



## MIXC WEEK 7 UPDATES

### COACHES UPDATES

Another great week in the books for MIXC. We hosted our one and only home meet on that very soggy Wednesday and really appreciated the parent and fan support given we were also celebrating our 13 stellar seniors.

Hosting 3 teams is no small undertaking and volunteers once again made this meet go smoothly. Thank you to ALL who helped with the meet. Also a huge thank you to **Youngae Sandoval** and **Sarah Smith** for the pizza and senior gifts, respectively. I know our seniors felt the love. And as always, the pictures Aaron Koopman captured are priceless. Check them out [HERE](#) if you haven't already.



Oh, and in case you weren't there to see with your own eyes, MIXC flexed a bit. We dominated all 3 races, set some PRs along the way, and didn't let a little (lot?) of slipping and sliding slow us down too much. Some runners (Ava Zhang) still have visible proof that race was treacherous. And related to that, thank you to **Maurica Powell** for acting as our team doctor and bandaging up our battered runners! Lastly, congratulations to **Katie Mertel** and **Leo Saloranta** for earning this week's Work Horse t-shirts. Both set PRs, but were recognized for their consistent training over these past several months (years in Leo's case) and super positive attitudes.

### CALL TO ACTION

**CALL TO ACTION:** Complete [MIHS transportation forms](#). These forms serve multiple purposes: 1) general release that gives permission for runners to travel to all meets/invites/events/destination runs in a method other than a district provided bus (including other students' cars and other parents' cars). 2) allows PARENTS to pick up their student-athlete from a meet. 3) allows PARENT drivers to drive members of the team. 4) student athletes to drive themselves. 5) allows STUDENT drivers to drive members of the team. These forms cover the remainder of the season.

Return completed forms to **Becky LeMaster** in the office or via email at [Becky.LeMaster@mercerislandschools.org](mailto:Becky.LeMaster@mercerislandschools.org)

### VOLUNTEER CORNER

**HOLE IN THE WALL INVITATIONAL:** 50+ MIHS athletes will be running at the Hole in the Wall Invitational in Arlington this Saturday. It'll be a full day with an early, 8:00am departure for the race and a planned return to the high school at 6:00pm. Boosters will be grilling hot dogs for the athletes and many volunteers have agreed to bring oranges, apple sauce and granola bars. We are still in need of chocolate milk, bananas and bagels. If you have an athlete participating, please consider supporting the team with an item. [Sign-Up Here](#)

**PASTA FEEDS:** Our last pasta feed of the regular season will be Tuesday, October 10<sup>th</sup>. Let's finish strong! Be a part of the experience and bring a hot side. [Sign-Up Here](#)

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

On deck this week is a standard week of practices culminating with the Hole in the Wall Invite at Lakewood High School on Saturday. We have a bus leaving MIHS at 8:00am with races scheduled throughout the day (entries posted on the Band app). The bus will return at 6:00. For those who want to drive, that is fine, but please be sure the transportation paperwork available [HERE](#) and on the Band app, has been submitted to Becky LeMaster. Coaches no longer are collecting it and once it's been submitted you are good for the rest of the season. Alleluia.

Keep rolling MI! 2 ½ - 3 weeks until Sub Varsity and KingCo Champs! This season is flying by!

Coach Empey



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## IMS CORNER

### TOTAL GATOR DOMINATION!

The Islander XC team finally got to the good part of the season last week with two races against Triangle League rival schools. Your Gator runners certainly started things off with a bang!

On Tuesday, we hosted Tolt Middle School on our 3km course at Islander MS. The 6th grade girls threw down the gauntlet with a dominating 15-46. Nora Cudney, Natalia Loudon, Clara Shook, Evi Abramson and Maija McCune nailed down the top 5 places to secure the perfect score. Not to be outdone, the 6th grade boys followed with a 15-50 victory. Top runners were Finn Kelly, Linden Baldwin, Thomas Cundall, Ren Baze and Elias Sanchez.

The 7th/8th girls held off their opponents 20-43, with Sierra Brondstetter, Ella Zhang, Elsa Lee, Maia Shook and Avery Stabbert scoring the team points. Finally, the 7th/8th Boys wrapped things up with a 15-49 win of their own. Balen McCarthy, Jackson Dale, Wyatt Jones, Ian Moch and Dino Hajdarpasic were top 5 runners. It was an amazing set of dominant team wins to kick off the season.

Of special note, several runners ran times on Tuesday that were in the Top Ten all-time fastest for Islander MS at our 3km racecourse. Nora Cudney's 12:44 was the 7th fastest ever by a 6th grade girl. Sierra Brondstetter's 12:04 was the 5th fastest for 7th/8th girls and Ella Zhang's 12:05 was good for 7th on that list. Jackson Dale's 10:41 was 7th fastest by a 7th/8th

## THANK YOU!

### THANK YOU, VOLUNTEERS!

**MIHS:** Join me in giving **Youngae Sandoval** a standing ovation for the flawless execution of Senior Night with her helper, **Iris Zhou**, as well as gathering volunteers to support our coaches and the athletes in our one and only home meet. These volunteers took positions along the course, managed the chute, served as timers and brought chocolate milk and snacks. **Thank you home meet volunteers:** Tuuli & Tatu Saloranta, Susie Sung, Tony Fan, Iris Zhou, Karen Grove, Angelisa Paladin, Becky McKanna, Jacklyn Tan, Leslie Lawrence, Jennifer Carmichael, Beth & Cameron Hykes, Gabriel Rodriguez, Anne Gerry and Candy Capinpin. **What an awesome XC community we have! Volunteers—we couldn't do it without you. It takes a (very large) village!**

Many thanks to the **Tan family** for hosting last week's pasta deed and their helpers, Scott Kesapradist, Candy Capinpin and Kirsten Ward. Many of our athletes claim this is one of their favorite memories of cross country.

**IMS:** Thank you supporters for coming out to cheer in the rain! Especially appreciate the families who provided snacks on Tuesday: Jeanne Ballot, Annie Cudney, Maria Lucas, Melissa Herrero, Amanda Cruikshank, Agnieszka Loudon and those who volunteered their time on the course: Lynette Dufton, Zunke Prinsloo, Anna Becker, Tiffin Goodman, Robert LaRose, Louise Farrell, Chris Long, Carrie Piispanen, Amanda Cruikshank, Ly-Lan McCarthy

The first away meet was a long day for our athletes so again thank you for the snacks: Sarah Tallon, Sharon Woo-Tzeng, Liam Kelly, Thomas Watson, Michelle Baldwin, Nikki Ahrenholz

We are still looking for helpers and donations at our upcoming meets.

[Sign-Up Here](#)

**And thank you to everyone who has donated to MIXC. Your donations keep our program strong by making fun events like Wednesday's Pizza Feed possible as well as funding the essentials like the lovely team tents that keep us cozy and dry during the meet.**

### MIHS

Anne & Brett Gerry  
Angelisa Paladin & Ben Kolpa  
Beth & Cameron Hykes  
Candy & Dennie Capinpin

boy. The highlight was Balen McCarthy clocking in at 10:30, which was the 2nd fastest ever by a 7th/8th boy. Wow!

After a quick 48-hour turnaround, the Islander harriers traveled to Fall City for a rainy matchup against Chief Kanim Middle School on Thursday. Though the course might have been a bit short and a lot muddy, the Gators came away with four more dominant team wins. The 6th grade girls triumphed 15-48, with Chloe Cordero sliding into the 5th place slot, joining the other scoring runners from Tuesday. Orla Farrell was in 6th place, just one second back. Next up, the 6th grade boys won 19-42 with the same top 5 as Tuesday.

The 7th/8th girls went 1 through 5 again with the same scoring group, and Amelia Sung nipping at their heels. The 7th/8th boys wrapped up the festivities with a 16-45 victory. Jake Powell joined the party with a second place finish, inserting himself in the top 5 scoring runners. Hard to learn much from the times on Thursday, due to the conditions and the shortened course, but it was awesome to see our runners competing well, encouraging one another and pushing past their limits.

Photos by the wonderful Aaron Koopman from our Home Meet can be found here.

[2023 IMS XC Home Meet v. Tolt](#)



Looking ahead, we will travel to Centennial Fields in Snoqualmie for a matchup with Snoqualmie Middle School on Thursday (October 5) next week. Races will start at 4:00pm, but please note that the 6th grade boys will be the first race of the day, followed by 6th girls. After that, the 7th/8th boys will race. The finale for the day will be the 7th/8th girls. The course is flat and fast. Spectators will be able to see a lot more of the action than at Chief Kanim. We look forward to seeing you at Centennial Fields on Thursday.

Go Islanders!  
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!

Christopher Robine  
Elizabeth Lee and Pun Kin Lee  
Erin Schultz & John Thomas  
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Hua Zhou & Anthony Fan  
Jeanne & Scott Kesapradist  
Jostina & Samuel Youssef  
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Vanessa & Brandon Nelson  
Youngae & Floyd Sandoval

### IMS

Sharon Woo-Tzeng

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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, buy fun stuff for races like Nike Hole In the Wall and so much more. Your athlete benefits in some way, shape or form from booster funding.

Donate | MIXCTF

Thanks for your financial support of our MIXC family!

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## SPONSOR

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

Store 2 with Classic Logo:  
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