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## MIXC WEEK 6 UPDATES

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### COACHES UPDATES

It's hard to believe we're more than halfway through our regular season; we're on a roll! This past week we took on LW, Interlake and Hazen and both girls and boys teams handily won. All seemed to agree it was nice racing on a flat, very "runnable" course. There were many PRs, some by nature of it being their first official 5k, but many sizable PRs by athletes who have been at this game for a while. Any PR is worth celebrating!

It's impossible not to recognize, once again, Sophia and Victoria Rodriguez. They both smashed the 5k school record, set coincidentally enough, by the eldest daughter of the current head coach of LW, Lyudia (her eldest attended MHS for a year). Not sure if Lyudia realized her daughter's record was at risk as she watched her youngest daughter, Alexa, try to keep up with these two (she couldn't) but the moment was not lost on me. It's a record I've been secretly hoping would be broken since I started coaching 7 years ago. So thank you and congratulations Rodriguez girls!

This weekend 15 boys and 14 girls traveled to the brand new "Mook" invitational in Tillamook, OR and it was well worth the effort. It was our first real test this season to see how we stack up against stiff competition and these runners represented MI so well.

A fantastic course led to many PRs and great practice at running in huge fields. And more records were broken! On the girls side, Sophia and Victoria lowered the school record they set days earlier by almost a minute, going 1-2 in the race AND launching themselves to the top of the state AND Sophia #3 in the country (and a mere ½ second behind the all time fastest freshmen girl EVER) and Victoria #12 in the country. That's what happens when you run 16:49 and 17:03.

On the boys record side, Owen won, beating some really fast guys, and lowering his school record by :45, running an incredible 14:46. He too is now ranked #1 in the state AND #16 in the country. And what's crazy is that the freshmen school record Owen broke as a freshman, was broken last year by Matthew Lawrence, and this year's freshman Bridge Gerry, who claims soccer is his true passion, just broke Matthew's record, running 16:25. He is now the fastest freshman in the state.

### SAVE THE DATE

**SENIOR NIGHT** coincides with our home meet on September 27<sup>th</sup>. Senior recognition begins at 3:45pm. All athletes and families are welcome to stay for a pizza feed at 5:45pm. Thank you to everyone who donated to the Boosters! The pizza feed is paid for with your donations.

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### IMS CORNER

Hello Islander MS Cross Country Families!

It has been a great start to the season, but the best part is coming up next week...racing! We will be hosting Tolt MS at Islander on Tuesday (Sept 26) and then traveling to Chief Kanim MS on Thursday (Sept 28). It promises to be an action-packed week! Here are just a few things you need to know:

1. Uniforms will be distributed at practice on Monday, Sept 25. All athletes who have accrued 8 practices will be eligible to compete the next day. All runners must wear an Islander MS jersey. Runners can also wear school-issued shorts, or they may wear their own shorts, provided they are black, maroon, grey or white. Please plan for your runner to be at practice on Monday. We will also practice the course one more time that afternoon.

2. The Tolt MS Bears will travel to Mercer Island on Tuesday to race our squad. There will be 4 races in the meet. We will start with the 6th Grade Girls at 4:00pm, followed by the 6th Grade Boys (4:25pm). Next up are the 7th/8th Girls (4:50pm), and finally the 7th/8th Boys (5:15pm). Please pay attention to runners on the Track and on the sidewalks when you arrive and leave. All athletes should plan to stay for the entire meet, so they can support teammates (if they are able). The whole meet should be wrapped up around 6:00pm (hopefully).



The takeaway here is that we are a fast, deep team and y'all need to come watch them this Wednesday at our one and only home meet. This is our opportunity to celebrate our awesome seniors. Senior parents, please be at Luther Burbank no later than 3:40 when we will begin our recognition of your runners. Because this is a quad meet, we are breaking the meet into 3 races: JV Boys, All Girls, Varsity Boys. JV @ 4:00, Girls @ 4:40, and Varsity boys as close to 5:15 as possible. And I know many parents will zip off to curriculum night so these varsity boys will run fast to accommodate your schedules. Ideally your runners can stay behind and enjoy some pizza thanks to your donations to the boosters.

We have just 3 ½ weeks left of the regular season so will be keeping our foot on the gas pedal. Please continue supporting your runners and encouraging them to do all of the little things that make a huge difference - obviously coming to practice **daily** is paramount, but so is sleeping well, and eating and hydrating enough. They are all growing and asking a ton from their bodies so we need to keep them fueled so they can keep chasing their goals. Thank you!

Coach Empey

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## VOLUNTEER CORNER

**Upcoming: HOME MEET:** our first and only home meet is at Luther Burbank Park on Wednesday, September 27<sup>th</sup>. MI has the reputation for running a great meet thanks to our great volunteers so please do what you can to help us carry on the tradition. No experience is necessary. Arrive at Luther Burbank at 3:30 to receive a quick briefing from the coaches before the event.

[Volunteer Here](#)

**PASTA FEEDS:** Thank you for keeping our pasta feed tradition going strong. We have an immediate need for a volunteer to bring warm meatballs to our September 26<sup>th</sup> pasta feed. [Hot Side Sign-Up Here](#)

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

3. Light post-race snacks will be provided for athletes. Please make sure your runner also has their own snacks. A good breakfast and lunch on the day of the meet are also essential, not to mention lots of sleep the night before...and good hydration!

4. We need your help to make the meet happen! The coaching team is NOT big enough to do it all ourselves. We rely on parent helpers to monitor the course, organize the finish line chute and take care of the snack table. Good news...all of the jobs require no prior experience. Please sign up to help us out! Here's the link: [IMS XC Meet Sign-up](#)

5. Official individual times and team scores will be available the evening after the meet. Our IMS Admin team does an awesome job of getting scoreboards up as soon as possible so that athletes can see their results. I will be emailing all the results out that night.

6. PLEASE have a conversation before the meet with your runner(s) about sportsmanship. The coaches do their best to emphasize positive cheering (of both teams), volunteering to help out, and representing our school/community well. If our runners hear it from you as well...all the better! We want our athletes to be the best ambassadors for Islander that they can possibly be!

I will be sending out more information about the Thursday, Sept 28 Meet at Chief Kanim MS after Tuesday night. Stay tuned for that.

Go Islanders!  
Coach Rennie

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## THANK YOU!

Shout out to the Lawrence family for hosting the 9/19 Pasta Feed and their helpers, Melissa Benaroya, Karen Grove and Angelisa Paladin. Without you, these events wouldn't be possible.



Heartfelt gratitude for the families who answered the call for bagels, chocolate milk, bananas and granola bars for our athletes who travelled to The Mook. Thank you Sharon Long, Stephen Rennie, Erin



Schultz, John Thomas and Leslie Lawrence for providing much needed sustenance.

Thank you, Aaron Koopman, for catching memorable moments for the team. Photos can we found on the [www.mixctf.com](http://www.mixctf.com) website. For convenience we've placed the link to the albums [Here](#).

Appreciate the support we receive from the French and Rousell families who maintain the MIXCTF signs, raising awareness of the MIXCTF program and letting spectators know about upcoming meets.

**And thank you to everyone who has donated to MIXC. 42% of our families have donated to the Booster Club.**

If you are considering making a donation to the Booster Club there is no better time than now. Some of our big events and recognition: Senior Night, Hole in the Wall, Post Season Celebration, Recognition and Coaches Gifts are just around the corner and it's helpful to know our budget. Thank you!

- Anne & Brett Gerry
- Angelisa Paladin & Ben Kolpa
- Beth & Cameron Hykes
- Candy & Dennie Capinpin
- Christopher Robine
- Elizabeth Lee and Pun Kin Lee
- Erin Schultz & John Thomas
- Erin & Charles Sirianni
- Hua Zhou & Anthony Fan
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- Youngae & Floyd Sandoval

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

## 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 click below and complete the form!

[Order Signs Here](#)



## 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 \(gearupsports.net\)](http://MercerIslandHighSchoolCrossCountry.gearupsports.net)

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

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