

September 27, 1983

Dear Cross Country Parents,

The season has started. Our first race was at Menlo-Atherton High School. Thirty-six runners participated and, considering illnesses and injuries, our teams did very well.

As might be expected, getting 36-42 runners to each of these meets is a huge undertaking. Being very active, working mothers, with children and schedules to juggle, we realize how difficult it must be for you to arrange your lives around Cross Country driving. We sincerely appreciate those of you who have made this commitment to our team. Without our drivers there would be no competition.

It is our desire to include everyone in our team effort, so we are asking some of you to help out by furnishing the "goodies" for our meets. Attached is a list of meets and who will be responsible each week. We feel that since some of you will be donating your car, gasoline and time every week that it would be only fair to have the rest of the families donate the treats. We have tried to take into consideration who will be running the different meets. However, because it is not possible to predict who will be well and who will not, we ask that you provide the treats when it is your turn even if your child is not participating that day. Drinks and treats may be dropped off at either of our homes, or your student may drop them off in Mr. Thornburg's class before school. Drinks may be juice, kool-aid, ice water or the like. Treats should be something that will help raise the runners blood-sugar level (oranges, apples, cookies, fruit bars, brownies). Please keep it simple. Remember, we have to carry out all our trash, and cupcake wrappers can be a real problem.

We encourage all of you to attend as many meets as possible. If at any time you do wish to attend, you can call either of us (numbers below) for information as to time and place. Runners seem to do better with Mom or Dad watching.

This year Lynbrook will be the host for our league finals on Wednesday, November 9, at 3:00 p.m.. They will be held at Crystal Springs in Belmont. Because we are the hosts, we must provide all of the course workers and will need as many parent volunteers as possible. If you can arrange your schedule to be with us that day, please call Mrs. Martin. We are counting on you.

Again, thanks to all our drivers.

Verne Thornburg
Cross Country Coach

Candy Martin (255-2401)
Boys Cross Country

Gemma Membrano (255-3371)
Girls Cross Country

TREAT SCHEDULE

MEET	DRINK	TREAT
Center Meet Sat, Oct. 1	Steve Pietrowicz 257-5824	Lee Gunby 996-1858
Stanford Oct. 10	Kirk Mansfield 725-8081	Paula Romeo 252-4972
Center Meet Oct. 13	Erin Riggs 996-2431	Pat Kelleher 252-2684
Foothill Oct. 15	Everett Jaime 249-0475	Stephanie Roberts 257-7190
Center Meet Oct. 20	Rachel Brock 996-0594	Joel Miller 253-8175
Postal Meet Oct,29	David McCarthy 255-6485	Teresa Jimenez 446-9520
Gunn Nov. 3	Lynda Moll 255-1942	Andy Vizir 255-7360
DAAL's * Nov. 9	Eddie Pepper 446-4643 <i>CAROL STEPHANSEN</i>	Jennifer English 255-1744 <i>DAVID BRUM</i>
Regions Nov. 15	Michele Seck 255-9175	Mike West 257-8075

Remember to keep it simple.

* We need all the volunteers we can get for this date.