



Macy Lemke, junior

Morgan Lemke, freshman

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

Macy: "My sister and I are really athletic and have fun just hanging out. And we started talking about what sports Morgan would do in high school, and we just started talking about girls cross country. I got the chance to talk to her and we had time to talk about everything and or any of her questions. And it there was a lot of good conversations about the team."

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

Morgan: "My sister deserves most of the credit for the reason I joined the team. I was looking for a sport and she explained to me all of the great things that happen on the cross country team. She answered all of my questions and put my mind at ease."

Q: Did you have previous cross country experience?

Morgan: "No. I did do summer running the year before freshmen year, but I didn't take it seriously. Truthfully, I'm not sure what I would have done if my sister wasn't on the team. I would probably not have joined the team because I didn't know any of the girls."

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

Macy: "My sister and I, to me, approach our races differently because of the experiences that we have and what works and doesn't work for us -- like how much we visualize or the things we do for breakfast or on the bus. But we do get the same improvements and results."

Morgan: "My sister and I are very similar in the way we approach race day. We both overpack our duffel bags as though we were going to Antarctica. Also, we both work very hard throughout the warmup and beginning workout to ensure a great race. With that being said, we are very different in the way we visualize. I tend to be louder and social while Macy tends to be quiet and laid back."

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

Macy: "My sister and I have both been in the same race. We were in the JV Peoria race together (Sept. 20) and it was really fun. We have been in other races outside of Glenbard West cross country. The experiences I have had was so much fun because I love to run and I love hanging out with her, so it has been a really great experiences."

Morgan: "Macy and I plan to compete together in many races for the future. We enjoy this runs for jack and the freedom four. Some day we hope to run a half marathon together. I anticipate it will be fun and challenging trying to stay with Macy throughout the race. I'm looking forward to it!"

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?

Morgan: "I have learned a lot about the Glenbard west cross country team because of Macy. I learned a lot more about the girls on the team because she has already befriended them. I don't feel I would have had as many great experiences without Macy on the team."

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

Macy: "As a freshman, I wish that I was told the mental pain and impact on you because it is not just physical. It is mental pain. And the how great and tight bond and relationships you form with joining the cross country team."

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

Macy: "Having a little sibling in this program has showed me that freshmen need your help, not just on the first week but all through the season. This has been a great experience for me and I think that I have grown closer to my sister. And we have something to always talk about and to keep us stronger as sisters."

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

Morgan: "Having an older sister has helped me to adapt and become part of the team. I feel as if she has guided my way throughout the season. I wouldn't have been as prepared for this season without my big sister."