



Windsor Cross-Country-Chronicle



November 10, 2024

Last Week's Highlights

- Thursday - Fabulous team dinner at KIN!
- NBL Finals was terrific - well done! See website for photos and results!

What's next?

- (1) Unless I've already spoken with you, **practices become 100% optional for JV runners** starting this week (your competitive season is over! - I suggest you take a good weeklong break from running!)
- (2) **SENIORS** may keep their "old" Windsor uniforms if they wish - **all others** must return their tops to me.
- (3) **ALL JV Boys that are coming back next year** (even those that are currently injured or have health issues) should come to the track on **Wednesday**. We will have a brief talk at 3:45pm - this should only take 15 mins or so.
- (4) **VARSITY TEAM** - our attention shifts to NCS on 11/23/24.
- (5) **EVERYONE** - Season End Celebration scheduled for Thursday, December 5, 6pm - details to come!

This week...

- Monday, 11/11: **NO SCHOOL** - Veteran's Day - meet at Foothill Park at 10am for 60 minute EZ run, strides and stretching
- Tuesday, 11/12: Q#1 - Meet at the track 4pm, 3 x 4 mins at race pace w/ 3 mins rest.
- Wednesday, 11/13: (*JV Boys meeting at 3:45pm*) - 60 minute EZ run, strides and stretching
- Thursday, 11/14: Q#2 4pm at the track - 16 minute progressive tempo run
- Friday, 11/15: 30 minute EZ run, strides and stretching, OYO
- Saturday, 11/16: Potential trip to Hayward to run a workout on the NCS course - more to come.

THOUGHT FOR THE WEEK:

“A shared joy is a double joy; shared sorrow is half a sorrow.” - *Swedish Proverb*

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