



MIXC SEASON: WEEK 2 UPDATES

COACHES UPDATES

What a week!

I couldn't have scripted a better first week. With the exception of a smoky Monday morning, all else went as planned. We have almost 80 runners on the roster, and although several are still in vacation mode, those who were present ran up and down Tiger Mountain, flew through the time trial, and enjoyed some 15% off shopping at Super Jock N Jill.



It's impossible for me not to highlight the benefit of summer training as essentially all who trained pretty consistently these past 8+ weeks ran significant PRs. Looking back as far as the printed archives take me, the time trial course records were crushed on both the boys and the girls sides. Owen ran an 8:27 demolishing his previous course record set last year and a mere 20 sec behind him, Bodie Thomas - new to MI - also broke Owen's previous record by :12.

Speaking of new to MI... a huge welcome to Sophia and Victoria Rodriguez who just moved from Pennsylvania last week and wasted no time making a name for themselves not just on MIXC, but also in KingCo and the state. They ran the fastest girls times we've ever seen by running 9:42 and 9:56 and made it look easy. Trust me - it's not.

It's going to be a fun, fast season for EVERYONE and I'm so happy it's finally underway.

Fortunately this week our schedule normalizes a bit with the onset of school. This will all be posted on the Band app, so be sure your athlete has it downloaded - and parents too if you want to know all the nitty-gritty details each week. [Link here.](#)

Monday: 9 - 11 @ Luther Burbank AND 3:15 @ MIHS for athlete's mandatory meeting AND 6:00 for parent's

THANK YOU!

Thank you from the MIXC Family to everyone who volunteered for the first week of practice! Erin Schultz, Mickey Schiller and Youngae Sandoval made sure that our athletes had chocolate milk and cups, aiding a quick recovery after the Tiger Mountain run and Time Trial! The Time Trial was facilitated by our volunteers: Erin Schultz, John Thomas, Gabriel Rodriguez, Youngae Sandoval and Sarah Smith. Huge shout out also to coach Maddie O' Meara's mom and brother for providing arrows in Pioneer Park so runners did not get lost on Thursday AND her best attempts at encouraging dog walkers to keep dogs on leashes during our time trial by posting colorful signs everywhere. They worked for all but one dog walker...Argh.

Many thanks to Autumn & Tim French and Patrice & James Rousell for maintaining the MIXCTF signs which serve to communicate upcoming meets. We couldn't make the program have the impact it does without you.

You are all appreciated!

VOLUNTEER CORNER

Uniform Distribution: 2 more volunteers are needed on Friday, September 1st at 3:00pm to hand out uniforms. If you have a flexible schedule please consider donating 90 minutes to the team [Uniform Distribution Sign-Up](#)

Pasta Feeds: A highlight for athletes, pasta feeds are held the night before meets to fuel up for the next day's race and rally team spirit. Dinners are potluck style and attending athletes contribute bread, salads, beverages and dessert. Pasta feeds run from 6-7:30pm. Several dates are available. If you're not ready to commit to hosting, please volunteer to bring a side and witness the tradition. Super fun

strongly encouraged team meeting.
Tuesday: 9 - 11 @ ICP (Island Crest Park)
Wednesday: 3:15 - 5:15 @ MIHS JV field
Thursday: 3:15 - 5:30 @ MIHS JV field - Mandatory
Registered Dietician presentation (4:30-5:30)
Friday: 3:15 - 4:45 @ MIHS. Uniforms will be
distributed so do not miss this practice.
Saturday: 8:00am departure for Ft. Worden for retreat
attendees
Sunday: 4:00 return from Ft. Worden
Monday (Labor Day): No practice

Retreat: A \$170 will be added to your student's online
account this week. Please be sure to pay by Friday at
the latest.

The best way to reach me is either email
(susan.empey@mercerislandschools.org) or the chat
function in the Band app. We're off to a great start
and your athletes are awesome!!

Go MIXC!

Coach Empey

IMS CORNER

We are so excited to start practices this week on
Wednesday, August 30th! If you haven't registered
already, click [here](#) to complete your paperwork. There
will be five meets this year, including two home meets.
One vs. Tolt MS on Sept 26th and the second vs. Twin
Falls MS on Oct 10th. To see the full IMS meet
schedule, click [here](#). **Go Gators!**

Coach Rennie

SWAG STORE

In need of spirit wear that promotes your favorite
sport? Can't get the stain and stank out of last year's
shirt? You are in luck. We have 2 Pop Up Gear stores
with this year's Captain's 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://Mercer Island High School Cross Country (gearupsports.net))

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

opportunity! [Pasta Feed Sign-Up](#)

Snacks and Meet Volunteer Sign Up: Please
sign up for our post-race snacks, drinks and
race day volunteer positions. Our runners
give it their all and need healthy snacks and
fluids to aid in their recovery and cheer on
their teammates. We are also looking for
volunteers to help out with one home meet.
We look forward to cheering with you out
on the race course soon. [Post Race Snacks
and Meet Sign-Up](#)

SPECIAL EVENTS

ANNUAL XC RETREAT Sept 2nd -3rd:
Experience a full day of training, goal
setting, team bonding and games at Fort
Worden. For those attending: a \$170 fee
should have been added to your student's
online account this week. Please be sure to
pay by Friday at the latest. [Pay for Retreat](#)

THIRD ANNUAL BBQ SOCIAL Sept 10th:
The goal of this event is to bring together
the entire Island XC community (parents and
IMS/MIHS athletes) for a chance to meet,
mingle and support our young athletes.
There will be an opportunity to hear more
about the programs from head coaches,
Susan Empey and Stephen Rennie. The
event will be held at the Mercer Shore Club,
starting at 5pm. Boosters provide hotdogs,
condiments and water. You bring
yourselves, bathing suits and sides. [MIXC
Kick-Off BBQ Social Sign-Up](#)



MIXC and Track Club | PO Box 1531, Mercer Island, WA 98040

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