

September 10, 1986

Dear Parents,

This is a quick note to inform you of what is happening in Cross Country. Last week and this week are always the most difficult of the season. Each runner is in different condition; some are just starting to run and others have been running of many weeks. Blisters and sore feet and legs are common. It happens every year because all the sudden the runner is running farther and harder than ever, and his or her legs and lungs aren't ready yet. Once we g t into the season, these aches and pains tend to go away and the joy of running cross country sets in most runners.

Our first meet of the season is always the Watermelon Run. It will be run at Lynbrook at 3:00 pm on Friday, September 19th. I encourage each one of you to attend. It is a fun run with melons after the race. If some freshmen tells you that he or she must carry a watermelon around for 2.35 miles, DON'T believe them. Just come and see for yourself. Everyone runs together for the only time during the season, because when we meet other schools you run in different races.

The first meet of the season hopefully will be at Hellyer Park (Coyote Park Course) in South San Jose. We will need drivers for that meet. Please read the attached note from our two cross country booster reps. They do a great job for cross country each year, for without them, the team and coaches would be lost.

The cross country teams need your support this year just like the support you have given over the past years. We hope that we will have a great season to go along with the great support you give us last year.

In addition, I would like to encourage you to join the Lynbrook Boosters Club. They need you and the team needs your support. Show your support by (1) attending the Barbecue this Saturday, (2) joining the Lynbrook Athletic Boosters Club, and (3) attending either the Watermelon Run or driving to Coyote Park.

Some of the boys who hope to make the boys' varsity team, tell me that Lynbrook has a great deal of talent this year in cross country. Why not come out and see if they are right??

This is for parents of cross country runners who are new to the program. I'll be in Room 50 from 7:30 pm next Wednesday evening to meet you and talk about the upcoming season. At about 8:00 pm I hope to show a 20 minute video on cross country. If you can take 1 hour out of your busy schedule, I would be happy to talk to you about any questions you may have. I just do not have enough time to come to your homes and meet you, so I thought this might be the best way of doing it. I would prefer just parents that I haven't met. If I have met you before and you have a question, please feel free to call me at Lynbrook, any day from 11:00 am to 11:20 am at 725-0613. I welcome your call whether you have a question or not.

Hope to see you soon,

Coach Verne Thornburg

Dear Cross Country Parents:

As Cross Country Representatives to the Athletic Boosters, we serve as the liaison 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. Money raised by the Boosters goes to help all the different sports. It is up to us to support their activities. We urge every one of you 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 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 40 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 have not yet volunteered, but can help out, please let us know. 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 a "treat" day assigned. Please make treats simple (example: drink-punch in gallon jugs, or iced water; snack-cookies). Remember that we have to carry out our own trash, so simplicity is necessary.

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.

Dotti Yuen
446-0187

Darlene Hiatt
867-5620

If you can help out driving, please fill out and return to Mr. Thornburg. Thank you.

NAME _____

PHONE _____

September 11, 1986

Dear Parents,

Sorry about the two additions to yesterday's (September 10, 1986) handout. Because there is a Principal's Parent Coffee meeting next Wednesday evening, I have had to change my meeting with you to next Thursday evening at 7:30 pm in Room 50.

Second, there has been a change in the schedule as I felt there might be. Thus, I have attached the official schedule. You will note that the difference is the DAL Championships. It is now scheduled for November 12, 1986, because the Saratoga and St. Francis students have November 10 th as a holiday, while the Fremont Union High School District students have the 11th (Veterans Day); thus the meet has to be on Wednesday, November 12, 1986. Since this is the first of three big meets in November, please note on your calendar.

Coach Vince Stambury