



Windsor Cross-Country-Chronicle

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

August 30, 2026



Last Week's Highlights!

- **Great Week of Work – Fun Meet at Night!**
 - **SONOMA TWILIGHT 3200's:** 26 participants! – excellent improvement and super job competing against two of the top XC schools in the region – we raced like we belong. See BAND for photos and detailed results! Thanks to all who came out to support the team!
 - **NIKE PDX XC:** Two more invitations were made and accepted for Portland trip – bringing our total committed to 5 boys and 7 girls. We intend to invite one or maybe two more boys!
 - **UNIFORMS DISTRIBUTED:** All roster athletes should have their own warm up shirts (to keep) and all who have made the fitness standard should have their uniform top (to return at the end of season). **Note: you need to supply your own all black shorts to go with the uniform top** – this requirement will be enforced starting with the next meet!

What's COMING UP?

- **Workout Plan this Week:** *(you can always reference "Events" in BAND)*
 - **NORMAL SCHEDULE** this week. (meet at 4:00pm at **Riverfront on Monday**, at the track on Tues/Thurs/Friday; then Parktrail at 8:30am on Saturday). See BAND "Events" for details.
 - **WEIGHT ROOM** for Varsity Level Runners at **5:30-6:15pm on MONDAY**.
 - **MORNING PRACTICE WEDNESDAY:** at the track 6:55am-8:05am. Time trials for those that need to make the fitness standard!
- **Team Photos – Thursday, Sep 3, 3:55pm at the Track**
 - Bring your uniform top! Order info sent home and order link is also in BAND!
- **New Team Store Opens this week!**
 - Be on the lookout for the announcement in BAND. Opportunity to order some team branded swag! (100% optional!)
- **LAUNCHING Schoolfundr Campaign:** This is our main fundraiser – we will get our online accounts set up and donation requests out! Look for the BAND notice with details, and please take action!. ***If everyone participates, I'm confident that we will raise the funds to do all we would like to do!***

Weeks Ahead: (1) No school on Mon 9/7 (Labor Day / morning practice at Spring Lake!) (2) Fri 9/11 - Team Dinner #1 @ Jensen's (3) Viking Opener on Sat 9/12.

Quote for the week:

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

-Plutarch

Questions? Text Coach Ruben at 707-799-7218