



Kathryn Kenwood, junior

Claire Kenwood, freshman

Q: How much influence did you have in Claire joining the cross country program?

Kathryn: "I would say that I influenced Claire a lot when she was deciding. My family has always been centered on soccer and both Claire and I always thought that we would be playing soccer in high school. After joining the team sophomore year, I told Claire that I wish I ran freshman year. Everyone on the team is wonderful and running isn't as bad as you think. I think she was mostly concerned about how hard running would be because she had never run before. I told her that even if it starts out hard, in the long run it's worth it (no pun

intended!).”

Q: How much influence did Kathryn have in joining the cross country program?

Claire: “My sister was a huge influence in my decision and basically told me what to expect. I had never really understood what cross country was about but she seemed to love it so I thought I would give it a try. I am so happy that I did because it has been such an amazing experience.”

Q: Did you have previous cross country experience?

Claire: “Until summer running with the team I had no experience at all. To me, the amount Kathryn ran seemed crazy because the most I had ever really run was the mile in gym class.”

Q: How are you and your sister similar or different in the way you approach cross country and your races?

Kathryn: “I approached cross country with a little less confidence. She had confidence that even if she wasn’t as fast as she wanted she would have friends on the team and would enjoy it because of what I told her. I get a bit more stressed out when it comes to racing or at least I show it more. The night before a race I like to be by myself and focus while Claire is trying to talk to me. I am very superstitious where if I don’t wear my compression socks the night before then I get scared that I will not run as fast because of my shins hurting. Claire on the other hand just goes with the flow. We are similar in the fact that we both care a lot about the race. We both want to do our best. We just have different ways of doing our best.”

Claire: “Kathryn and I are similar in the way that we both get nervous before a race. Kathryn likes to keep to herself and stay focused, so I try not to disturb her the night before.”

Q: Have you two competed in the same actual race this cross country season?

Claire: “The only race Kathryn and I were in together was the time trial. It was exciting to run and see her do so well. Hopefully we will get to be in the same race against another team. We are usually not in the same race but we are always cheering for each other. It is amazing seeing what she can do and I am really proud every time I see her run.”

Kathryn: “The only time Claire and I competed was the time trial. However, this was her first race so she didn’t know what was going on and I didn’t really see her during the race. It was fun knowing that she was running with me on the team, but I have not had the moment where I know she is there near me.”

Q: What have you learned about the Glenbard West cross country program and sport that you think you may not have without your sister as a teammate?

Claire: “Coming in to cross country, having an older sister helped me understand what it was going to be like. Kathryn talked about the team a lot last year so I knew a little bit. Mostly I knew that she loved it so I wanted to try it out and see if I would love it too, and now I do.”

Q: What have you learned about the Glenbard West cross country program that you wish you knew as a freshman?

Kathryn: “I wish I knew how much fun it was and how demanding it was. A lot of my close friends did cross country, including my best

friend Christina (Sedall, a junior), but I didn't think that I would fit in. However, after joining last year I learned that everybody fits in, which is truly amazing. I also didn't know what I was getting myself into. While it was fun to experience everything by myself I still wish I had someone there just in case I was confused and didn't want Mr. Hass to think I was dumb."

Q: Has having an older sibling on the team helped your assimilation to the program?

Claire: "Kathryn as a teammate helped me learn everything about cross country a lot faster. Because she already knew the routine I could just ask her if I had any questions."

Q: Has having a freshman sibling on the team altered your dynamic within the program?

Kathryn: "I enjoy having Claire on the team. I think that because she is on the team and the freshmen are her year. I know more of the freshmen then I did last year. Also, I think people are willing to come up to me and ask questions, because I am related to Claire. I never saw myself as a leader last year, but I think leading Claire showed me that I could help others out. Overall, I am really happy that Claire is on the team with me and I am so proud of how she is doing and the accomplishments she has had as a freshman."