



MIXC SEASON: WEEK 6 UPDATES

COACHES UPDATES

Much appreciated down week for MIXC.

Solid week of training and no mid-week meets was appreciated. Even though official practices were canceled on Wednesday because of smoky skies, we made up for the missed day by running a few extra miles Thursday to go cheer on the awesome Gators!

25 MIXC runners traveled to Portland for the Nike XC Invitational and it was fantastic. 18 solid PRs, great experience gained by traveling, competing on a large stage and racing in crowded fields. And once again, huge congratulations are in order for the boys varsity team finishing 2nd in the Division 1 race, Matthew Lawrence, for breaking Owen Powell's freshman 5k record and for Owen Powell, winning the Division 1 race and breaking the school record set in 2010 with the blazing fast time of 15:33. And the beauty of being coached by an English teacher, many came home with new books after a mad dash through Powell's Book Store the night before the race. Last but not least, huge thanks to the parents who made the trek south, providing cheer support and snacks!

Next week is another good one. Thanks to the boosters, on Tuesday we are listening to Heidi Strickler, a registered sports dietician, talk to us about the importance of fueling really well. I guarantee everyone will come away with some new knowledge and recognize the importance of eating ENOUGH to fuel themselves for training, competition and growth.

Wednesday we compete against Interlake @ Marymoor. Girls @ 4:00, boys @ 4:30ish. We will have one bus so will encourage those who can drive to do so. This bus driver shortage stinks.

Saturday is the favorite invitational of the year, Twilight. EVERYONE is welcome and encouraged to race because the competition is good and the meet is fun. Captains will discuss the "fun run" portion that puts the exclamation point on the meet. It is critical that if your runner signs up to come (which we'll do Monday at practice) that they do come - short of illness standing in the way. We have a bus which leaves at 12:30 from MIHS and will return ~9:00 that night. Long but fun day. You don't want to miss it!

Go MIXC!

Coach Empey

VOLUNTEER CORNER

MIXC Families,

MIHS: Thanks Jenelle Evanoff and Manuela Sousa manning our signs and keeping them current! Thank you to Aaron Koopman for all the photos he has taken at both MIHS and IMS meets and uploaded them to Flickr. Can you spot your athlete? Check the link [here](#).

IMS: Thanks to our Gator families for putting on a super fun and successful meet this week! Thanks to Amy Fortune, Anna Becker, Amy Fortune, Aaron Koopman, Brian Shiers, Dawn Dunn, Deb Larsen, Emily Arnsdorf, Iris Zhou, Jennifer Riley, Julie Newcomer, Karen Weeks, Kate Knecht, Kiny Chea, Krista Nowakowski, Laurie Gerson, Lily Huang, Lingyan Chen, Ly-Lan McCarthy, Nikki Ahrenholz, Pippa Zainoeddin, Pooja Sachan, Shannon Cullins, Sharon Woo-Tzeng, Sylvia Bailey, Tyler Bates and Yvonne Monahan. Manning the course, cheering on our runners and bringing snacks to refuel our speedy IMS athletes was a large job with a team of 120 kids, not to mention you were excellent hosts to our visitors! Kudos IMS families!

IMS & MIHS 2nd Annual MIXCTF Potluck: Thanks to all who joined us at the 2nd Annual MIXCTF Potluck. We met our goal of bringing together both the IMS and MIHS XCTF communities, celebrating, mingling and supporting our young athletes. Our program wouldn't have the same impact without you. Thanks for coming and being a part of a great day filled with camaradie, good food and fun! You are appreciated!

MIHS: September 28th and October 1st meets needs snacks.

[MIHS Sign Up](#)

THANK YOU!

MIXC volunteers are rocking it!!

Many thanks to the Monahan family for hosting last week's pasta feed and helpers: Vanessa Nelson, Mickey Schiller and Susie Sung for



IMS CORNER

We had a wonderful start to our season! The middle school runners kicked things off last week with a bang. It was a great day with wonderful weather, and even better results. All that to say...we won! All four of our squads had dominant team wins over our competition. What a fantastic job by our runners. We will celebrate as a team with special recognition at practice on Monday. It will also be fun to compare times in a couple of weeks. Each athlete will be able to gauge their growth at that point.

Thanks so much for all the support of our runners. And thanks so much to the wonderful volunteers who helped with snacks, course monitoring, and race results. We could not have done it without you! Please take note of future opportunities to [sign up to help](#) out at upcoming meets.

Also, the fabulous Aaron Koopman was at our meet last week and he took literally hundreds of amazing photos of our runners. Thank you, Aaron! Check out those pictures [right here](#).

Here's a few quick reminders as we head into our next week of competition.

1. All runners (except for a small handful who joined late) are now eligible to race. If your runner does not have a uniform yet, please have them see me at practice on Monday or Tuesday.
2. Our next competition is Thursday (Sept 29) at Tolt MS in Carnation, WA. We will leave school early (2:20pm), load up on buses, and make the trek to the hinterlands for an afternoon of racing. District transportation is provided for the return trip as well, or athletes may ride home with parents. Just let one of the coaches know if you are transporting athletes back to the Island. Here is the order of races for Thursday:

- >> 6th Girls @ 4:00pm
- >> 6th Boys @ 4:25pm
- >> 7th/8th Girls @ 4:50pm
- >> 7th/8th Boys @ 5:15pm

3. Injuries, soreness, stresses and strains are starting to build up. Please encourage your runner to get good sleep every night. Stretching in the evening and icing sore muscles will help to keep

providing mac n'cheese and meatballs. Snacks for the Bellevue, Lake Washington and MI meet were provided by Tuuli Saloranta and Vanessa Nelson.

Our first home meet at Luther Burbank was a huge success! Huge thanks to everyone who volunteered, including: Karen Weeks, Mike Grady, Yvonne Monahan, Tuuli & Tatu Saloranta, Carla & John Monahan, Mickey Schiller, Anna & Jim Becker, McJannet, and Aaron Koopman.

Go **MIXC**!

And thank you to everyone who has donated to **MIXCTF**:

Dawna Baltins
 Anna & Jim Becker
 Mana Chun
 Gwenael Dumont
 Melissa Edling
 Jenelle Evanoff
 Anthony Fan
 Tyson Harper
 Kathryn Himstreet
 Andrea & Douglas Holtan
 Heather Kips-Joseph
 Danica & Jeremy Knievel
 Aaron Koopman & Sarah Smith
 Leslie & Brett Lawrence
 Richard Marcou
 Susan Mathis
 Karen May & Daniel Weeks
 Laura Metz
 Vanessa Nelson
 Maurica Powell
 Patrice Rousell
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 Stephanie & Chad Parmenter
 Carla & John Monahan
 Tuuli Saloranta
 Sarah Hall
 Victoria Huang

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Take care of your **MIXC** donation by logging onto our [website](#) to pay with PayPal Giving or Zelle! Thanks for your financial support of our **MIXC** family!

STAY IN TOUCH

Timely Updates and the Best Way to Reach Coach Empey:

The MIXC team page on the Band App has the

our athletes healthy and ready to compete.

Go Gators!

Coach Rennie

A big "Thank you" to our IMS families who have donated:

Katie Bunker
Lingyan Chen
Julie & Ken Duffié
Melissa Edling
Ly-Lan McCarthy
Krista and Jason Nowakowski
Kristian O'Brien
Jed Paulson
Dana Rozman
Morgan Shook
Karen & Dan Weeks
Nancy Weil
Sharon Woo-Tzeng
Anonymous

most timely updates. This is our primary communication channel and the best way to reach Coach Empey. She uses the chat function regularly. Athletes NEED to be on it, and parents, if you want to stay dialed into the details, you should be on it too. If you or your athlete is not on the app, please download the Band app and join the MIXC group.

Visit our website at: www.mixctf.com

GET INVOLVED

The MIXCTF Booster Club supports our coaches and facilitates the creation of a fun, inclusive environment where each athlete can meet their personal and team goals. Each year our senior athletes and their families graduate from high school and leave our community. If being part of our ongoing success interests you please reach out to [Sarah Smith](#) to learn more.



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