



Windsor Cross-Country-Chronicle



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

October 5, 2025

Last Week's Highlights!

- **Solid week of training!** We've passed the midpoint in our season. We've come a long way - we've built our foundational fitness and have run a good number of races. The weather is trending cooler. With only three meets left for non-varsity runners, now is the time to put together our best races! Time to get healthy / stay healthy - let's take care of ourselves!

What's COMING UP?

- Normal practice schedule Monday through Wednesday this week.
- **Wednesday, Oct 8 - BOTH Morning AND Afternoon Practice!**
 - MORNING - Meet at the WHS track for tempo pace work at **6:30am** (lights will be on!)
 - AFTERNOON - Meet at the WHS track for an easy shakeout run!
 - I'd like both practices for the Clovis boys squad plus Emily, Isla, Darla, Emma, and Annaleigh. All others may do both, but pick at least one!
- **Thursday, Oct 9 - Clovis team leaves in the morning (10:30am early release).** All others should do an easy 4-5 miles OYO, 4x50m strides afterwards.
- **Friday, Oct 10 - Clovis Invite races for Varsity team.** Others should do workout OYO: 10 mins easy, then 3 x (5 mins marathon pace, 5 mins easy) - 40 mins total!
- **Saturday, Oct 11, 8:30-10am - Long Run at Parktrail (Annadel Park).**
- **LOOKING FURTHER OUT...**
 - **Thursday, Oct 16th, 4pm NBL Tri-Meet at Spring Lake** (all athletes run! + honor our seniors!)
 - **Saturday, Oct 25th, Haystack Tune-up at Hayward** (all frosh & soph runners)
 - **Friday Oct 31- Snack Bar Fundraiser and Saturday Nov 1 - IPA 10K Fundraiser**
 - **Saturday, Nov 8th - NBL Finals** (all athletes run!) - 9am at Spring Lake!
 - **Saturday, Nov 8th evening - Windsor Athletics Poker Night Fundraiser Event!**

Quote for the week:

“Shared joy is a double joy; shared sorrow is half a sorrow”

— *Swedish proverb*