

CYO CROSS COUNTRY SEASON FINAL MEET MAIL

WEEK OF OCTOBER 22, 2019

LAST WEEK – "THE DIOCESAN MEET"

Running outdoors in a variety of venues and changing weather is part of the Cross Country Experience! Nice but windy weather, with a fall chill as the sun was setting, marked our final meet this year. A great way to end a fun season of CYO Cross Country, with **841 runners** ... the most this season ... running in our last meet.



Thanks to all the parish coordinators, coaches and our loyal meet volunteers to make the event a memorable one. A special “shout out” to Tony Lawson and his STJA crew who came early to set up, enabling a fast course. Thanks to the many who contributed to this meet, especially to Tim Chavez and Tony for directing the meet; Sue Mart and Dave Kavane with Corpus Christi/St Theresa/St Michael volunteers for the prompt results and finish line crew; the set up and clean up crew; Ed Olkowski as our loyal starter, and many other volunteers. Another special “shout out” to Nicole Cruz, the head marshal, the meet marshals and our first aid volunteers who exhibited real grace under challenging conditions and keeping all of our runners safe!

FEES

Please mail a check to the CYO Office, 2121 Harrison Street, Oakland 94612. The fees are \$4. per runner per meet. If you don't want to mail a check now, we will bill later.

RESULTS

Results for the Diocesan Meet and for all of our meets are posted on the Cross Country Page of the CYO website. Thanks to Dave Kavane for the coordination.

THE 2019 CYO XC SEASON

Once again, CYO Cross Country featured lots of excited runners, coaches who were dedicated to young people learning the joy of running, and meet volunteers who spent many hours setting up and running the meets. We returned to Garin Park for one of our relay meets and used the familiar venues, adding great variety of landscapes with differing challenges for our runners. There was the sandy beach setting at Crown, the challenging hills at JMP and Oak Hill, and unique park settings at Shadow Cliffs and Garin. The wide range of sites helped to make the season never dull!

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” of 3-5 runners, then followed by the seasoned runners of the 6 – 8 groups. The meets finally concluded with the tiny ones for the “Fun Run,” laughing and clutching ribbons! All of this in an hour-and-a-half!

We began each meet in prayer – first with the coaches thanking God for the gift of youth ministry with our young people and then with the runners and families to start the meets ... remembering that God is with us always. 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 Chavez, Tony Lawson, Dave Kavane, Mark Worrell, Nick Thompson, Ignacio Ramirez, Rick Moreda, James Zahradka** – a very talented and experienced group 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.
- **Nicole Cruz** for a superb job as head marshal, along with Ben Henderson and all those who policed the fields, making the course safe.
- **Corpus Christi (Piedmont), St. Leander, CTK, and St. Michael volunteers** for another outstanding job with accurate and "timely" results.

- **Sue Mart and Tracy Vogler with his St. Michael volunteers along with Diane Chavez, Judy Jurosz** for stepping up to run and organize finish line awards 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.
- **Ed Olkowski** as our loyal starter for many years, ensuring safe and fair starts.
- **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 races of the meets – the fun runs.
- And especially all the **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! All the “unsung heroes” who helped in so many ways!

This was a year of transition with several key volunteers “graduating” but those who picked up the baton (pun intended) enabled the meets to go off smoothly and be very well run.

Father Michael from St. Patrick led prayer with us in our opening prayer at the Diocesan Meet. As he blessed the runners and all of us, it was a moment to reflect that our young people are blessed in CYO Cross Country with caring coaches, and dedicated volunteers who selflessly give time and talent, with cheering families. They hang out in parks with their friends, the races challenge them, and they pray before each meet to recognize God's grace.

*CYO Cross Country is Fun **and** Faith!*

See you all in CYO Track and Field!

