



Windsor Cross-Country-Chronicle



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

October 26, 2025

Last Week's Highlights!

- **Good turnout for Haystack Tune-up!** Fun, quick trip to Hayward to check out the NCS course + 3-mile course PRs achieved by Arath, Kye, Liam, Tomas, Landon, and Diego. Eleven medals taken home for "top 30" finishes. Emily's time of 18:24 was a Windsor school record on the NCS course.
 - Thanks to Amy and Ole Jensen for arriving early and setting up the team tent which was ready when we arrived - that was a great help to us!

What's COMING UP?

- **Snack-bar Fundraiser, October 31 CANCELLED; We will focus Volunteer Efforts on Sebastopol IPA 10-K on Saturday, November 1.**
 - The Athletic Director and Administration decided against opening the Snack Bar this week. Instead, a food truck will be working for the game.
 - **We will focus on the volunteer-fundraising opportunities at the Sebastopol IPA 10-K.** We are targeting to fill two shifts with at least 7 people each, one from 9:00-noon, and another from noon to 3:00pm.
 - Since I also want to leave room for a workout Saturday morning, **so it would work best for adults to work the early shift, and athletes the later shift.** (Varsity athletes, I would like as many of us to join in - this would offset much of Varsity trips). I've set up a sign-up list on BAND.
- **Workouts this week...**
 - Monday and Wednesday: After school, easy recovery days;
 - Tuesday: after school, 5K pace workout
 - Thursday Night: **GLOSTICK PROGRESSIVE TEMPO WORKOUT.** Meet at the track at 7:45pm for warmup - done by 9pm!
 - Friday - Halloween! - no organized practice!
 - Saturday - meet at Riverfront Park at 9am for long-run workout. We can arrange rides afterwards for all who can volunteer for noon-3:00pm shift at Sebastopol 10-K.
 - **Let's all focus on getting/staying healthy and confident for our season-end efforts!**
- **Other important upcoming events**
 - Saturday, Nov 8 morning, NBL league finals - ALL RUNNERS! (Windsor & Healdsburg hosts - we will need some volunteers with course marshalling)
 - Nov 8 WHS Athletics Poker Night Fundraiser
 - **NEW - Saturday, Nov 15 optional 3200m evening time-trial at Maria Carrillo (more info to come!)**
 - Nov 22 North Coast Section Championships @ Hayward (varsity and alternates only)
 - Nov 29 CA State Championships @ Clovis (for qualifiers)
 - Dec 4 Season-End Celebration!

Quote for the week:

"The mind is not a vessel to be filled but a fire to be kindled."

-Plutarch