

# CYO CROSS COUNTRY SEASON FINAL MEET MAIL

WEEK OF OCTOBER 23, 2018

## LAST WEEK - "THE DIOCESAN MEET"

Balmy beach weather in late October? A great way to end a fun season of CYO Cross Country, with over 800 runners counting our "fun runners"!

The enthusiasm of all of our runners, the excitement of our coaches, the dedication of our meet officials, the cheering of the families for all of the runners – both fast and not as fast – made it a great experience for our runners.



Thanks to all the parish coordinators, coaches and our loyal meet volunteers to make the event a memorable one. A special thanks to the many who contributed to this meet, especially to Tim Chavez, Tony Lawson and Alex Sadie for directing the meet; Sr. Denise, Sr. Anita, Judy Jurosz, Alice von Komarnicki and Corpus Christi volunteers for the prompt results and finish line crew; the set up and clean up crew; our medical team volunteers; Jack Viera and the SLOT team for leading a great fun run; our head marshal Peter Petit assisted by Nicole Cruz 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, \$4 per runner for the Diocesan Meet. If you don't want to mail a check yet, we will bill later.

### RESULTS

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

## THE 2018 CYO XC SEASON

CYO Cross Country was again blessed with fun meets, the diverse, challenging courses and lots of runners. There were “new” venues ... we went back to San Lorenzo Park for relays after several years of park construction, and we returned to Shadow Cliffs after a two-year hiatus (rain then smoke!). Our venues included scenic views of the bay along with sand at Crown Beach, the steep hill course at Oak Hill Park and the pastoral setting at Joaquin Miller Park.

It was amazing each week to watch the many volunteers come early to help with set-up, under the watchful eye of experienced meet directors. Our meets began with the inspiring excitement of the K-2 runners, just happy to run, followed by the “thundering herds” of 3-5 runners, then followed by the mature, expert running of the 6 - 8 groups, and concluding with the tiny ones for the “Fun Run,” laughing, falling and clutching ribbons! All of this in an hour-and-a-half sunny afternoon!

We spent time in prayer – first with the coaches thanking God for the gift of working with the young 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:

- All of the **dedicated parish coordinators and coaches** who organize, lead and inspire week after week, season after season.
- **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, Tony Lawson, Alex Sadie and Reed O'Donnell** 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.
- **Peter Petit** for a superb job as head marshal, 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, Sister Anita** 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 "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 clean up!
- We say **"Goodbye"** to several of our stalwarts ... **Kevin Sawchuk, Alice von Komarnicki and Reed O'Donnell** among a few, who will be graduating. To those who may be leaving CYO XC ... Thank you and know that you have done great things for the young runners ... remember us on fall Friday afternoons!

We remember the prayer that we used to close this season as we handed out team awards: *"Lord, we thank you for the opportunity and challenge of this race. You call us to compete well, to finish the race, and most of all to grow in our Faith. Help us to remember that we can do all things through you who give us strength! Amen!"* **See you all in CYO Track and Field!**

