



# Windsor Cross-Country-Chronicle

September 15, 2024



## Last Week's Highlights

- Great progress on schoolfundr fundraiser! Our total at the end of this week was approaching \$4,000! I will provide an update on the contest and awards this week. If you still haven't, please get your phone numbers/emails loaded!
- The team is becoming increasingly proficient at attending and executing the workouts! Outstanding practice on Wednesday! (plus Lucy crushed the fitness standard!)
- Tremendous Team Dinner on Friday! (Thanks again to Ali Surgeon, John & Diahanna Post!)
- 21 Jaguars competed fiercely at Viking Opener! Thanks to all who showed up to support!
  - **Top 10 Medals** (Pia & Luciano; race wins by Michael, Corbin, Xavier)
  - **11<sup>th</sup>-20<sup>th</sup> Ribbons:** Kiarah, Annaleigh, Kendall, Max
  - **Team Award Ribbons:** Soph Boys, 3<sup>rd</sup> of 16 (Corbin, Mason, Gavin, Sean, James) and Frosh/Soph Girls, 4<sup>th</sup> of 15 (Kiarah, Annaleigh, Darla, Lillian, Lucy)
  - **Overall** - Boys 4<sup>th</sup> of 19 schools, Girls 3<sup>rd</sup> of 16 schools...we are making progress! For runners who also ran last year, their times this year improved an average of 3.5% (about 25-30 secs)
  - **Pictures and Results!:** see links on *Remind*

## What's Up This Week?

No Meets! Good weather! Time to put in the work!!

- Monday, 9/16: Quality workout - meet at the track at 4pm.
- Tuesday, 9/17: Practice at Riverfront Park. Leaving from gym parking lot at 3:50pm.
- Wednesday, 9/18: Practice at Foothill Park. Leaving from gym parking lot at 3:50pm.
- Thursday, 9/19: NIGHT PRACTICE - "Under the lights," at the track at 7:30pm immediately after Freshman football game.
- Friday, 9/20: No scheduled practice - a short run and stretch "on your own."
- Saturday, 9/21: Long Run Day. Meet at Parktrail Trailhead, Annadel SP, 8:45am.

## THOUGHT FOR THE WEEK:

*"Success is not final, failure is not fatal: it is the courage to continue that counts."*

**QUESTIONS?** Contact Coach Ruben at 707-799-7218 or [rodirado@gmail.com](mailto:rodirado@gmail.com)  
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