



SPECTACULAR START TO CHAMPIONSHIP SEASON!

COACHES UPDATES

Championship Season Underway!

Congratulations to all the Sub-Varsity runners who made a point to run ALL OUT for their last meet of the season. While there were seemingly hundreds of 4A runners, Mercer Island represented the 3A schools really well. Frosh/ Soph and Top 7 JV boys won their 3A division as did the Frosh/ Soph girls—who finished 3rd overall even among the 4A schools. And the Top 7 girls, even competing without a full squad, finished 1st among 3A schools. And while our varsity boys and girls are quite good (see below) the performances of these athletes really highlights how deep Mercer Island is and the progress we've made over the years. The energy and support for each other was fantastic and from my perspective a great way to end a super season.

KingCo Championships were Friday, and both the girls and the boys teams lived up to sky high expectations. They both won the team titles and thus earned the trophy and a new banner in the gym. This makes it the 3rd consecutive year the boys have won and the first since 2011 that the girls took the W. And while, yes, the Rodriguez sisters are game changers for MIXC, I challenged the rest of the girls team to win even if we eliminated Sophia and Victoria's scores and they did exactly that, executing their plan perfectly. ALSO to be celebrated is that it is the first time since 2008 both girls and boys teams own the title at the same time.



Congratulations as well to **Owen Powell** for defending his individual title (and running the

DONATE!

Our big expenses, the End of Season Celebration and coaches gifts, are just around the corner. If you are planning on donating please take care of your MIXC donation by logging onto pay with PayPal Giving or Zelle:

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Thanks for your financial support of our MIXC family!

VOLUNTEER CORNER

MIHS UNIFORM COLLECTION (TUESDAY 10/24): Athletes are asked to wash uniforms and bring them to the MIHS wrestling room for collection. Many hands make light work, we need three volunteers for this effort. [Sign-Up Here](#)

IMS UNIFORM COLLECTION & END OF SEASON PARTY SUPPORT (TUESDAY 10/24): Volunteer support looks solid for Tuesday's party. Thank you! We are looking for 2 volunteers to monitor the snack table and 1 additional volunteer to hand out pizza and collect uniforms. If your schedule allows please consider signing up [here!](#)

THANK YOU!

THANK YOU, VOLUNTEERS!

MIHS: Shout out to the **Woerner family!** Thank you for hosting an impromptu pasta feed prior to King Co. Go MI!

Appreciate our volunteers! Thank you, **Marcus Ward**, for representing Mercer Island as a course marshall at the Sub Varsity invite and **Youngae Sandoval**, **Rosa Teorell** and **Tuuli Saloranta** for bringing chocolate milk, cups, applesauce packets and granola bars. We appreciate you!

fastest time of the day) and **Sophia Rodriguez** for earning her first KingCo title. Friday was indeed a very special day and a highlight of my past 7 years with this team.



Up next is Sea-King District at Marymoor Park. Both teams need to finish in the top-5 to advance as a team to State, a goal we set at the beginning of the season. We have not had two complete teams compete at State since 2015, so come cheer them on! Short of both teams advancing, individuals can advance if they finish in the top 35.

A few house keeping items:

Please turn in your clean uniforms Tuesday after school in the wrestling room.

We will celebrate everyone's season on **Wednesday, Nov 8** and parents are **welcome and encouraged** to attend. Regardless how the rest of our season develops, we have a lot to celebrate so please come. 5:30 @ MIHS Commons. Thanks to your donations to the booster club, QDdoba will be served.

Proud is an understatement of our season thus far, but excited to see what the next few weeks bring.



Let's go MIXC!
Coach Empey

IMS: The Celebratory treats were a really big hit at the League Finals this week. I was told by one mom, knowing donuts were waiting at the finish line inspired her child to run fast! Thank you for all the sweets: **Jeanne Ballot, Jessica Abramson, Courtney Kinsman-Cordero, Mara McCune, Tiffin Goodman, Michelle Baldwin, Leslie Maeda, and Maria Lucas.**

And thank you to everyone who has donated to MIXC.

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
Jacklyn & David Tan
Jeanne & Scott Kesapradist
Jennifer & Rob Carmichael
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
Poppy & Brian MacDonald
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

Anna & Jim Becker
Anne Cudney
Brian Powell
Deborah Brondsetter
Deni Hajdarpasic
Drew Baldwin
Garth Obrien
Genevieve Manfredo
Glenn Conca
Glenn Myers
Gudrun Covert
Harmony Long
Helen McFarland
Ildiko Hegyvary
Jamie Hui

IMS CORNER

Islander XC traveled to Tolt MS last week to finish out the season at the Triangle League Finals. With a successful regular season already on the books, it was time to secure some team (and

individual) championships, and the Gator runners did not disappoint! The 6th Grade Boys showed up on the early bus and were ready just in time with a team win, 37-50 over a tough Twin Falls squad. Finn Kelly was League Champ with a 11:19 time on the 3km course. Linden Baldwin (5th) and Thomas Cundall (6th) also placed in the Top 10.

The 6th Grade Girls were up next, with a 15-point effort from their top 4 runners. Nora Cudney, Natalia Loudon and Clara Shook stormed to a 2nd-3rd-4th finish, with Evi Abramson not far behind in 6th. It was an impressive team-oriented win for a group that was dominant from the beginning to the end of the season!

The biggest win of the day went to the 7th/8th Grade Boys in the third race. Finishing with 7 of the first 8 slots led to an unbelievable 17-point team score. For context, the next closest team had 71. Balen McCarthy's 10:18 was the fastest time of the day and good enough to make him League Champion! Jake Powell was just steps behind him in 2nd place. Jackson Dale (3rd), Zizi Song (5th), Dylan Jones (6th), Dino Hajdarpasic (7th) and Ian Moch (8th) kept the party rolling for the team.

Finishing off the day were the 7th/8th Girls, who did plenty to put the race for the title out of doubt. Rizah Despres, Sierra Brondstetter and Elsa Lee had their own 2nd-3rd-4th finish. Avery Stabbert clocked in shortly thereafter at 6th to ensure a 26-point score for the girls, less than half the amount as their nearest competitors. What a way to end the meet, as the rest of the squad accounted for 11 of the top 20 finishers. What a team effort!

There is so much to be proud of this season, up and down the entire team roster. Gator runners have been training hard since Day #1 and that training paid off last Tuesday! The team wins and individual titles are impressive, but just as impressive are the PRs that every single runner achieved throughout the season. The improvement across the board is due to a lot of teamwork, encouragement and dedication from our Islander XC team. Way to go Gators!

With the end of the season, we turn to celebration! All Islander runners should plan to join the team in the IMS Commons after school on **Tuesday, October 24 (3:00-4:00pm)** for a party! There will be pizza and treats for all athletes. There will be awards. There will be recognition. There will be celebration. Runners should bring their washed JERSEYS to the party to turn in. Activity buses will be provided.

Nothing left to say but...GO GATORS!
Coach Rennie

Jason Baumgarten
Jeanne Ballot
Jed Paulson
Jeff Ahrenholz
Katherine Wise
Lezlie Maeda
Louden Agnieszka
Ly-Lan McCarthy
Lynn Tsai
Mara Huston
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SWAG STORE

ORDER NOW! Team Spirit Wear Stores Closing on Friday, October 27th

Need some warm weather clothing? Looking for 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.

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

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

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