## Track & Field competes in first outdoor meet of the season

By Erin Vincent

STAFF WRITER

The cold, dreary weather made it tough for the field events and sprinters to compete at their top level at the Ted Haydon Invitational, hosted by the University of Chicago. The event last Friday was the first of the Outdoor Track and Field season at which both men's and women's teams competed well and achieved personal records.

Despite the weather, freshman Whitney Theisen took 3rd in the High Jump with a height of 1.53 meters, close to her best. Senior Emily Kraemer and junior Alex Songer threw the Javelin for the first time, recording distances of 21.80m and 18.45m respectively, excellent

marks to start from. Kraemer also plans on competing in the heptathlon later in the season, so she also ran the 100m, 200m, and 400m dashes (15.31 seconds, 30.79, and 69.07). Junior Veronica Hannink competed in the 100m Dash as well, with a time of 14.15s, and the 400m Hurdles with a personal record of 1:11.02s, landing her in 3rd place. Senior Jacqui Roche ran the 200m Dash for the first time (32.21s), along with Songer in 31.88s, a personal record. On the men's side, freshman Tyler Haag ran a strong 100m Dash in 11.96 seconds, and a personal best 200m Dash in 24.48 seconds.

In the 1500 Meter Race, sophomore Phil Cano led then men in a time of 4:12.44, followed by junior Ethan Montague (4:14.49), and freshmen Colin McQuone (4:37.53) and Kraig van Wieringen (4:49.40). Montague, McQuone

and van Wieringen also ran the 800m Race, in 2:03.04, 2:10.21, and 2:12.16 respectively, with McQuone recording a new personal record.

The 3 Kilometer Race had six men and women from IIT competing well. Freshman Courtney Rouse led the Lady Hawks, finishing in a time of 10:41.87. Not far behind were freshman Abby Jahn (10:55.16) and sophomore Jordan Kelch in 11:10.78, setting a new personal record. The men's side was led by junior Kenny Murphy, running a new best time of 9:07.98 and setting a school record. Freshman Sam Wietlispach ran an excellent race as well, finishing with a new personal record of 9:19.39, followed by junior Peter Lau in 10:45.51.

In the final race of the day, the 5 Kilometer Race, even more records were set. Junior Kira Vincent finished 10th and ran

a huge personal best time of 19:29.37, followed by seniors Maddy Jensen (20:29.34) and Erin Vincent (20:51.72). The men's race was even more exciting, with senior Phil Theisen and junior Zach Gates finishing 4th and 5th overall. Theisen ran a 35 second PR of 15:54.00, while Gates finished in 15:55.79. Also competing were freshman Jeff Somerfield (18:26.00 PR), junior Felipe Prada (18:31.28 PR), and sophomore John Pasowicz (18:42.59).

The next meet for the Hawks is this Friday (women) and Saturday (men), April 6 and 7, at the University of Chicago. The Chicagoland Outdoor Championships will host colleges and universities from around the Chicagoland area.

## Spring classes return to Keating

By Jennifer Agosto

STAFF WRITER

After a long break this semester, Keating fitness classes have returned! Salsa and Yoga have already begun and Zumba is set to start soon. Keating staff encourages you to try one or more of the classes, as you are sure to have a great time with one of our experienced instructors. Classes are open to Students and Faculty/staff of IIT, Vandercook and Shimer. No previous experience is necessary to participate, just come ready to have a good time and please wear loose fitting clothing or workout attire.

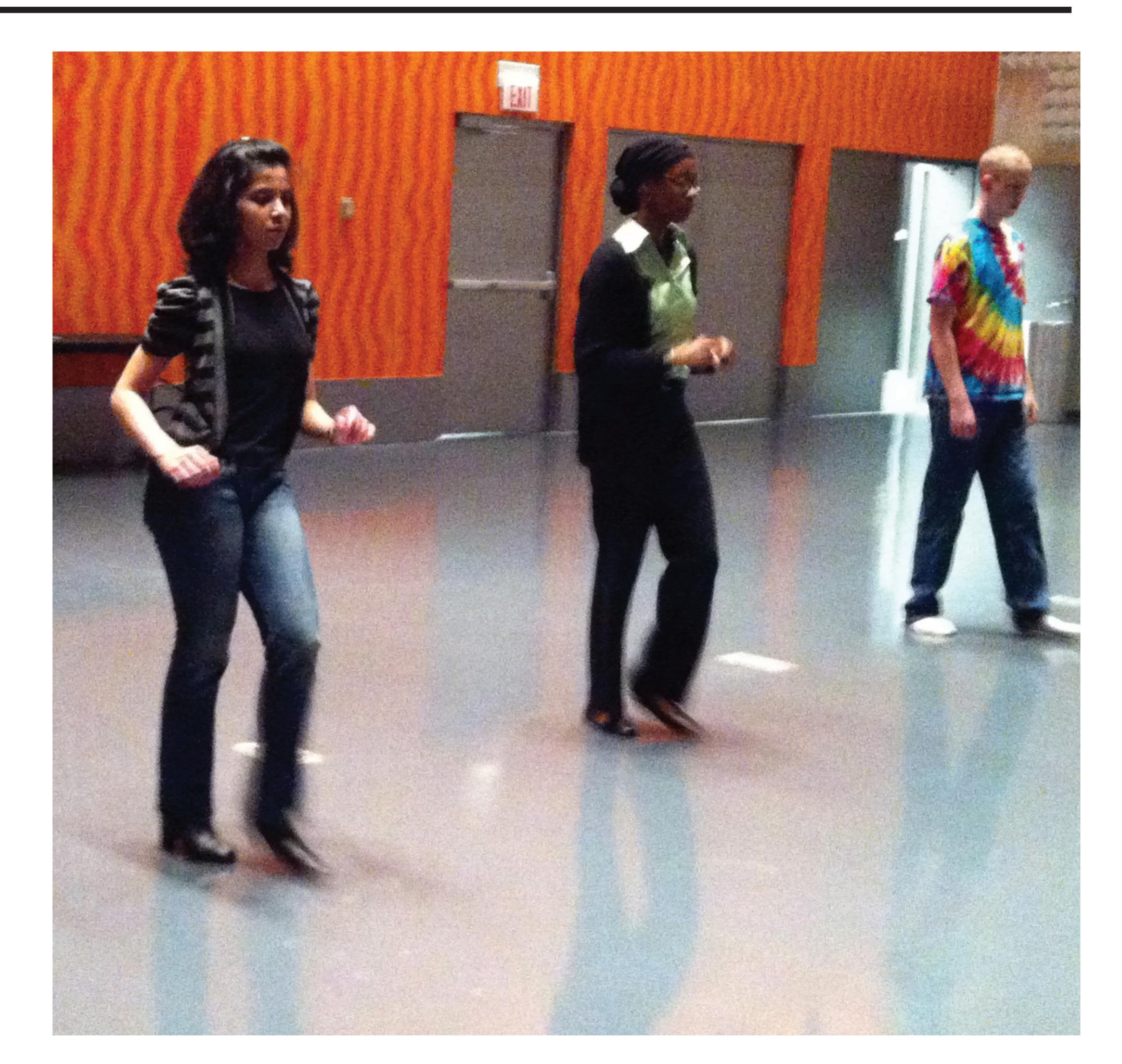
Salsa classes will be held Mondays from 7 p.m. to 8 p.m. in the MTCC Ballroom. If you have seen fabulous partner dance style on televisions shows like "Dancing With The Stars" and have wanted to learn, here is your chance. This class offers you the opportunity to learn how to dance SALSA/MAMBO so that you can impress your friends, and includes a low-impact cardiovascular exercise routine that you can practice at home.

Join us on Wednesdays, from 6:30 p.m. to 7 p.m., for Vigorous Vinyasa, a form of yoga. If you need to relieve stress and relax, Yoga is the perfect way to do this and ensure overall health and physical fitness. Through meditation, breathing exercises, slow movements and

stretching you can banish all your stress and lead a healthy life. Yoga has been used as a meditation technique for thousands of years. As you exercise you meditate on what your body is feeling and try to be "one with the universe."

Like dancing and exercising? How about doing both at the same time? With Zumba you can do just that. Zumba aims to make exercise fun with upbeat music, a positive environment and fairly simple movements that beginners can pick up on right away. The steps are aimed to sculpt your body and target areas such as the gluteus, legs, arms, core, abdominals and muscles in the body and heart. Keep checking www.facebook.com/IITIntramuralsandRec for more info as classes are set to start back up soon! As fitness classes resume,

so do Keating Center's Intramurals and Recreation tournaments. Our next event will be the 3 on 3 Basketball Tournament. The event will take place Thursday, April 5 and 6 starting at 7 p.m. The registration deadline is Wednesday, April 4 at 6 p.m. Registration can be done online at www.illinoistechathletics.com in the Intramurals and Recreation section. This event is open to all IIT, Shimer and Vandercook students. There will also be a Raquetball Tournament on Thursday, April 19 and a Dodgeball Tournament on Thursday, April 26.



## Athlete Spotlight: Brian Glennon



Photos by Jennifer Agosto



Major: Architecture/Architectural neering

**Sport:** Baseball

Position: Second Base

Favorite thing about your sport: Web Gems

**Pre-race ritual:** Take some swings to get in the zone while watching the other team's bullpen

Favorite thing you've done on Campus • since you came to IIT: Frisbee Golf

Best tip for anyone who wants to be great at your sport: Watch the MLB, they're too