

Windsor Cross-Country-Chronicle



https://www.windsorhighrunning.com/xc

October 18, 2026

Last Week's Highlights!

Fun Team Dinner at Wilch's! – October 13: Thanks again Shannon and Aaron for your generosity and for opening your home to us!

Windsor Boys and Girls Finish NBL Regular Season 3–1, October 14

- Windsor's varsity boys and girls wrapped up the North Bay League regular season with strong performances - defeating Santa Rosa but falling to Maria Carrillo - and finishing with identical **3–1 records, good for second place in the NBL Oak Division.**
- Leading the way for the Jaguars was **Corbin Post, who won the boys race in 15:16**, setting a new personal best and Windsor school record on the Spring Lake course. **Emily Williams took second in the girls race in 18:12**, also establishing a new personal best and school record.
- Six Jaguars earned new marks on Windsor's all-time Top 50 lists: **Corbin Post, Liam Wilch, Emily Williams, Darla Jensen, Eleanor Mahon, and Amelia Mahon.**
- The girls delivered an especially impressive team performance, recording a combined time of **1:40:54 — the second-fastest in Windsor school history.** Leading the girls were: Emily Williams — 18:12.2, Darla Jensen — 19:59.7, Annaleigh Malsbary — 20:48.9, Emma Behrens — 20:53.0, and Audrey Zepaltas — 21:00.4

What's COMING UP?

- Weather forecast looks GREAT – wet on Wednesday and Thursday!
  - MONDAY, TUES, FRIDAY at the Track, 4pm; WEIGHTS 5:30pm Monday
  - WEDNESDAY: 6:55am (morning!) at the track – dress for rain!
  - THURDAY at RIVERFRONT, 4pm
  - SATURDAY: HAYSTACK INVITE (see BAND post for lineups!) or long run at PARKTRAIL, 8:30AM

- Some Key Dates Ahead:
  - Thursday, October 29th – **GLO STICK NIGHT TEMPO**
  - Thursday, November 5, Team Dinner at Setzer's!
  - Saturday, November 7th NBL League Finals (all athletes!)
  - Saturday, November 21st North Coast Section at Hayward (Varsity only)
  - Monday, November 30th *(changed – note new date)*– Season-end Celebration!

Quote for the week:

"Be mentally pliable, not mentally tough. Pliable adapts, tough breaks."

Bob Bowman, renowned swimming coach best known for coaching Michael Phelps to 28 Olympic medals

Questions? Text Coach Ruben at 707-799-7218