

# CYO CROSS COUNTRY MEET MAIL

WEEK OF OCTOBER 26, 2016

## LAST WEEK - "THE DIOCESAN MEET"

A great way to end our season and, after the rainout, with perfect running weather and excited athletes. 888 runners finished the races, so if we count our young "fun-runners, we had over 900 participants!

It was the spirit of all those at the meet that made the event a success! 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 – made it a great experience for our young runners.



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, Alice von Komarnicki, Reina Ramos and Corpus Christi volunteers for the prompt results and finish line crew; the set up and clean up crew; our medical team volunteers who stepped in and 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

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 2016 CYO XC SEASON

CYO Cross Country was again blessed with fun meets, very nice, sometimes challenging courses and lots of runners. We welcomed several new parishes – St John, San Lorenzo; St. Cornelius, Richmond; St. Paul, San Pablo. Welcome and we hope your runners and coaches look forward to next season!



Memories from the past season are plentiful. We were inspired to begin each meet with the dedication of the K-2 runners and then we saw great skill and tenacity of the lower grade races to complete the course. The races continued with the skill, speed of the upper grade races. Finally, we capped each meet with very our little runners, clutching their ribbons from the “fun run!” We spent moments in prayer – first with the coaches and then with the runners and families to start the meets ... remembering that God is always with us. Most of all, we are thankful to God for time spent with our young people and the gift of sharing time with them! Our God is good!

Special Acknowledgements to:

- **Tim Chavez** as Diocesan Coordinator, for all his tireless work at the meets and behind the scenes. Thank you to our **Meet Directors: Tim, Kevin Sawchuk, Mark Worrell, Monca Nocom, Justin Green and Chuck Trantina** for coordinating the meets. All of the **meet directors and parish meet sponsors**, took on the additional responsibility of organization, as well as coaching their teams.
- **Frank Knafelc and Peter Petit** for a superb job as head marshals, and all those who marked courses and policed the fields.
- **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 crews for smooth finish lines.
- **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".

- **Our "Medical Team" members**, 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.
- 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.

As we close the season, we remember the words Pope Francis, who told a group of young athletes: *"Sport is not only a form of entertainment, but also – and above all I would say – a tool to communicate values, promote the good of the human person and help build a more peaceful and fraternal society."*

***See you all in CYO Track and Field in the spring!***

