



Windsor Cross-Country-Chronicle



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

November 9, 2025

Last Week's Highlights!

- **Pasta Feed Team Dinner** on Thursday! Fun times at KIN!
- **NBL Finals marks the end of regular season!**
 - Boys take 3rd, Girls take 2nd (highest WHS team finish ever in NBL, again lowering the school team record with a time of 100:23 – *it was 102:04 before this year*). Frosh Boys take 2nd in their race!
 - Emily, Isla, Xavier, and Michael each earn 1st team ALL LEAGUE HONORS with their performances. Emily's time of 18:12.5 is a WHS record, breaking Hannah Haley's mark of 18:22 from 2012.
 - Medal winners: Gavin (3rd, Frosh Boys), Kye (6th Frosh Boys), Lillian (10th JV Girls), Xavier (4th Varsity Boys), Michael (5th Varsity Boys), Corbin (19th Varsity Boys), Emily (3rd Varsity Girls), Isla (5th Varsity Girls), Annaleigh (14th Varsity Girls), Darla (16th Varsity Girls), Emma (19th Varsity Girls), and Audrey (21st Varsity Girls)
 - Lifetime Best Times at Spring Lake: Emily, Isla, Annaleigh, Audrey, Lillian, Gavin, Kye, Tomas, Landon, Freddy, and Diego
 - Windsor Top 50 "all-time" marks – Emily #1, Isla #7, Annaleigh #20, Audrey #25, Lillian #46, Gavin #38 (and honorable mention...Kye #51, just outside the top 50)
- **A Sincere Word of Thanks...**
 - to all who helped at the league meet in marshalling, setting up, taking down, etc – truly blessed to have a group of parents that cares and wants to contribute. Your efforts helped to make this a memorable event! I received many kind words from various coaches, parents, and athletes from other teams thanking us for hosting and for the quality experience we were able to pull together for over 300 local athletes! **GREAT JOB TEAM!**

What's COMING UP?

- **Post Season Begins!**
 - **PRACTICE SCHEDULE CONTINUES for Post-Season Squad...** those moving on to NCS Meet (Nov 22): BOYS: Xavier, Michael, Corbin, Arath, Luciano, Westley, Omar, and Gavin; GIRLS: Emily, Isla, Darla, Emma, Annaleigh, Audrey, and Kiarah.
 - **PRACTICE OPTIONAL:** For any other JV runners that want to attempt an official best time in the 1600m or 3200m on the track this coming Saturday, November 15, you should continue to come to practice this week. **Please let me know your intentions via an RSVP in BAND – see link below!**
<https://band.us/band/98660129/schedule/4%2F98660129%2F921501013%2F19700101>
 - **NO PRACTICE / SEASON OVER:** for all others! See you again at the End-of-Season Celebration on December 4th! Join us for optional track conditioning starting in December.
- **Key Events this week...**
 - No school on Monday and Tuesday this week. Meet at Riverfront Park at 9:30am on Monday and Foothill Park at 9:30am on Tuesday.
 - Practice meets at the track at regular time on Wed, Thurs, Friday this week. No Wednesday morning practice.
 - Saturday morning long-run or optional 3200m evening time-trial at Maria Carrillo – *more instructions to come!*

Quote for the week:

“Success is not final, failure is not fatal: it is the courage to continue that counts.”

- Winston Churchill