

1) Name: Josh Rosenkranz

2) New Trier sport(s): Cross Country and Track and fFeld

3) Suburb you lived in (when you went to New Trier): Glencoe

4) What year did you graduate NT: 2015

5) Where do you live now: San Francisco

6) Who were your coaches: Coach Wisner, Coach Wukas, Coach Sloan (Sophomore year), Coach Saszik (Freshman year)

7) HS sports accomplishments/awards/honors:

- All-state in the 4x800 meter relay in track
- Conference cross country champion
- Track team captain

8) Favorite high school *individual* sports memory:

My favorite individual high school memory was winning the conference Cross Country meet my Senior year on a muddy day at Maine East. I took the lead about halfway through the race and spent the last mile and a half splashing through puddles and hoping that no one would catch me. The race ended with a lap of the track and as I entered the stadium, I heard the full force of the New Trier cheering squad chanting my name. It was a pretty surreal moment.

9) Favorite high school *team* memory:

My favorite team memory was when I was All-State in the 4x800 meter relay my Senior year. I had gone into the season intent on racing the 3200 meter at state, but an injury partway through the season derailed that plan. When I got healthy, Coach Wisner and I realized that I probably wouldn't have enough aerobic fitness to perform well in the 3200 but that I might be able to run a good 800. Luckily for me, at that point our team had 3 very strong 800 runners but we were looking for a 4th. Coach slotted me into that spot and even though he says I'm one of the slowest runners he has ever coached in terms of raw footspeed (which is important for an 800), I was able to run faster each race and be the slowest on the relay by a little less. We were the last team to make it into the finals from the preliminary heats, but managed to place 7th in the final. Standing on the podium with three of my teammates and friends was an amazing way to end my New Trier running career.

10) Who was your biggest team rival or individual rival in HS, and where did they go to school?

One of my biggest individual rivals my Senior year in Cross Country was Dhruvil Patel from Niles North. He ended up going to school at North Central College in Naperville where he really blossomed as a runner. We both were in Division III so we saw each other at a few national competitions (where he was inevitably competing for the win and I was an also-ran). He's pursuing a professional running career now, so it's kind of cool to be able to say I beat him a few times in high school.

Another one of my high school rivals (though to a lesser degree) was Daniel Weiss, who went to Neuqua Valley High School in Naperville. We went back and forth in a few races in Cross Country senior year, so I was surprised when my older brother told me he was hosting Dan for a recruiting visit. I was even more surprised when Dan's name appeared on the list of MIT Cross Country recruits. We got into contact with each other through my brother and ended up rooming together all four years of college. From high school rivals who knew each other only by name and Cross Country times, we became roommates, teammates, and good friends.

11) Favorite class and/or teacher at NT:

My favorite class at New Trier was Multivariable Calculus with Mr. Reinstein, when all the kids I had taken Math with in middle school were reunited. It was so much fun to be surrounded by people so passionate at Math. Looking back, it was a preview of what MIT would be like.

12) Where did you attend college: MIT

13) Compare your HS sports experience to your college experience:

College running was more intense than high school running in pretty much every way. The workouts were longer and harder, and we worked out twice a day pretty much every day. Because I lived in the dorms with my teammates, running was more of an all-encompassing lifestyle than it had been in high school. In some ways that was wonderful: when running was going well, you got to bask in it all day long. But on the flip side, when running was frustrating or I was injured, it was very hard to escape that disappointment. All in all though, both were incredibly positive experiences. They taught me the importance of hard work and discipline, and both gave me lifelong friendships.

14) College sports accomplishments:

- 4 time qualifier for D3 nationals
- 2 time Google Cloud Academic All-American
- Elite 90 winner in indoor track
- New England D3 Regional Champ in 10k junior year outdoor and 5k senior year indoor
- XC team captain for 2 years, track team captain for 1

15) Favorite college sports moments:

My favorite college sports moment probably came during an intrasquad track meet my sophomore year. This meaningless meet amongst our team is perhaps a ridiculous choice for "favorite college sports moment" but I kind of just want to share the story so here goes. For the intrasquad meet, the captains do a sort of fantasy draft to form two subsets of our track team that then compete against each other. The stakes are low, so the atmosphere is always playfully very competitive. My sophomore year, the meet was coming down to the last two events: the 3000 meter race and the distance medley relay, a relay consisting of a 400, 800, 1200, and 1600. I was entered in the 3k, and we knew we needed to have someone win the 3000, have another person finish in the top 3, and then we needed to win the relay to win the meet. To make things more interesting, our coach had promised to buy ice cream for the winning team. Me and my teammates did our job in the 3k; I won and a teammate placed 2nd. This meant whichever team won the distance medley relay won the meet. Unfortunately, we realized right after the 3k that our 1600 meter leg wasn't feeling well after his mile race earlier in the day. Suddenly, we were without a runner in the longest leg. Because the intrasquad teams are half the size of a normal team, we were really lacking in terms of quantity of people. We

soon realized that I was our next best option for the 1600 meter leg, so I quickly cooled down from the 3000 and mentally prepared for the relay to come. About a half an hour after the end of the 3000, I was back on the starting line, about to receive the baton for the 1600, the final leg of the relay. As I was standing there, the 1600 runner for the other team was already almost 10 seconds ahead, his teammates having run faster in the earlier legs. I was about ready to give up before the race even started, but there was ice cream on the line here. And the little fat infant inside me wasn't about to let ice cream go that easily. I got the baton and slowly closed down the gap on the other runner. I passed him with a lap to go and never looked back, almost matching my 1600 meter personal record in the process. It was definitely an absurd situation, but it was probably the most fun I've ever had competing at a track meet.

16) Area of study: Computer Science

17) What do you do now?

This summer, I started a software engineering role at a startup working on building autonomous airplanes. I'm still running: I placed 5th in the San Francisco Marathon at the end of July and I'm currently training for the Chicago Marathon in October.

18) If you could go back in time and give yourself advice/wisdom as you are starting Freshman year at New Trier, what would that advice be?

If I could give advice to myself as a freshman at New Trier, I would preach patience. High school is a time of a lot of changes, socially, intellectually, and certainly athletically. The person you are at the beginning of high school is inevitably not as mature, not as smart, and not as strong as the person you are at the end of high school. I worried a lot as a freshman and sophomore that I wasn't as good of a runner as I wanted to be. I was firmly in the middle of the pack, and no matter how much I loved running, I couldn't will myself to be faster. I was just a late bloomer and progress didn't really come until junior and senior year. I wish I had spent less time fretting about the outcomes and more time enjoying the journey. Even if I hadn't gotten faster my junior and senior year and I had stayed in the middle of the pack, that would have been fine. Stressing about not being where I wanted to be athletically wasn't going to suddenly make me faster. Only consistent training and dedication was going to do that, albeit slowly and over a long time. That applies to more than just athletics: schoolwork, extracurriculars, relationships, these are all things that don't come quickly to most: they take time and effort. Find what you care about and enjoy doing, and do that even if the results don't come right away.

19) What would you do differently if you could do it again?

This may not be what every parent wants to hear, but I would have stressed less about grades if I could do it all over again. Certainly working hard is important and learning is important, but I think driving yourself crazy over A's and B's or pluses and minuses is counterproductive. I don't think I would have worked any less hard than I did, but I would have spent less time fretting over my GPA. Your GPA will be what your GPA will be, and a couple of B's that maybe could have been A's will have almost no impact on your future happiness.



*Breaking 5 minutes for the mile for the first time as a very small Freshman*



*Leading the conference cross country meet my senior year (Dhruvil Patel, future 6 time NCAA D3 National Champion can be seen in the background in purple)*





*Getting passed by my future college roommate on the final straightaway at the IHSA State XC Meet*



*Running in the NEWMAC Conference meet my junior year at MIT*