



Changing of the Guard - July 20, 2025

Hello XC Families,



We are pretty happy with our summer commitment this year. Most days we have over 20 athletes attending and working to improve, which is awesome! I'm excited for the potential of this team and really feel that it is like the ***changing of the guard***. We had such a large and influential group of seniors last year, and it was exciting to see all their accomplishments, but now it is time for new athletes to shine. Athletes that were JV and even C-team last year will be tasked with being varsity athletes! Although there definitely is some pressure to live up the RR tradition, it also brings excitement! Hopefully, our athletes will step up to the challenge!

A couple coaching notes we'd like to see after most of the summer to help us be successful this fall:

- Walking breaks should be a thing of the past at this point. On the turnaround, a quick 30 sec to regroup and then head back. Keep running!
- The pace, especially the 2nd half of the run, can improve. Push yourself! This isn't a fitness club, XC is a competitive sport. Our goal is to outrun our competitors the last mile and it starts in practice.
- Be committed to the team! Schedule practice first, then other commitments next (especially work). Consistency is key and being at practice is #1 to improve! When the official season starts, attendance becomes mandatory to race!

Quick Info:

1. The High School shoe night at Heart & Sole on San Mateo is Wednesday July 30 from 6-7:30pm. If you need new trainers or racing shoes, plan on attending. HnS is a great shoe store that sponsors us as a team. We get 15-20% off during this time!



S P O R T S

CROSS COUNTRY

SHOE & SPIKE NIGHT

Wednesday July 30, 2025
6-7:30pm

Heart & Sole Sports
San Mateo Location
2817 San Mateo NE, ABQ
505-884-5300




Heart & Sole Sports will be hosting a shoe and spike night for Youth, Middle School, and High School Cross Country Athletes to purchase shoes and gear for the upcoming cross country season.

15% off everything in the store including sale items
20% off the combination of a training shoe and racing spike
 Drinks and snacks starting at 6pm while they last

In case you can't make it, Heart & Sole still offers 10% off shoes for high school athletes.

2. If you want to host a pasta feed this fall, please email me (philip.keller@rrps.net) and I'll send you the sign up sheet.

3. I want ALL XC athletes in 1st period SportsFit. If it is not on your schedule, email your counselor and CC me. I approve of all students who take the class.
4. The team store is open for business. It closes on July 28! Here is the link:
<https://bsnteamssports.com/shop/gVCBfpAoYz>

Just for some motivation:

Days Until:

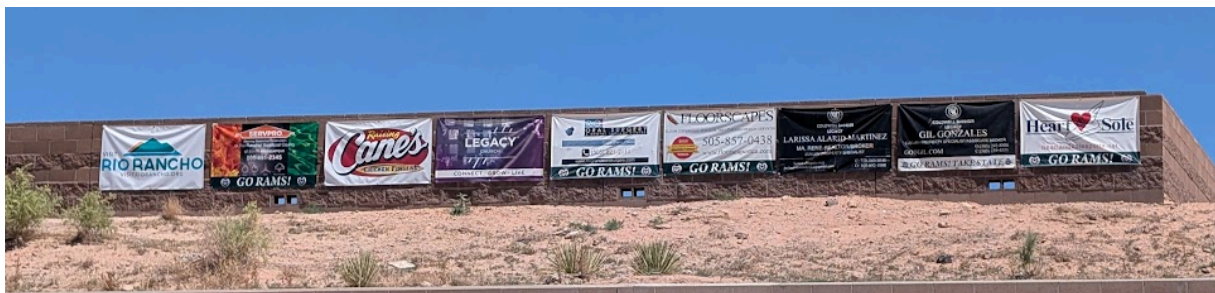
- 1st Day of School - 18 days (8/7)
- Team Time Trial - 25 days (8/14)
- Cleveland Invite - 34 days (8/23)
- State Meet - 111 days (11/8)



Run Fit Fundraisers

Chunky Monkey Volunteers - Be at the park north of Valley High School by 7am tomorrow morning (Sunday) for assignment.

Thanks for all your help this summer. We have a bunch this fall and will need some help. These fundraisers are vital to our budget to afford Summer Run Club gear, overnight trip, more coaches, etc.



If you haven't caught it at the bottom of the previous letters, we have 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 and overnight fee for the season. The banner is \$400 plus a \$100 printing fee if needed. Those that purchased last year, let me know if you (or the business you contacted) are going to renew it. Let me know if you have any questions. **Selling a banner this year will cover your team fee and overnight fee for our trip.**



Rams Summer Run Club

Here is the [spreadsheet](#) to log your Week 7 mileage! We start Week 8 tomorrow! I'm gonna lock Week 1, 2, 3, 4 & 5 this week, so if you haven't logged it yet, get it done. Make sure you are logging!

Here are all the details of the club (<https://tinyurl.com/mryzy6wu>). Everyone wants to be in the 300, 400 or 500 mile club, but you gotta put in the work NOW to get there!!! What club are you going to make?

Summer Miles Bring Fall Smiles!!!

Adams State Summer Camp

We have our list of campers - Lucas, Lilly B, Michael C, William, Aiden I, Aurelia, Alejandro, Valentina, Nizhoni, Esai, Chloe, and Gabe. I'll see those that are part of the car pool at 12:45pm on Sunday! Please make sure that you are on the [transportation spreadsheet](#) for a ride.

Mon July 21 - Sunday July 27

FYI - Coach Mike, Coach Zach and Coach Dan will run practices the week of camp. Coach Vix and I will be attending camp!

Weekly Goal: Again, we are building mileage and intensity. Really hammering down on consistency. If you've been running 5 days per week, now is the time to start running 6 days per week, one day can be an easy 30mn run.

Weekly Mileage - As stated in the weekly goal, this should be one of your longest weeks of the summer. Everyone should be at 30 miles or more and up to mid 50-60s for your weekly mileage. It takes dedication and consistency to get this many miles but it will pay off in the end! ***Summer miles bring fall smiles!***

Monday - 7:30-9:30am at Rivers Edge 2
45-55-65mn run - 6-8 x 30sec fast every 3mn after you turn around.
Core and Push-ups

Tuesday - 30-60mn run on your own or with a friend!

Wednesday - 7:30-9:30am at Sports Complex
1.5 mile warm-up
Fartlek - 4-5-6 x 3mn fast, 2mn easy
1.5 mile cool-down
Lower Body Strength

Thursday - 30-60mn run on your own or with a friend

Friday - 7:30-9:30 am at Romero Road in Corrales
Warm-up and FAST finish long run! You should be at your longest run of the summer!

Saturday - 30-45mn on own

Sunday - Cross Train or off

SENIORS - Get the CREW together. Set up a couple of team runs this week!

ASK YOURSELF - ARE YOU GETTING BETTER?

Etcetera:

***Physicals! Make sure to schedule your physical and get it uploaded to the RRHS website. Do this NOW!!!!** If you have submitted your physical to RRHS Athletics, you can come to practice and run with us, but if you haven't, you cannot. I've gotten some messages from athletes and parents about this.



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***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. During the season I am going to stop sending e-mails and will exclusively be sending communication on SportsYou. It is important to get the app and check it!**

*I'll talk about **IRON** more during the season, but it is important to touch on now. Iron is an important mineral that helps with the transportation of oxygen in the bloodstream. It is vital that distance runners have sufficient iron stores BEFORE the season starts. If you wait until your iron is low, it can often take weeks to get it back with supplementation. I recommend taking a liquid iron supplement (two doses) at night before bed with a small amount of OJ. Take iron now, so that your body can build up stores for during the season. If you want more info, please message me.

[Here is a great \(but long\) article](#) on IRON and distance running. It's worth the read!
From the article:

"Low ferritin is extremely common among runners, affecting 2-17% of male runners and 28-45% of female runners. An even higher proportion have iron levels that are low enough to impair performance but do not fall outside standard reference ranges for the general population."



As always, let me know if you have any questions or concerns. I'm here to help student-athletes reach their potential!

Team Group Chats

I've always known that both our boys and girls teams have team group chats and generally, I feel that these have been positive ways for the athletes to interact with each other but it has come to my attention that some of the comments made on these threads can be negative and do more harm than good. A couple of notes:

1. Parents - I encourage you to monitor your child's use of their phone. I've had several talks with parents over the past week and I know this is a difficult task, but responsible use starts at home.
2. Everyone needs to realize that message board posts are permanent and can be screenshot. Don't say anything that you wouldn't say in front of your parents, grandparents, or coaches.
3. Realize that words have meaning and oftentimes tone can be difficult to decipher over a message. You may be joking or trying to use sarcasm, but the recipient of the message might take the comments seriously.
4. If athletes or parents have questions in regards to decisions that coaches are making, I encourage you to come directly to us. I feel I've taken all the calls, texts and emails and tried to respond accurately, directly, and quickly.

Overall, we are going to be working on positive communication and being a supportive teammate this summer and fall.