

Wayzata XC Week 6 Schedule – 9/15 to 9/21 (revised 9/13)

Mon., Sept. 15- 6:15 AM- High School Optional- shake out run & breakfast
2:45 PM- High School Required- 1200s (varsity on Luce Line), JV- 600s at Plymouth Creek
Middle School- Practice at Central- Long Run – Late Day

Tue., Sept. 16- - 6:15 AM- High School Optional- shake out run & breakfast
2:45 PM- High School Required- medium OD & strides
Middle School- Practice at Central

Wed., Sept. 17- 6:15 AM- High School Optional- shake out run & breakfast
2:45 PM- High School Required- Long Run & strides
Middle School- Practice at Central

Thur., Sept. 18- 6:15 AM- High School Optional- shake out run & breakfast
2:45 PM- High School Required- Overdistance & strides
Middle School- Edina Invitational at Pamela Park 4:00 PM (3k)

Fri., Sept. 19- 6:15 AM- High School Optional- shake out run & breakfast
12:00 noon- Iowa Seven excused to travel to Indianola
2:45 PM- High School Required- Taper
Middle School Practice at Central

Sat., Sept. 20- **10:10 AM**- Leave for St. Olaf
1:00 PM – Iowa 7 race at 1:00 at Pickard Park (Girls race at 11:30)
Directions: From Minnesota (I-35 South) Take I-35 to Des Moines. Exit to I-80 East (to Davenport).
Exit South to Indianola Hwy 65/69. Continue around Des Moines. Hwy 65/69 will exit south to
Indianola. Continue to Hwy 92 and go East. Pickard Park will be located on the right about one half
mile past the Middle school.
1:00 PM- Varsity 10 race at St. Olaf. (The course is on the western edge of the St. Olaf campus)
3:00 PM- JV race at St. Olaf
5:00 PM- St. Olaf racers return
7:30 PM- Iowa racers return

Sun., Sept. 21- on your own

Congratulations to the **19** middle schoolers who ran ten miles on Thursday, September 11th.

The next team carbo is on Friday, October 3rd. It will be the Great Cake Bake-Off versus the girls!

We need six volunteers for Saturday, Sept. 27th to videotape at the Griak Invite. Sign up with Coach Miles.

We need athletes to be bringing orange juice, milk, and cereal for breakfast.

Mr. O'Neill's email address has been changed to: Steve. O'Neill@Wayzata.k12.mn.us

Meet Site change for Middle Schoolers: September 23rd will be at Minnetonka West rather than at Minnetonka East.

Visit our website: www.wayzata-xc.org for news and photos.

Congratulations to Peter Bache-Wiig and Weston Hallenberg two of the five homecoming royalty this fall.

We have a number of alumni who will be competing at the St. Olaf College Invitational on Saturday morning. The men race at 10:00 AM and the women race at 11:00 AM. Last year we had about a dozen guys running in the Men's Race for assorted colleges. Cheer them on!

Mileage T-Shirts- anybody who did not get their summer mileage goal t-shirts, should send bill.miles@wayzata.k12.mn.us an e-mail to have it sent to their school.