



MIXC SEASON: WEEK 3 UPDATES

COACHES UPDATES

MIXC is off to the races!

We could not have had a stronger start to our season than we did at the Class Jamboree at Marymoor Park. While we didn't have the biggest team out there (Issaquah took that crown) those who met the 8 practice criteria raced with a vengeance and indeed announced to all of KingCo that both the boys AND the girls teams are **STRONG**.

Both teams won the 3A division and I'd have to go back years to see when the last time that happened - maybe never? In addition to a very strong showing from a team perspective, Owen Powell and Caroline Himstreet ran the fastest times of the day for all schools, all grades. And the freshmen, who obviously are brand new to MIXC were equally amazing - Matthew Lawrence and Silas Rennie went 1-2 among all schools dominating the Freshmen boys race and Mia Kinney, brand new to any sort of XC running, was 4th overall and 2nd among the 3A schools. And while several MIXC kids were unable to run, being 1 practice short of the requirement, they brought great energy and support. It was indeed a fantastic day on all fronts. Trying to temper my enthusiasm, but it's hard.

[Click here](#) to view photos from the race.

MIXC enjoyed a fun, productive retreat at Fort Worden this weekend. Lots of beautiful running, games, goal setting sessions and great conversations about some important things, not specifically related to running! And we will all enjoy having Monday off!

Go MIXC!

Coach Empey

THIS WEEK'S SCHEDULE

This next week is more straight forward in terms of practices:

Monday - Labor Day - OYO

Tuesday @ MIHS 3:15 - 5:15. Weight room for top 10 boys and girls 5:00 - 5:30.

Wednesday @ MIHS 3:15 - 5:15

THANK YOU!

Thanks so much for everyone's volunteerism this week! Anna Becker, Leslie Lawrence and Mickey Schiller did a great job distributing uniforms before the KingCo preseason time trails. Many thanks to Aaron Koopman, Anna Becker, Gwen Dumont and Mickey Schiller for supplying chocolate milk and cups to help athletes recover from the time trials.

Many thanks to the Kolpa and Schiller families for keeping our favorite traditions alive by hosting pasta feeds before our big events.

Thanks to Aaron Koopman, Jennifer Enge and Sarah Smith for helping out at parent night.

Thanks so much to Ly-Lan McCarthy for manning our table at the IMS Welcome Coffee!

Thanks Jennelle Evanoff and Manuela Souza for keeping our signage around the island up to date! Go **MIXC!**

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

Anna Becker
Gwenael Dumont
Melissa Edling
Anthony Fan
Tyson Harper
Kathryn Himstreet
Douglas Holtan
Andrea Holtan
Heather Kips-Joseph
Richard Marcou
Susan Mathis
Karen May & Daniel Weeks
Laura Metz
Vanessa Nelson
Danica & Jeremy Knievel
Maurica Powell
Dana Rozman
Sarah Smith & Aaron Koopman
David Tan
Nancy Wei
Anonymous

[Corporate Donors](#)

Thursday - Back at Marymoor to run against LW, Juanita and Liberty

Friday @ MIHS 3:15 - 5:00

Saturday @ Bellarmine Invite. Bus will leave MIHS @ 7:30AM returning ~ 1:00. Will discuss who wants to run at practice Tuesday.

VOLUNTEER CORNER

Calling on our parents - we need you!

MIXC Families,

Upcoming: September 7th Pasta Feed! Big thank you to the Pettigrew Family for hosting the upcoming pasta feed. **Help still needed, please sign up below!**

Below is a list of "sides" that the kids bring.

Freshman (Bread)

Sophomores (Salads)

Juniors (Desserts)

Seniors (Beverages) We are still looking for two "helpers" to join Vanessa Nelson. Click on the Pasta Feed Sign Up link if you are interested.

Pasta Feed Sign Up

Thank you to everyone who signed up to volunteer this past week and for the upcoming races! If you didn't get a chance to help out for one of these events, there are still a few sign ups available for post race chocolate milk and cups, and snacks for the longer races, which can be dropped off with your runner as they board the bus to the meet or brought with you to the event.

Snacks and Meet Volunteer Sign Up

MIXCTF 2ND ANNUAL IMS/MIHS SOCIAL POTLUCK

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 a 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

**BECU
Microsoft**

SWAG STORE

Need some warm weather clothing?
Looking for early Christmas gifts?

In need of spirit wear that promotes your favorite sport?

You are in luck! We have a Pop Up Gear store for Mercer Island Cross Country with the Classic MIXCTF logo and a Pop Up for gear with the unique 2022 XC, Logo designed by our High School Captains!

[The Cloud 9 Store](#) caters to those who are looking for this season's unique Logo swag.

[The BSN Store offers Classic logo swag](#) with more cold weather clothing choices.

Delivery times are 4-5 weeks and to start the clock ticking as soon as possible the stores are open NOW and CLOSING September 13th!

There is something for everyone!

IMS CORNER

Practices started on August 31st. If you haven't registered already, click [here](#) to complete your paperwork. There will be two home meets this year. One vs. Chief Kanim MS on Sept 22nd and the second vs. Snoqualmie MS on Oct 6. To see the full IMS meet schedule, click [here](#). **Go Gators!**

Coach Rennie

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

STAY IN TOUCH

Timely Updates and the Best Way to Reach 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

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!



Email Updates: The registrar will provide us with your contact information, so that you can receive the MIXCTF newsletter.

Visit our website at: www.mixctf.com

MIXC and Track Club | PO Box 1531, Mercer Island, WA 98040

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