


# Windsor Cross-Country-Chronicle

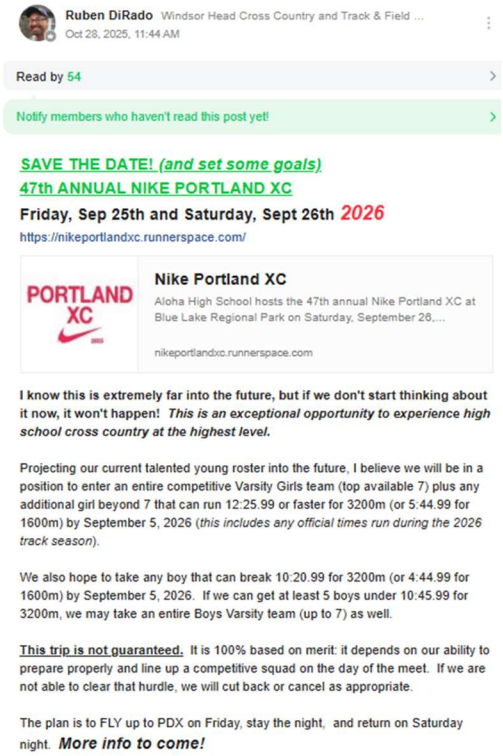


https://www.windsorhighrunning.com/xc

*September 27, 2026*

## Last Week's Highlights!

- **NBL Quad Meet #1!**
  - **EXCELLENT JOB OF HOSTING!** ***Thank you again volunteers*** – you made it happen!
  - North Bay League wins versus Analy and Montgomery for both squads – a team time record for the Boys and #2 all-time for the girls! Many PR's and new WHS "top 50" marks!
- **Nike Portland**
  - WOW- what a weekend! Boys 3rd, Girls 7th. Corbin 2nd, Emily 3rd in their races! Very cool tour of Nike headquarters (swag bags!) A year ago we weren't ready to do a trip like this (see my note from last October!) , but because of the consistent work we've been putting in and the growth we achieved, this was our time. ***WE JUST DID IT!***



Ruben DiRado Windsor Head Cross Country and Track & Field ...
Oct 28, 2025, 11:44 AM

Read by 54

Notify members who haven't read this post yet!

SAVE THE DATE! *(and set some goals)*
47th ANNUAL NIKE PORTLAND XC
**Friday, Sep 25th and Saturday, Sept 26th** ***2026***
https://nikeportlandxc.runnerspace.com/

PORTLAND XC

**Nike Portland XC**
Aloha High School hosts the 47th annual Nike Portland XC at Blue Lake Regional Park on Saturday, September 26,...
nikeportlandxc.runnerspace.com

**I know this is extremely far into the future, but if we don't start thinking about it now, it won't happen!** ***This is an exceptional opportunity to experience high school cross country at the highest level.***

Projecting our current talented young roster into the future, I believe we will be in a position to enter an entire competitive Varsity Girls team (top available 7) plus any additional girl beyond 7 that can run 12:25.99 or faster for 3200m (or 5:44.99 for 1600m) by September 5, 2026 (*this includes any official times run during the 2026 track season*).

We also hope to take any boy that can break 10:20.99 for 3200m (or 4:44.99 for 1600m) by September 5, 2026. If we can get at least 5 boys under 10:45.99 for 3200m, we may take an entire Boys Varsity team (up to 7) as well.

**This trip is not guaranteed.** It is 100% based on merit: it depends on our ability to prepare properly and line up a competitive squad on the day of the meet. If we are not able to clear that hurdle, we will cut back or cancel as appropriate.

The plan is to FLY up to PDX on Friday, stay the night, and return on Saturday night. ***More info to come!***

- **FINAL WEEK on Schoolfundr Campaign:** We've now raised over $8400! (20% over the goal!) and will out by 9/30 ***Again, we are super thankful for the generosity of everyone that has supported us! THIS WAS A BIG TEAM EFFORT – we are better together!***

## What's COMING UP?

- **CRUCIAL WEEK OF TRAINING – we will manage around some warm weather days this week…**
  - MONDAY: Riverfront Regional Park at 4pm, weights at WHS 5:30pm
  - TUESDAY & THURSDAY at the track, 4pm, both are easy recovery days
  - WEDNESDAY: Night tempo and JV mile time trial!
  - FRIDAY: run on your own in the cool weather BEFORE SCHOOL
  - SATURDAY: special important workout **FOOTHILL PARK 8AM**
- **Some Key Dates Ahead:**
  - **Thursday/Friday, Oct 8th-9th** – 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:**

**"Success is never final. Failure is rarely fatal. Keep going."**

*— attributed to Winston Churchill*

**Questions? Text Coach Ruben at 707-799-7218**