



Meredith Miscinski, junior Miranda Miscinski, freshman

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

Meredith: "I wanted doing cross country to be Miranda's own decision, but I made sure to answer all her questions and tell her about the positive experience I have had in the program! I think the summer running program was also important in convincing her to do cross country because she got to meet all the girls beforehand and see what practices would be like."

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

Miranda: “Meredith greatly influenced me to join the cross country team at Glenbard West. She would tell me all about the amazing girls on the team and about all of the progress she made, and reassured me that I didn't have to already be a great runner to join.

I didn't have any previous cross country experience, but I did run a few 5ks and smaller races with my family before joining. If Meredith weren't on the team, I am not sure what I would've ended up doing at West.”

Q: Have you competed with your sister in the same actual race at any time this season?

Miranda: “I have been injured, so we haven't run in the same race.”

Meredith: “I think we would both have a lot of fun running together once she gets healthy again. I have always done the Freedom Four so maybe she can join me for that next summer!”

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

Meredith: “Miranda has been injured basically all of the season and has yet to run any meets, so it is hard to tell at this point. But, I think Miranda has definitely found a way to embrace her injury and make the most of her experience on the team. Physically, I think we both are always trying to push ourselves and work hard, whether it is on the bike or running.”

Miranda: “Both Meredith and I enjoy cross country and running! As a runner, Meredith always gives it her all and works extremely hard. I

have been injured all season. I have been on the bikes, but just like Meredith, I have been working hard, just in a different way than her.”

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

Miranda: “Having Meredith around has definitely had a huge effect on myself getting comfortable with cross country and Glenbard West. I came into West as a little freshman who was scared of the big school and all the kids, but she helped to calm my nerves by getting me into cross country and helping me to meet lots of new girls. I also came into cross country being known as ‘Meredith's Sister,’ which was a nice addition.”

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

Meredith: “Having Miranda on the team has really brought me closer to several people. I have gotten to know the freshman as well as the bikers much better this season!”

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

Meredith: “I wish someone told as a freshman how important it is to run a lot of miles over the summer. I did not do this freshman year, but, after running over four hundred miles the summer of my sophomore year, I saw my times drop by several minutes! I think this is a true testament to the idea that the more you put in, the more you get out, which is definitely something I have learned.”

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

Miranda: "I've learned from Meredith that it is OK to not be the best when you first start, but if you keep an open mind and you work hard, then you will eventually get there. Meredith has improved so much since the beginning of her high school running career, and I hope to follow in her path!"