

# N THE STRIDE NU XC

December  
2011

## From the Desk of Coach Likhite...

It's been comical how often our season's motto "Make It Happen" slipped out of our mouths these past months. The phrase was on our minds beginning last spring, and it will continue to inspire us through this coming winter and spring. But what really happened this fall? If you were able to follow NUXC, you saw great things unfold from this 2011 team. Starting with Jr. Audrey Huth becoming the first NUXC runner in a decade to earn Big Ten Cross Country runner of the week back in September, to our exciting 5<sup>th</sup>-place finish at the NCAA Regional Championships. Sandwiched between those exciting moments were weeks filled with bonding, team-building, sacrifice, determination, miles, sweat, laughter and even some tears. I saw our young women buy into something they not only believed in, but something they want great things to happen to. We've been building something pretty special among our NUXC group. And although each year we have to say goodbye to some, the seniors leave behind their own legacy that, in some way, has made us better. As we close the chapter of yet another season, we look forward to the winter and spring track months ahead that help us create a new way to motivate in 2012. And as we all turn the calendar to a new year, join our NUXC team as we strive to "make greater things happen" not only athletically, but in all significant areas of our lives. The best to you and yours this holiday season and into the New Year.



HAPPY HOLIDAYS FROM NUXC

## Final Team Results:

09/02/11	Crusader Open	Valparaiso, Ind.	1st/6
09/10/11	Huskie Open	DeKalb, Ill.	1st/9
09/24/11	Forester Invite	Vernon Hills, Ill.	1st/14
09/24/11	Roy Griak Invitational	St. Paul, Minn.	16th/26
09/30/11	Notre Dame Invitational	South Bend, Ind.	2nd/20
10/14/11	University of Wisconsin Invitational	Madison, Wisc.	31st/44
10/21/11	Illini Open	Champaign, Ill.	1st/3
10/30/11	Big Ten Championships	Champaign, Ill.	8th/12
11/12/11	NCAA Regional Championships	DeKalb, Ill.	5th/28

### Highlights of the 2011 Season

-5<sup>th</sup> place finish at the NCAA Regional Championship

-8<sup>th</sup> place finish at the Big Ten Championship

-All Big-Ten Honors to Audrey Huth (10<sup>th</sup>)

-All-Region Honors to Audrey Huth (16<sup>th</sup>) and Lexi Goldsmith (24<sup>th</sup>)

-A successful Family and Alumni weekend and fundraiser

-8 individuals under 22 minutes for the 6k

## Cats Corner



### Seniors (pictured above) Highlights From the Year...

“This year will hold a special place in my heart as I look back on the memories of the team and the extraordinary accomplishments NUXC made. While this season is only a stepping-stone for the future successes that are sure to come with hard work and commitment, I am so proud to be able to say I was a part of that journey. I will never forget the feeling of the team huddle right before the start of Regionals as the whole team joined in- we had the loudest team cheer by far! :)”

“Thinking back to this senior season, one of the highlights that comes to mind (and its weird to say that since it hasn't even been a week since this happened) is the huddle we formed before going up to the starting line at regionals. It just felt so motivating having everyone there who was part of what we started - not just this season but also by now over three years ago. Maybe being a senior got me too emotional but for me this was representing what this team has developed into and is all about.”

“When we came in as freshmen, our job was to turn the program around. Cheering on my team at regionals this year was so exciting because I got to see our goal from four years finally happen. NUXC is on the right track!”

“There have been so many highlights of this NUXC season, but if I had to choose one it would be the final huddle of my final race at regionals. We were 5 minutes away from the gun and April was giving us a pep-talk with our hands in the middle. On her cue, the entire purple mob that was our team came under the boundary tape and into the huddle for our last cheer. It was really motivating having everyone there ready to race and cheer their hearts out!”

## 2012 Track Schedule

### February

- 3-4 Meyo Invitational (South Bend, IN)
- 11 USA Cross Country Championships (St. Louis, MO)
- 18 Boilermaker Invite (W. Lafayette, IN) or Margaret Bradley Invite (Chicago, IL)

### March

- 2-3 Alex Wilson Invitational (South Bend, IN) or North Central Last Chance Qualifier (Naperville, IL)
- 31 Mike Poehlein Invite (W. Lafayette, IN) or Ted Haydon Invitational (Chicago, IL)

### April

- 6-7 Chicagoland Championships (Chicago, IL)
- 14 Dave Ranking Invite (W. Lafayette, IN) or Northern Illinois University (DeKalb, IL)
- 20-21 Poyltan Invitational (Bloomington, IN)
- 21 DePaul Invitational (Chicago, IL)
- 26-28 Drake Relays (Des Moines, IA)

### May

- 5 Wisconsin Twilight (Madison, WI)
- 10-11 Dr. Keeler Invitational (Naperville, IL)



## OTHER NEWS

\*Good Luck in Houston Rachel Booth (Evjen) at the Olympic Trials Marathon on January 14<sup>th</sup>.

\*Need NUXC gear?

Hats: \$15 & T-shirts : \$25

e-mail [p-loughlin@northwestern.edu](mailto:p-loughlin@northwestern.edu)

\*The Northwestern Cross Country Banquet will be held on January 14<sup>th</sup> following their introduction at the Northwestern men's basketball game vs. Michigan State.

\*Follow NUXC on FACEBOOK!