

Westby CC Alumni Early September Update

Abbey Wedwick 24:33.7 4th overall and 1st for UW-Whitewater @ Tom Hoffman Invitational  
University of Wisconsin - Whitewater

<https://uwwsports.com/sports/womens-cross-country/roster>

Denali Huebner 26:55 61st overall 22nd for UW Eau Claire @ St. Olaf Invitational

<https://blugolds.com/sports/womens-cross-country/roster>

Melody Berg 31:15 61st overall for UW Stout @ UWRF River Town Twilight

<https://stoutbluedevils.com/sports/womens-cross-country/roster>

Bailey Olson 29:00 61st overall 3rd for Carroll @ St. Olaf Invitational

<https://gopios.com/sports/mens-cross-country/roster/bailey-olson/15149>

Taylor Thunstedt 22:16 47th overall 18th for Central College @ Dutch Invitational on Sept. 1st

<https://athletics.central.edu/sports/mens-cross-country/roster>

Sat. September 16th modified workout (1 mile at tempo pace / 1 mile at race pace).

Beckett	6:05 <b>6:30</b>	5:55 (12:00) <b>6:18 (12:48)</b>	<b>12:48</b>
Devin	6:20 <b>6:35</b>	6:05 (12:25) <b>6:23 (12:58)</b>	<b>12:58</b>
Gavin	6:20 <b>6:37</b>	6:05 (12:25) <b>6:37 (13:14)</b>	<b>13:14</b>
Reid	6:30 <b>6:38</b>	6:25 (12:55) <b>6:37 (13:15)</b>	<b>13:15</b>
Lizzy	6:30 <b>6:45</b>	6:25 (12:55) <b>6:55 (13:40)</b>	<b>13:40</b>
Natalie	7:25 <b>7:09</b>	7:15 (14:40) <b>6:59 (14:08)</b>	<b>14:08</b>
Addison	7:25 <b>7:19</b>	7:15 (14:40) <b>7:19 (14:38)</b>	<b>14:38</b>

Grace				
Molly	7:50	7:40	(15:30)	
McKenna	<b>7:50</b>	<b>7:47</b>	<b>(15:37)</b>	<b>15:37</b>
Rhianna				
Ada	8:20	8:00	(16:20)	
	<b>8:16</b>	<b>8:26</b>	<b>(16:42)</b>	<b>16:42</b>
Jade	10:00	9:50	(19:50)	
	<b>10:15</b>	<b>10:25</b>	<b>(20:40)</b>	<b>20:40</b>

**Runner's of Week: Natalie--? Two times?**

- Mon 18** with ms easy prerace issue watches
- Tues 19** Westby Relays
- Wed 20** big weight room day
- Thurs 21** tempo pace workout post strength
- Fri 22** AM Daily Brew Homecoming game- No afterschool practice.
- Sat 23** Dick Mitchell Invitational @ Maple Grove Venues
  
- Mon 25** Distance or cross training
- Tues 26** Continuous 1000's Weight room
- Wed 27** easy prerace
- Thurs 28** Kickapoo Invitational
- Fri 29** Distance or cross training Weight room
- Sat. 30** Off Oktoberfest Parade?