

Hello Any & All Interested in Ponderosa Cross Country,

Let's start this email with some excitement... please watch this [youtube video](#) and see the new World Record Mile set last week. I hope everyone can find some enjoyment, awe, & inspiration whether you are T&F or CC.

Please forgive me if you are T&F only and now you can delete this message. By mid August we should have the CC roster finalized and know who is interested and who is not so I will only send CC emails to CC athletes and families at that time. Until then please consider joining us this fall for CC and if you feel this email does not pertain to you, delete it. I just don't want to miss anyone or leave anyone out! Fun fact... I didn't join Ponderosa CC until my senior year... I am so thankful I had one year and wished I would have had all 4!

We are officially less than 3 weeks away from the first day of school! I know ... not what anyone still on summer vacation wants to hear but we need to start preparing! Prepare for what you ask... well please use the list below to be sure you are ready to start on the first official day of school Monday, August 10th, as that weekend is our first CC Meet Sat. Aug. 15th! Want to see the Bruin CC Season schedule thus far you can check it out [here](#). Please keep in mind the season schedule is a work in progress and items can be deleted and we most certainly will be adding more details for events and additional things into the season team calendar.

ALL Bruin CC runners should be on our training plan NOW! This is a daily plan for the activity, miles, speed, and strength routine that you should be accomplishing each day. If for any reason you do NOT have access to this plan please e-mail Coach Spiess (naspiess48@gmail.com) & Coach N (nnorwood@eduhd.net) with your name, grade level, current running experience (how many CC season have you had in your life, longest run in the past month, average distance & pace of any runs this past month, best mile time), and any other information you feel would help us place you on the correct training plan. The longer you wait to start on a training plan, the longer your base phase will take, and may limit what meets you are actually cleared from coaches to fully race. There are some Bruins that are in their 9th week of the summer training plan! WOHO and way to go for the dedicated, hard working, already committed to do their best, and find their potential for this CC season! DO NOT wait to get started... start NOW! Each of you only have 4 short precious years of high school competition, some of you down to just one or two of those years left and that will NEVER be able to be redone, let's make it ALL you can and find your high school BESTS! Start this season NOW, with us, and together let's build the 2026 CC Season foundation with a base of gained experience, knowledge, miles, routine, heat exposure, strength, and CC Family memories! Those of you who want to wait or maybe sit this season out, you are only learning how to build are gain excuses for not reaching your potential. Don't be the latter be the example and part of something bigger and better than just you today! I am so excited to start this journey with each of you!!!

Ponderosa Cross Country summer team runs have been happening all summer 3x a week. On these days when we meet we stick to the training plan and answer any

questions you may have or go over the plan for the days we do not meet. Any and all can join us (parents, neighbors, younger siblings, visiting friends/ family) at whatever pace is appropriate for each individual (walk/ jog/ run).

Mondays we meet 9am @ the corner of Sophia Parkway and GreenValley Rd.

Wednesdays we meet 9am @ The El Dorado Trailhead Station, 4650 Oriental Street.

Saturdays (mileage days) vary and are based upon availability of coaching staff.

All team summer runs please plan to eat breakfast beforehand, bring water and a snack. Athletes should come ready to run with appropriate gear (trail shoes, socks, shirt, shorts) & sunscreen on!

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!"

Anyone planning to compete this fall in any sport for Ponderosa, this is a friendly reminder that you MUST be a cleared athlete through Ponderosa's Athletic Secretary, by the first official school practice day. This includes a NEW physical for this school year on file with the school! This process can be found on our school home web page under Athletics / Registration / Home Campus. You can find it [here](#).

For those of you who are anxious and want to have everything ready for this season Gold Country Run and Sport is offering a great discount week THIS WEEK! This will NOT take the place of our shoe night with them at the store but for those of you in need of new trainers NOW this is a great option to get yourself into those shoes now with that awesome shoe night discount. Please see the flier attached to this email.

I look forward to seeing you out at our morning team summer runs (tomorrow) and I hope this helps for your planning purposes!

Coach Karen Norwood

& the Bruin CC Coaching Staff