



December 3, 2018

To: Dr. Riggle, Superintendent
Board of Education

Fr: Karen Geddeis

Re: Glenbrook Stories - December 10, 2018

MEMO

Our Glenbrook Stories segment on December 10 will feature Sophomore Natalie Sandlow, who is making history as a GBN cross country runner.

For Natalie Sandlow, running is a passion and her family's way of life. What might have seemed on the surface as following in her older sister's footsteps, quickly became her own path, one she solidified this season as she became the first ever GBN female cross country runner to earn all-state honors in the 3-mile race.

But for Natalie, it's not about those outcomes, or the glory of the state tournaments - it's about running. Even moreso, it's about the comradery of the team, setting personal goals, and being present and focused in the competitions.

Coach LeBlanc says she runs with the maturity of an older runner. "Natalie sets her goals for the season and then works incredibly hard to achieve them," he said. "She is also very coachable and willing to listen to ways to improve her racing strategy."

Natalie ended this season in 21st place in state, the highest in school history, and a personal record (PR) that shaved 21 seconds of her previous best.