cent of every dollar raised goes right back into St. Joseph County."

As women's basketball senior guard Amanda Tsipis explains, "It's such a rewarding experience for me, personally, to be able to go into the schools and touch a young person's life. Whether you're reading them a story or showing them how to dribble a basketball, you've done something positive for that child that they may not have gotten elsewhere."

Tsipis' teammate, sophomore guard Melissa Lechlitner, was able to experience the impact of the United Way's efforts when she was in middle school. A product of South Bend St. Joseph's High School, the local hoopster from down the road in Mishawaka will never forget her encounters with former Notre Dame athletes. "Some of the (Notre Dame) women's basketball players would come and speak to our classes and just spend time with us. I thought it was the coolest thing then, and now I'm able to provide that same experience for someone else."

Most all Notre Dame student-athlete community involvement, which prompted recognition for the school on the 2006-07 National Consortium on Academic and Sports (NCAS) Outreach and Community Service Honor Roll for the fourth time in the past five years, is coordinated by Harold Swanagan, who works in the athletic department's student welfare and development office. Swanagan and the student welfare and development program stay committed to nurturing the overall development of Notre Dame's student-athletes by implementing programs and activities designed to facilitate learning within five key areas: academic excellence, athletic success, career preparation, personal development, and community involvement.

Since 1999, Notre Dame student-athlete participation in community service has steadily increased. The 4,000 hours of community service logged in 2006-07 almost doubled the total from one season prior, while over 5,000 people from local and national communities were touched by the Irish spirit.

Each year student-athletes are recognized for their commitment to the community at Notre Dame's annual student-athlete celebration, the O.S.C.A.R.S. (Outstanding Students Celebrating Achievement & Recognition Showcase), which has become the marquee social-celebratory event for the department of athletics. At the 2007 edition of the awards banquet, four student-athletes—Claire Gallerano (women's soccer), Meghan Boyle (women's rowing), Marie Ramano (women's rowing), and Ryan Cunn (men's lacrosse) - received the athletic department's Christopher Zorich Award for their many contributions to the community. The award annually recognizes student-athletes who study for the sake of learning, give for the sake of giving, and understand that personal accomplishment is never achieved alone.



Christian Hanson (right) and Ryan Thang (left), members of the Irish hockey team, go all out for the Buddy Walk, which raises money for children with down syndrome.

The Irish women's soccer team received the top 2007 team community service honor, the Trophy Award, for their commitment to bettering St. Joseph County. Each member of head coach Randy Waldrum's squad averaged nearly twenty hours of community service while collectively completing 519 hours. They participated in several outreach programs, but were especially involved in the following: St. Joseph and Notre Dame Alumni Center Paint Fest, Memorial Hospital and Notre Dame Athletic Department's Hematology/Oncology Christmas Party for Children, Boys & Girls Club, Memorial Children's Hospital, St. Jude Children's Research Hospital, ACE Clinic, and the team's annual soccer clinic for South Bend/Michiana youth.

Other programs firmly rooted with assistance from student athletes included activities at the Robinson Community Learning Center, YMCA, YWCA, Family and Children's Center, South Bend Center for the Homeless, D.A.R.E. (Drug Abuse Resistance Education), Irish Youth Hockey, Animal Rescue, Take Ten, and the Partner Up programs.

"Through the Partner Up program, among others, I believe we've made a difference in the lives of countless South Bend youths," Swanagan says. "All of our athletic teams have been assigned to a local school. It's a project that we have been working on to get our athletes into more community schools to read to the children and be mentors for them."

"The Robinson Center is right down the street from campus. Basically, we'll just go in and hang out with the kids, help them out with homework, and learning activities stuff like that."

As shared by Sterling, fifty percent of students in the St. Joseph County public school system are enrolled in the free lunch program, which indicates that their families are at or below the poverty line. "And if you think about it, lots of the industries here in South Bend have left," she added, "so we have a continuously growing problem with the working poor. These people count on the United Way each day."

"Your generous example is a light that shines for all those around us," wrote Father Jenkins to end his campus-wide letter. "Let's keep the light shining."

And with several thousand community service hours and a successful capital campaign for the United Way, the Notre Dame family hopes to keep the light switch turned on for many years to come.

If you would like to contribute to Notre Dame's United Way Campaign or receive more information regarding the program please contact:

Dee Dee Sterling / 574.631.9927 / sterling.7@nd.edu

Rhonda Brown / 574.232.8201 x232 / rbrown@uwsjc.com



Charel Allen, Lindsey Schrader, Amanda Tsipis and the Leprechaun smile for the camera after speaking to a group of students at Perley Elementary.



FEATURE STORY

OPPORTUNITIES ABROAD

Notre Dame student-athletes are given an opportunity to study abroad without interference to their athletic commitments

by Amy Dixon

“Work hard, Play hard.” This slogan is so commonly used as inspiration for athletes competing in a wide variety of sports. However, it is also the motto of the four-and-a-half week, Summer London Programme.

At the University of Notre Dame, student-athletes are presented with the unique opportunity of being motivated by this very motto not only on their respective fields or arenas of competition, but through the opportunity to experience life in a foreign land. An experience like none other, the Notre Dame Study Abroad program has provided students with the opportunity to expand their horizons beyond the borders of the Notre Dame campus and the country as a whole.

Here at Notre Dame, the study abroad program has consistently been rated among the nation’s best. However, unlike the study abroad programs at fellow Division I colleges and universities, Notre Dame offers and encourages student-athletes the opportunity to take advantage of international study programs.

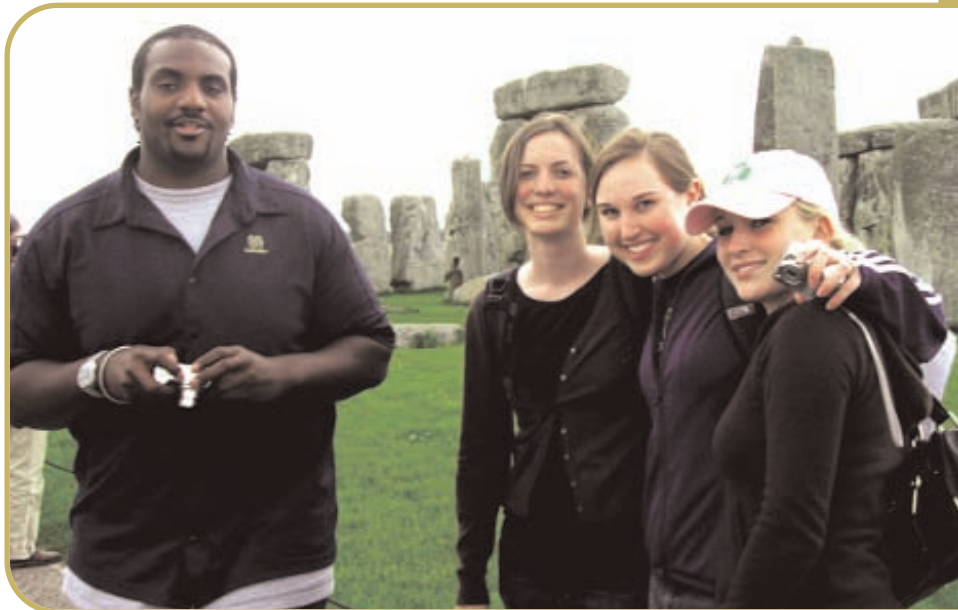
Although semester-long programs interfere with student-athletes’ seasons and off-season workout regiments, summer-study programs have made it possible for student-athletes to experience what many of their classmates have been able to enter during a semester or for an entire year.

In keeping with the University’s mission of integrating student-athletes with the student body, these summer programs allow athletes the rewarding experiences of international study. For founder and Director of the Summer London Programme, Professor emeritus T.R. Swartz, student athletes are completely deserving of such a unique opportunity: “Whether it be on the football field, in a swimming pool, or running around a track, these folks work so hard, so long, and give up so much. To make it possible for student-athletes to study abroad, it was a natural.”

Despite being just over four weeks, the summer programs provide many of the opportunities that semester long programs provide. The University offers several programs throughout cities in Europe, including opportunities in London, England; Dublin, Ireland; Milan, Italy; Rome, Italy; Paris, France; Toledo, Spain, and Vienna, Austria, as well as a program in Rwanda and Uganda and one in Puebla, Mexico.

These programs are highly structured to be sure that participants are able to make the very most of their opportunities. Professor Swartz feels that student-athletes are an asset to the program, particularly as a result of the discipline and self-motivation instilled through their participation in athletics.

“We have had great success with our student-athletes,” Swartz says. “They know how to manage time and understand how to get all that they should get out of the program.”



Chris Stewart (far left) and Lauren Karas (second from right) gather with a group at Stonehenge while abroad last summer.

Although student-athletes are given the opportunity to go abroad, only select students are chosen. The classes taught abroad are academically challenging. As a result, Swartz acknowledged that the Honor Society of Student-Athletes advises athletes who would be academically qualified for the program. In addition, it is important that the coaches are supportive of their athletes’ desire to study internationally.

The educational experience of studying abroad is enhanced by the diverse opportunities both in and out of the classroom. As an electrical engineering major, Katie Jannazo, a junior on the track and field team, appreciated the ability to deviate from the rigid engineering curriculum where math and science classes are the main emphasis. Although the classes that she enrolled in fulfilled the University’s fine arts requirements, Jannazo welcomed the different classes and teaching styles that she experienced.

“I learned a lot, but at the same time I enjoyed the experience of each of the classes, so much that sometimes I didn’t even realize they were teaching,” she says.

Visits to historic sights including Stonehenge and Bath City, Canterbury and Dover, and Stratford-Upon-Avon highlight the London Programme. Classes in the London Programme also offer travel opportunities to other cities throughout Europe. Jannazo had the opportunity to travel to Belfast, in Northern Ireland for her “Ethnic Conflict Resolution in Ireland and Northern Ireland” class. This type of opportunity is part of what makes the Study abroad program worthwhile.

As Swartz explains, “The intention is to capture the desire to travel as a tourist and turn it into an educational experience for the student.”



The program does allow for personal travels as well, something that Jannazo took advantage of. A native of Ft. Walton Beach, Fla., Jannazo used a four-day weekend to travel throughout Italy, visiting the historic cities of Venice, Milan and Florence, one of her greatest experiences during her stay in Europe.

Chris Stewart, a sophomore offensive lineman on the football team, enjoyed the whole experience of being abroad. Although he returned just two days before the June summer school session and team workouts, Stewart believes that the experience was well worth the lack of sleep and difficulty in finding the opportunity to readjust to Eastern Standard Time. As a history major, Stewart felt it was beneficial to actually view the numerous historic landmarks that Europe is famous for.

"Paris was my favorite place that I visited," he says. "It was nice to see the Eiffel Tower and the make several trips to the Louvre. It was nice to see all the history of Europe that we read about in American and European literature classes."

Despite the vast opportunities to travel however, Stewart spent much of his free time absorbing all of the tradition of London.

"I decided to stay in London, to see many of the landmarks there."

Life in London was a stark contrast to the lifestyle Stewart was accustomed to growing up in spring, Texas or his experience as a freshman football player at Notre Dame.

"Everything was a lot different," he remarks. "The people in London are a whole lot smaller. The food is a lot more expensive and the portions are a lot smaller too."

"The buildings were a lot older. It was a total culture shock."

Stewart felt that the experience was interesting overall. Although it was not necessary to learn a second language, he acknowledged that it was a little difficult to get used to the slang that is used by the English. His overall experience was very positive and enjoyable.

"There was very little to miss besides my family, friends and team. I was able to keep in close enough touch with everyone."

Although football is a well like sport in the United States, what sport is more popular throughout Europe than soccer, or shall we say futbol? For senior goalkeeper Lauren Karas, the popularity of soccer, the sport she cherishes, was a unique aspect of living in England.

"I loved it," she says. "I would see people always playing soccer in the parks and often would watch the games in the pubs. I was never able to get tickets to the games. It was insane."

Karas, who hails from Flower Mound, Texas, attributes her desire to go abroad to fellow students and teammates who were able to travel overseas. Upon hearing their experiences, she decided that the program was something that she would be beneficial to her overall academic experience at Notre Dame.



Offensive lineman Chris Stewart learns a little about the harp while studying abroad

In Karas' case, the opportunity to travel to other countries throughout Europe resulted in a unique experience. She was able to spend a week visiting a really good friend in Finland. During the course of her stay, she truly made the most of her opportunities to travel, venturing to Normandy and Paris in addition to Finland. Like Stewart, Karas was in awe of Paris, but also "loved" the plays that she was able to see in her home base of London.

Timing was everything for Katherine McMackin, a junior on the women's rowing team. When she had the opportunity to travel to Normandy as a requirement for one of her classes, it happened to be right around D-Day. The experience of visiting the American and British cemeteries and walking down the historic beaches of Normandy was particularly significant to McMackin, who agreed with Stewart that was unique to experience what she had learned about in texts. "It was really cool just to see the history," she says.

The London Programme was particularly favorable to McMackin, and fulfilled something she has hoped to accomplish during her four years at the University. As a high school student, McMackin participated

in an exchange program that sent her from her home in Chevy Chase, Md., to Chicago for three months. It was at that time that she realized she would like to eventually study not only in another city, but another country altogether.

As a student-athlete, her schedule was rather hectic, but she couldn't have hoped for a better situation than the Summer London Programme. "It was the perfect opportunity to be able to go abroad, with Notre Dame, through a Notre Dame program," she says. "I didn't have to miss any school or any rowing."

Conscious not to neglect any of her commitments and responsibilities on campus, McMackin admitted that what she missed most about "home" were her friends from high school whom she sees only during the summer.

Despite being in a foreign setting and experiencing a different lifestyle than they were used to, each of the four athletes remained loyal to their teams, coaches and their respective sports while abroad. Although they were limited to communicating with the coaches and teammates through the internet and email, their desire to succeed was all that was necessary. The lush and historic parks throughout London inspired each of the athletes to run in order to stay in shape, while a "make shift" weight room, sufficed for another type of workout.

Although they each came from different backgrounds, and participated in four dramatically different sports, each student-athlete was able to experience life as an international student. As student-athletes, they have had the rare opportunity to expand their horizons beyond Notre Dame and beyond this country.



EXTRA POINT

THE LAST WORD

By John Heisler

You may have read a version of this in United Airlines' *Hemisphere* magazine (the "Three Perfect Days" feature). Or you may have seen a similar version in another airline or travel magazine. You may even remember the version we offered in this space nine years ago.

But, with apologies to all of the above—not to mention in deference to all the changes the Notre Dame campus and the Michiana area have seen in nine years, and to Gridiron Graffiti, the University's own list of weekend events—we offer our own guide to the perfect football weekend with the Irish (more apologies up front for any personal biases and any and all worthy additions we've left out):

THURSDAY

3:47 p.m. – If you planned it right and had the time and the cash, you've spent the last three days in Chicago (one great big city). Either way, you've just arrived in South Bend on the South Shore, taking a leisurely ride through the Indiana countryside.

4:32 p.m. – Check in at your on-campus home, the Morris Inn (go north on Notre Dame Avenue and it's on your left). Can't beat the convenience.

5:45 p.m. – Stop by Cartier Field and check out the final tune-up practice session by Charlie Weis and his charges. Catch Weis' final words to the media post practice so you can namedrop at dinner.

7:12 p.m. – For something different, try a half-hour drive on Route 12 through the country to the shores of Lake Michigan. Try dinner at Casey's in downtown New Buffalo, or cruise up Red Arrow Highway to Union Pier and hit (my personal favorite) the Red Arrow Roadhouse (try the Roadhouse Mudd Pie I or II for dessert).

11:08 p.m. – Consider a late nightcap at Corby's, near downtown at the corner of LaSalle and Niles. You have to go there, if only because "Rudy" was filmed there.

FRIDAY

7:19 a.m. – Venture out to Granger to a new place in Toscana Park called the Uptown Kitchen for breakfast (stuffed French toast gets good reviews). It's a hip place by any standards. If you slept in, they're open for lunch, too.

8:43 a.m. – Barely time for nine holes at the Warren Golf Course on the north edge of campus. Open since '99, it's a Ben Crenshaw-designed layout that already has had a handful of its tees adjusted to make the course longer.

12:01 p.m. – The Notre Dame Football Live luncheon at the Joyce Center fieldhouse is a great football forum because you can hear live interviews with Charlie Weis and his players in a Jay Leno format. Plus, host Bob Nagle has a nifty sense of humor.

2:03 p.m. – You wouldn't be here on one of these weekends if you didn't like football, so head on down to the College Football Hall of Fame in downtown South Bend. You can while away a couple of hours and soak in all the gridiron history you can ever hope to handle. While you're downtown don't miss the South Bend Chocolate Café for double-dipped chocolate peanuts.

4:20 p.m. – Before the crowds get too large, wander to the Hammes Notre Dame Bookstore (it only looks like a Barnes & Noble). All the adidas and other Irish gear you could expect.

6:00 p.m. – Pep rally tickets are hot items, so be in your Joyce Center seat by now. Guest speakers already this fall have included Joe Theismann, Rocket Ismail, Regis Philbin, Alan Page, Digger Phelps, Chris Zorich, plus Ross Browner and Steve Orsini from the '77 team.

7:25 p.m. – Catch a period or two of Notre Dame hockey (tonight against Western Michigan), assuming you can find a ticket.

8:21 p.m. – You're hungry again, so try one of Michiana's traditional favorites: LaSalle Grill, the Carriage House, the intimate Main Street Grille in downtown Mishawaka, or even the new Ruth's Chris Steak House.

11:00 p.m. – No way you can pass on a stop at any place called the Linebacker Lounge.

Midnight – Check out the Notre Dame drum line on the steps of the Main Building (the Golden Dome).



SATURDAY

10:16 a.m. – Find your parking spot in the Stadium lot just south of Notre Dame Stadium. If breakfast is your option, try Legends or Greenfields Café at the Hesburgh Center. If lunch is the alternative, wander the campus and you'll find all sorts of ready-made grills manned by various clubs and residence halls.

1:00 p.m. – Head over to Bond Hall on campus where the Band of the Fighting Irish does its pregame show.

2:43 p.m. – Kickoff for Notre Dame-Duke. It's the last hurrah in the Stadium for Tom Zbikowski, Trevor Laws, John Sullivan, Travis Thomas, John Carlson, Maurice Crum and the other Irish seniors.

6:05 p.m. – Stick around for the post-game playing of the Alma Mater, with the Notre Dame players arm in arm in front of the student sections.

6:32 p.m. – Tailgate until your stomach can't handle any more of anything.

SUNDAY

8:20 a.m. – If there's room left (in your stomach), one last meal at Nick's Patio over on Ironwood. There's breakfast 24 hours a day, and you may even run into some late-night revelers who haven't been to bed yet (that's a good sign—it probably signifies an Irish win).

9:53 a.m. – Back on the South Shore for points west...