

WARRIOR XC NEWS

XC News #3

“Success is a habit, not a single event”

Homecoming Torch Run

This past Thursday we ran the torch from Northridge High to Weber High. The mountains didn't catch on fire and I don't think we left anyone at the hotel on highway 89...so I think we can call the day a victory. We may have had a few minor hiccups along the way as one group may have dropped a fuel cell out of a torch as we were running next to miles and miles of dead grass on a large mountain range, not to mention any names (Logan Butler). Later on, we took the student body by surprise as we sprinted in from the west side of the stadium. The bonfire was lit, cheers were yelled, songs were sung, and lips were...never mind. This year **Liz Dove, Alena Starks, Aniya Bobo, Mattheo Cabezas, Garrett Minert, and Jason Cisney** were our torchbearers as we sprinted the torch into the stadium. It was quite an exciting time as the Weber High student body gathered onto the football field while our athletes ran in to light the bonfire. Fun Stuff!

City-County @ Weber County Fairgrounds

City-County started with a great girls JV race. Our girls won the competition, beating out 2nd place Fremont by 47 points. **Avalon Marker** was our first girl across, coming in at 2nd place with a great race. **Courtney Giebel, Lizzie Judd, Lauren Mangum, McKenly Day, Tess Thoman, and McCady Creager** all finished in the top 10 overall. That's 7 girls in the top 10. **Alexis Tippets, Gwen Dahlin, Ashley Watson, and Ambree Burggraaf** also finished in the top 20. It proved to be a hard day to get a personal best. Our JV girls that had their fastest time for the season were: **Courtney Giebel, Lauren Mangum, McKenly Day, Ashley Watson, Ambree Burggraaf, and Madilyn Butler.**

The next race was our boys JV. **Daniel Vance** was our first boy across the line taking 4th overall. **Mattheo Cabezas** and **Sam Hedges** also finished in the top 10. Our boys JV proved that we have some great depth to

our team. Weber JV finished with 12 of the top 24 spots between the seven teams. Our JV boys that finished with seasons bests were: **Mattheo Cabezas, Sam Hedges, Matt Pauling, Luke Stowers, Tytan Berry, Brenden Shupe, Preston Larson, drake Hall, Caden Meyer, Ethan Jensen, Ethan Youngberg, Logan Butler, Trevor Bolingbroke, James Steele, Ryker Neilson, Aldridge Shurtleff, Hunter, Torman, Ryan Johnson, and Colton Hansen.**

Our girls ran strong in the varsity race placing 3 in the top 10. They were **Sammi Lee** (2nd), **Aniya Bobo** (4th), and **Hannah Pope** (10th). **Gracie Davis** and **Liz Dove** finished off our varsity scoring with our team finishing in second place, 10 points behind a strong Ogden High team.

Our final race of the day was the boys' varsity. **Isaac Simmons** and **Mason Froerer** worked together the whole way with **Everett Scott** running a smart race right behind. The three of them finished 7th, 8th, and 9th overall. **Mason Froerer** and **Alex Rich** were our varsity boys that came home with a new season PR. Our varsity boys finished 3rd in a close race.

Run-A-Thon (24 Hour Run)

Our 24 Hour Run was a success. The team ended up hitting the 200th mile at about 12:35 pm on Saturday. **Everett Scott, Sammi Lee** and **Jenna Lund** won the competition to get the fastest individual mile times.

Thanks to all of the parents that stayed with the team during the night and those that brought food to the track throughout the run and to **Ronna Marker** for organizing it all. It was great to have so much involvement in this event.

Athletes, it is time to collect the fundraiser money that we've earned. Great job on getting so many pledges! We would like you to finish collecting your pledges and have them handed into the bookkeeper this week. Thanks

Open Region Meet @ Antelope Island

Our meet this Wednesday will be on Antelope Island. The race will start at the White Rock Bay Campground. Athletes riding the bus will get onto the island for free. Any parents who wish to watch the race will have to pay the normal entry fee unless they have a state park pass. The bugs are pretty much gone except for the mosquitoes, and they don't seem to be a problem until sunset. There will be a JV race and a varsity race for each gender. It will be a three mile course, 85% of it is on dirt roads and 15% of it is on asphalt. There is no running water where we will be. The meet director admits that it is not the most exciting course but we think that it will be a good change to go run at this location.

Schedule

1:15 pm	Athletes excused from class
1:35 pm	Bus leaves Weber
3:30 pm	JV Girls
4:00 pm	JV Boys
4:30 pm	Varsity Girls
5:00 pm	Varsity Boys

Address & Directions:

White Rock Bay Campground

From I-15, take the Antelope Drive exit (exit #332). Go west until you reach the Ranger station to pay the state park fee. Continue onto Antelope Island. Once you are on the island, use your phone or a park map to find the 'White Rock Bay Campground.' It will be about a 55 minute drive from Weber High.

Wasatch Rendezvous

This Saturday we will be attending the Wasatch Rendezvous. Wasatch is a great course and a good place to come home with a few PR's. The hills there are great and if you're lucky, you'll see some athletes crash during the race as they try to take a couple of downhill corners a little too sharp. Maybe we'll come home with some war stories of our own. If you happen to fall then just get back up and keep going. The day will start off with a big JV race for each gender. Then the varsity races will be separated into team rankings as you see below. Number seven runners will race against each other, then the number six runners will have their own race, and so on.

Schedule

6:30 am	Bus leaves Weber
8:00 am	Open Race

8:45 am	JV Girls
9:15 am	JV Boys
9:45 am	#7 Varsity Race (Boys first, girls 2 minutes after)
10:00 am	#6 Varsity Race
10:15 am	#5 Varsity Race
10:30 am	#4 Varsity Race
10:45 am	#3 Varsity Race
11:00 am	#2 Varsity Race
11:15 am	#1 Varsity Race
11:45 am	Awards

Address & Directions:

Big Cottonwood Park
4400 South 1300 East
SLC

From I-15, go east on 4500 South in Salt Lake, turn left on 1300 East and there will be parking lots on the left.

Footlocker

For those planning on going to footlocker: we need firm commitments out of each of you. It will cost around \$220 per athlete. If there are any parents interested in going, please contact Coach Ortega.

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.

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.

Remaining Meet Schedule

Sept. 19	Open Meet @ Antelope Island
Sept. 22	Wasatch Rendezvous
Sept. 26	Open Meet @ Davis
Oct. 5	Region
Oct. 17	STATE
Dec. 1	Footlocker Western Regionals

Thanks,
Weber XC Coaches