FAQ’s Continued

What are the meets like?
If you’ve run high school cross country, then you know what to expect. Yes, some of the runners are faster in college, but the meets are very similar to high school meets. One difference between college and high school is that most of races are on Saturday. We also, only race once a week. This allows students more time to prepare for each race.

Won’t athletics hurt my GPA?
NO! This is the biggest myth about college athletics, especially at Bryn Mawr College. Bryn Mawr Cross Country athletes are at the top of their game athletically and academically. Bryn Mawr runners are recognized as some of the top students on campus in nearly every department. The coaches at Bryn Mawr are dedicated to making sure that students can be successful in both their athletic and academic endeavors and work hard to make sure their athletes maintain a strong dedication to their academics. Being a successful student athlete takes a lot of hard work and dedication. Its not easy, but it doesn’t have to be a question of either-or.

How much time does Cross Country take?
Training at Bryn Mawr requires a similar time commitment as your high school team. We practice for 2 hours a day, Monday through Friday. Most of runners do some activity on Sundays in small groups, but this is less structured and not mandatory. One benefit to college running is that our meets run mostly on Saturdays. There are very few late week nights for Cross Country. Mostly, we race on Saturdays and are back by mid-afternoon.

ABOUT THE COACHES

Coach Hewitt is an avid distance runner and endurance athlete. He was a 12-season athlete at Tufts University as an undergrad and has been running since his freshman year in high school. He currently runs for the Greater Philly Track Club and competes in road races, track meets, and triathlon during the summer months.

Coach Hewitt has a master’s degree in Advanced Level Coaching from Springfield College and is a USATF Level 2 certified Endurance Coach. His coaching emphasizes the importance of the individual and a focus on the long-term development of the athlete. While he would love to see runners make great strides during their college years, a great source of pride is the athletes he’s coached that go on to greater accomplishments, post-collegiately. Coach Hewitt is supported by a number of excellent Assistant Coaches and the program has a put an emphasis on the continued education and development of its coaching staff.

BRYN MAWR COLLEGE WANTS YOU!

If you’re interested in Bryn Mawr College or just want to know more about the program, please let us know! The first step is to just contact the Coach. Bryn Mawr is proud to be a no-cuts program. We want all athletes that are interested in getting faster and are willing to put in the hard work to get there. No matter what your PRs from high school are, we know you can get faster in College! Just make sure you shoot us an email and let us know!

Coach Hewitt can be reached at: jshewitt@brynmawr.edu
ATHLETE HIGHLIGHTS

CLAUDIA KEEP ‘15
Hometown: Solebury, PA
Major: French and Fine Arts

5k PR: 17:23 (Indoor Track, ’13)
6k PR: 21:41 (XC, ’13)

Accolades:
- 47th place at 2013 NCAA XC Nationals
- 2013 Seven Sisters Champion
- 56th place at 2011 NCAA XC Nationals
- NCAA Academic All-American
- 2011 XC Regional All Freshman Team
- Indoor/Outdoor Track 3k/5k School Record

HANNAH HASTINGS ’16
Hometown: Potomac, MD
Major: Physics

5k PR: 18:31 (Indoor Track, ’13)
6k PR: 23:02 (XC, ’13)

Accolades:
- 62nd place at MidEast Regional Championships
- 42nd place at Centennial Conference Championships

FAQ’s

Am I fast enough to run in College?
YES! Our goal is to produce a competitive team each season and to develop runners from season to season. Of course we are looking to recruit athletes who have had success at the high school level, but how you run as a first year is not always indicative of what you’ll do as a senior. We are dedicated to training all athletes who show the commitment to becoming better runners.

What type of mileage does the team run?
Each runner has a different goal each week. Most of our runners run between 30 and 50 miles a week, but the coaching staff works with each athlete to determine what will work for her. This target is a good goal for most runners looking to join the team, but it is not a requirement. We’ve had many successful runner who never completed a 50 mile week.

Is the team close?
YES! The dynamics on the team change every year, but the Cross Country team is a tight knit group. We have a lot of fun at practice. It’s not uncommon to find the team laughing while they’re doing plank holds or singing in between push-ups. Each member of the team contributes to the group, but we are all focused on running and getting stronger. The team organizes a number of extra-curricular activities through out the season, including movie nights, trips to Philadelphia, and team dinners.

How far are the Cross Country races?
Regular season races are run at 3 Mile, 5k, or 6k distances. Most championship races are now 6k.

ABOUT THE TEAM

Over the past four years, Bryn Mawr Cross Country has undergone some major changes. The team has come alive and the PRs have followed closely. Recent seasons have seen a Bryn Mawr team that is dedicated to running and improving their over all fitness. As Bryn Mawr climbs the ranks of the Centennial Conference and the Mid East Region, the team looks for stronger and more talented high school athletes to join the Owls in future seasons.

The Bryn Mawr program is focused on the long term development of each athlete. We try to keep a focus on the big picture. We look to improve from week to week, season to season, and year to year. Our goal as a program is that by the time our student-athletes graduate, they should be able to look back at their college career and say, “Wow, I never thought I could do that”. Then they can turn and look forward to what running as an adult has to offer them in the future!

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VISIT OUR WEBSITE!
- Check the schedule and results
- Find out how the team is doing
- Fill out a Online Questionnaire