

CYO CROSS COUNTRY MEET MAIL

WEEK OF OCTOBER 19, 2015

LAST WEEK - "THE DIOCESAN MEET"

A great way to end our season with perfect running weather and excited athletes. 894 runners finished the races, so if we count our young "fun-runners, we had over 900 participants!



However, large numbers of runners are impressive ONLY if they indicate the spirit of all those at the meet – the enthusiasm of the runners, the dedication of the coaches, the care of meet officials, along with positive, cheering support of the families for all of the runners, both fast and not as fast!

Thanks to all the parish coordinators, coaches and our loyal meet volunteers who "came through", to make the event a memorable one. A special thanks to the many who contributed to this meet, especially to Tim Chavez and for directing the meet; Sr. Denise, Mary Tarczynski and Corpus Christi volunteers for the prompt results and the finish line crew; the set up and clean up crew; our Medical team through all the meets, who spent the meet caring for skinned knees and drying tears; Jack Viera and the SLOT team for leading a great fun run; our head marshals Frank Knafelc and Peter Petit and meet marshals who keep our runners safe; Ed Olkowski, our starter; Sue Mart, our timer ... and many others!

FEES

If you still owe team fees from the season, please mail a check to the CYO Office, 2121 Harrison Street, Oakland 94612. The fees are \$3. per runner per meet.

RESULTS

Results for the Diocesan Meet and for all of our meets are posted on the results page.

THE 2015 CYO XC SEASON

CYO Cross Country was again blessed with fun meets, very nice weather and scenic, sometimes challenging courses. We had an increased number of runners this year along with four new parishes – Our Lady of the Rosary (Union City); St. Patrick (Rodeo); St Joseph (Pinole) and St. John (El Cerrito) and one “returning” parish, St. Bonaventure (Concord). Welcome!



Memories from the past season are plentiful. Each meet started with the energy of the K-2 runners, moved to the tenacity of the lower grade races, continued with the skill, speed of the upper grade races, and then was finally capped with very our little runners, clutching their ribbons earned on the “fun run!” We spent moments in prayer with each other – first among the coaches and then praying with the runners and families to start the meets ... remembering that it is a loving God who is always present and active in our lives – especially in the lives of the young. *But most of all, we remember that*

this time spent with our children was a gift from God, special time in our parks on glorious evenings!

Special Acknowledgements to:

- **Tim Chavez** as Diocesan Coordinator, for all his tireless work at the meets and behind the scenes. Thank you to **Tim, Kevin Sawchuk, and Mark Worrell** for coordinating the “eastern” meets. And thank you to **Monica Nocom and Justin Green** and the Alameda schools who “stepped up” this year to host two meets.
- **Corpus Christi (Piedmont), St. Theresa, CTK, St. Bede and St. Michael volunteers** for another outstanding job with accurate and “timely” results.
- **Sister Denise** and all the dedicated finish line awards crew for another smooth finish line.
- **Grace House (CYO)** by answering numerous questions on the phone, directing runners to the right park, giving information ...etc. etc. etc.
- **Sue Mart, Ed Olkowski** and the finish line crew for starting, timing and “directing traffic”.

- **Frank Knafelc and Peter Petit** for a superb job as head marshals, and all those who marked courses and policed the fields.
- **Our "Medical Team"**, who bandaged numerous knees and added that special touch of compassion to dry the tears;
- **Jack Viera and his SLOT "Tiger / Rabbits"** who led the best race in each meet – the fun runs.
- **Anthony De Los Santos** from SLOT, for **great photos** throughout the season.
- All of the **meet directors and parish meet sponsors**, who took on the additional responsibility of organization, as well as coaching their teams.
- All the **parent volunteers** who came forward week after week to serve as meet officials. ESPECIALLY those who came early and stayed late to set up and pick up!
- And especially to all of the **dedicated parish coordinators and coaches** who organize, lead and inspire week after week, season after season.

To sum up the season, we remember the words of the great athlete and runner, Billy Mills: *"God has given me the ability. The rest is up to me. Believe. Believe. Believe."*

