

Windsor Cross-Country-Chronicle



https://www.windsorhighrunning.com/xc

September 20, 2026

Last Week's Highlights!

- **Strong Showing at Eye Opener Invite!**
  - Most of our 9th and 10th graders took part in this fun little meet (11th and 12th graders did a workout early!) This was our first opportunity to race 3 miles this year.
  - FIRST PLACE TEAMS: Girls Frosh & Girls Soph; SECOND PLACE: Boys Soph, FOURTH PLACE: Boys Frosh – well done everyone!
- **Congrats on Schoolfundr Campaign, now let's close it out!:** We've now raised over $7100! (101% of the goal!) Great job everyone! Let's get those final gifts turned in this week – ***Thankful for the generosity of everyone that has supported us!*** ***BIG TEAM EFFORT – this is what strong teams do!***

What's COMING UP?

- **TUESDAY NBL MEET #1** at Spring Lake vs Analy/Montgomery/Maria Carrillo (Windsor hosts!)
  - Three races: 4pm Boys JV, 4:40pm ALL GIRLS, 5:20pm Varsity Boys – more details and lineups for each race will be posted on BAND. 1:30pm early release for all competing athletes! Let a coach know if you have difficulty arranging a ride to the meet (plan to arrive no later than 3:15pm)
  - **Volunteers, thanks for signing up!** Look for instructions that will go out via BAND

- **Plan for this Week:** *(you can always reference "Events" in BAND)*
  - **NBL MEET#1 AT SPRING LAKE TUESDAY, SEP 22, 4PM**
  - **PRACTICE** Monday /Wednesday at 3:55pm **WEIGHTS 5:30-6:30pm WEDNESDAY this week.**
  - **Due to expected heat, SPECIAL PRACTICE at 6:30am-7:25am on THURSDAY**
  - **PRACTICE "ON YOUR OWN" Friday and Saturday**
  - **FRIDAY/SATURDAY**: Nike Portland XC Invite (limited to Varsity roster).

- **Weeks Beyond:** will focus on completing a couple of solid weeks of training ***Get yourself healthy, eat well, and get your rest.*** The first three weeks of October will be our most challenging training block! **LET'S GO!**

- **Some Key Dates Ahead:**
  - **Thursday/Friday, Oct 8th-9th, 4pm** – ASICS CLOVIS INVITE (Varsity roster only)
  - **Monday Oct 12** – no school. **Tuesday, Oct 13**: Team Dinner at Wilch's
  - **Wednesday, Oct 14:** NBL Meet#2 at Spring Lake (all athletes run! + honor our seniors!)
  - **Saturday, Oct 24th**, Haystack Tune-up at Hayward (mostly frosh & soph runners)

Quote for the week:

"A shared joy is a double joy; a shared sorrow is half a sorrow"

— *Swedish proverb*

Questions? Text Coach Ruben at 707-799-7218