



## MIXC SEASON: WEEK 5 UPDATES



### COACHES UPDATES

Hey MIXC families!

We had one meet this week and it was a ridiculously good one. Facing both LW and Bellevue, one of the boys' teams key goals this season was to "perfect score" Bellevue - and they did that, PLUS some. A perfect score is earned when all 5 runners finish before the 1st runner of the competing team, and MI had not 5 but 7 boys finish before the first Bellevue (or LW) runner -- and #8 was right behind Bellevue's first runner. Talk about demoralizing for the other teams.

The girls also dominated both Bellevue and LW, making this a very satisfying first home meet of the season. Caroline Himstreet won with a huge PR, Sophia Fan was our 2nd fastest followed by a really strong pack of Islanders. They are well on their way to a fantastic season.

It should also be highlighted that Owen Powell, while already off to a great start this season, handily broke the Luther Burbank course record that personally Coach Empey thought was all but impossible to break (doubting the record of 16:45 was a true 5k). Our course was indeed a true 5k, and Owen proved me wrong by running a crazy fast 16:35.

Congrats to everyone who ran a hard, fast 5k on a pretty, but difficult course!

A HUGE thanks to the volunteers for making the meet run SMOOTHLY. Nice practice for our 2nd and last home meet next month.

Next week we will scale back the miles a bit, throw in a really good workout or two, and take the top 13 boys and girls to Portland for the Nike Invitational. It's an excellent opportunity to compete against teams we don't usually see,

### THE MIXCTF 2ND ANNUAL IMS/MIHS SOCIAL POTLUCK IS NEXT WEEKEND!

Sunday, September 25th | 2 - 5 pm  
Mercer Island Beach Club

Please join us for the second annual **MIXCTF** social potluck for the families of our IMS and MIHS athletes! The goal of this event is to bring together both the IMS and MIHS **XCTF** communities for a chance to meet, mingle and support our young athletes. The event is for both athletes and their families!

Socialize and enjoy delicious potluck food, hear from our IMS and HS coaches and purchase some team swag.

**SUPER FUN ATHLETE NOTICE:** Athlete mixer...yes, please!!! If the social wasn't enough fun...there will be a fun opportunity for IMS athletes to meet high school athletes. How should your athlete prepare? Think sleep, food, hydration and proper running shoes... the rest will be disclosed at the social!

Note, the swimming pool will be open, bring those swimsuits if you'd like!

[Click here](#) to sign up!

### IMS CORNER

Week Three for IMS Cross Country is in the books,

reward a summer of hard work for those who qualified, and practice traveling for big meets in hopes that we qualify both a boys and girls team for State in November.

Next week also marks the halfway point for the regular season. Hopefully your kids are now in the routine of daily practices, have good shoes on their feet and are eating, hydrating and sleeping well, enjoying the camaraderie of their teammates, are feeling the satisfaction of getting fitter and faster -- with motivation to keep pushing to the end of the season. We are off to the best start maybe ever, and there's no reason we can't keep it going!

Over and out - Go **MIXC!**

**Coach Empey**

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## VOLUNTEER CORNER

MIXC Families,

Our programs work smoothly thanks to our volunteers. There are still lots of ways you can be involved this season

IMS: September 22nd meet has volunteer needs.

[IMS Sign Up](#)

IMS / MIHS: September 25th Potluck Social

[IMS / MIHS Sign Up](#)

MIHS: September 28th meet needs snacks.

[MIHS Sign Up](#)

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## THANK YOU!

**MIXC** volunteers are rocking it!!

Many thanks to the Monahan family for hosting last week's pasta feed and helpers: Vanessa Nelson, Mickey Schiller and Susie Sung for providing mac n'cheese and meatballs. Snacks for the Bellevue, Lake Washington and MI meet were provided by Tuuli Saloranta and Vanessa Nelson.

Our first home meet at Luther Burbank was a huge success! Huge thanks to everyone who volunteered, including: Karen Weeks, Mike Grady, Yvonne Monahan, Tuuli & Tatu Saloranta, Carla & John Monahan, Mickey Schiller, Anna & Jim Becker, McJannet, and Aaron Koopman.

Go **MIXC!**

And thank you to everyone who has donated to **MIXCTF**:

Anna & Jim Becker  
Mana Chun  
Gwenael Dumont  
Melissa Edling  
Jenelle Evanoff  
Anthony Fan  
Tyson Harper  
Kathryn Himstreet

and we are excited about what is just around the corner! We wrapped things up on Friday with a walkthrough (and time trial) on our brand new home course. The middle school athletes got the chance to feel what it is like to race 3km, a big difference from our workout pace. I will be emailing out results by the end of the weekend. The course is flat and fast. It should be great for spectators as well.

The big event next week is our very first home meet of the season! We will host Chief Kanim MS on Thursday, September 22. The 6th Grade Boys race will kick things off at 4:00pm on the Turf Field inside the IMS Track. Next up will be the 6th Grade Girls at 4:30pm, 7th/8th Boys at 5:00pm, and finally the 7th/8th Girls at 5:30pm. Everything should be wrapped up by 6:00pm. Please try to carve out some time to come and cheer on your athletes!

In order to put on a successful home meet, we need help from our parents! Please consider signing up to help at the finish line, serve as a course monitor, supervise the snack table, or to contribute post-race snacks. You can claim one of the jobs [at this link](#).

Looking forward to a great race on Thursday and a fun season ahead.

Go Gators!

**Coach Rennie**

A big "Thank you" to our IMS families who have donated:

Katie Bunker  
Julie & Ken Duffié  
Melissa Edling  
Ly-Lan McCarthy  
Krista Nowakowski  
Kristian O'Brien  
Jed Paulson  
Dana Rozman  
Morgan Shook  
Nancy Weil  
Anonymous

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## GET INVOLVED

The MIXCTF Booster Club supports our coaches and facilitates the creation of a fun, inclusive environment where each athlete can meet their personal and team goals. Each year our senior athletes and their families graduate from high school and leave our community. If being part of our ongoing success interests you please reach out to [Sarah Smith](#) to learn more.

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## STAY IN TOUCH

Timely Updates and the Best Way to Reach

Andrea & Douglas Holtan  
Heather Kips-Joseph  
Danica & Jeremy Knieval  
Aaron Koopman & Sarah Smith  
Leslie & Brett Lawrence  
Richard Marcou  
Susan Mathis  
Karen May & Daniel Weeks  
Laura Metz  
Vanessa Nelson  
Maurica Powell  
Youngae Sandoval  
Michelle Schiller  
Erin Sirianni  
David Tan  
Christian Woerner  
Anonymous

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Take care of your **MIXC** donation by logging onto our [website](#) to pay with PayPal Giving or Zelle!  
Thanks for your financial support of our **MIXC** family!

**Coach Empey:**

The MIXC team page on the Band App has the most timely updates. This is our primary communication channel and the best way to reach Coach Empey. She uses the chat function regularly. Athletes **NEED** to be on it, and parents, if you want to stay dialed into the details, you should be on it too. If you or your athlete is not on the app, please download the Band app and join the MIXC group.

Visit our website at: [www.mixctf.com](http://www.mixctf.com)

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