

Dear High School Senior,

I'd like to take this chance to tell you about a great and unique opportunity for you to further your running career at the University of California at Santa Cruz. I hope you had a great summer with lots of fun and running. I know how quick summer flies by; we're already lacing up the racing flats for the start of the season!

UC Santa Cruz's campus is set above the town, overlooking Monterey Bay. On one six-mile recovery run you could run down to the beach and back to campus through the redwoods. I have run all over the country and have yet to find a better, more beautiful place to train; the team here does virtually all their mileage on dirt or grass. In fact, "Outdoor" magazine has named UCSC the best school in the West for outdoor sports and activities four years in a row. I really can't do the campus and training environment justice on paper. I encourage you to come on a trip to the school and see the view for yourself.

We are a young team, this will be our fifth year as a program, but a quickly improving one. UCSC is a NCAA Division III school in the West Region. To give you an idea on what kind of times are run in the DIII West Region, the last runner to get All-Region Honors last year ran around 18:45 for 5K. After running four years at Cal Poly SLO, a DI school, I can tell you that those times might not even make the traveling squad at a DI program. For the vast majority of runners, I feel Division III is a better fit and a better chance to have four years of national caliber success. Our women currently are running 18:40-22:30 for 5K; check out our results at [goslugs.com](http://goslugs.com).

**So what does all of this lead to?**

At UC Santa Cruz we offer the combination of a great school (consistently ranked one of the top 25 public schools in the country) and one of the best environments to train you'll ever find. The girls run because they want to, because they love the sport. The team's goal is to earn a spot in the NCAA Division III Championships within two years, and I would love for you to come be an important part of something big at UCSC.

If you are interested in UC Santa Cruz Cross Country, please fill out our recruit form and send it back to me. I'm sure you are aware that the deadline for application to any school in the UC System is November 30<sup>th</sup>; so feel free to call me anytime with questions or to set up a date to come visit us. Good luck with your season and we'll be in touch.

Sincerely,

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Women's Cross Country  
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