



Windsor Cross-Country-Chronicle

August 25, 2024



What's Up This Week?

- Monday, 8/26: scheduled practice at school - 4pm; opportunity for time-trial for those that have missed; uniforms issued at the end of practice. Each runner must furnish their own pair of all-black shorts for race days. We will obtain a count for those needing rides to the park on Tuesday.
- Tuesday, 8/27: workout at Riverfront Park, 4pm. For those needing rides, meet in the parking lot near the gym at 3:45pm. Otherwise, see you at Riverfront.
- Wednesday, 8/28: practice at school. Launch “*schoolfundr*” fundraising campaign.
- Thursday, 8/29: short practice at school, learn and practice our pre-meet routine with captains. **TEAM STORE CLOSING TODAY!** Last chance to order merch! Coaches will assign each runner to one of the 5 races at the meet on Friday - this will be posted to the website.
- Friday, 8/30: Meet Day! 1:30pm early release from school for those that have met the time trial standard and have been issued uniforms. Arrive at Rancho Cotate High School no later than 3:30pm to preview the racecourse (dressed ready to race). Races start with Freshmen Boys at 4pm. Find our team pop-up tent to gather up!
- Saturday, 8/31: group long run, tentatively at Bear Valley Trail, Point Reyes or “on your own.” Let Coach Ruben know if you are going to Point Reyes.

Did you know...?

- ...that the Spring Lake 2.97-mile course is the traditional venue for league championship XC meets in Sonoma County? In fact, we will race this course 3 times this season - on Tues Oct 8 and Wed Oct 23 for NBL regular season meets, then on Sat Nov 9 for NBL Finals. (*Note that the Sep 14 Viking Opener race at Spring Lake is only a 2.0-mile route*)
- ...that the best ever Windsor team times at Spring Lake (sum of times for the top 5 runners on the team in the same race) are...
 - **86 mins, 5 secs for Boys in 2019**, (*16:29 Dustin Smith, 16:30 Landon McAlister, 16:31 Hunter Larson, 18:16 Steven Vail, 18:19 Kevin Manni*)
 - **102 mins, 4 secs for Girls in 2010** (*Victoria Tomaszewski 19:09, Amber Peirsol 19:22, Hannah Haley 20:15, Elaina Woodman 20:18, Gabriela Grijalva 23:00*)
- ...that the best ever Windsor individual times are ...
 - 15:40 for Boys by Lucas Chung in 2017
 - 18:22 for Girls by Hannah Haley in 2012

QUESTIONS? Contact Coach Ruben at 707-799-7218 or rodirado@gmail.com
windsorhighrunning.com/xc