

WARRIOR XC NEWS

XC News #2

“Success is a habit, not a single event”

Weber State Invitational at El Monte

The Weber State Invite is the first big invitational we have been to this season. It was a good day on a good course.

The day started with our girls' rookie race where we took a strong 2nd place among a lot of quality teams. **Tess Thoman** and **Gracie Davis** led the way for our girls taking 6th and 7th overall. Close behind were **McCady Creager** (11th), **Courtney Giebel** (14th), **McKenly Day** (15th), **Lauren Mangum** (16th), **Alexis Tippets** (23rd), and **Gwen Dahlin** (25th). All of the eight girls above finished in the top 25 overall. Way to go. Our boys Rookies were led by **Kaden Dunn** and **Sam Hedges** who both ran smart races and were able to make a lot of passes on the second loop of the course. Next were **Jacob Stowers** and **Luke Stowers** in the in their XC debut with **Jared Nielson** close behind. Our Rookies ended up 4th overall in a competitive field.

Avalon Marker and **Lizzie Judd** both had strong races in the girls JV race finishing 9th and 10 overall. In that race we also had **Shleby Murray** and **Madilyn Butler** who both beat their last week's times by over three minutes.

For the Boys JV, **Garrett Minert** was our top finisher with the fourth fastest Weber High time of the day. He was followed by **Lucas Simmons**, **Braxton Gray**, **Jason Cisney**, and **Carson Hurd** rounding out the top five.

In the girls Varsity race, **Sammi Lee** finished 4th competing against some of the top athletes in the state with a fast time of 18:11. **Aniya Bobo** was close behind finishing in 17th.

Hannah Pope, **Agostina Guaglianone**, and **Jenna Lund** finished off our varsity scoring. A few of our girls have already beat their pr's from last year. They are: **Sammi Lee**, **Jenna Lund**, **Liz Dove**, and **Lizzie Judd**.

Isaac Simmons was our first varsity boy to cross the line followed closely by **Everett Scott**. **Mason Froerer** was just a few seconds off of his mile pr at the first mile mark and still managed to hang on to a strong finish.

The boys who have already beat their pr from last year are: **Spencer Bailey**, **Gabe Huntsman**, **Alex Rich**, **Dallin Christensen**, **Everett Scott**, **Isaac Simmons**, **Blake Whitlock**, **Tyler Garner**, **Jason Cisney**, **Carson Hurd**, **Brenden Shupe**, **Aniken Nielson**, **Logan Kotter**, **Lucas Simmons**, and **Mason Froerer**.

Homecoming Torch Run

This Thursday we will be running the anxiously awaited torch run. We will run a torch from Northridge High to Weber High and arrive in time for the Pep Rally on the football field that evening where we will run the torch into the stadium and light a massive bonfire. The torch run is a fun event that we re-introduced a few years ago. We will be running along Highway 89 with a police escort, then we will get onto Harrison Blvd in South Ogden and continue onto Mountain road in North Ogden and back to Weber High where we will crazily run into the stadium in front of a wild student body. Then we will light the huge fire that has a tendency to singe eyebrows and chest hair.

A few things to know about the torch run:
-ATHLETES MAY NOT WEAR THEIR TEAM UNIFORM.

- Each athlete will run 4-6 miles throughout the run.

-For those not able to participate, we will have practice at 3:00 as usual.

Torch Run Time Schedule

3:00pm	Bus leaves Weber
3:30pm	Begin the run
7:00pm or so	Eat Pizza at Lomond View Park
8:00pm	Standby (ready and waiting to run in)
8:05pm or so	Run the torch into the stadium

Run-A-Thon (24 Hour Run)

In a few days we have our run-a-thon fundraiser. This will be held on September 14th and 15th. Athletes have received pledge sheets that they will use to collect pledges for how many miles we run. Our goal is to run 200 miles in 24 hours. So if someone pledges you 10 cents per mile then it would be \$20

when we meet our goal. The goal is to have each athlete raise \$60. If an athlete raises over \$60, then the extra can go towards their attendance to the Footlocker Western Regionals in December.

Our run-a-thon is a really fun event for the whole team. We run in shifts so everyone doesn't have to stay up all night. Athletes can choose their own shifts. Here they are:

Group 1

2:00pm-6:00pm (Friday)

2:00am-6:00am (Saturday)

Group 2

6:00pm-10:00pm (Friday)

6:00am-10:00am (Saturday)

Group 3

10:00pm (Friday)-2:00am (Saturday)

10:00am-2:00pm (Saturday)

City-County @ Weber County Fairgrounds

This week is our City-County meet. We will be running a course at the Weber County Fairgrounds. This will be a fast course. The start line will be next to the soccer fields just south of the softball diamonds. They will be giving medals to the top 10 finishers in each race. This is a big meet for us, and we always like to bring home medals in the JV and Varsity races.

Race Schedule

Excused- 1:25
Bus Leaves- 1:45
Girls JV- 3:00
Boys JV- 3:30
Girls Varsity- 4:00
Boys Varsity- 4:30
Awards 5:00

Meet Results

Some of our meet results including Weber State, City-County, and Wasatch Rendezvous can be found on www.runnercard.com. It's an easy website to navigate if you would ever like to check how the athletes did.

At our region meets, the results go out by e-mail to the coaches and we will post them on our cross-country webpage on the school website.

Things to be done:

-Collect pledges for the run-a-thon.

A few team rules to be aware of:

- No Walking at practice or meets!!!
- Plan to be at every practice and meet!
- Don't be late for practice (starts @ 3pm)
- Plan on being to practice until 4:30.

Remaining Meet Schedule

Sept. 6	Torch Run from Mtn. Crest
Sept. 12	City-County @ Weber Fairgrounds
Sept. 14-15	Run-A Thon
Sept. 19	Open Meet @ Antelope Island
Sept. 22	Wasatch Rendezvous
Sept. 26	Open Meet @ Davis
Sept. 28	Park City Invitational
Oct. 5	Region
Oct. 17	STATE
Dec. 1	Footlocker Western Regionals

Thanks,
Weber XC Coaches