

LDRW NEWS

The latest news from Villanova's LDRW team



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WHAT'S NEW

Hello again athletes! We are coming back at you with another summer update from the LDRW team. This month we wanted to announce the LDRW theme for Fall Fest. It is..... THE COLOR GREEN!! To go along with the overall theme of Fall Fest, we decided to focus on this specific color because it signifies positivity, luck and growth. It is also perfect for running and walking because you guys have the green light so as they say: ready, set, go! We are all getting extremely excited to watch you guys compete this fall so keep working hard this summer. Even though there are many fun things to do with COVID restrictions going away, it is still important to take care of bodies and stay fit. Enjoy the month of August and don't hesitate to reach out to us!

THROWBACK

As we get excited for Fall Fest 2021, we thought it could be cool to throw it back all the way to 2015 Fall Festival with a video. [Click here to watch!](#)

COURSE MAP REFRESHER

To start to refresh your memory on some of the LDRW courses at Villanova, here is the course for the 1500m race, which will take place on Friday of Fall Fest weekend!



ATHLETE SPOTLIGHT

Athlete name: Mark Liu

Athlete county: Montgomery County

How long have you been competing in LDRW? 3 years

What is your favorite part of LDRW? The people are nice, and Coach Scott is very kind.

Do you play any other sports? No

What is your favorite part of Fall Fest? To be on Villanova's campus, and the many fun activities on campus.

Do you have any advice to give to your fellow athletes?

Come to Fall Fest! You will have a great time.



ABOUT VILLANOVA'S LDRW TEAM

EMILY

Class year: Junior

Hometown: San Francisco, CA

Major: Finance & Real Estate

I am most excited to hangout with all of the athletes at Fall Fest! I can't wait to see everyone compete and have a ton of fun. The athletes deserve this long awaited celebration!!

JORDANN

Class year: Senior

Hometown: Natick, MA

Major: Civil Engineering

I am so excited to watch all of you shine throughout the season, especially at Fall Fest! You've been working hard for so long, and I can't wait to see your work show throughout the season!

JACK

Class year: Junior

Hometown: Thornton, PA

Major: Communications

I am most excited to see the athletes compete at Fall Fest and to cheer you all on as you are running and walking!

If you are interested in being our next athlete spotlight, email ldr@villanovaspo.com!