

N THE STRIDE NU XC



September
2011

Welcome class of 2015

Elizabeth Fierro
Northport, New York

Madeleine Elkins
Stamford, Connecticut

Kayleen McMonigal
Tacoma, Washington

A special welcome to the
newest member of our
coaching staff,

Luke Karban
Marinette, Wisconsin
St. Norbert College

From the Desk of Coach Likhite...

I can't believe how much *times have changed* since my current senior class arrived. Then, our main focus was on the very basics of what it meant to be a division one collegiate runner and how each puzzle piece played a crucial role in development. As we developed, it became obvious that our team had to decide how hard we were willing to work, how much we were willing to sacrifice, and what it was we wanted Northwestern Cross Country to *be*. We knew individually we wanted to be great distance runners and as a team a top Big Ten program. But wanting something isn't enough. We had to *believe* it could happen. This leads me to my hopes for this year's team, and in particular, for this year's seniors. Four years ago this senior class stood in my office, and I told them they would be the start of great things happening to NUXC. Today, our slogan is *Make It Happen*. This senior class started making things happen the moment they arrived on August 20th, 2008. We faced challenges, had successes, cried tears, and shared laughs. Although our emphasis this year is on making things happen on the cross country course, I have my senior class to thank for making other great things happen. From leadership, to recruiting, to great representation in the classroom and in the community, they've worked hard to get Northwestern Cross Country where we need to be. I want them to know I'm grateful for their commitment to helping me make this team happen. To my seniors...thank you for putting NUXC in a position to really make things happen on the course this season.

ALUMNI/PARENT/FRIENDS WEEKEND

Friday, September 30th

Northwestern competes at the prestigious Notre Dame Invitational

Saturday, October 1st

Celebration and Fundraising Event

Fireplace Grill Evanston 7PM

\$35 includes open bar and appetizers

RSVP on evite or facebook. Questions? E-mail a-likhite@northwestern.edu

Want to pre-register? E-mail p-loughlin@northwestern.edu

Donations can be sent to
Northwestern Cross Country
1501 Central Street, Evanston IL 60201

Crusader Invitational
September 02, 2011

Team Results

1st Northwestern (25)

2nd Notre Dame (33)

3rd Marquette (78)

Individual Results

1st Audrey Huth (17:56)

3rd Ashley Greenwell (18:26)

4th Lexie Goldsmith (18:28)

7th Rachel Kaminski (18:42)

10th Moira Ryan (19:03)

NUXC Team Recognition

Ran the Wildest: Ashley Greenwell

Breakthrough: Janelle Li-A-Ping

Northern Illinois XC Open
September 10, 2011

Team Results

1st Northwestern (23)

2nd Saint Louis Un. (52)

3rd St. Norbert College (111)

Individual Results

2nd Audrey Huth (17:47)

3rd Lexie Goldsmith (18:07)

5th Ashley Greenwell (18:35)

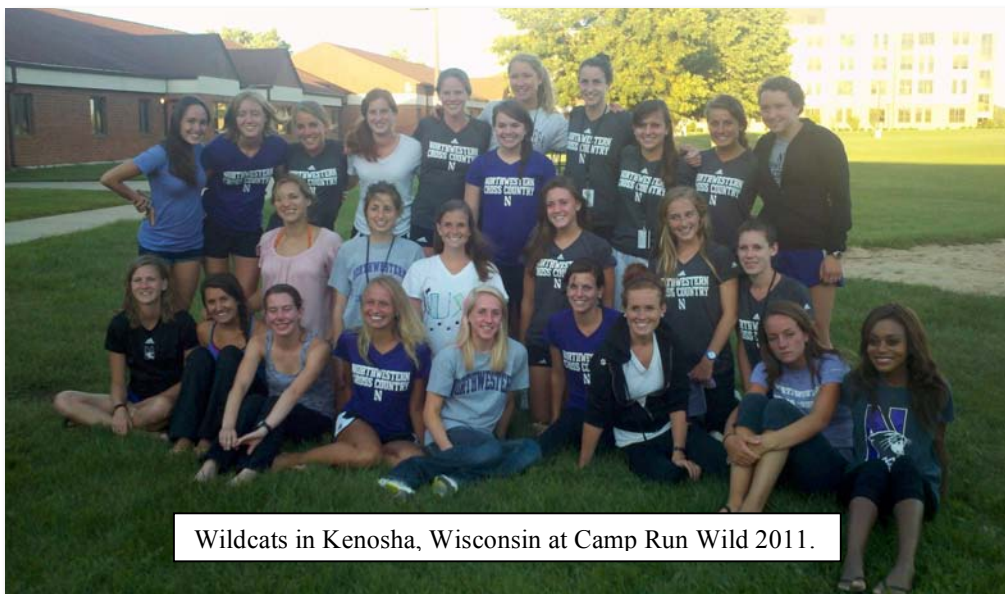
6th Rachel Kaminski (18:42)

7th Ann Powers (18:42)

NUXC Team Recognition

Ran the Wildest: Lexie Goldsmith

Breakthrough: Rachel Kaminski



Wildcats in Kenosha, Wisconsin at Camp Run Wild 2011.



Cats Corner

By Rachel Kaminski
(Senior, Green Bay, WI)

As NUXC came together about three weeks ago to begin the season, our families said goodbye and left us with our "NU family" for preseason. Though school starts in just a few days, these past few weeks have truly been packed with great memories, challenging workouts, and some really rewarding moments. We've walked away from the last two meets as team champions. While our schedule will only become more competitive from here on out, I believe each member of the team as well as the coaching staff are confident and prepared to take on the awesome challenges that this season holds.

The commitment to summer training has been evident in each practice, and things are really coming together for us. Throughout the past few weeks I've noticed something else. Being around these twenty six ladies after a workout, weight session, or race reveals an aspect of our team that is deeper and more important than simply performing well. This year, each person places their hand into the team huddle and says their own special word; this is the word that they'll be keeping in the back of their minds all season. Mine is *desire*. I've realized that the sense of desire this season goes down to the very fibers of NUXC- desire to help one another succeed and the desire to support and encourage one another. I've seen teammates spreading confidence to each and every member of our group, and this will be key for us as we strive to do great things in the coming months. Cross country can be an individual sport at times, but in a tough workout or at the end of a hard race, I couldn't imagine a more supportive group of ladies to be surrounded by as we push towards success!

2011 Schedule

Date	Opponent / Event	Location	Time
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.	10:00 a.m. CT
9/24/11	Roy Griak Invitational	St. Paul, Minn.	1:10 p.m. CT
09/30/11	Notre Dame Invitational	South Bend, Ind.	2:00 p.m. CT
10/14/11	University of Wisconsin Invitational	Madison, Wisc.	1:00 p.m. CT
10/21/11	Illini Open	Champaign, Ill.	4:00 p.m. CT
10/30/11	Big Ten Championships	Champaign, Ill.	11:45 a.m. CT
11/12/11	NCAA Regional	DeKalb, Ill.	11:00 a.m. CT

Congratulations to Audrey Huth Big Ten Runner of the Week following her victory at the Crusader Open



Rachel Booth (Evjen) '01
Defended her title at the
September 4th
Disneyland Half Marathon
1:18.01

Congratulations Rachel



Congratulations to... Carly Brown (109) and Peter Maletich, married on August 14 in Kalispell, MT (Pictured on left) and Assistant Coach Patricia Loughlin & Griffin Tormey married on August 6 in Portland, OR Best wishes to both couples!



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