



Windsor Cross-Country-Chronicle

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

September 6, 2026



Last Week's Highlights!

- **Strong Week of Workouts:** we followed up encouraging race efforts at Sonoma Twilight with a solid week of workouts. I liked the spirited tempo workout on a rainy Wednesday morning! The fitness improvements across the team are starting to show!
- **Launched Schoolfundr Campaign;** more on this below!
- **Took Team Pictures** on Thursday.

What's COMING UP?

- **Workout Plan this Week:** (*you can always reference "Events" in BAND*)
 - **LABOR DAY MONDAY:** meeting at Parktrail at 8:30am - doing a workout on the Viking Invite Course! **Weight room** at the high school at 11:00am for the group who has been doing this.
 - **NORMAL SCHEDULE** on Tuesday, Thursday and Friday. Meeting 3:55pm at the Track.
 - **EVENING PRACTICE WEDNESDAY:** at the track 7:15pm-8:30pm. Time trials for those that need to make the fitness standard!
- **FRIDAY EVENING: Team Dinner #1 at Jensen's!**
 - A chance for the team to gather informally and get pumped up for the meet the next day!
 - Please RSVP to help us get numbers - see the post in BAND! No cost, but we are looking for some volunteers to bring a few things to help out. **THEME: Breakfast for Dinner!**
 - 6:00-8:00pm, 7017 Edinburgh Court - **PARENTS** are welcomed to hang out, get something to eat and chat with the coaches and other parents! *Thank you Amy and Ole for hosting!*
- **VIKING OPENER**, Saturday Morning, September 12 at Spring Lake. ALL ELIBIGLE ATHLETES should participate! See details in BAND for schedules and lineups.
- **Schoolfundr Fundraiser: ACTION NEEDED!** - We've just got about a third of the team signed up but we've quickly raised well over \$1000. **Let's get the rest of team signed up and going! See the post in BAND for steps you need to take! We need to make major progress this week - let's do it.**
- **Week Beyond:** Eye Opener Invitational in Petaluma on Saturday, Sep 19 (races for 9th and 10th graders - workouts at the course for everyone else!)

Quote for the week:

"Perfection is the enemy of progress"

-Winston Churchill

Questions? Text Coach Ruben at 707-799-7218