RAMS
CROSS COUNTRY



Congratulations!

Hello Running RAMS:

I really want to congratulate all of our runners on a successful season! Probably more than any year that I've been here, I've seen a ton of growth. We saw many athletes step up throughout the season and awesome competition within our team to make the varsity squad.

At state on Saturday, we saw some great racing!

First off the girls ran! The race started with Mariah taking the early lead, but Isla from Eldorado hung tough with her for a little under a mile. Mariah stayed confident and ran away from her the final two miles to be the RAMS second state champion girl (Danielle Longmire (1997)). Congratulations to Mariah!

Behind her the girls were running gutty races! Lilly B. was staying tough, close to Cleveland's 3rd runner with Valentina just behind her, sort of all alone. The team race for 2nd, though, was going to be decided if we could put a couple runners ahead of the large pack of Cleveland and La Cueva runners. Tatum, Haizely, Alex and Nizhoni were all latched onto the back of that large pack. As the race went on, Tatum and Haizley were up to the challenge. They each passed 6 girls in the last mile (including 4 La Cueva and 1 Cleveland runner). Alex and Nizhoni both held on and were in front of Cleveland's number 5 to help with point displacement to secure our

Runner Up finish! Eldorado had 22 points, but we beat Cleveland 80 to 105 points. Congratulations girls!!!

Next up were the boys. The race began very similarly to the girls with Alejandro taking the early lead and never letting up. He cruised to a relatively easy win (27 seconds ahead of 2nd place) for our 2nd boy to win an individual state title (Charlie Vause (2023)). Congratulations to Alejandro!

The boys behind him were working hard to secure a team trophy. Matt had a great day. He was 23rd at the mile, 13th at the 2 mile and 10th at the finish line for an All-State medal. A great race and super plan! Aiden I and Esai both ran tough together, fighting for every spot and finishing in the top 25! Next to the finish line was Solomon (31st) to complete our top 5. Lucas (38) and Bentley (65) both fought hard as our #6 and 7 runners on the day. Overall, we finished 2nd place, 25 points behind Cleveland but 46 points ahead of Centennial. These boys should be proud of what they accomplished this year!

State Results - RAMS Results

Overall, us coaches are really proud of our team and what they accomplished. Every year new athletes step up into the varsity team and are super successful. This year, compared to last year, we had 2 new girls on our state team and 5 new boys on the state team! With 3 girls and 4 boys graduating from our state roster, **who's gonna step up next year to continue our tradition of winning team trophies!!** It starts NOW, as the best runners will put in the miles to be ready to go when it matters!

2026 Banquet - Tuesday November 10 at 6pm in the RRHS Cafeteria

Have you signed up for a dessert? Here is the link to sign-up.

We are excited to have the banquet. It is a fun time to reflect on our accomplishments! We'll have some great food from Pasta Joe's and we'll talk about every athlete. Athletes will also receive their varsity, JV or c-team certificates. The banquet committee has been working hard to make this a great event. Please be there by 6pm, as we'll try to start serving food just after 6pm!



OFF SEASON TRAINING!

The best runners run year round! Therefore, everyone is encouraged to CONTINUE RUNNING WITH US throughout the post-season and off-season. Many are going to keep running with us as they have signed up for NXR on 11/21. But even if you are not going to NXR, keep running! If you want to find a local race, let me know! Two fun races that are local and we'll have a crew running are the Hobbler Gobbler in RR on Thanksgiving and the Farolito Night Run in Abq on Sat 12/12. I'll have sign-ups for those as we get closer (free registration). **Make that commitment to improve!! The biggest improvements come in the offseason!**

Also, we will be doing a Winter Running RAMS program this winter, with those that set and reach their running goals getting a long-sleeve shirt and a special gift.



UNIFORM

All **uniforms** should be turned in this week. This includes

1) singlet
2) warm-up jacket
3) warm-up shorts
4) Warm-up pants (varsity only)

IF, they plan on running track, they can keep the racing shorts. Athletes that do not turn in their uniform will be assessed a fee on their school account.

Please put your uniform in a **labeled bag!**

NXR Southwest - Mesa, AZ - Sat Nov 21, 2026



We have a great tradition of having a LARGE crew at NXR Southwest in Mesa, AZ on Sat Nov 21. It is a BIG and FUN race. There is also an open race for middle school and adult runners that you can register for! Here is the meet information. When planning your travel we'll do a team pre-meet practice (be at the course by 3:30pm ready to run). There is also a t-shirt exchange after that that our athletes love (I have shirts this year for athletes to exchange!). If you haven't signed up, you now need to talk to me! If you have any questions, please let me know. '

Athletes Registered:

- Jazalyn Apodaca
- Ben Bergsten
- Lilly Bethoney
- Tatum Call
- Haizley Call
- Michael Caraveo
- Alejandro Casaus
- Matt Casey
- Henry Edwards
- Josiah Fragua
- Mariah Galbraith
- Victor Garcia
- Aiden Ivener
- Jacob Jensen
- Bentley King
- Fabian King
- Gabriel Koger
- Hailey Lucero
- Valentina Martinez
- Esai Montano
- Caleb Naber
- Lucas Naber
- Samuel Quesada
- Aurelia Rivera
- Chloe Schaff
- Nizhoni Tsosie
- Alex Vause
- Kellen Vause

2026 TEAM FOCUS

TEAMWORK - This year we are going to focus more on teamwork. Warm-up, drills, and the start of the run everyone should be together! We'll also be doing some teamwork activities throughout the season.

DECISION MAKING - We'll also be talking about making good decisions. Right now, the focus is on getting in training. Decisions like getting to bed on time, getting up in the morning, being prepared, and getting your training in are important!

Run Fit Fundraisers



We have 3 RunFits this fall. Here is the sign-up. I would like every family to volunteer at least once this fall/winter. Please sign-up and put it in your calendar. 2 left!

Thur 11/26 - Hobbler Gobbler (WE NEED MORE VOLUNTEERS)
Sat 12/5 - Kringle Jingle (FULL)

Schedule November 9 - November 15

Weekly Goals: Get in a solid week of training with two solid, but not crazy, workouts. Keep mileage on the lighter side but not full on taper mileage.

Mileage Goal: State athletes should bump up this week and then back down next week. Those who didn't run state should keep mileage consistent. A couple examples: If you are a state athlete and you averaged around 45mpw, run 35ish miles this week. If you are a non-state athlete that averaged 45mpw during the season, run 35ish miles this week. We'll cut back next week, like we did for state.

Monday 11/9
AM - Shakeout run and game?
PM - Aerobic Run

Tuesday 11/10
AM - Shakeout and strength
PM - Longer Aerobic Run and 6 x 100m strides

Wednesday 11/11 - No School
Aerobic Run and 6 x 100m strides

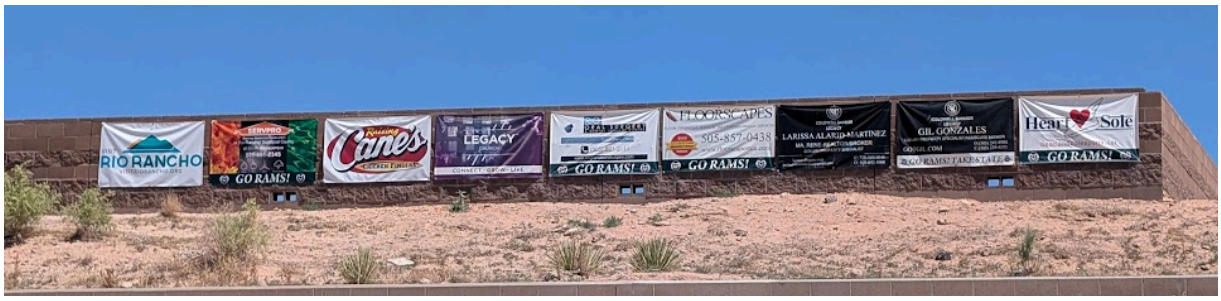
Thursday 11/12
AM - Shakeout and strength
PM - 4-6 x CV Ks, 4 x 30 sec

Friday 11/13
AM - Shakeout and wickets
PM - Aerobic Run

Saturday 11/14
On own -
Long Run (should be in the 6-9 mile range)
During the run:

3-4 x threshold miles with 60 sec easy jog rest
Finish with 6 strides (uphill if possible)
*Who wants to lead????

Etcetera:



*Again, we are starting up the BANNER SPONSORSHIP PROGRAM. If you or a business you know would like to purchase a banner to hang on the wall outside the track, here is the info. If an athlete sells a banner, it counts as their team fee for the season. The banner is $400 plus a $100 printing fee if needed. Those that purchased last year, I'll be contacting you to see if you want to renew your banner.

***Make sure you are on the SportsYou App for communication. You can get the app online at SportsYou.com and our team code is: KD6JTJA2.**

Supplements: Iron!

I get asked a lot about what supplements athletes should take. I've experimented with many different ones over the years myself. The new one I've been taking before hard runs/workouts and races is Nitric Oxide Max Beet Root+ and caffeine (Run Gum) (and I can talk about this later), but I believe the most important daily supplement is IRON. It has been shown that almost HALF of distance runners will be low on iron (measured in ferritin levels in the blood) by the end of the season. This can drastically reduce performance! Every year I've coached, I've seen at least 2-3 or more athletes suffer from the effects of low iron. A parent last year informed me about a new protocol in regards to iron supplementation. In the new protocol, athletes take a larger dose of iron per time, but only take it every other day (or 3 days a week). I've written about his in-depth and given suggestions for what to purchase at this link.



Distance Runners work very hard throughout the season and it is heartbreaking to see them struggle in workouts and races at the end of the season because their iron is low. Please look into this (possibly talk to your doctor) and help your athlete to be successful!
