

CYO CROSS COUNTRY SEASON-ENDING MEET MAIL

SEASON WRAP UP – WEEK OF OCTOBER 23

LAST WEEK – "THE DIOCESAN MEET"

Our season ended as it began – a large crowd and lots of eager runners at Crown Beach! The season saw a wide variety of outdoor weather experiences: smoke, drizzle rain, heat, dust and finally real “beach weather!” A great way to end a fun season of CYO Cross Country, with **800 runners** in our championship meet.



Thanks to all the parish coordinators, coaches, and our dedicated meet volunteers to make the event a memorable one. A special “thank you” to Bret Jensen, the meet director, and his STJA and SPN crew who came early to set up another and well-planned and well-organized course. Thanks to the many who contributed to this meet, especially: Eric Hernandez as head marshal, Sue Mart and the awards volunteers, Diablo Timing for fast, accurate results (and “souvenir bibs”, too); the set up and clean up crew; Ed Olkowski as our longtime starter (on his birthday!), and many other volunteers.

RESULTS

Diocesan Meet Results are posted on the Diablo Timing website:

<https://diablotiming.com/results/2023-10-20/>

for the Diocesan Meet and for all our meets are linked on the Cross Country Page of the CYO website: <https://www.oakdiocese.org/cyo-cross-country>.

THE 2023 CYO XC SEASON

CYO Cross Country had a lot of excitement this year, especially among the younger runners! There were challenges this year with some variable weather and variable park reservations. Evident at every meet was gatherings of runners and families around colorful team sails. Post-run drinks and snacks were plentiful!

We returned to our favorite venues: Crown Beach, Oak Hill Park, Joaquin Miller, and Shadow Cliffs. The wide range of sites and running courses gave the season a variety of courses to run!

Each week, many volunteers come early to help with set-up, under the watchful eye of experienced host parishes and meet directors. Meets began with the cautious excitement of K-2 runners who became surer themselves as the season went on, followed by the "multitudes" of 3rd-5th runners, then finished by the seasoned and intense 6th-8th groups. The meets concluded with the "Fun Runners," laughing and clutching ribbons! Special recognition to our clean-up crews who stayed to wrap up each meet.

Prayer, an important part of CYO, was an important at the meets – first prayer at our coaches meeting, thanking God for the gift to ministry our young. Then prayer with the runners and families before the first race ... remembering that God is present and runs alongside us throughout our lives. Always, we remember that we are Christian Communities first and running clubs second. God is good!

Special Acknowledgements to:

- All of the **dedicated parish coordinators and coaches** who organize, lead and inspire week after week, season after season.
- Thank you to our **Meet Directors: Bret Jensen, Dave Kavane, Mark Worrell, Nick Thompson, Jeff Mihaly, Carlos Xavier** – a very talented and experienced group. All of the **meet directors and parish meet sponsors** took on the additional responsibility of organization, as well as coaching their teams.
- **Eric Hernandez** for another dedicated and detailed job as head marshal, and all those who policed the fields, making the course safe.
- **St. Leander, CTK, and St. Raymond coordinators, and Diablo Timing** for another outstanding job with accurate and "timely" results.
- **Tracy Vogler** who worked with Diablo Timing for nice results.

- **Sue Mart and** volunteers handing out awards and recording results.
- **Ed Olkowski** as our loyal starter for many years, ensuring safe and fair starts. (And as the “founder” of CYO Cross Country, 37 years ago!)
- **Our "Medical Team" members**, who bandaged knees and dried the tears.
- **Jack Viera and his “Rabbits”** who led the best race – the fun runs.
- The **CYO XC Steering Committee** who spent many hours planning and arranging for the season, especially with challenging park reservations.
- And especially all the **volunteers** who came forward week after week to serve as meet officials, those who came early and stayed late to set up and clean up! All the “unsung heroes” who helped in so many ways!

When we step back and see all our runners come together, at a meet or in a practice, remember the words of St Paul:

"Now to Him who is able to accomplish far more than all we ask or imagine, by the power at work within us, to Him be glory in the Church and in Christ Jesus to all generations, forever and ever. Amen." (Eph 3:20-21)

See you in CYO Track and Field!

