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Intro to Photojournalism

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Portrait in Natural Light Assignment

*Portraits:*



Ava Earl, 20, a member of the Northwestern cross country team, stands on a bridge by the Northwestern University Lakefill on Saturday, Oct. 28. Earl, a Weinberg junior, is from Girdwood, Alaska and said she has been running since she was 8 years old.



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NU cross country runner Ava Earl stands in front of Walter Athletics Center, where she said the team starts most of their workouts. “I was really struggling with general anxiety, but specifically race anxiety, earlier this year,” Earl said. “It definitely impacted my results... Physically I’m pretty fit right now, I should be able to do pretty well.”



Ava Earl stands on the Northwestern University Lakefill. Earl is studying political science with minors in critical theory and creative nonfiction, and she said she thrives on a packed schedule. “I’m more on my shit when I have things to do my entire day,” she said.



Ava Earl stands in front of Walter Athletics Center and looks on. Earl said she runs for many reasons, one being her mental health. “One of the reasons I stuck with it is because I’m good at it... but also it makes me feel better, it’s a really good mood regulator,” she said. “I don’t know what I’d feel like without running basically every day.”



Northwestern cross country runner Ava Earl runs along the Lakefill on Saturday, Oct. 28. Earl said she practices twice a day almost every day each week, including a mix of running, cross-training and lifting – for example, Mondays include a 45 minute bike ride, a morning lift and a maintenance run of about 5 miles.



NU cross country runner Ava Earl does drills on the Lakefill. Earl said that she loves running, but with each individual workout she mostly feels good when they're done. "I love being fast," she said. "When you're able to do things really fast it feels so good."



NU cross country runner Ava Earl's temporary tattoos she put on for the Big Ten Championships Wednesday, Oct. 25 through Friday, Oct. 27. Earl said she also wrote mantras on her arms for motivation, and she finished fifth among Northwestern runners in the 6 kilometer race.



Ava Earl runs with some of her teammates at Harms Wood nature preserve at 10:30 am on Sunday, Oct. 29. Anna Delgado, left of Earl, said Earl brings a lot of energy and support to the team. “She’s definitely one of those people that we could go to for everything,” she said.



Ava Earl stretches with her freshman teammates Erin Boler (left) and Ava Criniti (right) after their 10-mile long run on Sunday at Harms Wood nature preserve. Boler said running with Earl is fun and that they talked the whole run – “It definitely makes the time go by very fast,” she said.



NU cross country runner Ava Earl, 20, runs back to the team bus to return to campus after her long run Sunday, Oct. 29. Earl is also a music artist who has released two albums and has opened for singer-songwriter Maggie Rogers. “(Making music) is very similar to running in a way that it makes me feel free,” she said.