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## MIXC WEEK 8 UPDATES

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### COACHES UPDATES

Congrats to all who ran tough at Hole in the Wall this weekend—battling some extreme heat and huge fields. Results can be found here: [Race Results](#) and the photos here: [Hole in the Wall 2023](#).

Also a huge thanks to coaches Goldhammer, Simon and O'Meara for holding down the fort this week enabling me to visit my son studying in Italy this semester. I ate enough pasta to fuel our whole team and am returning to the team with an abundance of energy.

This week's plans have been posted on the Band app, including our last regular season meet at Robinswood on Wednesday. Come cheer your runners on as we take on Bellevue (and several other schools) again.

Go MIXC!  
Coach Empey

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### IMS CORNER

Your Islander XC Runners had another dominant set of wins last Thursday at Centennial Fields vs Snoqualmie MS. Four-for-four was once again the order of the day.

The 6th Grade Boys had the closest race, but still won 23-38 due to having 9 of the first 11 places. Wow! Finn Kelly won in dominant fashion for his 3rd individual win of the season.

The 6th Grade Girls won 10-38 because Snoqualmie only had 4 runners. Natalia Loudon and Nora Cudney went head-to-head on our team, with Nora narrowly grabbing the individual win.

The 7th/8th Boys and Girls teams BOTH recorded perfect scores of 15, taking all five scoring spots. Balen McCarthy, Jake Powell, Sierra Brondstetter and Elsa Lee led the way to victory!

Islander's 2nd home meet of the season is Tuesday, October 10 vs Twin Falls MS. This will

### VOLUNTEER CORNER

**BELLEVUE MEET:** Sign-ups for our away meet with Bellevue and Interlake are looking strong. Opportunities to sign up for chocolate milk, paper cups and granola bars still exist. Please consider supplying snacks [Sign-Up Here](#)

**PASTA FEEDS:** Our last pasta feed of the regular season will be Tuesday, October 10<sup>th</sup>. Helpers are in a great position to experience the pasta feed tradition and gain *know-how* for hosting these events in the future. Sign ups are nearly full, but we do need someone to bring meatballs. [Sign-Up Here](#)

Questions? Contact Youngae Sandoval, MIXC Volunteer Coordinator at [Kooki900@yahoo.com](mailto:Kooki900@yahoo.com)

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## THANK YOU!

### THANK YOU, VOLUNTEERS!

**MIHS:** Appreciate all the parents who contributed snacks for the athletes running in The Hole in the Wall Invitational this weekend, including: Perla Rodriguez, Youngae Sandoval, Lingyan Chen, Anne Gerry, Angelisa Paladin, Candy Capinpin, Kyle Hockenstein and Becky McKanna. Athletes appreciated the chocolate milk, bananas, applesauce packets, bagels, cream cheese & peanut butter and granola bars.

**IMS:** The wonderful parents who provided snacks and kept our athletes fueled this week include: Annie Cudney, Sara Show, Jessica Abramson Lott, Tiffin Goodman, Carin Parcel, Louise Farrell, Susie Sung, and Ly-Lan McCarthy. Thank you!!

We still have lots of gaps in our Signup Genius for our final 2 meets (our home meet on 10/10 requires lots of extra volunteers). Please sign up! [Sign-Up Here](#)

**And thank you to everyone who has donated to MIXC.**

be a great opportunity for our runners to measure themselves against their past results on our home course. We hope to see lots of fan support for our races starting at 4pm on Tuesday!

Last thing...we are still looking for a few more volunteers for that home meet on Tuesday. Here is a link to the sign up for course monitors, finish line helpers and the like: [Sign-Up Here](#)

Go Gators!  
Coach Rennie

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## 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 2023 Logo and the Classic Logo. Quick delivery times, so ordering now means you'll have them just in time!

Store 1 with Captain / Special Logos:  
[Mercer Island High School Cross Country \(gearupsports.net\)](#)

Store 2 with Classic Logo:  
[Spiritwear Homepage \(snap.store\)](#)

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## DONATE!

Our program is as strong as it is, in large part thanks to the generosity of our families. It enables us to purchase spirit gear for our fun, weekend runs (Tiger Mtn) and recognition (Workhorse shirts!), have experts come see us (Physical Therapists), defray transportation costs the district doesn't pick up, provide dinner at our end of season banquet, support coaches clinics, meet timing systems and so much more. Your athlete benefits in some way, shape or form from booster funding.

Take care of your MIXC donation by logging onto pay with PayPal Giving or Zelle:

[Donate | MIXCTF](#)

Thanks for your financial support of our MIXC family!

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## MIHS

Anne & Brett Gerry  
Angelisa Paladin & Ben Kolpa  
Beth & Cameron Hykes  
Betty Yee & John Janusson  
Candy & Dennie Capinpin  
Christopher Robine  
Elizabeth Lee and Pun Kin Lee  
Erin Schultz & John Thomas  
Erin & Charles Sirianni  
Hua Zhou & Anthony Fan  
Jeanne & Scott Kesapradist  
Jostina & Samuel Youssef  
Julie & Ken Duffie  
Julie & Brad Newcomer  
Katie & David Bunker  
Kirsten & Marcus Ward  
Kristiana O'Brien  
Laura Metz & Paul Chapuis  
Leslie & Brett Lawrence  
Lingyan Chen & Chen Cheng  
Lisa Kodama & John Mertel  
Perla & Gabriel Rodriguez  
Maurica & Andy Powell  
Meifang Chen  
Mickey & Christian Schiller  
Nicole & Jeff Ahrenholz  
Patrice & James Rousell  
Rachel & Kyle Garton  
Rebecca & David McKanna  
Sarah Smith & Aaron Koopman  
Stephanie & Chad Parmenter  
Susan Biggins & Thomas Henderson  
Sylvia & William Bailey  
Vanessa & Brandon Nelson  
Youngae & Floyd Sandoval

## IMS

Brian Powell  
Drew Baldwin  
Ly-Lan McCarthy  
Morgan Shook  
Sharon Woo-Tzeng

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