



Windsor Cross-Country-Chronicle

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

August 23, 2026



Last Week's Highlights!

- **Fun Times at Night Workout and Parent Info Meeting!**
 - **WED NIGHT PRACTICE:** Ten newcomers achieved the fitness standard! Twelve of 13 “veterans” improved their pace workout time versus a year ago (by a lot!). Great team energy and effort! Thanks to those who came out to support us!
 - **THURS PARENT MEETING.** Excellent turnout! – thanks for coming out and making the connection! If you missed the meeting, the topics we covered is on **BAND** and the team website.
 - **NIKE PDX XC:** Eleven invitations were made for Portland trip and ten were accepted. The next wave of invites will go out after the upcoming time trial meet this Friday!

What's COMING UP?

- **Workout Plan this Week:** (*you can always reference “Events” in BAND*)
 - **NORMAL SCHEDULE** for Monday, Tuesday, Thursday and Saturday. (meet at 3:55pm at the track on Mon/Tues/Thurs; 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.
 - **NO PRACTICE FRIDAY.** We have a meet at Maria Carrillo – first race is at 7pm! Athletes who have not yet achieved the fitness standard are encouraged to come watch and support your team!
- **Uniforms Distributed Monday 8/24**
 - Those that have achieved fitness standards should pick up their team uniform top on Monday! These must be returned at the end of the season. You need your own black shorts for competitions.
- **Crucial Wednesday Morning Practice & Friday Night Meet**
 - **WEDNESDAY 8/26 6:55am-8:05am at the track:** CRUCIAL for those that missed last weeks’ time trial, or if you want to try again!
 - **FRIDAY 8/28:** Time trial meet at Maria Carrillo – first race at 7pm. Seven races in total, going from slowest to fastest! Each runner will compete with people at their level! Expect high energy and lots of fun! Weather should be ideal! (More details will be posted on **BAND**).
- **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) 8/31- 9/6: Regular week of training – get your fundraising going! (2) 9/1 New Team Store opens; (3) No school on Mon 9/7 (Labor Day / morning practice at Spring Lake!) (4) Fri 9/11 - Team Dinner #1 @ Jensen’s (5) Viking Opener on Sat 9/12

Quote of the week:

“The point of training and competing is to become a better human being.”

–Herb Elliott, Former Australian athlete, Mile World-Record holder, and Olympic Gold Medalist

Questions? Text Coach Ruben at 707-799-7218