

Week 3 Newsletter- Aug. 30 to Sept. 7, 2010

Mon, Aug 30- Practice at **7:00 am** (Seniors & Juniors & Varsity) 3 easy miles

4:00 pm (everybody) Long Taper, strides

5:30 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 31- **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.

1:00 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 8:00 pm we get back to Wayzata High School.

Wed, Sept 1- **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 2- **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 3- **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 4- 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 5- on own- 4 miles

Mon, Sept 6 (Labor Day)- Long Run on own (get together with some teammates if possible)

Tue, Sept 7- (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.

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 or in the High School Athletic Office.

APPAREL ORDER FORMS are due by Friday, Sept. 11th. They are available at practice and should be available on line at www.wayzata-xc.org by 8/30.

**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!