



MIXC SEASON: WEEK 7 UPDATES



COACHES UPDATES

Over halfway through the season!

MIXC continues to roll!

Thanks to your donations to the Booster Club, we heard from Registered Sports Dietician, Heidi Strickler. Ms. Strickler discussed the importance of consuming enough food and beverages to meet the energy/ hydration needs of each and every one of us. She highlighted the fact we ask so much of our bodies when we train hard, but furthermore these are prime years of growth that need to be supported even if we weren't logging as many miles as we are. Her presentation will be available on the **MIXCTF** website shortly. I highly recommend you look at it too.

While many on our team treated the Interlake meet Wednesday as a tempo effort, both girls and boys teams still won making **MIXC** undefeated thus far in regular season meets. And for those who raced it, many PRs were notched. It was a lowkey, fun, and productive meet. As always, results available at Athletic.net.

Terrific Twilight! Once again this meet did not disappoint. MIXC brought ~50 runners to the Cedarpark Golf Course to race, cheer, socialize and costume up! Even Coach Goldhammer and our fantastic photographer, Aaron Koopman, jumped in on the action and experienced first hand the JOY of running a really hard 5k. Many PRs and Season Bests were notched and the boys took home 4th place amongst the 3A/ 4A schools. All in all a great night. Huge thanks to the boosters for helping light everyone up for the Fun Run and funding the hot dogs – and to Coach

IMS CORNER

The Islander MS team traveled with a group of 120 runners last week to take on Tolt MS in Carnation for a 3km race, and we came away with four more dominant team wins. The 6th Grade Girls kicked things off with a bang, taking the top 17 slots in their race. Sierra Brondstetter, Elsa Lee and Ava Arnsdorf led the way, all in sub-14:00 times. Madison Conca and Stella Lanz took the 4th and 5th spots. Next up were the 6th Grade Boys, who also came away with a perfect score against their rivals. Jake Powell nearly went under 12:00, with Ian Moch, Asher Weeks, Nick Keefe and Ernie Fan not far behind.

The 7th/8th Girls had one Tolt runner sneak into their top 5, but Emma Nowakowski was not to be denied for the individual win. Ella Zhang, Tatum Enge, Beatrice Zurawski and Elli O'Connell rounded out the scoring places. Finally, the 7th/8th Boys took center stage. Once again, we threw down a perfect score of 15 points. Bridge Gerry and Balen McCarthy put on a show, going stride-for-stride to the finish line, with Bridge edging out Balen by 0.3. Zizi Song, Dylan Jones and Karson Lee were a dominant second pack, all finishing about 30 seconds later. All in all, a fantastic set of wins on the road!

We are back to practice this week and preparing for a home meet at the middle school versus Snoqualmie MS on Thursday, October 6. The first race of the day will be the 6th Grade Boys at

Rennie for grilling them all up! You parents/volunteers/fans are the best.

Look for pictures from last night on Flickr and results on [Athletic.net](#). (It's also worth visiting [Athletic.net](#) to see our remaining meet schedule. We have a couple big ones left (Senior Night!) and a few dates/times have been modified.)

I am thrilled to announce we have a new part time assistant coach, Alli Cash. Alli was/is a standout high school (from Kansas), college (U of Oregon) and now professional (Asics) runner and we are lucky to nab her. Too many accolades to list here but a couple worth mentioning are her 4:39 mile as a high schooler, and her 15:18 5k time now. Both boys and girls can learn a ton from her and we appreciate the Powells for the intro!

Speaking of Powells, Owen Powell was awarded the WIAA Athlete of the Week for his blazing fast 15:33 at last week's Nike Invite. Much more in store for him and the rest of the team as we get a teeny bit closer to the post season. Congratulations Owen.

If you've not yet had the opportunity to donate to the boosters, please do so. Our program has become as strong as it is, in large part thanks to the generosity of our families. It enables us to purchase spirit gear (Tiger Mtn shirts!), have experts come see us (Heidi Strickler, Physical Therapists), defray transportation costs the district doesn't pick up, provide dinner at our end of season banquet, support coaches clinics, buy fun stuff for races like Twilight and so much more. I guarantee you your athlete benefits in some way, shape or form from booster funding. And as a coach, not only do I appreciate having a fantastic looking tent at our meets, I really appreciate not having to spend precious time creating fund raisers. So much easier and efficient with direct donations. Thank you to those who have already donated, and a giant plea to make a donation to those who have yet to do so.

Week At A Glance:
Monday 3:15 - 5:15 @ MIHS

Tuesday 3:15 - 5:15. We'll run to Luther for a workout. Weight room 5:15 - 5:45 for varsity.

Wednesday - optional morning practice 7:00 - 7:30 @ ICP, and standard practice at 3:15 - 5:15

Thursday - 3:15 - 5:15

Friday - HoCo. Practice canceled. You're welcome and have fun! (And make good choices)

Saturday - 9:00 - 10:30 @ Newcastle Beach Park. Optional but STRONGLY encouraged long run.

Go **MIXC!**

Coach Empey

THANK YOU!

MIHS: Many thanks to the Dumont family for hosting last week's pasta feed and helpers: Leslie Lawrence, Yvonne Monahan and Karen Weeks.

4:00pm, then 6th Girls, 7th/8th Boys, and finally the 7th/8th Girls at about 5:20pm. Please consider joining us to cheer on your runner and their teammates. We also still need a few more helpers to monitor the course and help out at the snack table. You can [sign up right here](#).

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

Katherine Wise

Vanessa Nelson

Dawna Baltins

Stephen Simmons

Carin Parcel

John Herendeen

Deborah Brondstetter

The IMS coaching staff also were very excited to wear their new IMS Coaches gear- thanks to Booster Club donations- our 2 new coaches were looking sharp and presented a united front as IMS dominated all 4 races.



VOLUNTEER CORNER

MIXC Families,

Our next home meet is at Luther Burbank Park on October 12th. It coincides with [Senior Night](#). Senior recognition begins at 3:45pm. All athletes and families are welcome to stay for a pizza feed at 5:45pm. The pizza feed is paid for with your donations to the Booster Club.

These evening events are a favorite tradition among athletes and a great opportunity for athletes to bond and parent volunteers to meet.

Twilight: A big shout-out to the volunteers who kept our athletes happy during the Twilight Invitational, including: Susan Daughton, Andrea Holtan, Kathryn Himstreet, Anna Becker, Youngae Sandoval, Mickey Schiller and Karen Weeks. And a big thank you to our grillmasters, Stephen Rennie and Jim Becker. They kept the hotdogs coming as the kids waited for the big open race. Hot dogs, chips and glow in the dark accessories were paid for using the funds you donated to the booster club. Thank you!

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
Youngae Sandoval
Michelle Schiller
Erin Sirianni
David Tan
Katherine Wise
Christian Woerner
Anonymous
Stephanie & Chad Parmenter
Carla & John Monahan
Tuuli Saloranta
Sarah Hall
Victoria Huang
Patrice Rousell
Susan Biggins & Tom Henderson
Izumi & Eric Halvorson
Zeinhab Agha

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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!

MIHS: There are a few volunteer opportunities and snack sign ups open. [MIHS Sign Up](#)

IMS: Thank you to our IMS families that supported our runners at their first away meet this week at Tolt. The encouragement was wonderful to hear and the athletes appreciated the snacks that were contributed by Amy Fortune, Yvonne Monahan, Pooja Sachan, Kate Knecht, Lily Huang, Shannon Cullins, Becvky McKanna, and Laura Herendeen. Please take note of future opportunities to [sign up to help](#) out at upcoming meets.

STAY IN TOUCH

Timely Updates and the Best Way to Reach Coach Empey:

The MIXC team page on the Band App has the 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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