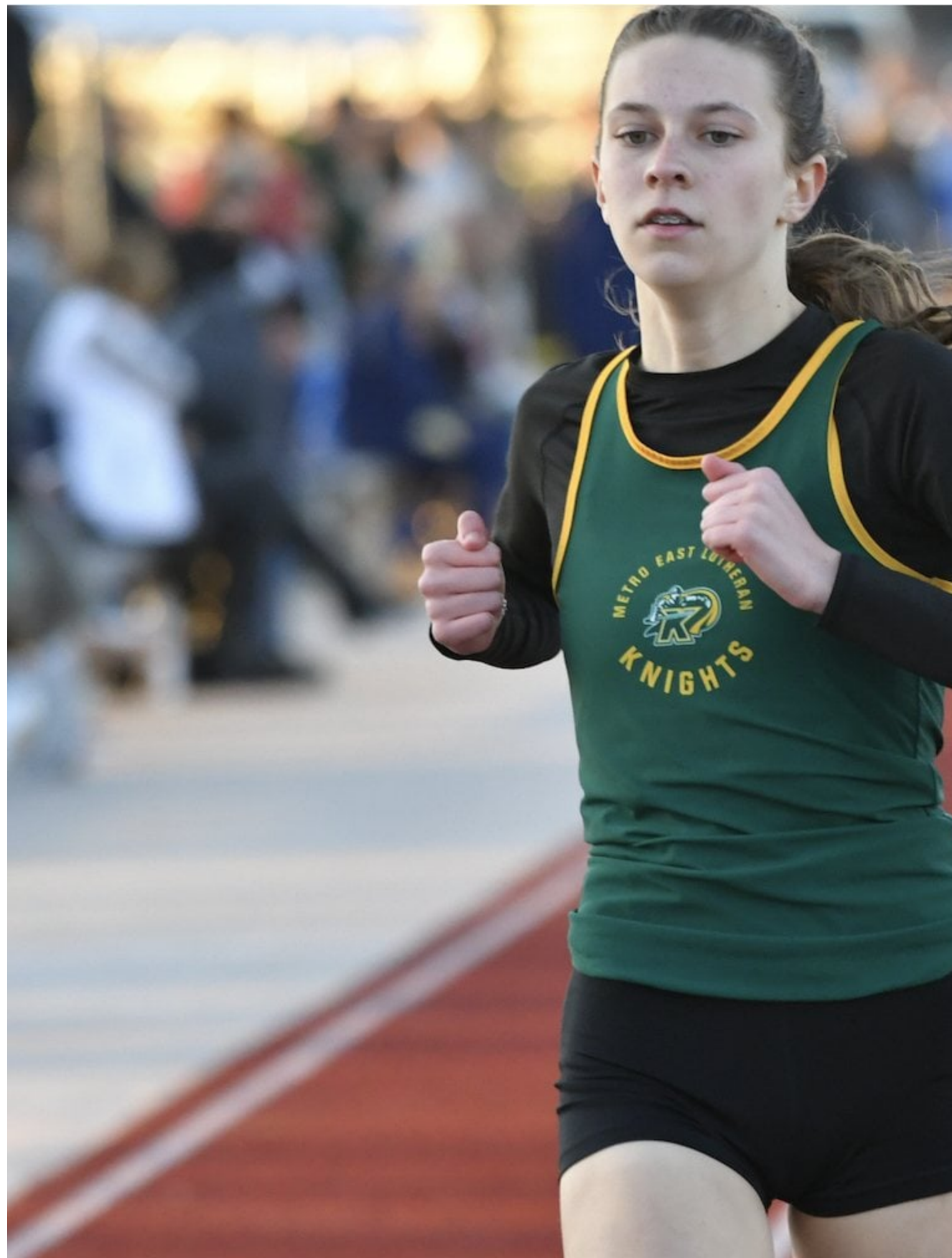


BJ's Printables Female Athlete Of The Month: Knights Cross Country/Track Runner Moira Krueger Builds Momentum

by Dan Brannan, Content Director
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EDWARDSVILLE — Moira Krueger, an incoming junior at Metro East Lutheran High School, was named a BJ's Printables Female Athlete of the Month after making significant strides in girls cross country last fall and contributing in track and field for the Knights.

Krueger emerged during her sophomore year as one of the program's most improved runners, according to Metro East Lutheran Head Cross Country Coach Kevin Reiseck. He said she entered the season running three miles in 26 or 27 minutes and lowered that to just under 21 minutes by the end of the fall.

"Moira decided this past year to make a push to improve, and all five of our top cross country runners pushed one another," Reiseck said. "I expect big things from her this fall in cross country."

Reiseck also described Krueger as "probably our most improved runner from a time perspective last fall and this spring in girls track and field."

In track and field, Krueger specialized in the 400 meters. She posted a personal-best time of 1 minute, 8.49 seconds at the Carlinville Sectional, where she finished third.

She also ran on Metro East Lutheran's 4x400 and 4x800 relay teams at the Carlinville Sectional. In the 4x400, the quartet of Marion Hemmer, Lucy Doyle, Abigail Ayer and Krueger placed 11th in 5:10.65. In the 4x800, Hemmer, Ayer, Lily Walloch and Krueger finished fifth in 12:00.86.

With her sophomore improvements in cross country and contributions on the track, Krueger heads into her junior year with high expectations from her coach.