



Windsor Cross-Country-Chronicle

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

October 12, 2025



Last Week's Highlights!

- **Excellent week of training!** Good sessions on Monday, Wednesday, and with the long-run on Saturday morning! I am liking the consistency!
- **Fun Trip, Outstanding Results @ ASICS Clovis Invite!**
 - **Girls take 10th** of 29 teams, **Boys 15th** of 30 teams - both teams' times were school records on the Woodward 5K course. Girls 44th and Boys 38th all-time Redwood Empire (RE)
 - **Emily 9th** place (18:55, school record, 48th all-time RE, 33 sec PR), **Xavier 5th** (15:56, 3rd all-time for WHS, 41st RE, 27 sec PR), and **Michael 3rd** (15:52, 2nd all-time for WHS, 32nd RE, 1:26 PR) all won top-10 medals.
 - I thought Emily (18:18*), Emma (20:26*), Annaleigh (20:35*), Kiarah (22:29*), Michael (15:20*), Xavier (15:24*), and Gavin (17:56*) all had their season-best performances! (*Woodward 5K time converted to the Spring Lake 3 mile course)

What's COMING UP?

- **RAIN on Monday and Tuesday (normal schedule), NBL MEET at Spring Lake on Thursday!**
- **Wednesday, Oct 15 - ONLY afternoon practice - no morning practice on this day!**
- **Thursday, Oct 16 - 6AM practice for Emily, Isla, Darla, Michael, Xavier, and Corbin only at the track, under the lights (done by dawn - 6:50am), and...**
- Thursday, Oct 16 - NBL Tri-Meet vs Santa Rosa, Maria Carrillo. Early release at 1pm. You are responsible to get yourself to Spring Lake by 2:45pm! **HONOR OUR SENIORS** around 3:30pm at the boat dock!
- Coach Ruben out-of-town visiting grandchildren on Friday/Saturday, Oct 17-18. Captains and/or Coach Williams will provide instructions for workouts - please attend and follow their directions!
- **LOOKING FURTHER OUT...**
 - **Saturday, Oct 25th, Haystack Tune-up at Hayward** (frosh & soph runners - we *need to plan transit and finalize entries so please RSVP on BAND*)
 - **Friday Oct 31- WHS Snack Bar and Saturday Nov 1 - IPA 10K Fundraisers**
 - **Saturday, Nov 8th - NBL Finals (all athletes run!) - 9am at Spring Lake!**

Quote for the week:

"Perfection is the enemy of progress"

-Winston Churchill