

Senior Highlights

Caroline Munkhdelger

Time in the Program: 2 years

Favorite Season Memory: The first day of practice it started pouring rain and a tornado was going to hit us. LOL. Then Olivia and I celebrated with Taco Bell. 😊

Favorite Workout: Goose Run – because 4 miles feels short but I feel accomplished doing it.

Advice to the Underclassmen: Drink baja blasts after practice with your girls.

What her future holds: All sorts of adventures as she is incredibly talented in both journalism and photography (says Coach Johnson). Caroline is currently undecided on where she will attend but is excited to share her post-high school endeavors later in the year after the application process.



Madison Arflack

Time in the Program: 1 year

Favorite Season Memory: Our first meet because even though it sucked, everyone was super supportive and it was exhilarating to run in a race for the first time.

Favorite Workout: Waterfall Glen long runs. Those days we can just go at our pace and enjoy it.

Advice to the Underclassmen: Don't feel bad if you aren't fast right away. That's not what XC is about. I mean, yeah, but it's also about improvement. I'm still slow, but I'm definitely faster than when I first started. It gets better as the season goes.

What her future holds: She hopes to attend the US Air Force Academy next year and study to be a civil engineer.



Olivia Dire

Time in the Program: 4 years (since she was a Freshman!)

Favorite Season Memory: Organizing the Scavenger Hunt

Least Favorite Workout: 800's on the track. I've always hated this distance because it's too long for me to try to sprint the whole thing AND it's too short to really have a nice maintainable pace.

Advice to the Underclassmen: Keep running. Whether you believe you are slow or fast, JV or varsity, etc. No matter what your pace is, learn that at the end of the day you are running to beat yourself, and to be able to run is one of the most freeing, natural gifts you possess.

What her future holds: Her number one choice is the University of Chicago but is considering both DePaul and Loyola University as her back-ups. She intends to study international studies or criminology wherever she chooses to attend.

Special Note: Over the course of 4 years, Olivia's hard-work and dedication has allowed her to drop her time by over 6 minutes, as a result, earning the privilege to race at the Varsity level in some races.

