



Windsor Cross-Country-Chronicle

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

August 16, 2026



Last Week's Highlights!

- **WE'RE OFF AND RUNNING! School begins and roster stands at 33 strong!**
 - With seven new team members joining this past week, our ***officially cleared*** roster stands at thirty-three! (eleven girls plus twenty-one boys; with fourteen ninth graders in total!)
 - To better manage training, we **established 3 workout groups!** (details in BAND)
The coaches saw excellent effort and teamwork across all levels last week – let's keep building on that!
 - **New team warmup shirts** were distributed to those who trained all through the summer. This past week's newcomers maintaining good attendance and effort will receive theirs by August 28!

What's COMING UP?

- **Workout Plan this Week:**
 - **Normal schedule** for Monday, Tuesday, Friday, and Saturday. (3:55pm at the track on Mon&Tues, **Riverfront Regional Park on Friday, 4pm**). Parktrail at 8:30am on Saturday. (see BAND for details)
 - **Special Night Practice Wednesday:** tempo run or fitness time trial at the track 7:15pm (everyone!)
 - **OYO "On-your-own" Thursday.** We expect very warm temperatures this day. Athletes should get at least an easy 30-minute run on their own before school or after temps cool down in the evening.
NO ORGANIZED PRACTICE ON THIS DAY.
- **Fitness Standard / Night Practice - Wednesday, Aug 19, 7:15pm at the Track**
 - **Our team policy:** in order to be ready to participate in interscholastic competitions, WHS athletes must achieve the fitness standard (standard is 3200m in 14:00 for boys, 16:30 for girls).
 - There will be multiple opportunities to achieve the standard. While all who maintain good standing may continue to train with the team, only those achieving the standard will be issued uniforms and receive JV or Varsity participation certificates.
- **Parent/Guardian Info Meeting - Thursday Aug 20, 6:30-7:15pm at school Library**
 - ***Important info will be shared - please come!*** Athletes may attend, but are not required. Agenda will be posted in BAND beforehand. ***I promise we will start and finish on time! Bring your questions!***
- **Nike Portland XC Invitations:** Starting this week, we will begin extending invitations in phases for this special travel meet on September 25-26. Depending on who accepts in the first phase, as well as how athletes are training and performing, we will extend additional invitations and identify alternates until we fill up. Our goal is to take our **top 5 available girls, top 5 available boys, 3-4 "coach's picks," plus 3 coaches.** The trip will also include an **exclusive guided tour of Nike World Headquarters in Beaverton!**
- **Week of Aug 24-29:** (1) Uniforms will be issued, (2) **scrimmage** (3200m time trial on the track) vs Redwood HS (Larkspur) and Maria Carrillo at MCHS on Friday evening, August 28.

Quote of the week:

"Good things come slowly – especially in distance running."

–Bill Dellinger, US Olympian and Head Coach at University of Oregon from 1973-1998

Questions? Text Coach Ruben at 707-799-7218