



CROSS COUNTRY

Week 8 Newsletter

9/25/2023

Bale n' Trail –

Wow! What an amazing day. Good weather and dry courses lead to fast times and that is a lot of fun. But what never ceases to impress me is the support from our Bartram Trail community. Concession stands volunteers, course marshals, hospitality workers, and course engineers linked in and delivered. Thank you to Julie and John McDonald who spent their date night working late on Friday helping the coaches punch out the final items. Coach Clark poured his creative ways into course preparation and painting. Coach Popik and Ben Borgmeyer rebuilt one of our culvert bridges. Ben Windle and Kim Dohman provided key administrative support and the athletes completed course clean-up with exceptional energy. Thank you all.



Special Upcoming Dates

- Sept 30 – FSU Invite... we need parent drivers! See below.
- Oct 7 – Saturday practice at trails... TBD
- Oct 14 – New Word Meet at Cecil Field
- Oct 19-20 – Spaghetti Dinners (Halloween costumes required)
- Oct 21 – Ponte Vedra Meet

2023 FSU Invitational & Pre-State Cross Country Meet

September 29-30 | Apalachee Regional Park | Tallahassee, Fla.

Race Schedule

Friday, Sept. 29

- 5:00 pm Middle School Girls (3k)
- 5:25 pm Middle School Boys (3k)
- 5:50 pm High School Girls JV (5k)
- 6:20 pm High School Boys JV (5k)

Saturday, Sept. 30

- 7:40 am Girls High School Elite
- 8:05 am Boys High School Elite
- 8:30 am Girls High School Select
- 8:55 am Boys High School Select

[FSU Meet 9/29-30](#)

JV – Friday evening.

Please reach out to me if you think you'd like to go on this adventure so we can get our JV athletes on the same racecourse as the State Championships! We only have a few parents able to drive now and we'll have to leave athletes at home if we can't arrange enough rides.

[If you're not on the approved list you can still get on there!](#)

Fri

1:00pm Depart BTHS

4:00pm Arrive at [ARP](#), varsity runs course, JV prepares to race.

7:30pm JV returns with parents to BTHS, varsity released to their parents for lodging.

Sat

6:00am Varsity girls arrive at course with parents. (Borgmeyer, Carlson, Pidcock, Patterson, Kataru, Holtz, Wenzel, Renner, J. Barker, Southammavong)

6:30am Varsity boys arrive at course with parents. (Lupinski, Parks, Motycka, McDonald, Marmo, Presley, Popik, Ivey, Hall, Wenzel)

Current drivers for JV athletes: [15/36 athletes covered](#).

Sue Green, Stephanie Goodman, Trent Oelkers, Sandra Adams