



Windsor Cross-Country-Chronicle

September 22, 2024



Last Week's Highlights

- Fundraiser has raised \$6,010 as of today! Boys average amount raised is \$219.71, Girls \$245.67! We have substantially exceeded our goal, allowing us to plan for some extra things like purchasing an LED time display that we will use for workouts and meets (also works together with our track timing system - T&F will pick up half the cost)! We will wrap up this campaign by the end of this week!
- As hoped, we completed a very solid week of training! Great vibes at our first “tempo under the lights” workout on Thursday night! Strong turnout for the long run on Saturday. Our training and fitness are exactly where we need them to be at this point in the season!



What's Up This Week?

Two Meets! Team Pictures!

- Monday, 9/16: NOTE **6:30pm** “Q” workout at the track due to expected high temps! Pick up your order forms for Team Picture orders!
- Tuesday, 9/17: 4:00pm, EZ pre-meet workout; **TEAM PICTURES** taken at 5:30pm - **bring your uniforms!**
- Wednesday, 9/18: **NBL Meet #1 at Ragle Ranch**. Early school release 1:30pm, report to team tent by 3pm, first race 4:00pm. See [meet itinerary](#) for details
- Thursday, 9/19: 4:00pm, EZ shakeout run. Meet at the track.
- Friday, 9/20: No scheduled practice. OYO: Short run and stretch for those racing on Saturday. 45 to 60-minute run for those not racing (20-minute warm up, then alternate 5-minute “tempo pickups” with 5-minute easy recovery).
- Saturday, 9/21: **Eye-Opener Invitational at Petaluma**. We will be entering **Freshman and Sophomore races only!** (I think we can be very competitive!) See the [meet itinerary](#) for details. Juniors and Seniors, grab a friend (or two) and do an 8 to 12-mile long training run “on your own”!

THOUGHT FOR THE WEEK:

“If you want to go fast, go alone; if you want to go far, go together.”

QUESTIONS? Contact Coach Ruben at 707-799-7218 or rodorado@gmail.com
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