



Greetings MIXC families!

I hope you're all enjoying a fantastic summer. Our practices have been well attended which is amazing given all of the family vacations, camps, jobs, volunteering etc. our runners have been embracing. It's been hard keeping track of everyone, but I get the sense, thanks to Strava, our team is busy running and getting fit even when unable to make it to practice. Keep it up – I promise, it will pay off! And if you haven't started yet, let's go!!

August 1 marks the beginning of official captains' practices. While a coach may pop in to say hello, these practices are led by our fearless and fantastic leaders: Carson Schiller, Sabrina Chun, Brooks Enge, Kate Becker, Kris Holtan, Mustufa Agha and Alexane Dumont. Our team is in great hands. They will meet Monday through Friday at ICP (Island Crest Park) 9:00 – 10:30 and I cannot emphasize enough how valuable these practices are. Not only will building fitness before the season begins be hugely helpful, connecting with teammates before the season and school begins is indeed another benefit to XC pre-season training.

Below are some key dates to have on your calendar as well as practice times the first 10 days of the season. Please take note. The meet schedule is also coming together (but not yet finalized), and can be found at www.athletic.net/CrossCountry/School.aspx?SchoolID=410

July 25 – Registration begins. <https://www.mercerislandschools.org/Page/5281>
The website is arduous so set aside some time (and patience) to complete everything.

And PLEASE, if your runner is due for a physical (every other year), I would appreciate asking the pediatrician specifically for a blood test and a **serum ferritin test**. Ferritin is a key measurement for long distance runners to know; if levels are low, we want to work on increasing it ASAP. While “normal” for the general population is >12 ng/mL, endurance athletes need ≥ 30 ng/mL (and ideally >40). Fatigue and injuries can be a direct result of low ferritin levels. Even if your runner does not need a physical this year, I still recommend asking for this blood test. It is a good benchmark to have.

August 1 – 19. 9:00 – 10:30 @ ICP Captains’ practices (weekend running is on your own)

August 22 – Season begins. All of the above paperwork needs to be submitted to the Athletics office (not a coach) in order to begin participating. And even though school has not yet begun, these are official, mandatory practices and count towards PE credit, varsity status, meet availability etc.

August 22 – 9:00 – 11:00 @ ICP

August 23 – 9:00 – 10:30 @ ICP (Freshmen have their Fee & Photo session in the morning so there will be an afternoon practice for them at 3:00 – 4:30 @ Luther Burbank)

August 24 – Tiger Mountain via school buses. 8:00am @ MIHS, returning by noon. Juniors will miss their Fee & Photo session but can attend one of the others. The highly coveted Tiger Mountain shirts go to all who complete it – thank you Boosters!

August 25 – 9:00 – 11:00 @ ICP. 3k Time Trial @ Pioneer Park.

August 26 – 9:00 – 11:00 @ Super Jock N Jill in Redmond. This is our “Spike Night” (in the morning) where runners can get fitted for running shoes, spikes and apparel. Everything is 15% off for MIXC and sale items are 50% off. We’ll run on the Sammamish River Trail for practice. And regarding spikes, these are not necessary to have – but good running/ training shoes are a must.

August 26 – 3:00 – 4:30 – Optional practice for anyone who needs one.

August 27 – 9:00 – 10:30 – Newcastle Beach Trail

August 28 – OFF

August 29 – 9:00 – 11:00 @ ICP

August 30 – 9:00 – 11:00 @ ICP

August 31 – First Day of School! Practice @ MIHS 3:15 – 5:15 (every weekday throughout the rest of the season).

September 1 – Class Jamboree @ TBD. In order to compete in this meet, runners must have attended a minimum of 8 practices.

Sept 2-3 Team Retreat @ Fort Worden. Limited to 50 runners with priority given to those training throughout the summer.

Swag:

Our captain designed MIXC swag store is open for business! The first store will close Aug 8 and then re-open in early September. The benefit of ordering now is that the gear will be here by the first week of September and there should not be any inventory issues. Also please be sure your runner has black shorts to wear on meet days. The school will be issuing jackets and (new!) singlets, but not the **black** shorts that are a part of our uniform. Any brand is fine.

<https://mercerislandcrosscountry2022.itemorder.com/shop/home/>

Communication:

This newsletter will be distributed weekly once the season begins. If you are reading a forwarded version of this, please email mixcinfo@gmail.com to be added to the distribution list.

The Band app is the most timely and frequent form of communication. It is essential for your runner to have it, and as a parent, it is useful to have. First download the Band app (it's free!) and then request to join MIXC.



Thanks for sticking with this through the end. Hopefully it's enough to get you ready and excited for the season! And if you have any questions, the best way to reach me is susan.empey@mercerislandschools.org.

Beyond excited for another fantastic season and looking forward to seeing new and old teammates on the 22nd!

Go MIXC!

Coaches Empey, Goldhammer and Cree