

Hello All PHS T& F Staff, Athletes, Families and Fans,

I hope this email finds you all enjoying what finally now feels like summer with the rising temperatures. There is a lot of information to share in this email so please disregard anything you do not feel pertains to you and your family. What an exciting week it has been wrapping up the 2026 Track & Field season for Ponderosa and kicking off summer training for the Ponderosa's 2026 Cross Country Season! First let's celebrate all of the hard work and dedication by Captain Emmy Angelo making it all the way to the CIF T& F State Meet Championship Finals in the 3200m! This young lady has given so much over her three years not only to her personal training as a Bruin Distance runner but back to her teammates and the programs she is involved in bettering! Emmy finished her junior season on her birthday and in true athletic competitive nature not satisfied with her last performance and looking forward to the next opportunity to compete again! Please take note that Captain Emmy is #2 on our all time best female Bruins ever to compete in the 3200m and has an entire year @ Ponderosa still to go! She is ranked amongst California's best female distance runners and holds a national ranking in the top 350! Congratulations Emmy on an outstanding season, competing in more meets than any other Bruin T& F athlete this season and going further than anyone else in high school competition to be the last Ponderosa Bruin competing for our school this year! Thank you to the Angelo Family for their support and sharing of career knowledge (Norcal Spine & Sport & athletic nutrition) to help not only Emmy and Colson but all of our Bruin athletes & programs... It takes a village!

I am also excited to share that both of our Unified Athletes that qualified for the CIF State T& F Meet; Seth Jordan with partner Shea Sonnenberg and Kennedy Mauer with partner Kaitlyn Storck BOTH took 6th place and medaled in Unified Shot Put at the state meet! Please enjoy the video here that Kennedy put together from the Bruin Unified experience @ state.

While some Bruins were wrapping up their T& F season while some finished their 2 week mandatory break from running after T& F season and started their summer training plans. A group of our young distance runners got together and kicked off their summer prior to our first official team summer run on 6/1/26 with a half marathon @ Ponderosa's track! Check out why our distance runners keep on breaking records... they all have caught the running bug that constantly has you wanting to go further and faster than what you have before. Look at all of the smiles after finishing 13.1 miles, and some even more!

Please consider joining us for any of our team summer runs as they are open for families to join with us at any level or distance. We have had many parents, siblings, and even pets join us at our summer locations and just get out to walk, jog or run! I know for me it was great to start back at it yesterday logging the first summer trail miles for the upcoming CC season! All team summer runs please plan to eat breakfast before hand, bring water and a snack. Athletes should come ready to run with appropriate gear (trail shoes, socks, shirt, shorts) & sunscreen on! Wednesday, June 3rd (10am- it is still cool enough) will be our 2nd team summer run! Wednesday we will meet and run

from "Historical Railroad Park" please see the link here for directions and details about this location. Mondays we will continue to meet @ the corner of Sophia Parkway and Green Valley Rd. by the Arco gas station before crossing the street together and heading upto the levy for our trail run that borders Folsom lake. This summer we only have a handful of Saturday team runs that will be Coach led and those will be announced each Saturday for location and meeting time via Remind 101.

With the official start to our Ponderosa Cross Country summer team runs 3x a week. We would love for any new Bruins interested in CC to join our Remind 101 App and XCStats.com in order to receive our team summer run reminders and our team emails

Here is the link to join our Ponderosa Distance Runners Remind 101 App: <https://www.remind.com/join/phsdistan>. Please note the Remind 101 App is now only sending messages in the App and does not send it via text alerts. Thus you MUST check your app! Here is how to join XCStats.com as a new athlete (and please be sure to include at least 1 parent/guardian contact info when registering as a new athlete). <https://www.xcstats.com/docs/GettingStartedwithXCStats.pdf>

Our Ponderosa team registration code for XCStats.com is "digdig".

Thursday 6/4/26 9am-noon I will have classroom P-1 opened for any last chance drop off of uniforms and or warm ups prior to fines being issued to students.

I hope this information helps for your planning purposes!

Coach Karen Norwood

Working hard to get better...GO BRUINS!

Karen Norwood

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