



MIXC WEEK 5 UPDATES

COACHES UPDATES

Just wrapped up a great week with a long run along Alki. Impressive turnout, great weather, and such fun cheering on the ½ marathoners we saw along the way. Mornings like this are part of what makes XC so fun (at least for me).

Obviously the other highlight this week was MIXC running so well on the wonky Liberty (almost) 5k course. A perfect score in XC is 15 points and the girls scored 18 and the boys scored 19. So yes, we have 2 really strong teams — and our depth is top notch too. Far more MI singlets on the race course than Liberty or LW. Congrats to all runners! And special shout out to Charlie Staddon-Smith and Katie Kolpa for scoring the first Work Horse awards of the season.

As always, results can be found here:

[Race Results](#)

Pictures by the marvelous Mr. Koopman here:

[Flickr - Liberty XC Race 2023](#)



Sophia and Victoria Rodriguez girls having fun while dominating their race at Liberty!

This week's schedule will be posted on the Band app Sunday afternoon, but a few things to note:

THANK YOU!

Big thank you to the Hykes family for hosting the 9/13 Pasta Feed and their helpers, Stephanie Parmenter, Kate Bergman and Becky McKanna. It was a perfect way for runners to fuel up the night before a race while relaxing with teammates.



And thank you to everyone who has donated to MIXC:

Anne & Brett Gerry
Beth & Cameron Hykes
Candy & Dennie Capinpin
Christopher Robine
Elizabeth Lee & Pun Kin Lee
Erin Schultz & John Thomas
Erin & Charles Sirianni
Hua Zhou & Anthony Fan
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Meifang Chen
Mickey & Christian Schiller
Nicole & Jeff Ahrenholz
Patrice & James Rousell
Rachel & Kyle Garton
Rebecca & David McKanna
Sarah Smith & Aaron Koopman
Susan Biggins & Thomas Henderson
Sylvia & William Bailey
Vanessa & Brandon Nelson

1. We'll race LW, Interlake and Hazen on Wednesday at Marymoor Park. Fortunately we will have 2 school buses so kids won't need to transport themselves. Boys will start at 4:00 with girls likely starting about 4:40. Buses will leave MI at 2:45 so Whammos will be needed for 2:35. It is a less wonky course than Liberty so should allow for a good, strong effort. Come cheer them on!
2. 29 MIXC runners will head to Tillamook on Friday to race "The Mook" invitational. This will be an excellent opportunity to test how we stack up next to some big teams in Washington and Oregon.
3. The next invitational, Hole in the Wall, will be open to ALL MIXC runners and is known to be a fast course. Please save Oct. 7.

Our first and only home meet is at Luther Burbank Park on Wednesday, September 27th. It's also Senior Night! MI has the reputation for running a great meet thanks to our 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 prior to the event. Ideally, we get most help from freshman, sophomore, and junior parents, so that senior parents can focus on the watching their athletes race their last time on our home course. [Sign up here!](#)

We couldn't be off to a better start. Thanks for supporting your athletes and encouraging them to sleep, eat enough to fuel their growing bodies, and take whatever steps necessary to avoid Covid or any of the other crud circulating through school. Our momentum is top-notch.

Lastly, I will be reaching out to athletes who are not on pace to meet the PE credit threshold or the minimum threshold to even remain on the team. While this past Friday was not a mandatory practice due to Rosh Hashana, please remind your kids that religious holidays aside, Fridays are mandatory practice days and they should come prepared with running shoes, athletic apparel and ideally a watch. We see a fair number of kids show up in shoes not meant for running and khaki pants definitely not meant for running. Yes, it's true. Thanks for your support.

Coach Empey

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.

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Take care of your MIXC donation by clicking the button above and logging onto [Donate | Mixctf](#) to pay with PayPal Giving or Zelle! Thanks for your financial support of our MIXC family!

VOLUNTEER CORNER

PASTA FEEDS: Thank you to everyone who has opened their homes to our athletes. All Pasta Feed Host opportunities are filled, but we are still in need of helpers to bring hot sides on September 26th and October 10th. Sign up to bring meatballs and/or Beechers mac n'cheese. [Hot Side Sign-up Here](#)

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



SAVE THE DATE

SENIOR NIGHT coincides with our home meet on September 27th. 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.

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!

To order and coordinate payment and delivery options, please click below!

[Order Signs Here](#)



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

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

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