



Windsor Cross-Country-Chronicle

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

September 13, 2026



Last Week's Highlights!

- **Fun Team Dinner!** Thank you Jensens for hosting and to all those that helped make it happen! LOVED the sign making! Next one on 10/13 hosted at Wilch's!
- **Great Job at Viking Opener!**
 - Girls first overall - combined all races. Their team time (sum of times for top 5 finishers) of 1:05:28 was a school record and the 38th fastest team ever.
 - Boys fourth overall - combined all races
 - Both Girls F/S and Jr/Sr win their races; Boys Frosh 3rd, Sophs 2nd, Juniors 4th
 - Corbin wins Senior race - 10:10 is 3rd fastest ever WHS
 - Emily takes 4th in Jr/Sr race - 11:47 is WHS school record by 14 secs
 - 15 new Windsor all-time "top 50" times were achieved!
- **Good progress on Schoolfundr Campaign, but more to go!** Thanks for getting the ball rolling! About 75% of the team has signed up and we are currently at about \$4,600 raised – strong progress over the last week! Let's get everyone registered and finish strong!

What's COMING UP?

- **Workout Plan this Week:** *(you can always reference "Events" in BAND)*
 - **NORMAL SCHEDULE** this week. **Monday – meeting at Riverfront**, Tues, Thurs, and Fri at the Track - 3:55pm
 - **MORNING PRACTICE WEDNESDAY:** at the track 6:55am-8:00am.
 - **SATURDAY:** Shollenberger Park, Petaluma for PRACTICE (7:00am) or RACE.
- **EYE OPENER INVITE**, Saturday Morning, September 19 at Shollenberger Park, Petaluma. You are either doing an early PRACTICE (7:00am) or you are RACING (only some 9th and 10th graders racing - everyone will be done by 10:30am at the latest!) Details will be posted on BAND.
- **Schoolfundr Fundraiser:** If you haven't signed up – talk to coach this week. We've gotten off to a good start – let's ALL finish strong!
- **Week Beyond:** (1) We are hosting NBL Meet #1 on Tuesday, Sep 22! We still need volunteers – check BAND! (2) Nike Portland Sep 25-26th – final invitations go out this week!

Quote for the week:

**"Do not judge me by my success, judge me by how many times
I fell down and got back up again."**

— Nelson Mandela, anti-apartheid activist, politician and president of South Africa

Questions? Text Coach Ruben at 707-799-7218