

# *Cross Country Runners*



Left to Right: Klug, Augustine, Anda, Brandt, Coulter, Anderson, Weindorf

## *Cross Country Running*

Track is a very strenuous sport. It must be marveled at the large number that turn out for practice. Of course some drop out, but they do in every sport. A track man must practice every day. He must eat light and nourishing food and he must get his daily rest. Steady and regular training is another important factor in preparing

for Cross Country. The race is run over a two mile stretch and the course lies over hills and valleys. Track is gaining an increasing interest at the Northwest School. Members of the nineteen thirty-six squad who did not receive their honorary emblems were: Augustine, L. Hanson, Loken, Arness and Ingeman.

## *The Trip to St. Paul*

The Track team met the St. Paul Aggies at their course. The St. Paul Aggies turned out to be a bunch of tough fellows when it came to winning—in fact a little too tough. At the St. Paul A. C., tack is their principal fall term sport. They ran an undefeated schedule this year. The N. W. Aggies were royally entertained at St. Paul. Our

opponents, although tough on the course, were regular fellows. The track team spent three days at the Twin Cities taking in the Minnesota-Iowa football game and many interesting scenes. The members of the squad that made the trip were: Capt. Coulter, Brandt, Klug, Anderson, Anda and Weindorf.