



# LIGHTNING WATCH — Randi Thiessen

Randi Thiessen is a team leader. Not only was Randi one of the top performing cross country athletes for St. Mary's the past two years, having placed 35th at the Provincial Cross-Country Championships in Grand Prairie, she was also a driving force behind getting the cross-country program started.

"I am so proud to be known as one of the drive forces of getting the cross-country team together," said Randi. "When I first thought of bringing a team together, I didn't envision a team becoming so big so fast."

What started as a small running group in Fish Creek Park has blossomed into an expanding program that has designs on branching out to include an indoor track program. It is a bit bitter sweet for Randi, who is completing her final year in the Bachelor of Education (Elementary)

Program at St. Mary's.

"I cannot even express with words how happy I am to see the cross-country team growing as fast as it is. I am sad to be leaving at such an exciting time when Indoor Track is starting," said Randi. "I am so happy to see that the team now has the opportunity to have a full season of cross-country and indoor track to see where their potential lies either in sprinting, middle or long distance!"

It is the connection with teammates and coaches that Randi is going to miss the most once she embarks on her teaching career, having credited the support system she received during her time on the cross-country team as helping her grow as an athlete, student and as a person.

"I am going to miss the opportunities that I had to better myself as a runner, as well as giving and receiving the support I believe is necessary not just as a student athlete, but outside of school and sports. My teammates and coaches have really impacted me to strive to always push myself to be better."

"I got so much out of my university experience by having that team experience, the team spirit and the support."



While this will be Randi's last season competing with the Lightning, Head Coach Donna Dixon hopes that Randi will stay involved with the program that she helped launch.

"Randi is a great all-around athlete," said Dixon. "She trains consistently with a very positive attitude and has the competitive drive to keep improving as an athlete. We hope that she will stay involved in the cross-country and indoor track teams as alumni."

