

June 14, 1984

Dear Runners and Parents,

This booklet hopefully will explain some of what cross country is all about here at Lynbrook. It is not intended to be a masterpiece, but a brief insight into the sport of Cross Country.

Mr. and Mrs. Frank Martin are the boys' cross country reps to the Athletic Boosters Club, while Mr. and Mrs. Tito Membreno serve as the girls' rep. I hope that you will join and be an active participant with the Athletic Boosters. They do a great deal for all sports including cross country. Without them, the sports program here at Lynbrook would have a difficult time. I would like to thank the cross country reps for all their help during the 1983 season.

The 1984 season will be very interesting one for the DAL and Lynbrook. How far Lynbrook will go will be determined by the runners themselves. As was the case last year, Region II competition will be very strong. Any team from Region II that gets into the CCS Finals will certainly deserve it.

In the girls' division, Lynbrook will be without Michelle Seck, who graduated and now is going to Cal Poly, where another Lynbrook student, Carol Gleason, just set the Division II NCCA 10,000 meter record. For the last three years, Michelle has been one of the leaders in CCS girls' cross country and track. Although she will be missed, Lynbrook should again be in the running for third place in the league. St. Francis and Homestead appear to have the making of excellent teams again this coming year.

In the boy's division, Lynbrook will have an experienced team, but will have to run well to finish as high as they did in 1983 when the Vikes were second to Saratoga. Although Saratoga will not be as strong as recent years, Monta Vista appears on paper to be the favorite with Homestead being a dark horse. Thru the years, the Lynbrook boys' varsity has had a record of 97 wins and only 49 losses in the league (DAL) meet. They have had only three losing seasons over the last 17 years.

In the frosh/soph division, Lynbrook and Monta Vista will probably battle it out again for the championship, with Saratoga being the dark horse.

I have planned a brief parents only meeting for September 6th at 7:30 pm in the Faculty Room, and I would like you to keep that date open.

I have enclosed two post cards. Please address one of them to me in Turlock and send by July 20th. The second card should be sent by August 18th. Include where, when, how far, and with whom you have run up to sending date. Please be honest, as I will know by September 1st if the information is accurate. Have a good summer.


Verne Thornburg
2831 North Walnut Road
Turlock, California, 95380

Dear Cross Country Parents:

As Cross Country Representatives to the Athletic Boosters, we serve as the liaisons between that organization, the coach, and the parents. Our duties include keeping you informed of Booster activities, cross country activities, and helping Coach Thornburg make arrangements for transportation to our meets.

BOOSTERS: The Lynbrook Athletic Boosters is a group of parents from all sports working together to support our sports programs. Over \$14,000.00 will be needed this year to fund these sports programs, and more may be needed in light of the Supreme Court ruling affecting Student Fees. The budget presented this year includes substantial allocations for both Boys' and Girls' Cross Country uniforms. It is up to us to support their activities. We urge everyone of you to attend the pancake breakfast in September and to send in your family membership in the fall.

TRANSPORTATION TO MEETS: Mr. Thornburg is an excellent coach, as many of you probably already know. He has scheduled several meets for our runners through the middle of November. Because our school district does not provide transportation to these meets, and because we do not want the students assuming the responsibility of transporting fellow runners, we rely on parent help. As might be expected, getting 36 to 43 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. If you can help us at any time, please let us know (Mrs. Membrano - Girls -- Mrs. Martin - Boys). If we can get enough drivers, then we can alternate turns so no one will have to go every week unless they want to.

TREATS: It is our desire to include everyone in our team effort, so we will be asking some of you to help out with treats for our runners at the meets. A schedule will go home with the runners shortly after the season has started with "treat" days assigned. Please make treats simple. For example: drink - Kool-aide or water, ice too; snack - apples, candy bars, cookies. Remember, we have to carry out all our trash, so simplicity is necessary.

COFFEE: There will be a parents' coffee during the second week of school. You will receive notice as soon as the date

and teams are set. This will be a meeting for all parents (even the returning) as Mr. Thornburg will be reviewing some of the team rules for the parents information. Please plan to attend.

MEETS: We urge you all 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!

QUESTIONS: If you have any questions about Cross Country or the Athletic Boosters, please feel free to call.

Candy Martin

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Boys' Cross Country
255-2401

Gemma Membrano

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Girls' Cross Country
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