

Windsor Cross-Country-Chronicle



https://www.windsorhighrunning.com/xc

October 11, 2026

Last Week's Highlights!

- **ASICS Clovis Invitational, Oct 9:** The Jaguars turned in an outstanding performance at the highly competitive ASICS Clovis Invitational, with both varsity teams finishing 9th in large state-wide fields for Division 4 and the boys establishing two new school records.
    - **Michael Ervin led the way with a spectacular 15:36**, finishing 2nd overall and breaking Xavier Surgeon's 2025 school course record of 15:44. Micheal's performance ranks 17th all-time in Redwood Empire history. Quite an achievement considering all great the runners who've given their best on this course which annually hosts the State Championships.
    - The boys **combined for a school-record team time of 1:23:17** on the Woodward 5K course, the 14th-fastest in Redwood Empire history. Corbin Post (16:23), Arath Magdaleno (16:52), freshman Henry Mahon (17:02), and Omar Apolinar (17:22) rounded out the scoring five. The Jaguars finished 9th with 273 points... and it was far from perfect! We can be even better!
    - **I was especially proud of the girls** who delivered an equally impressive team effort, battling intense sunshine and rapidly rising temperatures throughout their race. Emily Williams led the Jaguars with an outstanding 8th-place finish in 19:03, followed by Darla Jensen (21:07), Audrey Zepaltas (21:27), Emma Behrens (21:27), and Annaleigh Malsbary (22:11). Their fierce determination earned 9th place with 242 points. Well done ladies!

What's COMING UP?

- Weather forecast looks like it will be really nice this week!
    - MONDAY: NO SCHOOL Meet at the track at 8:30AM for a tempo/fartlek workout **WEIGHTS at 10:00am.**
    - TUESDAY at the track, 4pm, recovery day with strides – **team dinner at Wilch's at 6pm!**
    - **WEDNESDAY: MEET DAY at Spring Lake! See the details posted on BAND. Honor our seniors at 3:40pm!**
    - THURDAY at the track, 4pm, recovery day with strides.
    - FRIDAY: meet at Foothill at 4pm – some easy-ish running with some hills sprinkled in.
    - SATURDAY: long run at PARKTRAIL, 8:30AM (everyone!)

- Some Key Dates Ahead:
    - **Saturday, Oct 24th**, Haystack Tune-up at Hayward (mostly frosh & soph runners)
    - **Thursday, November 5**, Team Dinner at Setzer's!
    - **Saturday, November 7th** NBL League Finals (all athletes!)

Quote for the week:

"The reason the windshield is so large and the rearview mirror is so small is because where you're going is much more important than where you've been."

Questions? Text Coach Ruben at 707-799-7218