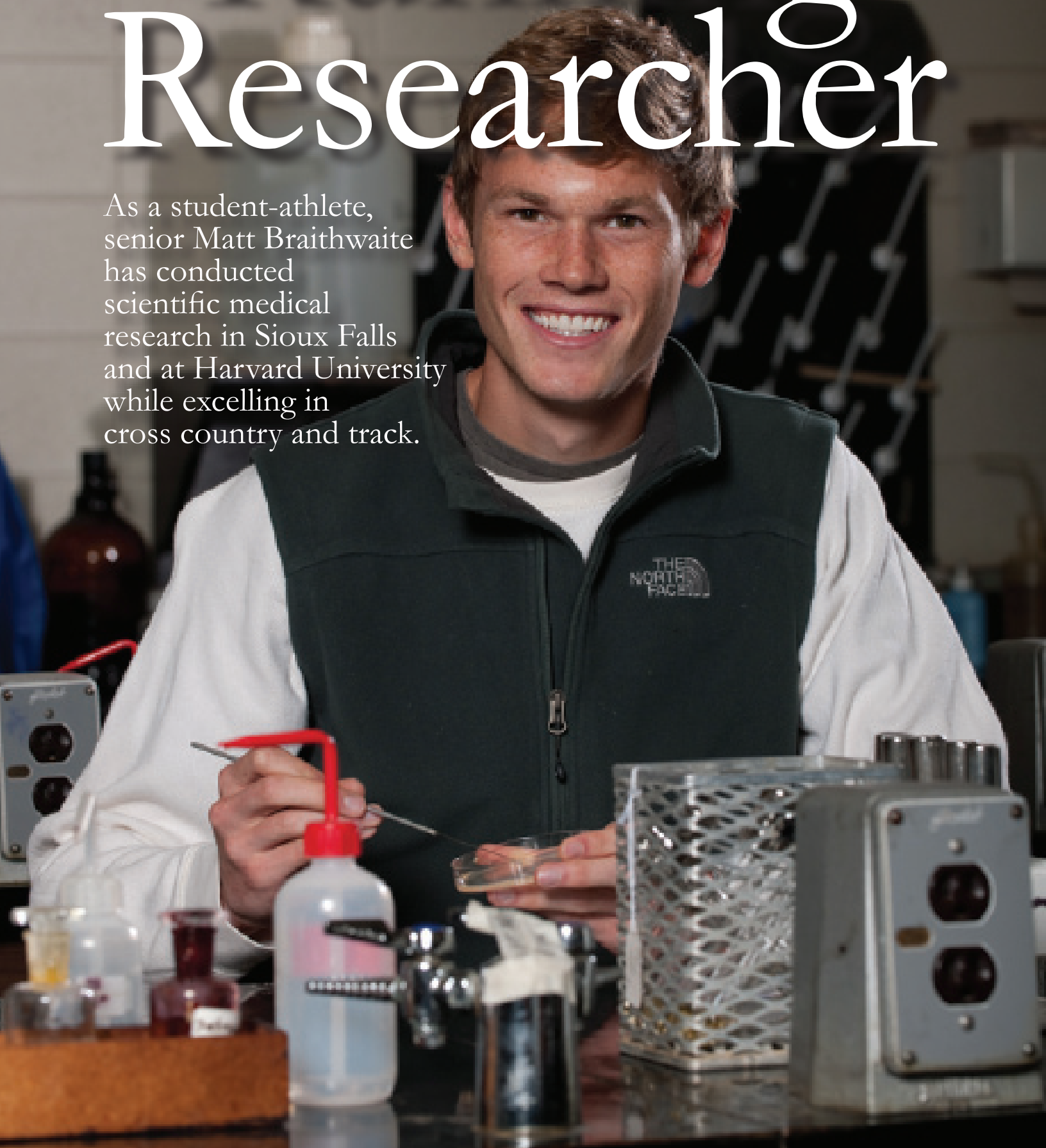


Running Researcher

As a student-athlete, senior Matt Braithwaite has conducted scientific medical research in Sioux Falls and at Harvard University while excelling in cross country and track.



Senior Matt Braithwaite is a biology major from Sioux Falls, S.D.

Q: What are you involved in on campus?

A. Cross country, indoor and outdoor track, Student-Athlete Advisory Committee (SAAC), and Tri-Beta. I also work in the Biology Department as a teaching assistant.

Q: What are you involved in off campus?

A. I always seem to keep my life pretty busy with on campus activities, so my off campus life consists mostly of relaxing and hanging out with friends. When I have time, I like to road bike, down-hill and cross country ski, play guitar, and sing.

Q: Why did you choose Augustana?

A. When I was checking out colleges, Augie seemed like a place where I could balance all the activities and endeavors I wanted to get out of my college experience.

Augie has a great tradition of academic excellence. On top of that, I knew Augie would be a great place to continue cross country and track, and take my running to the next level.

Finally, the Augustana community is such a welcoming, close-knit environment. All the students, professors, administrators, coaches, etc. take immense pride in Augustana and I feel like that makes it a fantastic place to be.

Q: What's your favorite place on campus?

A. The Common's building. With the dining hall, lounge, and Huddle, this building is always a hub of activity.

Q: Favorite off-campus spot?

A. Kaladi's Coffee Legend and Bistro on Minnesota Avenue. I enjoy going there to read, study, catch-up on email, etc. Plus, they have great coffee and chocolate chip scones.

Q: Describe a typical weekday.

A. I generally get up around 7:30 or 8 a.m. (earlier if I have a morning workout) and start my day with a good breakfast. Breakfast is my favorite meal of the day and I know I won't get anything done unless I start the day with some good fuel.

The later part of the morning generally consists of catching up on the homework that I didn't get done the night before. I'm usually in class or lab for the afternoon until around 3 p.m.

Cross country and track practice goes from 3:15 p.m. until early evening. After

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— Matt Braithwaite, senior
Biology major

that I eat dinner and head off to the library to do school work for the rest of the night.

Typically, I try to get to bed by about midnight. It's definitely a grind, but I wouldn't have it any other way.

Q: Describe your typical weekend.

A. My weekends tend to be a pretty good blend of work and play. I often have to travel for track and cross country meets. Apart from the fun I have competing, I enjoy the opportunities that track and cross country provides to hangout with my friends on the team.

No matter how much stuff I have to get done, I make sure that I give myself some time to take mental breaks, recharge my batteries, and spend time with friends.

Once Sunday comes around, however, I have to buckle down and get some school work done.

Q: Talk about your different research experiences.

A. I have had a couple different opportunities to pursue biomedical research during my time at Augie.

The summer after my freshman year I worked under a renal physiology researcher at the Avera Research Institute.

Following my sophomore year, I went with Dr. Mark Larson (Biology) to Boston, where we worked with a group of researchers from Harvard University and Brigham and Women's Hospital.

Q: Have you studied abroad?

A. My junior year interim was spent in Ecuador and the Galapagos Islands studying evolutionary theory (as well as enjoying sight-seeing, trips to the beach, and a respite

from the frigid South Dakota Winter!).

This past January, I studied off-campus in Colorado. I took an Avalanche Level I and II course, which focused on safe back-country travel techniques and how to evaluate avalanche danger in order to make safe decisions.

The Colorado Front Range made for an awesome classroom in which to learn these skills.

Q: What is the one thing you'd say to students considering Augustana?

A. Augustana provides its students with a ton of fantastic opportunities to pursue their passions and excel in them.

Not only that, but Augie allows its students to do so in an environment that is supportive and encouraging. I think that combination makes Augie a terrific place to grow, both as a student and as an individual within a greater community.

Q: Favorite class?

A. Biochemistry

Q: Favorite professor and why?

A. Dr. Mark Larson (Biology). He is a great teacher, and has been an incredibly supportive mentor for me.

Q: What's been your best Augustana moment so far?

A. The 2010 National Cross Country Meet in Louisville, KY.

My running endeavors have been an invaluable part of my Augustana experience.

Getting to close-off my cross country career at the national championship alongside great teammates, friends and coaches made for a very special moment.