



# Windsor Cross-Country-Chronicle



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

October 19, 2025

## Last Week's Highlights!

- Training has shifted to higher quality/intensity for end of season sharpness.
- NBL Meet vs Maria Carrillo, Santa Rosa
  - Senior Recognition - thanks Ashlyn, Isaiah, and Xavier!
  - JV Boys, Vars Boys, and Vars Girls get team wins vs Santa Rosa!

## What's COMING UP?

- **Strong Focus on training this week**
  - Monday. Normal time and place - at the track; Tuesday ez recovery plus stretching/core session
  - Wednesday 6:30am morning tempo work; Wednesday afternoon hill work, meet at Foothill Park, 4:10pm -- *Emily, Isla, Darla, Emma, Annaleigh, Xavier, Michael, Corbin, Arath, Luci, Omar, Westley* at both Wednesday sessions - all others pick at least one!
  - Thursday after school, light circuit workout; Friday ez pre-race
  - Saturday preview the NCS course, execute a race plan @Haystack Tune-up, Hayward HS!
- **Haystack Tune-Up Invite, Saturday, October 25<sup>th</sup>**
  - The idea is to preview the NCS Championships course and to allow our young team to enjoy competing against other 9th/10th graders. We expect 24 athletes to participate! Although there will be many strong squads at this meet, I think we will match up well!
  - We have a school bus **LEAVING for Hayward HS at 6:20am** from WHS - I expect us to travel together unless you have an exceptional situation. Please eat breakfast beforehand and bring easily digestible light snacks to get you through the morning. Our races will be at 9:25am Large School F-S Boys/ 9:55am JV Boys (Xavier and Corbin) and 10:25am F-S Girls.
  - We will have our pop-up tent set up but be ready for the possibility of light showers! You have the option to return with parents (please let Coach know) and we plan to stop at Chipotle in Novato on the way home, so bring some \$ if you want to buy lunch. We hope to be back at WHS by 1:30pm.
- **Other important upcoming events**
  - Friday, Oct 31 evening - football snackbar fundraiser
  - Saturday, Nov 1 morning, Sebastopol IPA 10k fundraiser
  - Saturday, Nov 8 morning, NBL league finals - ALL RUNNERS! (Windsor & Healdsburg hosts - we will need some volunteers with course marshalling)
  - Nov 8 WHS Athletics Poker Night Fundraiser (thank you Sallee, Zepaltas, Behrens families for wine basket auction items - great stuff!)
  - Nov 22 North Coast Section Championships (varsity and alternates only)
  - Nov 29 CA State Championships (for qualifiers)
  - Dec 4 Season-End Celebration!

### Quote for the week:

"The temptation to quit is greatest just before you are about to succeed"

*-Chinese Proverb*