



Windsor Cross-Country-Chronicle



September 29, 2024

Last Week's Highlights (and **there were A LOT!**)

- **Meets!** Very good results from our **first NBL tri-meet** on Sep 25. (*remember, low score wins*)
 - Varsity Boys; Windsor 25, Analy 30; Windsor 27, Santa Rosa 28
 - Varsity Girls; Windsor 25, Analy 30; Windsor 24, Santa Rosa 31 - *Emily race winner!*
 - JV Boys; Windsor 33, Analy 23; Windsor 33, Santa Rosa 24
 - JV Girls; incomplete (need at least 5 runners to score)
- **Eye Opener Invitational, Sep 28!** Our Frosh and Sophs shined!
 - Frosh Boys: 3rd of 9 teams (tight battle!) *Michael wins with a freshman meet record!*
 - Frosh Girls; close 2nd of 5 teams. *Emily 2nd, 3rd all-time freshman girl in meet history!*
 - Boys Soph: 4th of 10 teams - close battle for 2nd. *Corbin 3^d with a lifetime 3-mile PR!*
- **Fundraiser** ended on Sep 27 with \$8,100 raised! Boys average amount raised was \$306.18, Girls \$321.67! Since both groups achieved so far above our goal, **smoothies for everyone!** (*details to come*). **A BIG THANKS TO ALL OUR SUPPORTERS!**
- We got accepted into the Friday, **October 11th Clovis ASICS Invitational** (a very prestigious meet! - we're off the waiting list!) This means we will not run Serra Crystal Springs on October 12th. The tentative plan is to take 6 girls and 6 (or maybe 7) boys, with an overnight stay on October 10 (*missing school Oct 10 and 11 - details to come*)

What's Up This Week? (**dealing with HIGH TEMPS**, that's what - *we need to adjust accordingly!*)

- Monday, 9/30: NOTE **6:30pm** "Q" workout #1 at the track due to forecasted high temps!
- Tuesday, 10/1: 45-60 minute EZ recovery, "on your own" - early or very late in the day!
- Wednesday, 10/2: meet at **7:00am** at Foothill Park for a 45-60 minute run with a hill repeats.
- Thursday, 10/3: **6:30pm**, broken tempo Q workout #2. Meet at the track.
- Friday, 10/4: No scheduled practice. OYO: 45 to 60-minute run (20-minute warm up, then alternate 5-minute "tempo pickups" with 5-minute easy recovery).
- Saturday, 10/5: **8:45am** - meet at Channel Drive parking lot near Spring Lake, Santa Rosa for Q workout #3 if you can make it...

INTERESTING FACTS: there are 29 schools in North Coast Section (NCS) Division 3 (school enrollment 1296-1825). Our Girls are currently ranked #8 and our Boys are #4 (*based on 3-mile race results so far this season*)

Solid start! ... but so much more ahead to work towards! **Let's keep it going!**

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