



Windsor Cross-Country-Chronicle



<https://www.windsorhighrunning.com/xc>

November 2, 2025 - **SPECIAL NBL XC FINALS EDITION!**

Last Week's Highlights!

- **Glo-stick Progressive Run was FUN!**
- Great volunteer turn-out for **Sebastopol IPA 10-K event!** Thanks parents/families and athletes (especially the many Varsity athletes) for your contribution!

What's COMING UP?

- **NBL LEAGUE FINALS WEEK!**
 - **ATHLETES:** JV runners are looking to end their season with their best effort. **VARSITY** - we are looking to place high as a team and to register a strong team time as a steppingstone to NCS on November 22.
 - **PARENTS** - Windsor co-hosts this meet with Healdsburg - **I really need** your help with a couple of key volunteer items - namely course marshals and finish line set-up! Will be easy if enough people step up! **Please RSVP via Band!**
<https://band.us/band/98660129/post/254>
 - Since I also want to leave room for a workout Saturday morning, **so it would work best for adults to work the early shift, and athletes the later shift.** (Varsity athletes, I would like as many of us to join in - this would offset much of Varsity trips). I've set up a sign-up list on BAND.
- **Key Events this week...**
 - **QUALITY** workouts: Monday and Wednesday **AFTER SCHOOL ONLY** (expecting hard rainfall Wednesday morning)
 - **RECOVERY WORKOUTS** Tuesday (+gym session), Thursday shakeout, and pre-meet Friday.
 - **TEAM MEETING** Thursday after school, 3:50pm in Room G118
 - Thursday Night: **PASTA FEED (6:30pm-8:00pm) STAY TUNED FOR DETAILS!**
 - Saturday Morning **NBL FINALS** at Spring Lake
 - **Let's all focus on getting/staying healthy and confident for our season-end!**
- **Other important upcoming events**
 - Nov 8 WHS Athletics Poker Night Fundraiser
 - Saturday, Nov 15 optional 3200m evening time-trial at Maria Carrillo (more info to come!)
 - Nov 22 North Coast Section Championships @ Hayward (varsity and alternates only)
 - Nov 29 CA State Championships @ Clovis (for qualifiers)
 - Thursday, Dec 4 Season-End Celebration @ Windsor Middle School!

Quote for the week:

"Don't be a slave to the thoughts that go through your mind. If you don't like what your brain thinks about, start moving those thoughts out and replace them with positive thoughts.

Everyone goes through this. Learn how to use your brain so it doesn't abuse you."

- Mike Scannel, coach of Grant Fisher, World Record Holder and Olympic Medalist