



MIXC WEEK 9 UPDATES

COACHES UPDATES

What a fantastic finish to the regular season. MIXC dominated our last meet with boys earning a perfect score of 15, and girls 17. And what's equally (more?) impressive for the girls is that of the top 25 places, 19 of them were Islanders - considering we were competing against 5 other teams this is really incredible. Congrats to all - and special shout out to our workhorse winners, **Finn Bunker** and **Savanna Rousell** who have both had fantastic seasons!



Next week will serve as the last week for many, with their culminating meet Wednesday @ Marymoor Park. Races begin at 2:30; bus departs at 1:00. We will announce who is in which race Monday at practice, but you can glance at the schedule for a sneak peak: <https://www.athletic.net/CrossCountry/meet/225701/info>

And for those who want one more race opportunity and test their track fitness, we will host the "Demon Squad Mile" at our track Oct 25. Lastly, anyone still wanting to come to practice even after their season is complete, all are welcome. We plan to be holding practices through State on November 4.

VOLUNTEER CORNER

SUB VARSITY MEET (WED 10/18): Each participating team is required to provide 2 volunteers to support the meet in the form of course marshals. Course marshal is a fancy term for someone who stands on the course and points runners in the right direction and keeps them on the course. Time commitment is roughly 75 minutes. If you are planning on attending the meet as a spectator, please consider volunteering [Sign-Up Here](#)

MEET SNACKS (10/18 and 10/20): We are set for applesauce pouches and granola bars! Thank you Tuuli Saloranta and Rosa Teorell. We do have openings for chocolate milk. Please consider bringing. [Chocolate Milk Sign-Up Here](#)

UNIFORM COLLECTION (TUES 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](#)

Questions? Contact Youngae Sandoval, MIXC Volunteer Coordinator at Kooki900@yahoo.com

THANK YOU!

THANK YOU, VOLUNTEERS!

MIHS: Many thanks to the **Metz-Chapuis family** for hosting the last regular season pasta feed and their helpers, **Sylvia Bailey, Erin Sirriani** and **Youngae Sandoval**. Perfect fueling for Wednesday's meet where the boys ran for a perfect score and the girls were right there with them with eight runners finishing in the top ten. Behind every athlete and team are supportive adults. Thank you **Anne Gerry, Erin Schulz, Vanessa Nelson, Rosa Teorell** and **Tuuli Saloranta** for bringing chocolate milk, cups, applesauce packets and granola bars. We appreciate you!

IMS: On Tuesday, yummy snacks were provided by **Michelle Baldwin, Jeanne Ballot, Kate Knecht, Alison Cundall, Maria Lucas, Soyun**

KingCo Championships are Friday, October 20, also at Marymoor. Boys race at 3:30, girls at 4:00 and awards are at 4:30. Goals set at the beginning of the season were to defend our boys team title and grab the girls KingCo title from Lake Washington so please come and cheer them on if you are able.

Congratulations to the below athletes who have worked hard for their spot on this starting line. Every year it gets tougher to make this team! All 9 will run at KingCo and if teams advance to District and beyond, 7 run but we keep 2 as alternates. (To advance to District, our teams need to finish in the top 4).

Boys

Owen Powell
Matthew Lawrence
Bodie Thomas
Bridge Gerry
Silas Rennie
Linus Hykes
Clark Koopman
Charlie Staddon-Smith
Finn Bunker

Girls

Sophia Rodriguez
Victoria Rodriguez
Sophia Fan
Dora Cheng
Sofia Loop
Mia Kinney
Anna Ahrenholz
Sophia Sung
Ava Zhang

(And shout out to Sarah Garton who earned a spot on this team but we're holding out due to an unfortunate injury.)

That's all for now - excited to see both JV and Varsity teams run hard this week. This is what we've been training for since last June!!

Go MIXC!
Coach Empey

IMS CORNER

The Islander XC squad ran a great home meet last week vs Twin Falls MS. Wins in all four races kept the streak rolling for the season!

The 6th Grade Girls came up against a talented lead runner from TFMS, but secured the next chunk of places, and a dominant team win.

The 6th Grade Boys came through with a win of their own, followed in short order by the 7th/8th Girls and 7th/8th Boys. Despite a soggy course and rainy skies, many IMS runners set PRs, dropping up to 30-40 seconds in some cases from their earlier times on our home course.

The highlight of the day went to Balen McCarthy,

Chow, and Leslie Maeda. We couldn't have had such a smooth home race without wonderful parent volunteers staffing the finish and providing support on the course. Thank you **Anna & Jim Becker, Sharon Woo-Tzeng, Louise Farrell, Karen Weeks, Amanda Cruikshank, Kate Knecht, Alison Cundall, Mara McCune, Tiffin Goodman, and Ly-Lan McCarthy.**

IMS League Final and End of Season Celebration help is needed: [Sign-Up Here](#)

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

Brian Powell
Drew Baldwin
Jamie Hui
Louden Agnieszka
Ly-Lan McCarthy
Morgan Shook
Samuel & Yostir Youssef
Sharon Woo-Tzeng

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who set our school record on the 3km home course with a blazing fast 10:25. Owen Powell, MIHS Junior, was there to witness his record go down by 3 seconds. Big congrats to Balen!

We will wrap up our season with the Triangle League Finals meet on Tuesday, October 17 at Tolt MS in Carnation, WA. All runners are eligible to compete. Races start a bit earlier at 3:30pm with the 6th Grade Boys kicking things off.

Looking forward to capping off our season with lots of fan support at Finals on Tuesday.

Go Gators!
Coach Rennie

Microsoft

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!

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