



# WTC MOOSLETTER

## Solid Finishes for Men and Women at Nationals



Mark Lind (left) and Carli Schulz (Right) kick before the finish line at NIRCA Cross Country

It was a chilly morning in East Lansing, with temperatures hovering below freezing while runners waited to race Michigan State's Forest Akers Golf Course. In fact, tee time on this golf course was delayed 90 minutes, to allow the frost and a dusting of snow to clear, keeping the course safe.

After traveling in 2012 and 2013 to Hershey, Pennsylvania, the cows' trip was a few hours shorter this year. The team rounded the bottom of Lake Michigan, not unlike Vasco da Gama rounding the Cape of Good Hope into new and exciting lands (like Michigan).

While the Caravan was led by drivers Isaac Zarecki, Sandy, and Kenny H, the teams were led by Carli Shulz for the women and Joe Pendleton on the men's side. The women's "A" team finished in 21<sup>st</sup> place, with the men taking 12<sup>th</sup> place in the Men's "A" race.

While back in Madison Melvin Gordon ran for a record 408 yards, every one of the cows ran more than that at NIRCA Nationals. In fact, any given WTC Cow ran either 16 or 20 times that mark. Lessons were learned on and off the racecourse, as some Cows learned to avoid Rusty's bar.

## Advice

*Dear Advice Cow,*

*It has been so dark and cold lately, and I don't want to run outside. Also, I'm worried that, if I do run, I might slip on ice and hurt myself. Should I wait until spring to run again?*

*- Cold and Afraid*

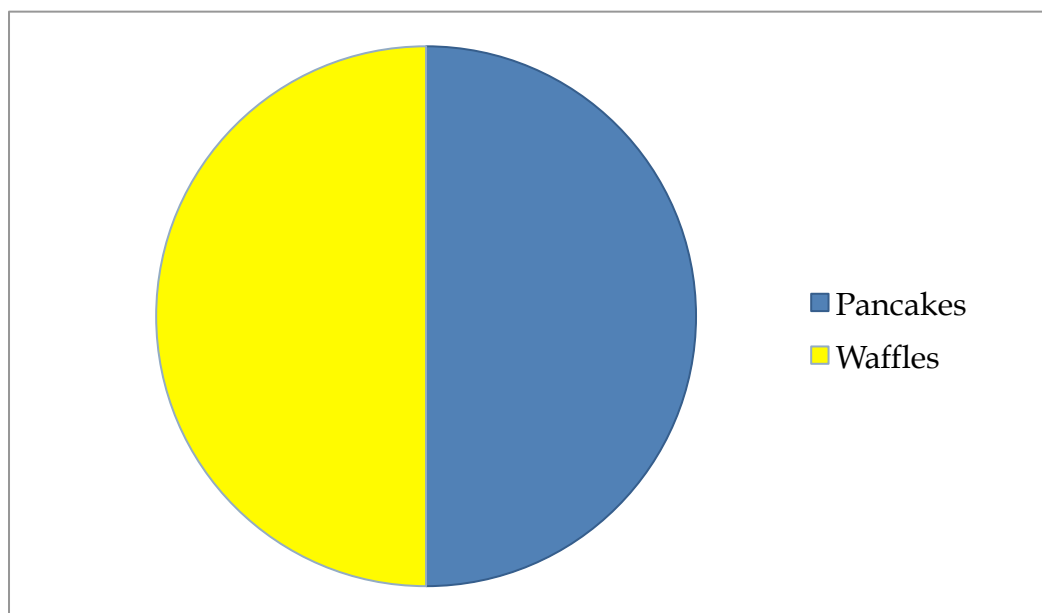
Dear Cold and Afraid,

Running is a great activity for all seasons! Don't be afraid – we must face danger every time we put those running shoes over our hooves and stampede out the door. If you take light steps and are mindful of where your feet land, you can run in the winter without hurting yourself. If the cold is a problem for you, do what many cows do and put on more layers or run inside. Most of the herd uses the Shell at Camp Randall a few times a week, so be a friend and train with them. That way, you can stay warm *and* train harder! Remember – MOOOOOO

Advice Cow

## November Poll Results

Pancakes or Waffles? Track Club likes them the same!



## WTC FOOTBALL GAME



Runners experiment with other sports on this foggy November day

One November afternoon, track club members braved the rain, fog, and a field littered with dead animal parts to play a physical game of football. The teams were never named, but the winning team had an astonishing number of left-handed members. The lefty team was rallied by Jake Newman's innovative defensive scheme changes.

The mostly right-handed team, who had the only real football player on their side, got off to a quick start with two unanswered touchdowns. From that point on, the game developed into a shootout between the two teams.

The turning point in the game was surely Will Lyon's exit from the game after a tailbone injury. This removed some useless dead weight from the left-handed team, allowing them to be more efficient on offense.

Visitors to Vilas Park were confused to see a bunch of scrawny men, each half the size of a Badger Football Lineman, trying to outrun each other in a game of "football." However, the true football player present gave the game some credibility, while also bringing the pain.



# FIRE



Thanks for reading!

