



MIXC WEEK 4 UPDATES

COACHES UPDATES

MIXC showed off a bit last week and admittedly, it was fun! We had a fantastic turnout for the Class Jamboree –beating all the 3A teams in most every race, while also giving both Issaquah and Eastlake, the dominant 4A programs in the state, a real run for their money. So many highlights but here are just a few:

- Our freshmen boys kicked off the meet in very strong fashion with Bridge Gerry winning the race and teammates Finn Bunker and Karson Lee rounding out the top 10.
- Our freshmen girls are also force to be reckoned with, beating ALL the teams (regardless of classification) led by an amazing performance by Sophia Rodriguez with a whole slew of teammates rounding out the top 20. Congrats Dora, Sarah, Chloe, Anna and Izzie!
- And truly congrats to all Freshmen for officially racing their first high school XC race!
- Sophomore boys were not about to be out run by the Freshies and the trio of (new to MIXC) Bodie Thomas, Matthew Lawrence and Silas Rennie took the top 3 spots with Charlie Staddon-Smith rounding out the top 10.
- Victoria Rodriguez kept the team rolling by winning the Junior girls race and running the fastest time of the day, edging out her sister, Sophia, by a few seconds. Turns out hills don't scare them one bit and they can run fast in Washington state too.
- And finally, a shout out to the senior boys and girls who helped get everyone else warmed up and ready to go before running their own races. They ran really well especially given the miles they logged and were fantastic supporters along the way.

We are lucky to have Aaron Koopman snap shots of all the races - and his Strava post highlights how hard he works to get to various points on the course. Kudos to you Mr. Koopman!

Check out the photos here: [Class Jamboree 2023](#)

Just as we did at the Class Jamboree, MIXC flexed a bit at the Tahoma Relays too. We had 8 co-ed and 1 GO WOMAN team and all “enjoyed” the single track trails and finish through the lake. And while there is no

THANK YOU!

Many thanks to the Kolpa family for hosting the first Pasta Feed of the season. A round of applause to those who contributed hot sides: Vanessa Nelson, Youngae Sandoval and Sarah Smith.

A hearty thanks to Aaron Koopman for being the team's unofficial photographer. It's hard to make it to all the meets, but you can catch up on the action by visiting team albums on [Flickr](#).

A big shout out to Pam Shavey for coordinating our 3rd Annual BBQ/Potluck Social and her family, Gary and Quinn, for serving as grillmasters. Appreciate everyone who came together to mingle and support the entire Island XC community.

And thank you to everyone who has donated to MIXC:

Aaron Koopman & Sarah Smith
Anne & Brett Gerry
Becky & David McKanna
Bradley Newcomer
Candy & Dennie Capinpin
Erin Schultz & John Thomas
Erin & Charles Sirianni
Hua Zhou & Anthony Fan
Jeanne & Scott Kesapradist
Julie & Ken Duffie
Katie & David Bunker
Kristen & Marcus Ward
Lingyan Chen & Chen Cheng
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Mickey & Christian Schiller
Rachel & Kyle Garton
Rebecca & David McKanna
Vanessa & Brandon Nelson
Youngae & Floyd Sandoval

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official course record as it's impossible to certify courses through (or sometimes around) a lake, there is no way there has been a faster team than our 5 ran today. One of the few gals in the lead off position, Sophia Rodriguez started fast followed by Matthew Lawrence, Victoria Rodriguez, Bodie Thomas and anchor Owen Powell. The next fastest team was 2-3 minutes behind. So yes, a very dominant win.



Shout out to all who started their Saturday extra early – including Dad Rodriguez (winning the Open race!) and coaches Goldhammer and O'Meara. Fantastic morning!!

For parents who struggle with what to say after your runner's races, consider reading the below. She offers up some very sage advice:

<https://www.showupsociety.com/blog/open-letter-to-cross-country-runner-parents-and-coaches>

The weekly schedule will be posted on the Band app, but note our first regular season meet of the year is Thursday at Liberty High School at 4:00. Please come if you can and cheer on the team!

Coach Empey

SWAG STORE

In need of spirit wear that promotes your favorite sport? Can't get the stain and stank out of last year's shirt? You are in luck. We have 2 Pop Up Gear stores with this year's Captain's 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 \(gearupsports.net\)](http://Mercer Island High School Cross Country (gearupsports.net))

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

VOLUNTEER CORNER

Upcoming: September 13th Pasta Feed. Big thank you to the Hykes family for hosting the upcoming pasta feed at their home. Dinners are potluck style and attending athletes contribute bread (frosh), salads (sophomores), desserts (juniors), beverages (seniors). Volunteers bring hot sides [Hot Side Sign-Up](#). Pasta feeds are the evening before regular season meets and run from 6-7:30pm.



Questions? Contact Youngae Sandoval, MIXC Volunteer Coordinator at kooki900@yahoo.com

WE ARE LISTENING TO YOU!

Last year our athletes asked if we could create signs to demonstrate team pride like other school sports. Our first ever **Cross Country Lives Here** signs are available on a first come, first serve basis. Cost is \$20, payable by cash, credit card or check made payable to MIXC & Track Club.

To coordinate payment and delivery options, please reach out to Pam Shavey at pjshavey@gmail.com





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