

# Week 3 Newsletter- Aug. 29 to Sept. 6, 2011

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**Mon, Aug 29-** Practice at **7:00 am** (Seniors & Juniors & Varsity) 3 easy miles

**4:00 pm** (everybody) Long Taper, strides

**5:00 pm-** Carbo dinner in high school cafeteria – seniors bring 32 oz. of sauce, juniors bring 2 bags of salad & dressing, sophomores bring one large loaf of French bread, freshman bring one gallon of milk or Gatorade, middle schoolers bring dessert.

**Tues, Aug 30-** **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**

**12:30 –** Those who run the 4:20 race should have had lunch before coming to school or may eat a very light meal. Those racing at 5:00 & 5:45 should eat a light lunch while waiting for the bus.

**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.

**Remember to bring Gatorade & powerbars (or equivalent) to eat after your race.**

**Junior High & JV racers can bring a bag lunch to eat after.**

**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 8:30 pm we get back to Wayzata High School.**

**Wed, Aug 31-** **7:00 am** (High School Runners only) **PANCAKE BREAKFAST AT KRAIG LUNGSTROM'S HOUSE** (540 Pineview Ln.- Plymouth) run 3 easy (and slow) miles

**4:00 pm** (Required) – Ultimate Frisbee meet at **Central Middle School.**

**Thur, Sept 1-** **7:00 am** (Seniors & Juniors & Varsity) 3 easy miles

**1:00 pm-** Varsity runners will run a tempo run and then those that want will ride out to Brooklyn Park to watch the Matterhorn Invite.

**4:00 pm-** JV & Middle School will meet at High School for Medium Run.

**Fri, Sept 2-** **7:00 am** (Seniors & Juniors & Varsity) 3 easy miles

**1:00 pm -** (Required). Medium Run. Marshfield Crew leaves for Wisconsin at 1:00 dressed to run.

**Sat, Sept 3-** All JV & Middle School run Steady State .on your own.

**Wayzata at Marshfield Columbus**

**9:00 am – Middle School Race – 2 miles** (only 1 or 2 Wayzatans will race)

**9:30 am - JV Marshfield Columbus Race - 5000 meters** (about 10 will race)

**10:30 am - Varsity Marshfield Columbus Race - 5000 meters** (8 of us will race)

**4:30 pm - will get back to Wayzata at about 4:30 pm.**

**Sun, Sept 4-** on own- 4 miles

**Mon, Sept 5 (Labor Day)-** Long Run on own (get together with some teammates if possible)

**Tue, Sept 6-** (First Day of School) - **High Schoolers- 6:15 am (optional),**

**2:40 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 practice from Bill Miles or Coach Bartels.)

**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/transition 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 \$105 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!**