



# Windsor Cross-Country-Chronicle

September 1, 2024



## Last Week's Highlights

- Launched schoolfundr fundraiser! If you haven't already, please get your account set up and phone numbers/emails loaded!
- Handed out team uniforms to time trial qualifiers!
- 21 Jaguars ran Rancho Invite (10 for their inaugural high school race!) See race results (some still need to be fixed by the hosts) at [redwoodempirerunning.com](http://redwoodempirerunning.com). There was no team scoring at this early-season meet, but a few highlights included...
  - A race win for Emily Williams in JV Girls with Kiarah Tejada also medaling with a 5<sup>th</sup> place finish.
  - Luciano Molina won a 7<sup>th</sup> place medal in the Freshman Boys race.
  - Many others achieved large time improvements over last year (notably Corbin Post, taking off almost 3 minutes from his best time with his 12<sup>th</sup> place finish in the Varsity Boys).

## What's Up This Week? (hint: it will be **HOT** on Tuesday and Wednesday!)

- Monday, 9/2: Labor Day! No school, but an opportunity to train on the Spring Lake Championship course. We will gather at Howarth Park near Lake Ralphine at 8:30am.
- Tuesday, 9/3: because of the anticipated heat, we are **canceling our regular 4pm practice**. Get in an east 30-45 minute recovery run "on your own" in the morning before school, or after 7pm! **NO VOLUNTEER DRIVERS** are needed today.
- Wednesday, 9/4: due to the expected heat, **practice is re-scheduled for 6:55am at the track** (we will be done by 8am). If you can't make it, talk to Coach Ruben about a make-up workout in the evening.
- Thursday, 9/5: regular practice at 4pm.
- Friday, 9/6: For those selected to race at Jackie Henderson Invite (top 5 available girls, top 10 available boys), we depart from WHS at 11:30. For all others, 30-45 minute run on your own (15 minute warmup, then alternate 5 mins "tempo" and 5 minutes easy).
- Saturday, 9/7: Meet Day! Jackie Henderson Invite, North Monterey High School. For those not racing, today should be a long run - 45 to 60 minutes of easy continuous running!

**Other Upcoming Meets in September:** Viking Opener on Saturday morning, September 14 in Santa Rosa and Eye-Opener Invitational on Saturday morning, September 28 in Petaluma. These meets are open to all on the roster who have met the time standard!

**QUESTIONS?** Contact Coach Ruben at 707-799-7218 or [rodorado@gmail.com](mailto:rodorado@gmail.com)  
[windsorhighrunning.com/xc](http://windsorhighrunning.com/xc)