



CROSS COUNTRY

Week 5 Newsletter

9/4/2023

No Meet 9/9, we will meet for a long-run

Special Upcoming Dates

Aug 28 – Race2Honor Sponsors communicate to John McDonald jfmcdonald@ft.newyorklife.com

We still have 8 boys and 9 girls jerseys to fill.

Sep 08 – CC Parents to run football concession stand. We still need we have 12/16 slots filled!

<https://www.signupgenius.com/go/10C0D4EADA72EA7F58-football#/>

Sep 11 – Cross Country Social for PARENTS! Immediately following the Booster Club Meeting.

Sep 18 – Race2Honor Sponsorships due via School Pay

Sep 23 – Bale n’ Trail home meet! <https://www.signupgenius.com/go/10C0D4EADA72EA7F58-bale#/>

Parent Driving

For team bonding, team travel is always preferred, but for the past few years the district has struggled to provide flexible transportation for athletics. Thank you to all that have been approved to serve as volunteer drivers for the moments we need a little extra help shuttling athletes to and fro. We had more drivers than we needed for the first meet of the season, and I felt awful I had put people out for no use. Please know I was very appreciative even if your vehicle has empty seats on the way to the New World Sports Complex.

This week the district was fantastic with a bus driver ready to go at the ungodly hour of 4am. Thank you all who came down to support. B3R Events does a wonderful job with Florida Horse Park meet and I’m glad you all grit through it. And while traveling as a team has value, I understand the scheduling needs of families are a factor, especially when taking athletes home from meets. You can always take your own athlete home from meets. One of the advantages of being an approved parent driver is that you can take other athletes home from meets as well. I strongly recommend that if you have 100/300 coverage you take the few moments to [get yourself on the approved list](#).

Note: For local meets on Saturdays, we may meet at the event venue instead of scheduling a bus.

Meet Day Expectations for Parents

1. Arrive and cheer!
 2. Avoid hovering at team camp. Allow the athletes to have their space.
 3. Patiently wait until dismissal for hugs and congratulations.
- *Dismissal happens after all groups have cooled down and team wrap-up meeting with coaches is over.*

TRANSPORTATION:

We will have transportation from Bartram Trail to some meets. When we do, athletes will generally be required to ride to the meet with the team.

After the meet, athletes may leave with their parents or other county approved drivers. They may not ride with anyone else. Athletes may be dismissed from a meet under the following conditions:

1. The athlete has finished their entire post competition regimen including attending the post meet team meeting.
2. The parent/guardian and athlete have checked out with the head coach.
3. The athlete is riding home with a parent/guardian or county approved volunteer driver.



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Week 4 Miles Log

We need to do a better job logging our miles. Your coaches cannot make appropriate training decisions without this valuable feedback.

This list has very few athletes that I feel confident logged every run. Hold each other accountable.

Competitive athletes know their training volume.

Rank	Athlete		
1	jacob parks	45.1 mi	7:20 /mi
2	Logan Wenzel	36.5 mi	7:43 /mi
3	Raja Kataru	35.4 mi	8:59 /mi
4	Braden Motycka	34.1 mi	7:32 /mi
5	Matthew Presley	32.2 mi	7:20 /mi
6	Logan Green	31.0 mi	8:18 /mi
7	Billy Joel	28.8 mi	8:22 /mi
8	Anya Mae Southammavong	28.7 mi	9:28 /mi
9	Kennedy Pidcock	28.5 mi	8:49 /mi
10	Rylan Borgmeyer	28.3 mi	8:47 /mi
11	Aiden McDonald	27.0 mi	7:17 /mi
12	Bryce Motycka	26.8 mi	7:44 /mi
13	Vincent Palacios	26.6 mi	9:01 /mi
14	Kate Wenzel	26.0 mi	8:38 /mi
15	Caleb Marmo	25.9 mi	7:29 /mi
16	David Frank	25.5 mi	8:10 /mi
17	Tanner Holtz	24.8 mi	8:54 /mi
18	JD Lupinski	23.4 mi	7:38 /mi
19	Ben Borgmeyer	23.2 mi	8:36 /mi
20	Peyton Goodwin	22.1 mi	9:26 /mi
21	Josh Kautsky	20.7 mi	7:35 /mi
22	Lucas Clements	19.2 mi	7:48 /mi
23	Bella DiDonato	18.8 mi	10:46 /mi
24	Ian Nguyen	18.4 mi	8:03 /mi
25	Noah Ivey	18.2 mi	8:27 /mi
26	Teagan Garrett	17.6 mi	13:57 /mi
27	Jordan Kasner	17.2 mi	8:00 /mi
28	Nessa Clark	14.0 mi	11:19 /mi
29	max deffense	13.9 mi	13:14 /mi
30	Irelyn Renner	13.7 mi	8:52 /mi
31	Drew Slentz	12.6 mi	8:35 /mi
32	Sydney Brockway	12.1 mi	9:01 /mi
33	Dustin Clark	12.0 mi	8:10 /mi
34	Halle Hyman	11.5 mi	10:41 /mi
35	Presley Sands	10.9 mi	10:40 /mi
36	Camryn Barker	10.3 mi	10:06 /mi
37	Madelyn Martin	9.7 mi	10:51 /mi
38	Juliet Barker	8.2 mi	9:31 /mi
39	Hailey Brabston	6.6 mi	9:58 /mi
40	Emily Goodman	6.2 mi	10:51 /mi
41	Mac Carlson	5.4 mi	9:06 /mi
42	camryn patterson	5.0 mi	9:01 /mi
43	Colton Reynolds	3.7 mi	8:12 /mi
44	Tannah d'Aquin	1.9 mi	11:52 /mi



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Travel Itinerary to Cary, NC

Friday Sep 15, 2023

- 7:00am Load charter bus
- 7:30am **Depart for Wake Med Soccer Complex** [101 Soccer Park Dr, Cary, NC 27511](#)
Bring lunch. We will stop at a rest area but do not plan on being able to purchase lunch.
- 2:30pm Arrive to run course.
- 4:00pm Depart for hotel **Homewood Suites** – [100 Macalysen Court, Cary NC, 27511](#)
- 5:45 pm Team dinner, TBD
- 9:00 pm In room, lights out by 10:00pm

Saturday Sep 16, 2023

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| <ul style="list-style-type: none"> 6:00am Wake 6:30am Depart for race.
There are several races we could be assigned to. Our specific time will be confirmed by the middle of race week. **After all races, we will attempt to return to the hotel for showers. 12:00pm Depart for home.
We will stop for lunch. 7:30pm Approx. return time to Bartram Trail | <ul style="list-style-type: none"> Boys JV Red 5K 8:00 AM Girls JV Red 5K 8:30 AM Boys Championship 5K 9:00 AM Girls Championship 5K 9:24 AM Boys Invitational 5K 9:50 AM Girls Invitational 5K 10:15 AM |
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Lucas	Clements	1	Camryn	Barker
Paul	Fryman	2	Juliet	Barker
Logan	Green	3	Rylan	Borgmeyer
William	Hall III	4	Sydney	Brockway
Noah	Ivey	5	Mckenzie	Carlson
Jordan	Kasner	6	Ashley	Clements
Joshua	Kautsky	7	Inessa	Daria
Joseph	Lupinski	8	Isabella	DiDonato
Caleb	Marmo	9	Peyton	Goodwin
Aiden	McDonald	10	Tanner	Holtz
Braden	Motycka	11	Rajya	Kataru
Bryce	Motycka	12	Madelyn	Martin
Ian	Nguyen	13	Reagan	Parker
Vincent	Palacios	14	Camryn	Patterson
Jacob	Parks	15	Kennedy	Pidcock
Cullen	Popik	16	Irelyn	Renner
Matthew	Presley	17	Anya	Southammavong
Colton	Reynolds	18	Katherine	Wenzel
Andrew	Slentz	19	Gracyn	Smith
Logan	Wenzel	20	Halle	Hyman
Gavin	Wall	21	Sophia	Delaney
		22	Klohe	O'Donoghue