

# Week 3 Newsletter- Aug. 23rd to Sept. 1st, 2008

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**Saturday, August 23rd-** Practice at **9:00 am**. Meet at **Central Middle School Baseball Field**. -Long Run.

**Sunday, August 24th-** on your own

**Monday, August 25th-** Practice at **7:00 am** (Seniors & Juniors & Varsity) 3 easy miles  
**4:00 pm** (everybody) Long Taper, strides

**Tuesday, August 26th-** **7:00 am** (Seniors & Juniors & Varsity) 3 easy miles  
**11:45 am - UNIFORM PICK-UP FOR HIGH SCHOOLERS THAT MISSED IT LAST WEEK**  
**11:45 am-** Mr. O'Neill passes out uniforms for Middle Schoolers that missed it last week.  
**Noon:** Team & Individual Pictures. **Meet by High School tennis courts in meet uniform**  
**1:15 pm - Buses leave for St Cloud Apollo Early Bird Invitational.**  
All race times are APPROXIMATE! Some years they get behind schedule, but not always.  
**4:20 pm- Boys Junior High Race (7th, 8th, 9th) - 1.5 miles**  
**5:00 pm - Boys JV Race - 5000 meters**  
**5:45 pm- Boys Varsity Race- 5000 meters**  
**6:15 pm - Awards Ceremony**  
**about 8:00 pm we get back to Wayzata High School.**

**Wednesday, Aug. 27th-** **7:00 am** (High School Runners only) **PANCAKE BREAKFAST AT KRAIG LUNGSTROM'S HOUSE** (540 Pineview Ln.) run 3 easy (and slow) miles  
**4:00 pm** (Required) – Ultimate Frisbee meet at **Central Middle School Track**.

**Thursday, Aug. 28th-** **7:00 am** (Seniors & Juniors & Varsity) 3 easy miles  
**1:00 pm-** Varsity runners that want to go watch the Matterhorn Invite will run a tempo run and then ride out to Brooklyn Park to watch the Matterhorn Invite.  
**4:00 pm-** All runners not going to watch the Matterhorn will meet at High School for Medium Run.

**Friday, Aug. 29th-** **7:00 am** (Seniors & Juniors & Varsity) 3 easy miles  
**1:00 pm** - (Required). Medium Run.

**Saturday, Aug/ 30th-** All JV & Middle School run Steady State .on your own.  
**Wayzata at Marshfield Columbus**  
**9:30 am - JV Marshfield Columbus Race - 5000 meters**  
**10:30 am - Varsity Marshfield Columbus Race - 5000 meters**  
**Varsity 20 will get back to Wayzata at about 4:30 pm.**

**Sunday, Aug. 31st-** on own

**Monday, September 1 (Labor Day)-** Long Run

**Tuesday, September 2nd-** (First Day of School) - **High Schoolers- 6:15 am (optional),**  
**2:45 PM Required.** Recovery run / Taper.  
**Middle School Runners-** after school catch shuttle to Central Middle School for practice.

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**TEAM PICTURES WILL BE TAKEN AT NOON ON TUESDAY!!!!!!** (individual & team pictures Order Forms & checks should be with you on Tuesday). (Order forms are available in locker room or can be picked up at the Parent Meeting on Monday night.

**EQUIPMENT-** If you have not checked out your equipment, please pick it up at **11:45 am** on Tuesday.

**SLEEP-** Next week we need to be able to sleep from 9:00 p.m. until 5:45 a.m.. This is the week that we must go thru the hassle of getting used to falling asleep at this ridiculously early hour.

**NUTRITION-** Eat balanced meals- including fruits & vegetables. Drink lots of water and milk. Avoid greasy & fatty foods.

**BREAKFAST FOOD-** High School runners need to begin bringing cereal items, spoons, bowls, & cups, milk, juice, etc. Otherwise we will be very hungry on Thursday - our first Breakfast run.

**MAPS FOR PARENTS-** are available online at [www.wayzata-xc.org](http://www.wayzata-xc.org) or in the High School Athletic Office.

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**Runners run,  
Winners work and dream,**

**Losers look for excuses or shortcuts,**

**Wayzata runners are winners.**

If you want to look for excuses or shortcuts, turn in your equipment and get your \$100 back..

**If you want to run, work, and dream;  
you belong in Wayzata Cross Country.**

If you want to be a runner, be prepared for the **time of your life** because we are going to

**ROCK AND ROLL!**